



BNNY Business

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Daily updates: NNY360.com

May 2024

■ Ground is broken on the future home of Bent Beam Brewery in Canton.
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The historic Paddock Arcade in Watertown, seen here in this mid-century Watertown Daily Times photo, is host to the 20 Under 40 Awards that celebrate Northern New York's emerging leaders.



The Paddock Arcade is decorated for Christmas after its recent renovation. The NNY Business 20 under 40 Awards will be in the arcade June 4. Watertown Daily Times

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20 UNDER 40

20 UNDER 40

NORTHERN NEW YORK'S EMERGING LEADERS

EMERGING LEADERS RECOGNIZED AS NNY BUSINESS 20 UNDER 40 CLASS

NNY Business Staff Report

WATERTOWN — Twenty young people in the north country may not have noticed their impacts on their communities, but peers and fellow professionals have been paying close attention to their achievements and have identified them as emerging leaders.

NNY Business magazine announces the 14th class of its 20 Under 40 program, which recognizes 20 people under the age of 40 who have shown great promise in their careers and strong involvement in their community.

Over the years, NNY Business has recognized 260 young professionals who will be welcoming 20 new leaders into their ranks.

The 2024 20 Under 40 class includes a museum curator, two assistant professors, three engineers, an accountant, a real estate agent and many others from varied professions.

The class includes: Adam J. Powers, project engineer with DC Building Systems; Amanda Stickel, accountant with Stickel Tax Services; Anna Platz, Lewis County's Community Services deputy director; Arika McCargar, vice president of Colello Air Technologies; Ashley Carlos, executive director of the Alexandria Bay Chamber of Commerce; and Brandon J. Olley, an agent for Knights of

Columbus Insurance.

Also, Christina Latta, vice president of nursing at Gouverneur Hospital; Destiny Myrick, volunteer coordinator at the Victims Assistance Center; Jeffrey E. Robinson, president of Jade Stone Engineering; Jessica Young Moser, an attorney and member of the Lewis County Legislature; Kevin Angstadt, assistant professor at St. Lawrence University; Mallory Jackson, assistant professor of Human Services at Jefferson Community College; and Marina Loew, curator of the Thousand Islands Art Museum.

Also recognized are Meghann Hellinger, an entrepreneur with The Bateman Draft House; Michael Ablan of Marble Key Realty; Patrick Calli, vice president of long-term support services at Samaritan Medical Center; Phillip James, supervisor of general accounting at Samaritan Medical Center; Christina Grimshaw, vice president and commercial credit analyst at Watertown Savings Bank; Taylor Woolf with BCA Architects and Engineering; and Thomas C. Haynes, director of engineering with the Development Authority of the North Country.

Award recipients will be feted at a June 4 dinner catered by the Paddock Club in the histor-

MALLORY JACKSON, 39

Assistant Professor of Human Services, SUNY Jefferson and Adjunct Professor of Applied Psychology at SUNY Canton

Hometown: Lowville (born and raised), Ellisburg since 2017

Family: Married to Peter (NYS DEC Police Investigator, two sons Logan, 14, and Daniel, 10, puppy Bodhi and kitten Moonlight.

Community involvement: Lead faculty member for the JCC Human Services program, also teaching in the Addiction Studies and Health Care Management programs. Mallory is profoundly committed to educating and training the next generation of human services professionals. Supervises JCC student interns in the Human Services and Addiction Studies programs across five counties, fostering collaboration with local programs and agencies, imparting knowledge while cultivating essential connections that fortify community services.

Vice President of the Board of Directors- Encompass Recreation, using leadership to enhance the strategic planning and oversight of programs to ensure ongoing inclusive community engagement.

JCC Campus CARES team member- As a member of the JCC Behavioral Intervention Team, Mallory provides critical support and outreach to students in distress, ensuring they receive the assistance they need.

Education: -Doctoral Candidate in Human Services (capstone focused on trauma-informed policy within higher education and human service fields)

-Master degrees in Public Administration and Mental Health Counseling

-Bachelor's degree in Child and Family Studies

What advice do you have for other young professionals in NNY?

Embrace authenticity and vulnerability—these are your greatest strengths as young professionals. Don't be afraid to acknowledge your imperfections and connect deeply with others. This genuine approach sets the foundation for meaningful impact. Share your knowledge openly and be eager to learn from every interaction. Be direct in your communication, but always show that you care. This balance builds trust and fosters open, honest dialogue, which is essential for growth and innovation. Leadership is about serving others and creating environments where everyone feels valued and empowered.

What inspires you to do what you do in your profession and personal life?

I'm inspired by the resilience and strength of human connection. Each opportunity to improve systems and empower through education reinforces our capacity for growth. Knowing each day brings new chances to learn and support others keeps me anchored in my purpose, ready to embrace the journey ahead with intention and joy. Additionally, raising my boys with a loving and supportive husband fills my life with fun, pride, and gratitude. Their unwavering support and the love we share remind me daily of the importance of creating a compassionate world. In my work at JCC, I see where we can build a society where everyone feels seen, heard, and valued, making a real difference in the lives of those we serve.

Who is your mentor, and why?

Impossible to choose just one!

From the past: Mareve VanVoorhis (Retired Professor, SUNY Dutchess CC), Pam Kaus (Retired Professor, SUNYJCC)

Present Day: Gabrielle Thompson (AVP of Student Affairs; SUNYJCC)

I've been incredibly fortunate to have strong female leaders as mentors throughout my academic journey, graciously offering me a seat at the table to learn and grow alongside them. Not only did they excel professionally, but they also balanced motherhood and work with grace—a true inspiration. Their support and guidance, coupled with candid conversations about areas for growth, shaped my personal and professional development. Now, I'm honored to pay it forward by supporting others, just as my mentors did for me.

What has led you to remain in the North Country to make your mark?

Having grown up in Lowville, I've always cherished the tight-knit community and unique experiences the North Country offers. After spending twelve years in the Hudson Valley, my husband and I decided to return "home" to the North Country, settling in Ellisburg seven years ago. Raising our boys, working at JCC, watching my husband excel in his professional life, and embracing the region's offerings has brought us immense joy. Being near family, surrounded by a supportive community, and pursuing a career that allows me the privilege to shape the next generation of human services professionals has exceeded my wildest expectations.



See 20 UNDER 40 T23

MARINA LOEW, 35

Assistant Director & Curator, Thousand Islands Arts Center ~ Home of the Handweaving Museum

Hometown: I'm originally from Dryden, NY, but spent every summer and most holidays here with my family in Clayton, so I like to say I grew up in both places!

Family: My husband Derek Morrow and I live with our wirehaired dachshund, a tank of fish, and a red-eyed tree frog.

Community involvement: I've been involved with my community in many different capacities over the years. I participate in Save the River's Trash Free River cleanup every year, I've helped at events for the Antique Boat Museum, and most recently I volunteered with the Victims Assistance Center through the Jefferson Leadership Institute. I've also juried many art shows and sidewalk chalk competitions, and I've demonstrated paper cutting at various venues including the Sackets Harbor Quilt Show and the Iva Smith Memorial Gallery.

Education: I have a BA in Visual Arts from Wells College and an MA in Museum Studies from Johns Hopkins University.

What advice do you have for other young professionals in NNY?

Say yes to new opportunities! You never know where they will lead. I was initially offered a job here at the Arts Center as a summer helper after walking through the door and having a chat with the director. I thought, why not? I expected that I wouldn't stay past the fall season, but here I am 8 years later and loving it. Or, there was another time where out of the blue a friend asked me for my resume and a week later I was accepted into AmeriCorps and sent to Hawaii. Do I regret saying yes? Not even for a minute! I've met amazing people, been to fabulous places, and acquired new skills and knowledge that I can apply to anything I do going forward. So take a chance on the unexpected and you'll find yourself going down paths you never would have imagined!

What inspires you to do what you do in your profession and personal life?

The simple answer is art. Art and creativity are what drive and inspire me. I love being able to introduce artists to our community through exhibitions – to see how proud they are to have their work on display in a professional setting. We have so many fabulous artists in Jefferson County and it's my job to help them showcase their talents. Sculptors, jewelers, potters, weavers, quilters... I interact with all types of artists working in all mediums and I'm always inspired by the amazing quality and creativeness of the pieces I get to display. Outside of my professional career, I'm an artist myself and have exhibited my paper cuttings in a handful of venues around the area. So I'm familiar with both sides of an exhibition. Having my work on the wall or hanging the work of others, I thrive on art any way I can get it!

Who is your mentor, and why?

I've had many, many mentors that I greatly admire and am indebted to, but the one I'd like to specifically mention was the late, great, Greg Lago. A well-known North Country artist, Greg sadly passed away in 2023 leaving a big, roughly-cut Greg-shaped hole in his wake. His style was as unique as he was. A man full of stories and wisdom, I soaked up every moment I had with him. He always encouraged me to make art, to never stop creating, and to put my work out there. He was devoted to his craft, his community, his friends and family - a dedication to be admired.

Working together on a solo exhibition of his work in 2021, Greg told me how he became an artist and how he was able to turn his passion into his profession. It's not an easy thing, being a full-time artist, but Greg made it happen. He took that leap of faith, even though it was hard, and forged a path to happiness. He will always be someone I look up to and I will remember his words of advice whenever I get hit with the urge to create new art.

What has led you to remain in the North Country to make your mark?

My family has strong roots here and no matter where I've lived in the past, I've always been able to come back to my River home. I admire the hardiness of the year-rounders; the passion our community has for the St. Lawrence; the beautiful changes in seasons; and the fabulous talented artists. I've stayed not only because of the proximity to family, but also because this community has embraced me so warmly and has made it nearly impossible to leave! I value the opportunity I have here to (taking from the Arts Center's mission statement), "advance art and craft through education and exhibition." I will continue to do my best to support our artists and provide opportunities for our visitors to connect with art!



KEVIN ANGSTADT

Assistant Professor of Computer Science, St. Lawrence University

Hometown: I have resided in Madrid, NY for the past four years, but am originally from Latham, NY

Family: N/A; however, I have a very supportive extended family and group of friends scattered around the world.

Community involvement: I have volunteered as the website and technology director for The Orchestra of Northern New York since 2013. Initially, I maintained the orchestra's website, but since the pandemic, my role has expanded to integrate technology into other facets of the organization's daily operations. I have also served on the Board of the Directors of ONNY since 2022 and will begin my first term as Board President in July 2024.

Education: PhD Computer Science and Engineering, University of Michigan (2020)
MCS (Masters of Computer Science), University of Virginia (2016)
BS Computer Science, Mathematics, and German Studies, St. Lawrence University (2014)

What advice do you have for other young professionals in NNY?

First, value your quality and enjoyment of life as much as—or more than—your professional advancement. Sacrifice is often necessary for one or the other, but both are incredibly important. Second, capitalize on any opportunity you are given to learn. Ask questions, go to workshops, try something new for the sake of gaining experience.

What inspires you to do what you do in your profession and personal life?

I get a significant amount of satisfaction from watching my students grow intellectually and as people. Helping young adults develop problem-solving skills and critical thinking abilities that allow them as graduates to be meaningful contributors to society keeps me coming back to the job. I also find inspiration as a life-long learner. A day doesn't go by in my work that I'm not learning something new or refining a bit of knowledge or a skill. I become bored quite quickly without opportunities to learn, and I'm thankful I've been able to make a career that allows me to have just that. The department of Mathematics, Computer Science & Statistics at St. Lawrence University is full of seriously dedicated and talented educators and scholars. We share a common goal of delivering high quality learning experiences and making our programs accessible to all. Working with fantastic colleagues certainly inspires me to be the very best I can be.

My professional career also informs where and how I choose to donate my time. As a professional in a STEM discipline, I think that it is incredibly important to support—and give back to—the arts. While it is certainly true that advances in STEM fields make our society and lives more efficient, safer, higher quality, and generally better, the arts make life vibrant and worthwhile. Despite this critical role, arts organizations often struggle to acquire appropriate funding and support. Giving back to the performing arts community is one small way I try to tip the scales in the right direction.

Who is your mentor, and why?

I like to think that I'm not cast in the mold of any single person, but rather that I've had a number of wise and talented mentors take me under their wings at different stages of my life. Professionally, my colleagues at St. Lawrence Patti Frazer Lock and Ed Harcourt as well as my PhD advisor Westley Weimer have significantly shaped who I am as a scholar and educator. Between patiently explaining the inner workings of academic institutions, modeling high-quality work, championing a variety of my ideas and innovations, and providing constructive feedback, they have all helped me thrive in my professional career. For community work, Tim Savage has been a critical mentor and role model. Tim is a retired Canton Central Schools music teacher, former ONNY Board President, and adjunct professor at St. Lawrence University (among other activities). I am always inspired by his ability to give generously, remain impeccably organized, and skillfully run meetings.

What has led you to remain in the North Country to make your mark?

Interestingly, I'm not originally from this region, but became enthralled with the region during my four years as an undergraduate at St. Lawrence. After completing graduate studies, I was very fortunate to have an opportunity to return to the North Country to pursue a career in higher education and have loved every moment since being back. I really appreciate the pace of life, access to natural resources, and the sense of community here. As a young professional, the manageable cost of living is certainly also a draw. While it's certainly true that every region has its challenges, I'm proud to have made my home in the North Country. I find myself wishing I were back here whenever I travel for any significant amount of time.



A Bad Apple a Day...



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BLACK RIVER



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300 Arsenal Street
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20 UNDER 40

DESTINY MYRICK, 38

**Owner WildRoots Wellness & Revival,
Volunteer Coordinator and Advocate Victims
Assistance Center of Jefferson County**

Hometown: Lowville

Family: Olivia, daughter Mykel, partner Trixie, mother Ella and Shiva fur babies and Papa Lou our fish

Community involvement: I am committed to helping our community through all platforms I am a part of. In my career at the VAC, I passionately provide education to the community on healthy relationships, red flags for violence and how to support survivors. Through WildRoots I create spaces/events/workshops where individuals can find connection and partners on their wellness journey. HoldownUpstate is driven by the community bringing creatives together to offer not only unique experiences of music and art but also recognition of all the beauty that is Upstate NY.



Education: Associates of Business Administration Jefferson Community College, Bachelors of Holistic Health Sciences Vermont State University

What advice do you have for other young professionals in NNY?

Connect. Get to know one another, collaborate and support each other. That's how we can all truly thrive.

What inspires you to do what you do in your profession and personal life?

Seeing my daughter do something or say something the way I do... that's my reminder that the little ones are watching and learning from us. In so many ways we shape what their world looks like now and what their lives may look like in the future by who we are today as parents, as community members, teachers, even strangers interacting with one another. Watching the man I love, Mykel Founder of HoldownUpstate, trailblazing in our community bringing art, music, and organizations together. He reminds me daily that it is possible to live in your passion, always encouraging and supporting my dreams. I am also inspired by the individuals I work with at the Victims Assistance Center both the survivors and the Advocates supporting them. The agency embodies their mission of promoting safe spaces for healing and hope.

Who is your mentor, and why?

Hosting circles, events and workshops through WildRoots Wellness and Revival, I have found mentorship in so many that have participated over the years. Individuals who deeply listen and share their wisdom and experiences. I have been blessed to have a strong root system of authentic people who support and guide one another.

What has led you to remain in the North Country to make your mark?

There is immense opportunity to do something that really matters here. I completed my internship at the LightHouse in Theresa, a beautiful wellness center nestled in the Land of Lakes. It was here that I was uplifted to step into my practice of guided meditation and sound and vibrational therapies with unrelenting support. The mission of WildRoots Wellness & Revival is bringing nature back to people and people back to nature. Reconnection with self. Wellness practices should be accessible, achievable and not a luxury item. I am excited for continued growth and opening a space in collaboration with HoldownUpstate, Phi Art Gallery and Brave DIY studios where individuals will have an opportunity to experience all things art, sound, music and even take part in creation.

60th annual Dairy Festival Days



Cowboys delivered candy at the Dairy Festival Parade in Canton last year. Tom Graser/Watertown Daily Times

The St. Lawrence County Chamber of Commerce is proud to announce the 60th Annual Dairy Festival Days in Canton will be held on Friday, May 31st and Saturday, June 1st. Please join us for a weekend full of community fun while we celebrate National Dairy Month and the Dairy Festival's momentous 60th year.

Friday, May 31st kicks off the festival with a story time event at the Canton Free Library at 2:00 p.m., followed by vendors, displays, and activities in the park starting at 5:00 p.m. Registration for the beloved Big Wheel Races will be at 5:30 p.m., allowing children ages 4, 5, and 6 to compete in age-specific races for a grand prize of their very own Big Wheel and medals for 1st, 2nd, and 3rd place winners. Registration is FREE this year and will take place in the park at the STLC Chamber table. The Big Wheel Races are made possible by our Bronze Level Sponsors, Canton Rotary Club, North Country Savings Bank, NBT Bank, and The Sweet Retreat Bakery. Following the races is the Block Dance sponsored by our Platinum Level Sponsors, LeBerge & Curtis Inc., The St. Lawrence County Farm Bureau, S&N Partners, and Coakley Home & Hardware. Enjoy an evening of music and dancing right on Park Street in Canton! Be sure to bring a chair and check out our local restaurants and food trucks while you're there. You can also enjoy viewing several antique cars during the Friday

evening festivities on Park St.

Saturday, June 1st continues the fun with vendors, displays, and activities in the park starting at 10:00 a.m. For a full list of vendors, check out our website, VisitSTLC.com/dairy-festival-days. In line with our theme, "Get Mooving with Milk", a 1-mile Fun Run and 5K, coordinated by the STLC Chamber and SLC Dairy Promotion Council, will begin registration at 8:30 a.m. in the park. The run is FREE for all participants, however, registration on the day of the event is required. All children 12 years and younger must be accompanied by an adult.

From 11:00 a.m. to 2:00 p.m., K-Stone Acreage & Rescue will have their petting zoo in the park with various animals to feed and interact with! Pony rides and animal food will be available for purchase during this time. The parade will also take its' traditional route downtown at 1:00 p.m. Please join us in cheering on this year's Dairy Princess, Kaitlyn Putman, and the various floats, cars, and marching participants. Following the parade will be the Duck Pluck 50/50 Raffle, get your tickets now, 1 for \$2 and 3 for \$5 at the STLC Chamber office or any of the locations listed on our website. Additionally, we would like to thank our Silver Level Sponsors, The Stadium Sports Bar, and Stewart's Shops for their generous contributions.

Keep an eye on our website, VisitSTLC.com/dairy-festival for

updates.



**POTSDAM CHAMBER
OF COMMERCE**





Business Directory
Support our members who support this community.



Events
Join the fun and community, from events we organize to ones we support.



News
Check out what's going on in and around Potsdam and with the Chamber.

Potsdam Chamber of Commerce
6 Market St. Potsdam, NY 13676

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Sunday - Closed

Monday - 10:00am-2:00pm

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Wednesday - 10:00am-2:00pm

Thursday - 10:00am-2:00pm

Friday - 10:00am-2:00pm

Saturday - Closed

www.potsdamchamber.com

20 UNDER 40

MEGHANN HELLINGER, 33

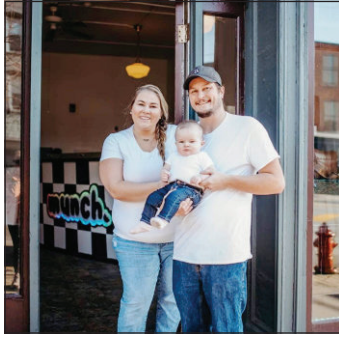
**Owner of The Bateman
Draft House, munch.
And Drift Day Spa**

Hometown: Lowville

Family: Married with a daughter

Community involvement: Lowville Business Association President, hissing several charity events

Education: Lowville academy class of 2009, Onondaga school of therapeutic massage 2013, Continental beauty 2017



What advice do you have for other young professionals in NNY?

Always look for the lack thereof and fill that void. Treat your employees like you'd want to be treated.

What inspires you to do what you do in your profession and personal life?

I want to help create a place where families want to come and be. To be a part of the bigger picture and to know my neighbors and the folks who visit our establishments.

Who is your mentor, and why?

I grew up in the military, and was always surrounded by the strongest individuals so I'd definitely attribute my shaping to a lot of them.

Kathleen Merrick (Previous owner of Open Sky) was unbelievably instrumental in who I have become as not only a professional but a person.

What has led you to remain in the North Country to make your mark?

Honestly, the community. As an implant, although moving here when I was very young (4 yrs ol) I have always arrived for that feeling of home and I believe I have more than found it within the borders of Lewis County.

PATRICK CALLI, 33

**Vice President of Longterm Care and Support
Services, Samaritan Health**

Hometown: New Hartford, N.Y.

Family: Wife – Maggie and two daughters – Nora and Reagan

Community involvement: Active board member of the ACHE of Upstate New York, the local chapter of the American College of Healthcare Executives. Samaritan Society Member, Samaritan Long Term Care and Samaritan Home Health board member and former graduate of Jefferson Leadership Institute. Soon to be joining the board of the Alzheimer's Association of Central New York. Member of the American College of Healthcare Executives (ACHE), American Health Care Association (AHCA), New York State Health Facilities Association (NYSHFA), LeadingAge New York, New York Association of Long-Term Care Administrators (NYALTCA), and Long-Term Care Executive Council of Central New York.



Patrick Calli. Contributed.

Education: What advice do Bachelor of Science from Union College. Master of Science in Health Administration (MHA) from Regis College.

What advice do you have for other young professionals in NNY? Get involved in your community and give back. One person can make a difference. As Ken Robinson once said, "What you do for yourself dies with you when you leave this world, what you do for others lives on forever." Also, continue to embrace change, empower others and be authentic.

What inspires you to do what you do in your profession and personal life?

It all started during an internship many, many years ago where I really fell in love with the individual connections that I could make with residents/patients. At the end of the day, it all comes back to helping people. The ability to be in a career that focuses on helping other people, often times in their most vulnerable state is inspirational and rewarding. The past four or so years of healthcare during the COVID pandemic have been some of the most challenging times we've endured, however, the resilience and compassion of our caregivers offer continuous inspiration to us all.

Who is your mentor, and why?

Personally, my father is my mentor. He has always instilled in me a sense of responsibility, accountability, honesty, empathy and hard work while emphasizing being community-centered. I take pride in my community and strive to raise my family with these same values. Professionally, I have had the privilege of working with many industry leading colleagues' right here at Samaritan that have provided me invaluable mentorship. Over the past 2.5 years, I have grown and learned from the Samaritan leaders that continue to serve this community with passion, pride and humility. I want to thank Thomas Carman, Andy Short, Maxine Briggs, Dr. Mario Victoria, Elizabeth Fipps, Robin Clark and many others for continuing to put our staff and community at the forefront of their day to day decision making.

What has led you to remain in the North Country to make your mark?

Northern New York truly has so much to offer. The North Country is clearly one of the most beautiful regions and offers high peaks, scenic views, numerous recreational activities, community centric organizations and a strong military presence in the community. Not only is it a great place to work, it is also a great place to raise a family. There is something to be said about small close-knit communities where you know your neighbors and everyone bands together for the greater good. It provides a value system, predicated upon serving the needs of others.



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Persons interested in the above position should apply online at <https://employment.canton.edu>

Now Hiring:

COUNTY AUDITOR

Jefferson County is seeking a skilled professional to oversee the auditing of all County Claims, accounts and charges to ensure compliance with applicable State law and regulations, and for the preparation and maintenance of related financial reports. The County Auditor prepares studies and reports on financial and budgetary matters as requested by the Board of Legislators. Additionally, the County Auditor undertakes special audits of departmental financial operations as requested by the Board or County Administrator. Salary Range: \$89,392 - \$100,612 per year. Excellent fringe benefits include: • NYS Retirement • Deferred Compensation • Paid Vacation • Comprehensive Health Plan, Including Vision • Dental Insurance • Flex Spending Account • Sick Leave. **MINIMUM QUALIFICATIONS:** Either: (A) Graduation from a regionally accredited or New York State registered college or university with a bachelor's degree in accounting, business or public administration, economics or closely related field, including or supplemented by at least 18 semester credit hours in accounting and three years of accounting or auditing experience; OR (B) Graduation from a regionally accredited or New York State registered college or university with an associate's degree including or supplemented by at least 18 semester credit hours in accounting and five years of accounting or auditing experience; OR (C) An equivalent combination of training and experience as defined by the limits of (A) and (B) above. *Jefferson County is an Equal Opportunity Employer* Applications will be accepted until the position is filled, first review of applicants will be May 24, 2024. Apply online on our Employment Portal: <https://jefferson-portal.mycivilservice.com/> Or send a Cover Letter and Resume to: Jefferson County Dept. of Human Resources, 175 Arsenal St. Watertown, NY 13601.



Jefferson County

Now Hiring:

REGISTERED NURSES OR

Lewis County General Hospital is seeking full time Registered Nurses for immediate openings in the OR Department. Rates of \$35.97 to \$44.96 based on experience, outstanding shift differentials, and a great benefit package including NY State Retirement System, affordable health insurance. Graduation from an approved school of nursing with a license to practice in New York State required. To apply send resume to:

Human Resources, Lewis County Health Services
7785 N. State Street,
Lowville, NY 13367, Fax: 315-376-5572 or email to
hrpay@lcgh.net or www.lcgh.net/careers



Lewis County Health System

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20 UNDER 40

ANNA PLATZ, 28

Deputy Community Services Director, Lewis County



Hometown: Born and raised in Lowville, NY. Currently reside in Carthage, NY.

Family: Parents: Paul and Mary Ellen Platz. Sister: Laura Platz.

Community involvement: Vice Chair, Planned Parenthood of the North Country New York, Inc.; Immediate Past Chair, LEAD Council of the Northern New York Community Foundation; Vice Chair, Lewis County General Hospital Foundation; Committee Member, Lewis County Community Economic Development Program; Coordinator, Lewis County Traumatic Loss Team; Bridges Out of Poverty Champion.

Education: Bachelor of Science in Exercise Science from SUNY Cortland, Master of Public Health in Public Health Practice from SUNY Albany.

What advice do you have for other young professionals in NNY?
Work hard and be kind.

What inspires you to do what you do in your profession and personal life?

At my desk, I have a quote from Justice Ruth Bader Ginsburg posted that reads, 'If you want to be a true professional, you will do something outside yourself, something to repair tears in your community. Something to make life a little better for people less fortunate than you. That's what I think a meaningful life is - living not for oneself, but for one's community.' I think it's the best way I could describe how I'm trying to live my life. I want to use the time, energy and resources that I have to improve the quality of life for those around me and specifically, those living in instability and those who struggle with mental health or substance use.

Who is your mentor, and why?

My parents, who are both retired teachers and who dedicated their professional lives to public service, my aunt (Maureen Logan Daniels), who inspired me to pursue a career in public health, and Ashley Waite, whose leadership style I have idolized since the moment I met her. I would not be who I am without them.

What has led you to remain in the North Country to make your mark?

The North Country is the only home I've ever known. Neither of my parents are from Lewis County, but they did meet here and chose to make it our home. When I first moved back after college, I wasn't sure I would stay because I wasn't sure I'd find "people like me". I also didn't see many opportunities for professional growth, which is something that's always been important to me. Now I have friends here who I consider to be family and several colleagues whom I admire. I also found a mentor who I could communicate honestly with about my career aspirations, and she helped me forge my own path. Additionally, I believe there is an incredible amount of momentum right now to make Lewis County a place where everyone can live well. We've got a great combination of experienced and younger leaders who are working together to creatively meet the needs of our community. The energy is infectious and I am proud to be a part of it.

ASHLEY CARLOS, 36

Executive Director, Alexandria Bay Chamber of Commerce



Hometown: Alexandria Bay

Family: Husband Nicholas Carlos, Son Jaxson Carlos, Daughters Pyper and Charlee Carlos.

Community involvement: At the Alexandria Bay Chamber of Commerce, community is at the heart of everything we do. I take pride in supporting economic growth in travel and tourism to enhance the vitality of the 1000 Islands region. Our active involvement in local events not only boosts foot traffic but also allows us to give back to our community. We are committed to preserving the rich culture and heritage of the North Country by fostering a welcoming environment for all.

Education: I graduated from Carthage Central School and then went on to school in Lexington Kentucky to pursue an associate degree in the Dental Health. I later found myself back in N.Y. working for a dental office where I then pursued continuing education through ADOM and taking online courses through SUNY Empire state university.

Education: Masters of Journalism, Columbia University, BA Political Science, Dickinson College

What advice do you have for other young professionals in NNY?

Embrace the unknown, embrace the opportunities, and most importantly, embrace your own potential. Your journey as a young professional is a chance to create a legacy that reflects your passion and determination. So, go out there, explore new horizons, and make your mark on the world.

What inspires you to do what you do in your profession and personal life?

I am thrilled to share a personal reflection that has shaped my journey and resonates deeply with the spirit of Alexandria Bay. When pondering what drives me, the answer is crystal clear: the remarkable women in my life. From my resilient mother Mary Compeau who has fearlessly raised us as strong, independent individuals to my industrious mother-in-law Shelly Carlos who embodies hard work and success, their unwavering determination has been my guiding light.

Witnessing these phenomenal women pursue their dreams and conquer every challenge in their path has instilled in me a profound sense of empowerment. Their stories serve as a testament to the boundless possibilities that await those who dare to dream and persist with unwavering resolve.

Who is your mentor, and why?

My mentor is my mother. Her unwavering commitment to our community, dedication to community service, and remarkable success make her a shining example for us all. With her grace and determination, she embodies the values that resonate deeply with the community. I admire her determination and drive for success.

What has led you to remain in the North Country to make your mark?

I strive to enhance the livelihood of our community. Together, we work towards a prosperous future that benefits everyone who calls this place home where the beauty of the St. Lawrence meets the heart of a thriving community. I could not imagine life anywhere else!



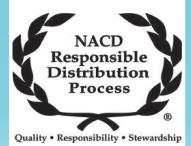
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20 UNDER 40

ADAM POWERS, 33

**Project Manager,
DC Building Systems, Inc.**

Hometown: Clayton

Family: Natalie Powers (Spouse) Grady & Graham Powers (Children), John & Chris Powers (Parents), David Powers (Sibling)

Community involvement: Joint Town / Village Planning Board, Cape Vincent Fall Community Benefit, Local community events (parades, punkin chunkin!)

Education: Thousand Islands High School - Clarkson University

What advice do you have for other young professionals in NNY?

If you remember to learn every single day & be the hardest worker in the room good things will find you.

What inspires you to do what you do in your profession and personal life?

Family is a big piece of my drive. My wife and I were born and raised in this community, and now we are raising our 2 sons in the very same community. I strive to always set the best example that I can for them and do my part to help improve and maintain the great community we live in for future generations.

Who is your mentor, and why?

I've spent much of my life surrounded by construction and engineering and have had two people that I've been lucky to learn from. Steve Hall (Steven J Hall Construction) and Pat Dewey (Barrett Paving Materials) have always been people that I've been able to lean into to help grow both professionally and personally.

Steve's business is primarily focused on high end residential construction. In his world managing relationships is key, whether it be owners, other contractors, or his team of local employees, he knows that a smile, handshake, and a little empathy go a long way.

Pat's position at Barrett demands learning to operate efficiently in the fast past commercial big business marketplace across NYS. He has taught me so much about bringing a common-sense approach to challenges and operating with integrity along the way.

My approach to business has always been an effort to combine the things I've learned from both Steve & Pat. Building relationships is the key to success in all businesses both big and small.

What has led you to remain in the North Country to make your mark?

My wife Natalie and I often remind ourselves that the Thousand Islands and surrounding communities are one of the most beautiful places in the world. We try to be careful not to become complacent and remember to take it in when we are out enjoying it. Combine that with a local community that has so much to offer in terms of value in raising a family here and we can't find any reason to leave.



JESSICA MOSER, 36

**Lewis County
Legislator; self-employed
at Durr, Riley & Young, PLLC**

(Attorney - I joined Durr & Riley in 2011, and then became a partner in 2017 (when we switched to Durr, Riley & Young, PLLC) and then bought out the other partner in 2019 to become the sole owner).

Hometown: Lowville - now reside in DenmarkY

Family: Husband - Marcus Moser; Son - Logan Moser (5); Daughter - Hailey Moser (1); Father - Tony Young; Mother - Juanita Young; and Sister - Sarah Young.

Community involvement: Lewis County Legislator; Chair of Human Services Committee; Board of Directors for Lewis County Head Start; and Board Member of Lewis County IDA.

Education: Graduate of Lowville Academy; Bachelors from Potsdam and Juris Doctorate from Albany Law School.

What advice do you have for other young professionals in NNY?

Find a community that you want to make your home. Also, find a way to separate your career from your home life. Working as a young professional is stressful, so being able to come home to a different environment allows me to keep my work stress from affecting my family. I've also found that this allows me to be more effective at work and stops me from feeling like I'm being pulled in separate directions. I also think it's very important to find a routine that works for you, your family and your career, even if others tell you it doesn't work.

What inspires you to do what you do in your profession and personal life?

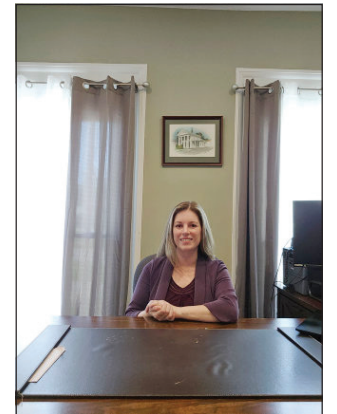
My children - my goal is to create a successful law firm so I can pass it along to one of my children (if either becomes an attorney). I also hope to show my children that they can achieve anything that they put their mind to. Specifically, that my daughter can have a fulfilling career and a family at the same time. Regarding my personal life, since I have limited free time with my family, I'm always looking for things to do with my family that my kids will enjoy and be memorable.

Who is your mentor, and why?

My family members. I was raised with a father that worked very long hours and had a long commute, but still found time to attend every school function/major event. My mother worked from home so she could spend more time with my sister and I, and always put our needs in front of her own. Professionally, my uncle is a local attorney and still provides guidance to me, even to this day. My husband is also a mentor of mine as he works very long hours with a long commute to provide for our family. Overall, my family has instilled a strong work ethic in me.

What has led you to remain in the North Country to make your mark?

It's home - I attended law school in Albany, but always knew that I would return to Lewis County to reside. I cannot envision raising a family anywhere else. The North Country has always been home to me, and offers me the peace and comfort that I can not imagine achieving elsewhere.



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BY THE NUMBERS: NNY HOME SALES

JEFFERSON-LEWIS BOARD OF REALTORS

April 2024

Homes sold: 99
Median Price: \$213,175

March 2024

Homes sold: 108
Median Price: \$206,000

April 2023

Homes sold: 94
Median Price: \$174,987



ST. LAWRENCE COUNTY BOARD OF REALTORS

April 2024

Homes sold: 42
Median Price: \$157,500

March 2024

Homes sold: 49
Median Price: \$116,000

April 2023

Homes sold: 45
Median Price: \$117,100



First Quarter Sales Show Drop in Number, Rise in Price

By **LANCE EVANS**
levans@nnymls.com

Real estate has been challenging for the past few years for both buyers and real estate agents. Part of this is due to a rise in interest rates which started the year in the 6% range before climbing to nearly 7%. This led some home seekers to put their search on hold while others pressed on in spite of higher borrowing costs and rising sales prices.

The other major factor holding back sales are the lack of homes for sale. Not only is it harder for a buyer to find a home, but the price is higher due to the inventory shortage. While the number of homes for sale in the first quarter of 2024 was 30 per cent higher than the first quarter of 2023 in the Tri-County region (Jefferson, Lewis, and St. Lawrence Counties), the number (635) was still much lower than it should be to satisfy demand. Although this number is the highest since 2021's 664 homes on the market, it is much lower than in the first quarter of 2020, just as COVID hit, when there were 1424 homes on the market or over twice as many as 2024. This was reflected in the overall number of homes sold which were down, the rising median price, and the days on the market which stayed steady overall with variations by county.

Our region is following the trend statewide. The New York State market had 23,924 homes for sale in the first quarter of 2024 which was down 14.7% from the 28,060 in 2023. This is less than half of the 52,536 homes that were for sale in the first quarter of 2020. Sales of homes statewide also fell while the median price increased and days on the market fell.

Breaking the numbers down by county, in Jefferson County, there were 312 homes for sale in the first quarter which was a jump of 130 from the 182 for sale in 2023. It was the highest number since 2020 when there were 677 for sale. Sales in the first three months of 2024 fell to 201, down from 2023's 225 homes which was lower than the 298 sold in the first quarter of 2022. However, the median price of \$200,000 continued the upward trend of the past several

years out pacing 2022's \$180,200 and 2021's \$170,000. Days on the market (the number of days from listing to an offer being accepted) dropped by 10 to 46 days in 2024 when compared to 2023 and 2022. The latter number has been steadily falling.

Lewis County's 63 homes for sale were fourteen homes higher than 2023, but lower than the 81 for sale in 2022. It should be noted that in 2020, there were 159 for sale. Lewis County was the bright spot in terms of sale, however, with 39 units sold compared to 28 in the first quarter of 2023. This was still lower than the 49 sold in 2022. Like Jefferson County, the median price continued to rise hitting \$175,000 in 2024 compared to \$160,500 in 2023 and \$135,000 in 2022. Also, unlike the other two counties, days on the market rose to 62 from 2023's 46. However, this is down more than five weeks from the 101 days in 2022.

St. Lawrence County, with 260 homes for sale, had the smallest rise from 2023, at seven homes more. While this was the highest since 2021's 343 homes on the market, it was still less than half of the homes that were for sale in 2020 when there were 588 available. Following the overall trend, the number sold in the first three months of 2024 was down with 123 sold. This compares with 150 in 2023 and 174 in 2022. The price held steady from 2023 with a median of \$120,000. This is up from 2022 when the median price was \$105,500. The number of days a property was on the market was 87, a slight decline of three days from 2023, but a large drop for the 113 days in 2022.

As you might expect, buying and selling real estate in this type of market can be a challenge. It is important that you work with a REALTOR® to help you navigate the market's ups and downs. They have the training and knowledge to help you be successful in your quest to buy or sell your property.

LANCE M. EVANS is the Executive Officer of two local real estate trade associations, the Jefferson-Lewis Board of REALTORS® and the St. Lawrence County Board of REALTORS®. Contact him at levans@nnymls.com.



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20 UNDER 40

PHILIP P. JAMES, 30

Supervisor of General Accounting, Samaritan Health System



Hometown: Cabot, VT

Family: I reside with my three younger brothers, of whom I am the guardian. I also have five other siblings living in Florida, Vermont, South Carolina, and Watertown, NY.

Community involvement: VTreasurer, Thompson Park Conservancy (2020-present)
Treasurer, NNY Pride Inc. (2023-present)
Immediate Past Chair, JCC Alumni Advisory Council (2022-present)
Chair, JCC Alumni Advisory Council (2014-2022)
Volunteer at NNY and CNY Pride Events

Education: A.A.S. in Accounting, JCC (2014)
Currently pursuing B.S. in Accounting/Business, Western Governors University

What advice do you have for other young professionals in NNY?

Look for opportunities to volunteer and become involved. You will start to feel more well-rounded in your field and connected to the community. Being involved in your community is one of the most important steps in growing as a leader.

What inspires you to do what you do in your profession and personal life?

I love seeing and experiencing individuals have that ‘light bulb’ moment—the moment when it clicks, and they understand. In my professional and personal life, I provide teaching moments by advocating for the LGBTQ+ community and through financial literacy, offering complex financial analysis to hospital leaders, board members, and the community. In general, I enjoy being part of something positive, inspiring, and challenging.

Who is your mentor, and why?

There is not just one mentor in my life; there are a few. First and foremost, my parents are my greatest mentors. They gave me life and showed me how to lead, care, and love, all of which have prepared me for my career. Even though they have passed on, their supportive spirit and loving energy continue to push me every day.

Secondly, Linda Dening, a retired JCC Professor of Accounting, has been monumental in preparing me for my career in accounting. Whether through her instruction at JCC or our spontaneous conversations about finance, retirement portfolio advice, and life in general. Her guidance, wealth of knowledge, and willingness to share have greatly influenced my professional growth.

Lastly, two remarkable leaders have greatly influenced my approach to leadership: RaeAnne Lafave, Director of Accounting, and Maxine Briggs, Chief Financial Officer, both at Samaritan Health System. They have consistently pushed me to step out of my comfort zone, accept challenges to further my knowledge, and lead with compassion and professionalism. Their mentorship has not only enhanced my skills but also instilled in me the importance of leading with empathy and integrity.

What has led you to remain in the North Country to make your mark?

What has led me to remain in the North Country is my deep pride in being an integral part of this community. The North Country offers abundant opportunities and potential, which continuously inspire me to stay and contribute. The chance to collaborate with others, make a meaningful impact, and see our community thrive motivates me every day. This sense of purpose and connection to the community is why I choose to stay and make my mark here

AMANDA STICKEL, 35

Founder & CEO Stickel Financial Services

Hometown: Watertown

Family: Mom & Dad - Daphne & Mark Battista, Husband - Greg Stickel, Kids - Joshua (13) Alexandria (11) Avalynn (8) plus our dog Luna and cat Kira (mother in law Dorinda Stickel & Father in law Waldo Stickel)

Community involvement: For five years, I served as the treasurer of Watertown First, a nonprofit dedicated to educating the community on the benefits of supporting local and independent businesses to foster a self-sustaining local economy. Currently, I am the Executive Director, a position I have held for the past four years. In this role, I have actively supported local businesses through marketing initiatives, personal spending habits, and organizing community events such as the Downtown Block Party Series and Shop Local Saturday Holiday Market in the Paddock Arcade.

Additionally, I have been a board member of Family Counseling Services of Northern NY for the past three years. My volunteer work there involves providing accounting assistance and helping the board comprehend financial reports. I am also a member of EmpowerHer, a newly established women’s empowerment group designed to help local women business owners gain clarity and confidence in their ventures through co-working and co-marketing efforts. Our group also raises funds monthly for selected local charities.

Beyond these roles, I enjoy volunteering for downtown clean-up projects and participating in various nonprofit events, including walks and dinners.

Education: I have my Associates Degree in Accounting from SUNY JCC and my Bachelor’s Degree in Forensic Accounting and Federal Taxation from Franklin University. I am also credentialed as an IRS Enrolled Agent and am a Certified QuickBooks Online ProAdvisor.

What advice do you have for other young professionals in NNY?

My advice is to identify and connect with your niche community, as these relationships are invaluable for your growth and success. Continuously invest in self-discovery and stay informed about your industry, always striving for personal development by nurturing a positive mindset and beliefs. Embrace failure as a learning opportunity—it’s a chance to refine your approach and improve. Persistently move forward, even with small steps, and trust your intuition. Remember, it’s okay to say no; not everyone will be the right fit for you.

What inspires you to do what you do in your profession and personal life?

In my profession as a bookkeeper and tax accountant, I am inspired by the opportunity to help creative, heart-centered women entrepreneurs gain clarity and confidence in their finances. I believe that financial literacy is a powerful tool for independence and growth, and seeing my clients transform from feeling overwhelmed and uncertain to empowered and in control is incredibly rewarding.

Personally, I am driven by the desire to create a positive difference in the lives of others, especially my kids. I am inspired by the stories of resilience, creativity, and passion that I encounter in my work and personal interactions. I hope to be a role model for my kids, showing them the importance of hard work and the value of helping others. I strive to create a positive future for them, where they can grow up in an environment that values abundance and possibility.



Additionally, I am passionate about building a supportive and abundant community. I believe that by fostering a network of like-minded individuals, we can uplift each other and create a ripple effect of positive change. Empowering others to achieve financial success not only benefits them individually but also strengthens our community as a whole. I believe in the power of education and self-improvement, not just for myself but for everyone I work with. By staying curious and open to new knowledge, I can better serve my clients and make a meaningful impact in their lives.

Ultimately, my inspiration comes from the belief that everyone has the ability to transform their financial reality and achieve their fullest potential. Being a part of that journey, offering guidance and support, and witnessing the resulting transformations is what fuels my passion every day.

Who is your mentor, and why?

Linda Dening has been a profound mentor in my life. I first met Linda in high school when I began taking accounting classes, and she immediately took me under her wing. Throughout my educational journey, her influence was unwavering. Linda’s impact was multifaceted; she wasn’t just my accounting professor—she was also a successful business owner, embodying the qualities of supportiveness, kindness, generosity, and extensive knowledge. Her thoughtful and giving nature, combined with her professional success and knowledge, made her an exemplary role model. I always thought she made accounting fun and I learned the only true answer in accounting is “It Depends!” Even after college, we have stayed in touch, and her guidance continues to inspire me.

Another significant mentor in my life is Shannon Exford Donato. I had the privilege of working under Shannon for a few years after getting my Associate’s Degree in Accounting, where I gained invaluable real-life experience. Shannon’s independence, intelligence, generosity, and creativity in her business deeply influenced me. She helped me translate theoretical knowledge into practical skills, how to handle clients, and how to put out fires. Shannon taught me how to take great strides in the business world as a woman and to not let anyone bring you down.

Both Linda and Shannon have been instrumental in my development, providing me with the knowledge, support, and inspiration to grow both personally and professionally.

What has led you to remain in the North Country to make your mark?

Staying in the North Country has been a practical decision for me. The presence of family here offers a support network that I value. Despite the challenging winter weather, I appreciate the natural beauty of the area, including the lake and surrounding scenery. This region provides a sense of tranquility and inspiration that I haven’t found elsewhere. Moreover, there’s a strong sense of community and connection here that I find appealing. Compared to other places I’ve visited, the North Country offers a unique combination of practical benefits and a supportive atmosphere that keeps me rooted here. If only we had more sunshine and maybe some palm trees!

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BRANDON J. OLLEY, 36

Field Agent for the Knights of Columbus

Hometown: Natural Bridge

Family: Mary Kathleen (Wife), George Allan (Son), Duane R. Olley (Father), Monica M. Olley (Mother)



Community involvement: VFormer Firefighter & former Commissioner, Founder & Board member of a non-for-profit organization (The Spirit & Truth Distribution Center), Commissioned Lay Minister for the Diocese of Ogdensburg, Eucharistic Minister, Lector, and former youth group leader for St. James Catholic Church in Carthage NY.

Education: Graduate of Carthage Central High School, Bachelor's Degree in Theology from Catholic University of America, Graduate of Georgetown Reserve Officer Training Corps (ROTC)

Insurance Education/ expertise: Fraternal Insurance Counselor (FIC), Fraternal Insurance Counselor Fellow (FICF), Complex Case Management School, Million Dollar Round Table (MDRT) (x3)

What advice do you have for other young professionals in NNY?

Be persistent and persevere especially when you feel you want to give up. Be humble enough to ask someone for help or mentorship in the good times and bad.

What inspires you to do what you do in your profession and personal life?

There are so many people in need and most of them don't even know it. I want to help protect as many Catholic families as I can whether it be for burial, paying off debt, Income protection, Wholistic Planning, Retirement planning, Business Succession, Extended Care planning, Trust planning, Disability Trust planning etc...

Who is your mentor, and why?

Michael Burkitt who is the Director of Field Performance & Field Management for the Knights of Columbus. He has greatly expanded my knowledge in the Insurance Industry. He showed me that Wholistic & Business Succession planning is very important in today's world, and that Life Insurance purpose is only limited to the imagination. There are so many ways to use Life insurance to protect families and businesses. If structured right, they can create supplemental retirement accounts, transfer an Estate Income tax free, to create generational wealth, expand & protect small businesses, help in extended care planning, and so much more.

What has led you to remain in the North Country to make your mark?

In the spirit of Blessed Father McGivney, the founder of the Knights of Columbus, I want to help as many Catholic Families as possible. Many people feel that they must go to another country to make a difference, but if they just look around, there are so many people who need our help. Most clients I meet don't even know the difference between Qualified and Non-Qualified monies and how that can impact their retirement and assets in the event of a Death or Extended Care situation. As Mike Burkitt taught me "It's not what you own, it's How you own it". Even if I just helped one person, then I feel I have made a difference. I can help transform the North Country, one person at a time.

TAYLOR WOOLF, 31

Associate / Architect, BCA Architects and Engineers

Hometown: Watertown

Family: Large, extended family in the NNY area.



Community involvement: Being inspired to be an architect at a young age, I find myself constantly wanting to give back and inspire the next generations. I actively seek ways to mentor and engage with students from local schools during career day presentations and hosting job shadows. I also return to my Alma Mater, Alfred State each semester to participate in the architecture student's final project presentations as a guest reviewer. During these presentations, I have discussions with potential future colleagues, recruit interns, meet new faculty, and learn about new methods and perspectives along the way. Living in Watertown and working downtown, I wanted to be involved with helping to make public square a clean, welcoming place, so I also participate in the downtown cleanup initiative.

Education: BS in Architecture, SUNY Alfred State (2015), Master of Architecture, University at Buffalo (2018)

What advice do you have for other young professionals in NNY?

Go do the thing. Take the leap and try something new. Ask for guidance in areas you need it - it's okay to not know what you don't know. Let that be the motivation to propel you forward in your career. Most importantly, live a balanced life.

What inspires you to do what you do in your profession and personal life?

If architecture school taught me anything that would be useful in any aspect of life, it was that there is always something to learn, something new to try, and it helps to know a little bit about everything. Having this mentality has helped create opportunities for me both professionally and personally that I may have missed out on otherwise, while also motivating me to push the boundaries of life, look deeper for answers, and always say yes to exciting new experiences.

Who is your mentor, and why?

I have been mentored by many senior staff at BCA. Starting as an intern, I worked directly with shareholders in the firm, each with their own unique vision and design styles. As I've grown in my career, I've been mentored by Board Members, and each of the CEO's we have had during my tenure at BCA. The most consistent mentor I have had along the way is Mike Harris, an architect, former shareholder, and former Vice President in the firm. Mike inspired me to become an architect when I was in middle school and was there when I first started interning. Mike has helped guide me to where I am now professionally, and I feel proud to follow in his footsteps.

What has led you to remain in the North Country to make your mark?

The North Country is a beautiful place. There aren't many areas that provide mountain ranges, bodies of water, ski hills, snowmobile trails, golf courses, state parks, camping opportunities, and tightly knit communities. The North Country checks all my boxes, so it makes for the perfect place to settle in.

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ARIKA MCCARGAR, 32

Vice President, owner, Collello Air Technologies

Hometown: Watertown

Family: Married to my husband Matthew McCargar 5 year old son-Witten, 1 year old daughter-Leighton

Community involvement: Fundraising and sponsorship for William P Plante Memorial Fund

Education: HS- IHC Jefferson Community College Associate in Arts LeMoyne College Bachelor of Science in Business Administration Management and Leadership



Arika McCargar. Contributed.

What advice do you have for other young professionals in NNY?

I have two pieces of advice I would tell any young professional. Firstly, You have to find your passion in life and capitalize on it. Life is entirely too short to get up everyday and go to work doing something that you hate and I know that everyone says that but it's just so accurate. Secondly, find a work-life balance. This can be extremely difficult because we live in an age of convenience and there are always going to be people that think that they can reach you at any time or day. Set your work hours and your personal life hours. Occasionally, there's stuff that runs over, just needs more time, or needs to be addressed immediately but there's a time to cut it off. There are people and things to do outside of work that are just as if not more important and deserve your undivided attention.

What inspires you to do what you do in your profession and personal life?

My kids inspire me in both my personal and professional life and truly everything I do is for them. I want to continue to grow this business so it is sustainable for my kids if they choose to go in the direction of joining our family-business later down the road.

My family's name is also on the line and it's important to me to continue building on the foundation that my grandfather started and has now continued into three generations.

Who is your mentor, and why?

My Dad is my mentor and I am lucky enough to get to work with every day. I have watched him my entire life hustle as a small business owner and loved being able to go to work with him often.

He is always able to answer any question that myself or anyone has and always makes himself available to listen and understand. I mostly admired his ability and readiness to get his own hands dirty and work alongside our technicians if necessary and I think that's the biggest thing I have taken away in all my years working with him.

What has led you to remain in the North Country to make your mark?

My family is what has kept me here and I have never wanted to leave the North Country. I love it here because my family is here and our business is here. I am fortunate enough to be able to work at our family-owned business with a number of my family members, my sister, Dad, Husband, and brother-in-law and it's important to me for all of them and our employees to continue to run this business to the best of my ability. I also cherish being able to watch my kids grow up with all their cousins and having our weekly pizza nights and family dinners with my sisters and their families. The ability to see my family anytime is the biggest incentive for me to live in the North Country.

JEFFREY E. ROBINSON, 36

President, Jade Stone Engineering, Watertown

Hometown: LaFargeville

Family: Wife, Cortney Robinson, son, Cooper Robinson, Age 5, Sullivan Robinson, Age 2

Community involvement: Town of Orleans Zoning Board member

Education: Clarkson University, Bachelors Degree in Electrical Engineering, 2010, Attended LaFargeville Central School for K-12 education. Class of 2006.

What advice do you have for other young professionals in NNY?

Learn from others around you. Ask questions of others in your field and always try to learn from them. Observation, establishing good habits, and never limiting yourself will be vital in professional development. This allows one to keep advancing and furthering themselves. Never burn a bridge. You never know when past relationships will come back bearing fruit.

What inspires you to do what you do in your profession and personal life?

All efforts in my life are to strive to be the best that I can be. I want to continue to grow the engineering company and grow my professional career. I want to continue to grow as a husband and be the best husband to Cotney. I want to continue to grow as a father and be the best father to my

boys. Making my boys proud is very important. Inspiration certainly comes from family if you can't tell. I strive to make a positive community impact and a legacy that can be looked back on for years to come.

Who is your mentor, and why?

My family is my mentor, guide, inspiration, and biggest advocate. I do not have one single mentor but rather a large family of mentors that I strive to be like/make proud. My family owned and operated a dairy farm for generations. I credit my work ethic (and many other positive traits) from growing up on the farm and watching my father/uncle put in the blood/sweat/tears required to keep the farm going. Certainly, had an impact at a young age and set the stage for where I am at today in my career. My family has supported me throughout my life, I owe it to them to be the best that I can be.

What has led you to remain in the North Country to make your mark?

Family. My wife and I were both born and raised in the North County (LaFargeville). Our roots/family are here in the North County, and this is the area we want to raise our boys. Besides, we have some of the most beautiful spots in the Country. Who wouldn't want to be near the gorgeous St. Lawrence River.



Jeffrey Robinson. Contributed.

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MICHAEL ABLAN, 34

Marble Key Realty - CEO

Hometown: Gouverneur

Family: Allison Elliott, Julie & Larry Ablan-Woodrow, Frank Woodrow, George & Marsha Ablan

Community involvement: Nothing too structured. I do a lot of pro bono work for people through my businesses, especially when they're in a jam or don't have the finances/connections to get over a particular hurdle. Last year I helped 50+ people in the Clayton area fight their tax assessments. I think I had around 120 hours of work into that project. I'm also a big "value-add" guy. I've renovated somewhere in the range of 50-100 homes and 8+ apartment complexes over the years. Nearly all of these were in really, really rough shape. Now I hope they could be considered assets to the local communities they reside in.



Education: Bachelors in Finance and Management Information Systems & a Minor in Philosophy at LeMoyne College

What advice do you have for other young professionals in NNY?

I'll quote Warren Buffett for this one. "It's better to hang out with people better than you. Pick out associates whose behavior is better than yours and you'll drift in that direction". This applies to all of the nuances in life. Such as, how you behave at home and in business - to self discipline and work ethic.

Identify the character traits you value the most, and then spend time with people who exemplify those values. Eventually they will rub off on you

What inspires you to do what you do in your profession and personal life?

I'm going to get a little philosophical with you, so please bear with me. I believe that most of the human experience is in the pursuit of creating and sharing memories. Memories (good or bad) require a strong emotional response to create. I think this is why it's so difficult for people to recall simple things, like what they had for breakfast that day. However, they can easily recall where they were and what they were doing when the twin towers were struck. Strange, right?

So to answer the question, a lot of my drive comes from a desire to help people create as many positive memories as possible. A few examples,

- A customer buying their dream home
- A guest experiencing the Thousand Islands for the first time with their friends/family
- A member of our team reaching deep within themselves to overcome an obstacle they thought was impossible
- A customer getting out a financially disastrous situation thanks to creative deal making and problem solving

Who is your mentor, and why?

This is a tough one for me and is always changing based on the problem I'm trying to solve.

There are many people who have had positive impacts on my life, both in person and via books they've written. I'd say my current mentors are Warren Buffett and Charlie Munger, although I've never met them. They've done an unbelievable job of living true to their word and practicing what they preach, which is something that's almost impossible to find. Most people can say the words, but fail to back them with the appropriate action. I greatly admire deep thinkers who take the time to really figure something out before voicing an opinion about it. It saves everyone a lot of time and energy, which helps move society along a little faster.

What has led you to remain in the North Country to make your mark?

Family.

I'm a bit of an obsessive, so when I get into something, I really get into it. I figured that if I moved away and latched onto something, then I'd inadvertently only come back to see my family a couple times per year. So I did the math on how many visits per year, by how many good years of life they had left, and wasn't satisfied with the results.

So I decided to stay and create businesses where they could be actively involved, which has turned out really great. So now I scratch the itch to travel and see the world in 1-3 week adventures, and use the North Country as my home base.

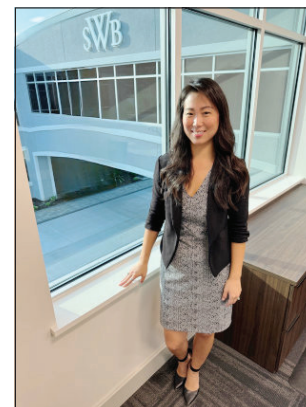
CHRISTINA A. GRIMSHAW, 34

**Vice President Commercial Credit Analyst,
Watertown Savings Bank**

Hometown: I grew up in Williams-ville, NY but have lived in the North Country since 2011

Family: Husband, Josh Grimshaw and Son, Hayden Graczyk, 17

Community involvement: Board member of the Watertown Urban Mission; volunteer for fundraising events in the community on behalf of the Urban Mission and/or Watertown Savings Bank; graduate of JLI; sponsored by the Urban Mission to bring PeaceLove to the Watertown community as a trained 'Creator'. PeaceLove is a foundation that promotes mental wellness by facilitating art workshops to safely explore and express emotions through creative activities. Workshops commenced at the Urban Mission earlier this year and are held biweekly.



Education: Bachelor's degree in applied mathematics

What advice do you have for other young professionals in NNY?

Embrace learning. An effective leader is an active learner. We are curious by nature and benefit by learning from others. We encounter people from all walks of life on a daily basis and need to take the time to develop meaningful relationships. An active learner genuinely listens to what others share, participates in making change, effectively communicates, and is easily adaptable. By being an active learner, it's empathetic by nature and subsequently, we empower others. Therefore, active learners lead by example.

What inspires you to do what you do in your profession and personal life?

I take after my parents. Their work ethic and success were based on providing for others. Family, of course, but also providing for others in their professions. Dad was a managing editor for a local newspaper and Mom was a special education teacher, while both volunteering on the side. They worked tirelessly to improve the quality of other people's lives. Being genuine, in both my professional and personal life, is most important. I've learned that from my parents as well as my brother, who always inspires us to be the best version of ourselves and see the best in others.

Who is your mentor, and why?

Professionally, I've had several mentors at Watertown Savings Bank throughout the years. It'd be difficult to choose one, as I've developed relationships across all departments at the Bank and through various roles. We have a family work environment and as is the case with family, there are certain individuals you seek guidance from depending on the issue at hand. I'm grateful for their knowledge/expertise in their profession, reliability, compassion, and for taking the time to counsel me. Thank you!

What has led you to remain in the North Country to make your mark?

Family. My husband's family is rooted here and now, originally from the Buffalo area, my family has since moved to Sackets Harbor. The North Country has a unique charm. It's community-driven and is in a beautiful location. I love how local businesses and organizations promote each other and work together for the better of the community. I've been blessed to have the support of Watertown Savings Bank as well as the Watertown Urban Mission, who have both significantly contributed to my community involvement.

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20 UNDER 40

THOMAS HAYNES, 32

Director of Engineering, Development Authority of the North Country

Hometown: I grew up in Constantia, New York. However, since graduating from Clarkson University in 2014, Gouverneur has been my home and is where I plan to live for the foreseeable future with my wife and two Siberian huskies

Family: Amber Haynes, wife; John and Clare Haynes, father and mother, Michael Haynes, brother

Community involvement: Current 1st Assistant Chief and Warden of the Gouverneur Fire Department 2015 to Current. Previously Potsdam Fire Department 2013 – 2014, Constantia Fire Department 2010 – 2015, West Monroe Fire Department 2008 - 2010

Education: Bachelor of Science Civil Engineering, Clarkson University Potsdam NY

What advice do you have for other young professionals in NNY?

My first thought is pretty typical; do not give up on chasing your dreams. However, I want to add an asterisk to that piece of advice. That asterisk being, do not get so lost in chasing your dreams that you overlook wonderful opportunities right in front of you. You just might have to think outside the box. I feel this is especially true in Northern New York. I hear the same set of statements all the time “No one wants to stay here,” “All our young minds are leaving to never come back,” and “There are no job opportunities for the young people.” I say that people saying this are wrong because there are plenty of opportunities if you just look for them. Every established business I know says the same thing, “I have plenty of work just not enough people.” The young professionals of today have the perfect opportunity to fill these voids and to be successful tomorrow. However, you just might have to shape the mold of your dream slightly. If you told me 10 years ago I would still be in Northern New York working on water, sewer, fiber optics, and solid waste projects I would have said you were crazy. I would venture to say most other people joining me on this list would have a similar statement about what they do daily. I am also sure like me they had a point in their life where they had to take a chance they took it and now look at how they have succeeded.

What inspires you to do what you do in your profession and personal life?

Professionally and personally I am driven by the desire to make a difference and to leave the community a better place. Professionally, the work that the Development Authority of the North Country does for the communities of Jefferson, St. Lawrence, Lewis, and Franklin Counties affords me the opportunity to work on projects that have a direct impact on the individuals who live in Northern New York. Whether that is through an infrastructure project at your local water or wastewater treatment plant, a fiber optic project connecting health care facilities to the Telemed network, or a redevelopment project at a former industrial site to turn a property from blighted eye sore to a useful asset to the community. I feel a real sense of accomplishment to drive through the communities of Northern New York whom I have helped, knowing that I made a difference.

Personally, as an active member of the Gouverneur Fire Department I am given the opportunity on a daily basis to help the members of the community where I live. Often times people assume the opportunity to help is limited to helping individuals in what they see as their darkest hour as they call 911. However, being a volunteer firefighter is so much more than just responding to emergency calls it is attending local parades, holding open houses to show case the equipment, conducting fire safety events at local schools and day cares, offering fire extinguisher demonstrations at the local fair, directing traffic at local fundraisers, a fire standby by at the homecoming bonfire, and the list can go on and on. Concluding each of these events, there is always a thank you from members of the community for taking the time to help.

As we look to the future I feel one of the best attributes as a society we should look to enhance is the desire to give back. Each day if everyone just did one nice thing the world would truthfully be a better place.

Who is your mentor, and why?

Without a doubt this is my father, John Haynes. Growing up my father provided me with several life lessons that I carry with me still to this day and these lessons could fill an entire book. But for now, I will just hand-pick two reasons why he is my mentor. First, he taught me the value of hard work. My dad is an electrician and he would often have me help out after school or on the weekends when he would go do jobs for neighbors. One of his favorite stories to tell is the time when I was a young teen helping him out on a hot summer day and I threw my shovel down while digging a conduit ditch and told him “Dad I am never going to be an electrician.” Most people would take that as an insult but not my Dad. While he was proud of his trade and still is to this day he knew that I could go on to do much more. Having me dig ditches was his way of showing me that while it was honest work, I could do more. Second, he taught me the value of giving back to the community through the fire department. My Dad has been an active member of the Constantia Fire Department my entire life having served 40 years and as Chief of the Department two different times. I grew up at the fire station and learned the value of helping out our friends and neighbors, so when I decided at 16 years old I was going to join, he was there rooting me on and supporting me every step of the way.

What has led you to remain in the North Country to make your mark?

The unique terrain and people that live in the North Country are what drew me to call this place home. The first time I traveled to Potsdam nearly 15 years ago to visit Clarkson University as a high school senior I knew that the North Country was a special place. At that time did I know I would eventually call St. Lawrence County my home? No way. As the years at Clarkson went by my attraction to the North Country grew, so when given the opportunity to stay upon graduating I took it and I am glad that I made the choice to stay. Having traveled across the country there are few places that can match the North Country terrain diversity. In an hour's drive you can be on the St. Lawrence River, the shores of Lake Ontario, the Tug Hill Plateau, or the even the Adirondack Mountains opening up a variety of opportunities for activities regardless of the time of year. The people of the North Country are also just as unique from the soldiers serving at Fort Drum, to farmers, tradesman, industrial workers, teachers, doctors, lawyers, and everything in between. You just never know who you might meet on the street and generally they are good people just trying to live their life. So anytime I can do something to make the life of the north country residents better I am happy to do what I can.



NaturallyLewis Awards \$14,325 to Lewis County Businesses & Organizations Through Small Things, Big Impacts Fund

By Kaylee Tabolt
 kaylee@naturallylewis.com

LEWIS COUNTY, NY - Naturally Lewis is excited to announce the recipients of the second round of the Small Things, Big Impacts Fund. This year, a total of \$14,325 has been awarded to 16 businesses and organizations in Lewis County. The awarded projects are estimated to have an impact of over \$43,000 for the local economy.

The Small Things, Big Impacts Fund aims to empower local businesses and organizations by providing grants of up to \$1,000. The focus for the 2024 funding cycle was enhancing the visibility of our businesses and organizations, encompassing initiatives such as signage, branding, digital marketing, packaging, murals/artwork, and mobile visibility. Congratulations to the following award recipients:

■ 1812 House (Lowville, NY) funding will assist with new website development - \$600

■ Adirondack Outpost Antiques (Harrisville, NY) funding will assist with new signage - \$600

■ Autumn Ridge Goat Farm (Turin, NY) funding will assist with new website and signage - \$1,000

■ Beaver Camp (Lowville, NY) funding will assist with new exterior sign - \$1,000

■ Brownell Pottery (Lowville, NY) funding will assist with craft fair display - \$1,000

■ Catch 19 Designs (Glenfield, NY) funding will assist with craft fair display - \$1,000

■ Comlacht Cleaning & Property Services (Lowville, NY) funding will assist with vehicle signage - \$1,000

■ Lakeside Lather Soap Company (Glenfield, NY) funding will assist with

website development - \$1,000

■ Lewis County Humane Society (Glenfield, NY) funding will assist with new signage - \$755.48

■ Looking Glass Windows (Lowville, NY) funding will assist with new brand and promotional materials - \$600

■ Mainline Electric (Lowville, NY) funding will assist with new brand, signage and merchandise - \$1,000

■ Northern Beginnings Realty LLC (Castorland, NY) funding will assist with new signage and promotional materials - \$770

■ ReNew Bremen, Inc. (New Bremen, NY) funding will assist with development of brand - \$1,000

■ Riverside Equipment Rentals (Port Leyden, NY) funding will assist with new signage - \$1,000

■ Roads End Orchard (Constableville, NY) funding will assist with a mobile wine trailer - \$1,000

■ The PB&J Café (Lowville, NY) funding will assist with new brand, website design and signage - \$1,000

Funds for this opportunity have been made available through Naturally Lewis' Community Economic Development Program (CEDP). The CEDP was created through a Host Community Agreement in partnership with Number Three Wind; Number Three Wind has committed approximately \$150,000 per year - for the next 30 years - to be invested into Lewis County through new business development and impactful community projects. Program focuses are determined on an annual basis by the Community Economic Development Program Committee and will be available each year.

Applications for this

opportunity underwent an evaluation process by the Community Economic Development Program Committee, comprising six community leaders and one representative from the Lewis County Development Corporation board. The Lewis County Development Corporation Board has given authority to the Community Economic Development Program Committee to determine awards at the time of application review.

Funds for this opportunity have been made available through Naturally Lewis' Community Economic Development Program (CEDP). Naturally Lewis congratulates the recipients and looks forward to seeing the positive impacts these projects will have on our community. Naturally Lewis is currently accepting applications for the Small Things Big Impacts Fund through June 13, 2024 with an additional \$12,000 in grant funding available. For more information about the Small Things, Big Impacts Fund under the Community Economic Development Program, and other Naturally Lewis initiatives, please visit naturallylewis.com



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JCC 2024 RECOGNITION CELEBRATION HONORING CHANCELLOR'S AWARD RECIPIENTS, RETIREES, AND EMPLOYEE ACHIEVEMENTS

By PAMELA DIXON

Jefferson Community College

Jefferson Community College (JCC) held its Annual Recognition Celebration on Tuesday, May 21. The College observed nine faculty and staff retirees and honored the achievements of faculty and staff including: SUNY Chancellor's Award recipients, those reaching milestone years of service to the College, continuing appointments, promotions, and a sabbatical. Additionally, the 2024 Spirit of Jefferson Award recipient was announced.

Retirees are Michael J. Babcock, Deferiet, associate professor, Courtney A. Bauer, Watertown, senior secretary, Karen J. Freeman, Black River, special assistant to the president, Deanna L. Lothrop, Chaumont, coordinator of CSTEP, Tricia M. McBride, Black River, technical specialist, Kimberly S. Stearns, Rodman, secretary, Suzanne M. VanEpps, Dexter, senior account clerk, John W. Wagar, Watertown, assistant building maintenance mechanic, and Kerry A. Young, Watertown, associate vice president of human resources.

Babcock retired from Jefferson in May from the position of associate professor. He taught a variety of chemistry courses as well as courses in math, physical science, and physics. Over the course of his 30-year tenure, Babcock served on numerous campus committees and chaired both the Campus Life Committee and Academic Affairs Committee twice, two periodic program reviews, and the Social Cultural Committee. He served as a member of the College Recognition Committee and had the honor of announcing the first Thomas W. Myers Award for Co-Curricular Service. Babcock participated in National Chemistry Week activities and was the primary photographer to document Super Science Saturday.

Jefferson alumna Bauer joined Jefferson in 1988 as a typist. She spent 23 years as secretary to the business division and has served as senior secretary to the most senior leader in student affairs since 2012. Bauer is retiring at the end of May after nearly 36 years

of dedicated service to Jefferson. She has taught as an adjunct instructor for office technologies courses, served on two Presidential Search Committees and co-chaired the Inauguration Committee for retired President Carole A. McCoy, and served as president, vice president, secretary and negotiating team member of the Educational Support Professionals union. Furthermore, she served on the Commencement Committee and Financial Aid/ResLife Workgroup, along with many others. Bauer volunteered as a member of the faculty-staff choir, the College's Relay for Life team, JCC Alumni Association, and American Association of University Women. In 2009, she received the first ever Chancellor's Award for Excellence in Classified Service. She was recently honored in April with the 2024 Phi Theta Kappa Outstanding Staff Member Award given by the student body.

Freeman joined Jefferson in 2005 as the College's public information officer and marketing director. In 2015, she was appointed assistant to the president, a position that includes serving as secretary to the Board of Trustees. In addition, Freeman served for two years as senior director of government affairs and public relations, and since 2020 has served as special assistant to the president. She assisted the Board of Trustees with two presidential searches and inauguration activities for three presidents. Freeman has worked for five of the College's seven presidents. Over her 19-year tenure, Freeman has served on or chaired a number of campus committees including, but not limited to, the Commencement Committee, Recognition Celebration, Strategic Planning Committee, Middle States Steering Committee and workgroups, an Adult Learner Taskforce, Communications Committee, Emergency Planning workgroup, and the 50th Anniversary Planning Committee. She helped lead the College through a website redesign and rebranding, establish a pres



Retirees with College President Daniel J. Dupee, II (middle): (l-r) Courtney A. Bauer, senior secretary, Karen J. Freeman, special assistant to the president, Kerry A. Young, associate vice president of human resources, Deanna L. Lothrop, coordinator of CSTEP, Tricia M. McBride, technical specialist, and Kimberly S. Stearns, secretary. Unavailable for photo: Michael J. Babcock, associate professor, Suzanne M. VanEpps, senior account clerk, and John W. Wagar, assistant building maintenance mechanic.



SUNY Chancellor's Awards recipients (l-r): Beverly M. Norton, Chancellor's Award for Excellence in Classified Service, Andrew N. Draper, Chancellor's Award for Excellence in Teaching; Michael B. Avery, Chancellor's Award for Excellence in Faculty Service, Dean R. Dyer, Chancellor's Award for Excellence in Professional Service, and Kelly Rusho Boyer, Chancellor's Award for Excellence in Adjunct Teaching with President Daniel J. Dupee, II. Contributed by JCC.



Honored for 30 years of service to the College is Donna M. Stevenson, professor. Unavailable for photo: Suzanne M. VanEpps, senior account clerk. Contributed by JCC

Honors

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ence on social media, and plan numerous groundbreaking and ribbon cutting celebrations involving campus and community. Freeman is a member of SUNY-CUAD (Council for University Advancement and Development), the National Council for Marketing and Public Relations and SUNY's Government Relations workgroup. In the community, Freeman is president of the Board of Directors for New Day Children's Center, a member of the Carthage Athletic Booster Club Board of Directors and served for 13 years as Champion Town Justice. Freeman will retire in July.

Lothrop first joined the College as a part-time retention specialist in 2012. Since 2016, she has served as the full-time Collegiate Science Technology Engineering Program (CSTEP) coordinator. Lothrop collaborates with colleagues in an annual professional etiquette seminar for students; she is a frequent volunteer for the College's Food Pantry and a leader in the Pantry's annual Thanksgiving basket distribu-

tion to students. She serves on many committees, among them, the Campus Life Committee, Commencement Speaker Audition Committee, Diversity Task Force, and served on the Strategic Planning Committee. She is also an adjunct instructor in early childhood for SUNY Potsdam. More recently, Lothrop was selected as co-chair of the Middle States Commission on Higher Education Steering Committee. In the community, Lothrop is president of the Lyme Central School Board, a member of the Board of Directors for the Lyme Community Foundation, and also New Day Children's Center. She was recognized with the SUNY Chancellor's Award for Excellence in Professional Service in 2023. Deanna will retire in June.

Jefferson alumna McBride joined the College in 2002 as a data entry machine operator and retired in March from the position of technical specialist within enrollment services. McBride was responsible for creating and maintaining the master class schedule and served as the primary contact for academic offices. She was also the liaison for Army registrations and distance learning courses offered at high schools. Over the course



Honored for 25 years of service to the College (l-r): Joshua A. Dickinson, associate professor, Robyn M. Rhyner, director of financial aid, and Oliver G. Youst, professor. Contributed by JCC

of McBride's 20 year tenure, she was a part of several key technological initiatives including a student information systems conversion and the transition from microfilm to digital credentials. McBride served on the Judicial Board of Review and the Campus Life Committee.

Jefferson alumna Stearns joined Jefferson in 2000 as a typist in the financial aid office and she retired in September 2023 from the position of secretary to the liberal arts division. During her 23-year tenure, Stearns served in several leadership roles including as president of the Educational Support Professionals (ESP) association for more than ten years, chaired the College Recognition Committee, Campus Safety Committee and the Judicial Board of Review. She represented her ESP peers on the 2016-1017 Presidential Search Committee that brought the College's sixth president to campus. More recently, Stearns served on the Standard II Workgroup

assisting with the College's self-study for the Middle States Commission on Higher Education visit. In 2019, Stearns was recognized with the SUNY Chancellor's Award for Classified Service.

Jefferson alumna VanEpps joined Jefferson full time in 1995 as an account clerk in the financial aid office and retired in February from the position of Senior Account Clerk after 30 years of service to the College. During her tenure, VanEpps was instrumental in the merging of three offices into an enrollment services one-stop shop to better serve students. Furthermore, she was an implementation leader when the financial services office converted to a new student information system. She was a long-time member and treasurer of the JCC Women's Organization, and volunteered for several campus and community organizations including Relay for Life and Wassertown Urban Mission. She was a member of the National Association of Educational Office Pro-

professionals and was designated a Certified Educational Office Employee. She was recognized with the SUNY Chancellor's Award for Excellence in Classified Service in 2018.

Wagar joined Jefferson in 1987 as custodian in the facilities department. He is currently an assistant building maintenance mechanic and will retire at the end of May after 37 years of service to the College. While much of Wagar's work took place in the evenings during the second shift, his work was integral to keeping the College's campus grounds beautiful and buildings in top notch shape. Wagar was key to keeping the campus open during the winter months by plowing the roadways and clearing the sidewalks once students and staff departed campus. Additionally, he worked to set up and tear down athletic events. Wagar was involved with the rebuilding of a fire pump on campus, which

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Honors

From T19

saved the College thousands of dollars, along with the fabrication and rebuilding of the two dump boxes on the Kubota tractors.

Jefferson alumna Young began her career at Jefferson in 1990 as a stenographer. Her progressive path at the College includes assistant to the dean of administration and finance, director of administrative operations, executive director of finance and human resources and then to her current role as associate vice president of human resources and Title IX coordinator. Young has served on numerous campus committees and played integral roles in strategic planning, employee training, negotiations, the student information system conversion, campus safety, faculty/staff recognition, and creation of the College's first diversity plan. In addition, she has taught as an adjunct for both Jefferson and SUNY Potsdam. Young has served in leadership roles with the North Country Human Resources Association, Jef-

erson-Lewis School Employees Healthcare Plan Board, SUNY Human Resources Director's Association and SUNY's Business Officer's Association. In fact, she helped form and served as president of the NYS Community College Human Resources Professionals Organization. In the community, Young has served on the Board of Directors for WPBS and the American Association of University Women. She is currently treasurer of the Samaritan Auxiliary Board of Directors. Her contributions to the College and the community were recognized with the Professional Achievement Award from the College's Alumni Association in 2018, and with the Chancellor's Award for Excellence in Professional Service in 2019. Young will retire at the end of May after 34 years of service to the College.

SUNY Chancellor's Award recipients are Michael B. Avery, Sackets Harbor, professor of English, Chancellor's Award for Excellence in Faculty Service; Andrew N. Draper, Watertown, assistant professor of mathematics, Chancellor's Award for Excellence in Teaching; Dean R. Dyer, Adams, instructional technical specialist, Chancellor's Award for Excellence in Professional



2024 Recipient of the Spirit of Jefferson Award - Inauguration Planning Workgroup (l-r): April L. Parris, assistant building maintenance mechanic, Karen J. Freeman, special assistant to the president, Benjamin G. Foster, executive director of the JCC Foundation, Adrienne M. Demiceli, secretary, Gillian S. Maitland, director of marketing and communications, Kerry A. Young, associate vice president of human resources, and Michele P. Gefell, coordinator of career planning and placement, with President Daniel J. Dupee, II. Contributed by JCC

Service; Beverly M. Norton, Watertown, secretary, Chancellor's Award for Excellence in Classified Service; and Kelly Rusho Boyer, Clayton, adjunct instruc-

tor of lab sciences, Chancellor's Award for Excellence in Adjunct Teaching.

Avery joined the College in 2008 and earned the rank of full professor in 2023. He served as English Department Chair for four years, and served on the Campus Life, Academic Standards, Retirement & Recognition and Nominating committees of the College Senate. Most recently, Avery was editor of the College's self-study report for the Middle States Commission on Higher Education. Avery served as coordinator of the Honors Program for three years, editor-in-chief of the Black River Review journal, and faculty advisor to a variety of student clubs ranging from the Fitness and Recreation Club to the Writer's Club. An avid musician, he frequently joins members of the JCC Music Club during open mic sessions. Avery holds a certificate of advanced study in college teaching from SUNY Potsdam, master of arts in English from California State University, bachelor of arts in English from University of California at Berkeley, and an associate of arts in multi-disciplinary studies from De Anza College.

Draper was an adjunct instructor before becoming a full time math faculty member in 2017. He teaches a broad variety

of courses, from developmental to upper level, and excels in all types of delivery methods ranging from in-person to asynchronous/synchronous and hybrid modalities. He has served as research coordinator for Jefferson's renowned Center for Community Studies since 2022. In this role, Andy trains students to carry out research surveys, which provide them with invaluable hands-on, real-world learning experiences. Draper serves on a variety of campus committees and is the College's representative to the New York State Mathematics Association of Two-Year Colleges. Draper holds a master of arts in mathematics education in grades 5-12 from Western Governors University and a bachelor of arts in adolescence education - mathematics from SUNY Plattsburgh.

Dyer has served as instructional technology specialist since 2000. A Digital Learning Environment (DLE) expert, Dyer is the College's project manager on the recent conversion to the DLE platform Brightspace. Dyer trains and supports faculty in the design, development and implementation of online courses. In 2020, he was instrumental in the College's rapid transition to fully

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Honors

From T20

remote learning at the onset of the COVID pandemic. He has also served as the College's representative on the SUNY DLE Campus Implementation workgroup and SUNY Online Helpdesk Advisory Committee. Additionally, Dyer is an adjunct instructor for several computer courses, participates in campus governance, and has served on a variety of committees. He holds a master of science in education in instructional technology and a bachelor of arts degree in chemistry and 7-12 chemistry education from SUNY Potsdam.

Norton joined the classified staff at Jefferson in 2008 and has worked in student-facing offices throughout her 15-year tenure on campus. She currently serves as secretary in the student support services area, which includes all access/opportunity programs, veterans' services, career planning, accommodative services, and testing. Norton builds rapport with students easily, whether assisting them with accessing needed services or training them to work in the office. She takes the time to ensure they are learning skills that will be used long after they leave Jefferson.

Rusho-Boyer has taught at Jefferson since 2003 primarily for the zoo technology program including three different biology courses along with several animal management courses and clinicals. She

is creative with developing practical and applied experiences to assist with student learning. She represents the College at educational events at public schools and Zoo New York, and she has chaperoned field trips to zoos in New York and Canada. Rusho-Boyer holds a bachelor of science degree in zoology from SUNY Oswego and associate of science degree in zoo animal technology from Sante Fe College.

The Spirit of Jefferson Award, established in 2011, recognizes a campus team that exemplifies cooperative effort and achieves exemplary results. The 2024 Spirit of Jefferson Award was presented to the Inauguration Planning Workgroup. The Presidential Inauguration is a tradition for the College and an exciting time as the College embraces a new beginning. When the event was postponed from fall to spring due to unforeseen circumstances, members of the Inauguration Planning Workgroup handled the massive undertaking with poise, thoughtfulness, and professionalism. As a result of their hard work and tenacity, President Dupee's Inauguration was a memorable event that won't soon be forgotten. Past recipients of the Spirit of Jefferson Award include the JCC Women's Organization (2011), Science Division ~ Super Science Saturday (2012), Library Learning Center (2013), JCC Relay for Life (2014), EverGREEN Committee (2015), North Country Community Cup Team (2016), Chaos Patrol (2017), Facilities Team (2018), National Endowment for the Humanities Grant Team (2019), JCC

Campus Community (2020), JCC Food Pantry (2021), Return To Campus COVID Committee (2022), and Cannon Threads Closing Closet (2023).

Jefferson Community College recognized these current employees for milestone years of service:

Five Years: Mallory M. Jackson, Woodville, Gillian S. Maitland, Watertown, Rose M. Soluri, Watertown, and Kathy Tucker, Adams

Ten Years: Robin R. Booth, Cape Vincent, Shawn M. Maloney, Belleville, Chelsea R. Marra, Clayton, Edie A. Roggie, Croghan

Fifteen Years: JoLynn Fiorentino, Watertown, Wesley L. Hissong, Canton, Cynthia E. Lonsbary, Carthage, Brian S. Topping, Sackets Harbor

Twenty Years: Heather N. O'Brien, Chaumont, April L. Parris, Gouverneur, John J. Thomas, Dexter

Twenty-Five Years: Joshua A. Dickinson, Harrisville, Robyn M. Rhyner, Sackets Harbor, Oliver G. Youst, Watertown



Honored for 35 years of service to the College (l-r): Jack N.

Donato, professor, Jerilyn E. Fairman, provost, vice president of academic and student affairs, and Michele P. Gefell, coordinator of career planning and placement. Contributed by JCC

Thirty Years: Donna M. Stevenson, Chaumont, Suzanne M. VanEpps, Dexter

Thirty-Five Years: Jack N. Donato, Watertown, Jerilyn E. Fairman, Watertown, Michele P. Gefell, Watertown

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- CBS NEWS POLL | YOUNG, MAR 3, 2024

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Ground Breaking



From left 1st row. Anna Sorensen, village trustee; Barb Beekman, village trustee; Pat Kelly, IDA; Leigh Rodriguez, economic development; Mark Brackett, Joe Erlichman, Jim Erlichman
2nd row Mayor Michael Dalton, Aaron Jarvis (Tisdales), Dean Chilton (NTC) David Warner, Gary Hammond, Scott Wright, Dave Murphy, Scott Chisholm, Zack Erlichman at the ground breaking of Bent Beam Brewery in Canton. Tom Graser/ NNY Business



Madison Bigelow and Edward Barton, Featured Honors Program Students for the Month of May 2024. JCC photo.

JCC HONOR STUDENTS OF THE MONTH

By PAMELA DIXON

Jefferson Community College

Madison N. Bigelow, Fort Drum, and Edward E. Barton, Chaumont, are the featured Jefferson Community College (JCC) Honors Program students for the month of May 2024.

Bigelow, a Natural Sciences, Allied Health, and Biological Sciences major at Jefferson, researched the impact of social isolation on the brain for one of her Honor's Program options. Her career goal is to become an ultrasound technician.

Barton, a business major at Jefferson, researched the chemical manufacturing of the artificial sweetener, sucralose, for one of his Honor's Program options. His career goal is to work in law enforcement.

The Jefferson Community College Honors Program offers students with exceptional academic skills the opportunity to receive enriched instruction within their current program of study. For the Honors Program, students select three

courses within their curriculum, and enhance them as Honors Options. The option is based on a project agreed to by the student and a faculty member willing to work closely with the student to provide a unique and rewarding experience. Students also take the Honors Seminar, a unique inter-disciplinary course open only to program participants. The seminar examines a single theme each semester and features guest speakers from a variety of disciplines and often includes some sort of field experience.

Successful program participants earn a prestigious Honors Graduate designation on their academic transcript for each Honors Option course. Students demonstrating excellent academic achievement in high school or who have completed 12 credit hours of college coursework are invited to apply for admission to the Honors Program.

For more information, contact Honors Program coordinator, Dr. Joshua Canale, at jcanale@sunyjefferson.edu.

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Hand in Hand open in Harrisville

Hand in Hand Early Childhood Center is OPEN in Harrisville as of April 24. The coordination between Hand in Hand, Harrisville Central School District,

Development Authority of the North Country, Northern Border Regional Commission, and Lewis County Planning and Community Development Department has made this symbiotic relationship possible.

In the fall of 2023 Hand in Hand was awarded \$2.9 million from the Northern Border

Regional Commission for adding two classrooms to the Lowville Hand in Hand center and to create two satellite centers. The satellite centers were to be located at Harrisville Central School District and South Lewis Central School District, on opposite ends of the County.

Each satellite center would provide approximately 32 child-care slots for ages infant-5 years of age. The Lowville expansion would add up to 24 child-care slots to the current center with a waiting list of approximately 75.

20 UNDER 40

CHRISTINA LATTA, 36

**Gouverneur Hospital
Associate Chief Operating Officer and Vice President
of Nursing, St. Lawrence Health**

Hometown: Gouverneur

Family: Husband- Glenn Latta Jr. Son- Glenn Latta 3 step sons- Cooper, Gavin, and Ayden Latta

Education: BSN, currently enrolled in Master's of Healthcare Administration with anticipated graduation date March 2025

What advice do you have for other young professionals in NNY?

Never stop learning! Whether you are advancing your education or learning from successful peers, this will take you to the next level and assure a successful future in the profession of your choice. Ask questions! I firmly believe no question is a dumb question and guarantee this will help you feel more competent and confident in the work you are doing. Sharpen your interpersonal and collaborative skills and this will make you successful in any situation. Lastly, prioritize personal growth. Read the books, take the trainings, and most importantly take care of you and this will help you be successful in tackling any challenge that comes your way!

What inspires you to do what you do in your profession and personal life?

I believe growth in your personal and professional life equals happiness. Setting goals and achieving them brings me joy and I am always looking for opportunities that will bring me to the next level. At an early age, I was exposed to healthcare while a close family member sought treatment for a terminal disease. I was always appreciative of the care he received from the doctors and nursing staff and knew I wanted to be a part of the healthcare team so I could help individuals in my community.

Who is your mentor, and why?

My parents were my first mentors as they have always encouraged me to reach for the stars and modeled a strong work ethic. Several colleagues both presently and in the past have mentored me and I will always be grateful for the time and effort that have invested in me. Find a leader who you want to be like, then establish a relationship and learn as much as you can from them!

What has led you to remain in the North Country to make your mark?

Growing up in the North Country, I experienced first hand how difficult access to healthcare can be in a rural community. I firmly believe in investing in my community to reduce barriers to care and improve access.



A crowd gathers outside the Paddock Arcade in downtown Watertown when Teddy Roosevelt visited downtown Watertown on Oct. 10, 1914. The 20 under 40 celebration will be at The Paddock Arcade Tuesday June 4. Watertown Daily Times archive.

20 Under 40

From T3

ic Paddock Arcade in down-

town Watertown.

Sponsors of the event include NNY Business; Naturally Lewis; Northern New York Community Foundation; Jake Johnson Properties; NNY360; Watertown Daily Times; Watertown Sav-

ings Bank; Morgia Wealth Management; Samaritan Medical Center; Jefferson County Economic Development; RBC Wealth Management; Tunes 92.5/104.5 FM WBLH Radio; and Victory Promotions.

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