

Meet the Union Leader's

NEW HAMPSHIRE SUNDAY NEWS • FEBRUARY 15/16, 2025

2025



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UNDER Forty

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Katie Ambrose • 37 • Loudon

City Manager, City of Rochester

What motivates you to give back to your community?

Community service was instilled in me from an early age as a family value and cultivated by my participation in 4-H as a child. These valuable early experiences helped me develop a sense of personal responsibility to contribute and take a meaningful part in building a brighter future. As a professional, I see firsthand how strong and vibrant communities can become when we all share our unique experiences and talents with our neighbors.

What advice would you give your 22-year-old self?

If I could share advice with my 22-year-old self, I would say that it's OK to ask for help sometimes, keep trusting your gut, and don't sweat the small stuff. Everything has a way of working out, and you won't remember most problems in six months or even six weeks. The relationships and connections that you can build if you embrace discomfort and vulnerability are invaluable.

Volunteer activities: Rochester Rotary Club; vice chair, Loudon Communications Council; Greater Rochester Chamber of Commerce Governmental Affairs Council.



Matthew C. Bisson • 25 • Londonderry

Systems Engineer, DEKA Research & Development

What advice would you give your 22-year-old self?

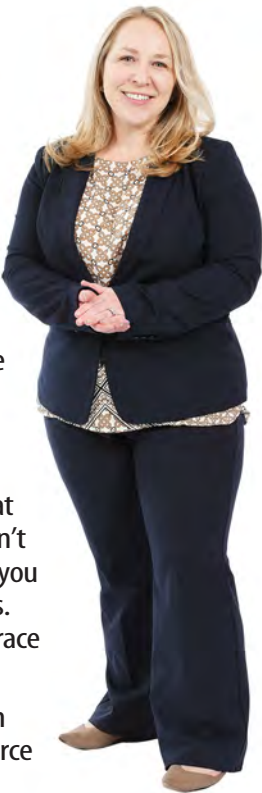
Be patient, but be ready. Life does not always match your pace, but there are opportunities everywhere. And when a chance does present itself, don't hesitate!

What would make New Hampshire more attractive to young professionals?

Community, housing, and transportation! New Hampshire has so many fantastic places and community groups, but they can be hard to find and hard to get to. More affordable places to live and easier ways to get around without personal cars would do so much to bring more young folks to the Granite State.

Volunteer activities: Mentor, FRC Team 131 CHAOS (Manchester Central High Robotics Team); Planning Committee, New Hampshire FIRST Robotics Competition; emcee and announcer, New England FIRST; Galleries Dive Volunteer, New England Aquarium.

Last major achievement: In May of 2024, after a long and challenging fundraising effort, we took the Central High School robotics team to the World Championship in Houston, Texas. Starting in January, the team built a robot, competed in two local events, and won our division at the New England Championship. The World Championship was a culmination of not just the single season, but several years of sustained effort from the students and adult mentors. The team came in second in our division.



Congratulations to the Class of 2025

24th class brings total honored up to 960

PLEASE ALLOW ME to introduce 40 engaging, civic-minded, motivated and caring individuals. They are the members of the 40 Under Forty Class of 2025 — people who were nominated by their peers for their personal and professional contributions that improve and enrich communities all across the Granite State.

This diverse group includes professionals from the medical, law and law enforcement communities; educators; mental health and social justice advocates; city employees; entrepreneurs and more. And their volunteer efforts are just too long to summarize here.

In this special section, the honorees share, in their own words, why giving back to their communities is so important to them; advice they would share with their younger selves; and some thoughts on why New Hampshire is a great place to live — along with a few ideas on what could be improved for future generations.

Nominations for the 2025 Class were gathered last fall. Nominees had to be younger than age 40 and have lived in New Hampshire for at least the last three years. I'd like to congratulate them, and

to thank them for taking the time to answer our questions, and for coming into our office on two very cold January nights to have their photos taken by Union Leader photographer Jodie Andruskevich.

Thank you sponsors

This annual project would not be possible without the generosity of our sponsors: Community College Systems of New Hampshire; New Hampshire Insurance Department; Business and Industry Association; Farmsteads of New England; Devine Millimet; Orr and Reno; and Atom Group.

Visit unionleader.com

What you see here is just a portion of each honoree's profile — please visit unionleader.com to read their full-length responses and biographical information.

March 12 reception

This year's honorees will gather at the Capitol Center for the Arts in Concord on March 12. Event registration is open at unionleader.com/events.

— Jennifer Lord
Special Sections Editor

Katie Ambrose	Amanda Jacobson	Lindsay E. Nadeau
Matthew C. Bisson	Logan Johnson	Jodie Nazaka
Kelly Boyer	Henry Klementowicz	Laurie Beth Pliakos
Ben Bradley	Jessica A. Kuron	Brittany Porter
Ophelia Burnett	Adam Larrabee	Andrew P. Provencher
Anthony M. Carr	Jeff Lemery	Alberto Ramos
Samantha Gnanasegaram	Stephanie Lucius	Dr. Brooke Schuessler
Dr. Katie Godshall	Nikki Lyons Lahey	James F. Scully Jr.
Neal Goldenberg, MD	Amanda MacLellan	Dhan Timsina
David Hady	Timothy R. Marotte	Jace Troie
Andrea Hechavarria	Gene Martin	Tom Sullivan Jr.
Krystal L. Hicks	Mary Maybury	Marrielle Van Rossum
Cordan James Haveron	Emily McGovern-Murray	Jeseca Wendel
	Elle Millar	

Ben Bradley • 36 • Barrington

*Vice President State Government Relations,
New Hampshire Hospital Association*

What motivates you to give back to your community?
My parents’ community service when I was a kid is my motivation to give back to my community. My dad is a veteran and coached several youth sports teams and my mum was a Boy Scout leader and child caregiver for teachers’ children. Their volunteerism and community support on behalf of others is what motivates me to pay it forward in my community.

What advice would you give your 22-year-old self?
Invest in meaningful relationships with people who bring out the best in you. Observe and find mentors willing to share their wisdom. Learn to thrive in chaos.

What would make New Hampshire more attractive to young professionals?
New Hampshire already has great advantages to attract young professionals because of our proximity to diverse and seasonal recreational outdoor activities. We also have a strong economy that supports the highest medium income for young people in the country. Secret is out!

Volunteer activities: Youth baseball coach.



Ophelia Burnett • 39 • Manchester

Healing Justice Program Associate, American Friends Service Committee

What motivates you to give back to your community?
I am motivated and driven by a desire to create opportunities, empower others, and dismantle systemic barriers that have historically held back disenfranchised and marginalized communities. Giving back allows me to honor those who have paved the way for me while inspiring the next generation to dream bigger and reach their full potential. It’s about building one another, building people, and community, is what I always say.

What advice would you give your 22-year-old self?
I would tell her trust the process, stay positive, and even when times may seem rough, never underestimate yourself, voice, or vision. ALWAYS stay true to yourself no matter the circumstance. That everything you go through, even the tough times, are shaping you to be the beautiful being you ARE!

What would make New Hampshire more attractive to young professionals?
New Hampshire would be more attractive to young professionals if it had better job opportunities, actual affordable housing and activities for young people to do and enjoy.



CONGRATULATIONS!



We’re thrilled to celebrate Ben Bradley for being recognized as a member of the 40 Under Forty Class of 2025! Your commitment and leadership truly shine and we’re so proud to have you as part of our team!
Well done, Ben!



AFSC New Hampshire is proud to honor staff member **Ophelia Burnett**, recipient of the Union Leader’s 2025 40 Under 40! Thank you Ophelia for your ongoing commitment to equality, inclusion and justice!



OPHELIA BURNETT
Healing Justice Program Associate

Quaker action for a just world
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Kelly Boyer • 36 • Goffstown

Selectwoman, Vice Chair, Goffstown Select Board; Sergeant and Public Affairs Mass Communications Specialist, N.H. Army National Guard

What advice would you give your 22-year-old self?

I'd tell my 22-year-old self to seize every opportunity, take bold steps, and trust your instincts. Not everything will go according to plan, but every experience will teach you. Stay grounded, keep learning, and find strength in others, but most importantly, in yourself.

Volunteer activities: Goffstown Area LGBTQ+; former: Goffstown Lions Club, AmeriCorps, VolunteerNH, NH Women's Foundation, Girls at Work Inc., Goffstown Budget Committee.

Last major achievement: My last major achievement was co-founding the New Hampshire National Guard Female Mentorship and Morale Program (NH-FMMP), an initiative focused on empowering women in the Guard by addressing unique challenges in and out of uniform. While the program emphasizes women's mentorship and development, it includes all Soldiers, Airmen, and civilians to foster allyship, raise awareness, and drive meaningful change. By identifying barriers and providing actionable recommendations, the NH-FMMP strengthens recruitment, retention, readiness, and resiliency while building a stronger force.



Anthony M. Carr • 37 • Dover

Director/Shareholder, Shaheen & Gordon

What motivates you to give back to your community?

A burning desire to ease suffering and increase joy for others.

What advice would you give your 22-year-old self?

Stay humble, stay hungry, and keep your moral compass pointed true north.

Do you see yourself living and working in New Hampshire at age 55-plus?

100% yes. I will be a proud Granite Stater for life. All of my people are here. All of my memories are here. Also, lobster.

Volunteer activities: Board member at Community Action Partnership of Strafford County; President of the Gary O. Galiher Foundation.

Last major achievement: I represented a 78-year-old man who was a victim of abuse at YDC. He kept it to himself for more than 60 years. A couple of weeks ago, I was able to help him get justice through the YDC Settlement Fund, including a financial recovery and a written acknowledgment that he was in fact abused in state custody. We were also able to help him get access to counseling.



Congratulations, Anthony!

Thank you for your hard work and dedication on behalf of your clients. We're so proud of the difference you've made in their lives, as well as for our firm and our communities.

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353 Central Ave, Suite 220, Dover, NH 03820



Anthony M. Carr
Shareholder/Director
Personal Injury Law
40 Under Forty Class of 2025



Samantha Gnanasegaram • 38 • Manchester

Psychiatrist in private practice with Hope Counseling Services

What motivates you to give back to your community?

As both a physician and a mother, I am motivated by the responsibility and immense privilege and reward to be able to help others and also foster the development of our future generations. As a physician, I carry the “see one, do one, teach one” medical education mindset instilled during my training. This foundational mindset drives me to not only care for patients, but also mentor and contribute to the broader well being of our community. As a mother, I want to set an example for my children – teaching and modeling by example the value of service to others, as well as shaping future leaders who are committed to improving the world around them.

What would make New Hampshire more attractive to young professionals?

We will need to create more opportunities and infrastructure for both professional and personal growth. This can be achieved with an emphasis on expanding job opportunities especially in emerging industries and creating a more vibrant social and cultural environment. As a landlord, I see the need for more housing that is tailored to young professionals and communities/environments that are desirable to their growth and quality of life.

Dr. Katie Godshall • 37 • Dover

Clinical Assistant Professor of Social Work, UNH

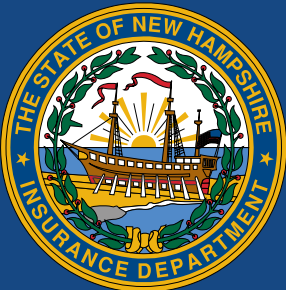
What motivates you to give back to your community?

I’ve worked alongside first responders for over a decade in the crisis response world and have often witnessed the immense weight carried by many – both by members of the community and by the first responders themselves. Enhancing first responder resilience will provide both short-term and long-term public health benefits for them and the communities they serve.

What advice would you give your 22-year-old self?

She probably wouldn’t have listened, but I would start with this: very little in life occurs in a linear process. Embrace the unexpected twists and turns – they’re annoyingly part of the journey. There is strength in leaning into others to progress forward together. Building connections and fostering support networks will not only help you navigate the challenges but also enrich your experiences.

Volunteer activities: CISM Seacoast Response Support Team; clinical and programmatic collaboration with Seabrook Police Department and ACERT; First Responder Wellness Training development; UNH Citizens Police Academy; mentoring students in translational research.



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Neal Goldenberg, MD • 38 • Keene

Orthopedic Surgeon and Director of Sports Medicine,
Cheshire Medical Center/Dartmouth Health

What motivates you to give back to your community?

While I was not born in New Hampshire, I feel incredibly lucky to have found Keene. My wife and I have found community, a great group of friends, and jobs that bring us immense satisfaction. This has motivated me to give back to the community that has given us so much. Additionally, volunteerism has helped me to feel more connected to the people and place we now call home.

Volunteer activities: Board member, Keene Family YMCA. Committee member, Development and Community Impact (DCI) Executive Committee through Keene Family YMCA. Sports Medicine Side Line coverage for Keene High School; head team physician for Keene State College and Franklin Pierce University.

Last major achievement: Hard work, dedication and a little luck have led to many accomplishments that I am proud of. However, I am most proud of my family. In particular, the birth of my daughter last year stands out as a major milestone in my life. Helping to raise her with my wife has proven to be the most fulfilling thing I have done.



David Hady • 35 • Manchester

Creative Director, Orbit Group

What motivates you to give back to your community?

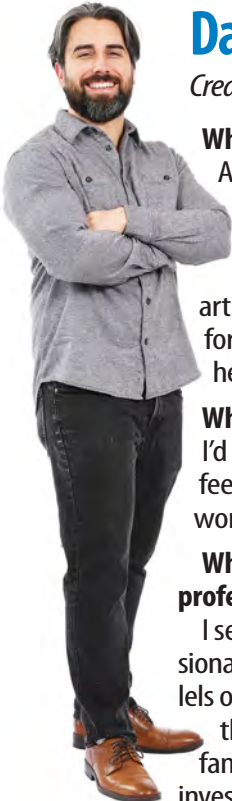
Art has had such a big impact on my life — it's opened doors, helped me grow, and introduced me to so many incredible people here in New Hampshire. I just try to give back however I can, whether it's mentoring other creatives, supporting other artists, or organizing events to bring people together. I've been fortunate to have great opportunities come my way, and I aim to help others find the same.

What advice would you give your 22-year-old self?

I'd tell myself, "Keep going to those networking events, even if they feel awkward and uncomfortable — it might take time, but it'll be worth it in the end." Oh, and "stop doubting yourself so much."

What would make New Hampshire more attractive to young professionals?

I see it as we have plenty of opportunities attracting young professionals (look how the Manchester Millyard has transformed into parallels of a Silicon Valley 2.0). I think the real question is how to keep the YPs as they start families. One of the top three concerns for families is school systems. Redistributing our taxes to deepen the investment in education will help retain these professionals long term.



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heal and regain
their function after
sports injuries and
supporting the sports
medicine needs in
our community.



Neal Goldenberg, MD, MA
Sports Medicine Orthopaedic Surgeon
Director of Sports Medicine
Cheshire Medical Center

This year, we proudly congratulate Neal Goldenberg, MD, MA, from Cheshire Medical Center on being named to the *New Hampshire Union Leader's* 40 Under Forty class of professionals. Dr. Goldenberg was chosen for his dedication to patients and the community. We are honored to have him on our team.



The best, where
it matters most.

Cheers
Dave Hady

Artist. Designer.
Spiritual Advisor.



~Orbit Group / @ManchesterDistillery Family

Andrea Hechavarria • 39 • Amherst

President and CEO, NH Life Sciences

What motivates you to give back to your community?
I believe staying involved in your community, building relationships and having personal interaction is more important than ever — particularly as individuals have experienced technology driven isolation and a reduction in social networks in the post pandemic world. I try to prioritize volunteer opportunities where I think my experiences can add value, such as working on a capital raise for my former high school, volunteering at my children's school, or coaching basketball.

What advice would you give your 22-year-old self?
If you prepare and work hard, good things will come. Mistakes and resets happen to everyone — learn from them and trust that everything happens for a reason and you will be better for it.

Volunteer activities: Coaching youth basketball; member of Bishop Guertin's Future is Now Capital Campaign Committee.

Last major achievement: Establishing NH Life Sciences in 2023, and successfully building membership from the ground-up with the backing of founding member companies and attracting broad interest from life sciences companies across the state.



Krystal L. Hicks • 39 • Dover

Founder & Career Strategist, JOBTALK, LLC

What motivates you to give back to your community?
I'm a firm believer in helping folks in our community who might have less access to resources or opportunities. I am the product of free lunch programs, affordable housing vouchers, income-based YMCA programs, and NH TRIO/NEOA scholarships for first-generation college students. Community (and state) resources, and the generosity of a few kind souls, made all the difference for us when I was a kid.

What would make New Hampshire more attractive to young professionals?
Affordable property taxes, subsidized/universal childcare, and more housing options. We also need to legalize recreational cannabis already and leverage that tax revenue to offset our insanely high property costs that are creating barriers for young/new home buyers to come here.

Do you see yourself living and working in New Hampshire at age 55-plus?
I hope so. We have a beautiful state with so much to offer, but we need our governing bodies at the top to start creating pathways for more sustainable living options here — for residents of all ages and income levels.





Congratulations, Andrea Hechavarria!

Congratulations to Andrea Hechavarria, CEO and President of NHLS, for being recognized as one of the 40 Under 40 honorees! This well-deserved honor reflects Andrea's dedication, leadership, and impact in advancing the life sciences industry in New Hampshire.



New Hampshire
Life Sciences

NHLIFESCIENCES.ORG

Cordan James Haveron • 37 • Manchester

Owner Operator, Cordan James LLC and Vetrun Movers

What motivates you to give back to your community?
Giving back is rooted in my belief in compassion and interconnectedness — the idea that our lives are deeply connected and that lifting others uplifts us all. Growing up around addiction, I share my story to inspire kids to flip the switch and do hard things and to let those in recovery know they're not alone while they learn to cope healthily. New Hampshire's strong addiction and recovery community reminds me of the importance of second chances in life. I support youth diversion programs, run a felon-friendly moving company helping at-risk veterans, and create spaces of care and opportunity. Service is service, whether to my country or my community, and giving back allows me to practice gratitude, create positive change, and honor the support I've received.

Volunteer activities: The Comeback Kids on Lake Avenue — collected over 30 bags cleaning up Lake Avenue; The Comeback Kids and Vetrun Movers adopted Bass Island and performed clean ups and spread mulch; Earth Day 2022/2023; Litter Critter Street Squad; Upreach Therapeutic; Boys and Girls Club Nashua — Camp Mariposa; Boys and Girls Club Manchester — Teens Room; Board Member for On Your Feet Foundation.

Last major achievement: TEDx Talk 2024 October; 2024 Changemaker of The Year — Stay Work Play.





Amanda Jacobson • 35 • Hanover

Lead Assistant County Attorney, Grafton County Attorney's Office

What advice would you give your 22-year-old self?

Just take it one step at a time. There is no point in wasting time or energy thinking about the next 10 steps when you don't know yet what the next step is.

Do you see yourself living and working in New Hampshire at age 55-plus?

Yes, I do. I have lived in New Hampshire since 2019 and have enjoyed meeting other members of our community and taking advantage of the skiing and hiking trails. I'm deeply invested in my work and eager to continue contributing to the well-being of our community.

Last major achievement: I have largely devoted my career to prosecuting cases involving sexual assault, striving to support victims in their pursuit of justice. One of my most significant recent cases involved the successful prosecution of a defendant convicted of 12 serious felony offenses, resulting in a decades-long prison sentence. A key aspect of this case was securing a ruling that permitted this young victim to testify outside the defendant's presence, which was critical for her to be able to face her assailant.

FLASHBACK | 2024 RECEPTION



Whitney Anne Gagnon, a member of the 2024 Class of 40 Under Forty, poses with her daughter and D.J. Bettencourt at the Capitol Center for the Arts in Concord at last year's awards reception.

BRITTANY GRIMES/
UNION LEADER FILE
PHOTO



You're Invited!

March 12, 2025 | 5:30 - 9:00 pm
Capitol Center for the Arts, Concord, NH

Registration is now open at unionleader.com/forty



NEW HAMPSHIRE
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Open up New Hampshire.



Henry Klementowicz • 37 • Portsmouth

Deputy Legal Director, American Civil Liberties Union of New Hampshire

What motivates you to give back to your community?

I was given tremendous opportunities as a kid, and I wouldn't have made it to where I am without them, and I think anyone who grew up like that has an obligation to pay it forward.

What advice would you give your 22-year-old self?

You never know where life is going to take you, so keep an open mind as career opportunities present themselves.

What would make New Hampshire more attractive to young professionals?

More public transit and walkable cities, including commuter rail to Boston.

Do you see yourself living and working in New Hampshire at age 55-plus?

I hope so! I've lived in New Hampshire for most of my life. As long as I can keep hanging in through these New Hampshire winters, I plan to stay!

Volunteer activities: Rockingham County Bar Association, Board of Directors; New Hampshire Bar Foundation Board of Directors; New Hampshire Supreme Court Society Board of Trustees.

Last major achievement: Arguing my sixth case at the N.H. Supreme Court.



Adam Larrabee • 39 • Amherst

President and Founder, NH Whalers Hockey

What motivates you to give back to your community?

I'm motivated to give back to my community because I believe in the power of collective action to create positive change. Helping others not only strengthens the bonds within our community, but also allows me to contribute to a more compassionate and supportive environment for everyone. It's incredibly fulfilling to see the impact of small acts of kindness and service on those around me.

What advice would you give your 22-year-old self?

I would tell my 22-year-old self to embrace the journey and be patient with progress. Don't be afraid to take risks, learn from failures, and focus on building strong relationships. Trust that the lessons learned along the way will be just as valuable as the end goals.

Last major achievement: Driven by a passion for youth development and the love of hockey, I founded a nonprofit youth hockey organization with a focus on skill-building and fun. What began as a single boys team has since grown to include over 20 boys and girls teams in just four years, creating opportunities for young athletes to thrive both on and off the ice.



Jessica A. Kuron • 35 • Concord

Chief of External Engagement Division, U.S. Attorney's Office; Adjunct Professor, UMass-Lowell

What motivates you to give back to your community?

I have profound respect for members of law enforcement. They often endure and shoulder the most challenging, difficult, and heartbreaking aspects of human frailty to protect and serve others, which motivates me to organize trainings that support their safety and mental resilience. Members of law enforcement often do not get the recognition they deserve. It is an honor to publicly highlight their work at the end of the legal process, as a spokeswoman for federal law enforcement.

What would make New Hampshire more attractive to young professionals?

Offer health insurance options in the state's ACA marketplace that include fertility benefits. Infertility affects 1 in 6 young adults. Treatment is very expensive and the cost out of pocket is often the deciding factor for whether individuals with infertility pursue the life and family they have always imagined.

Last major achievement: Selected as the 2025 Chair of the National Law Enforcement Coordinator's Working Group at the U.S. Department of Justice.



* These are my views alone and not the views of the U.S. Department of Justice. *



Jeff Lemery • 39 • Concord

Sr. Client Solutions Director, Robert Half

What motivates you to give back to your community?
Seeing people smile when you show kindness or dedicate your time to helping them.

What advice would you give your 22-year-old self?
I would have told myself to travel more. There is so much to see in this world and as you get older it's more difficult to take time away.

What would make New Hampshire more attractive to young professionals?
A partnership between trade schools and universities to help graduates get their first job and stay here. Many graduates leave the state to start their career because there isn't enough opportunity.

Do you see yourself living and working in New Hampshire at age 55-plus?
Yes, I love New Hampshire and New England. The four seasons combined with easy access to the mountains and ocean make it a great place all year round.

Last major achievement: Becoming a father.



Stephanie Lucius • 38 • Bedford

Operating Room Director/Dean of Surgical Technology Program, Concord Hospital

What motivates you to give back to your community?
My community is a Live Free or Die state and with that comes the freedom to make certain autonomous decisions other states may not allow. Living "free" of some constraints may pose health risks. At times, these risks outweigh the benefit. Knowing I am capable to help mitigate that risk, from a health care perspective, gives me the privilege to provide support and life-saving actions when needed. As a nurse, the longer I'm in the profession, the more experiences shape my life. My motivation is doing what I am capable of to be a reflection of reassurance for my community.

Volunteer activities: Various charity events for Concord Hospital's Payson Center for cancer care, helping to annually organize and host a conference on trauma education for first responders, hospital workers, fire, police and EMS for the State of New Hampshire. Various road races to benefit Granite Ledges and the Aging Well Alliance Fund to support healthy aging in the greater Concord community, Run with a Mission (Swim with a Mission) to support local military veteran services. Supporting the food pantries of the Greater Derry Area.



Timothy R. Marotte • 38 • Merrimack

Regional Customer Service Manager, Klüber Lubrication, North America

What motivates you to give back to your community?
I owe a lot to the communities that I am a part of and it's only right that I give back when I can. As a New Hampshire DECA student I was afforded so many opportunities to grow and develop real life skills and I feel it's critical to give those same opportunities to today's students. As a Freemason in Nashua I am able to practice charity every day and be a part of a community organization that dates back over 200 years in the place where I grew up.

What would make New Hampshire more attractive to young professionals?
Competitive wages and access to housing. New Hampshire has so much to offer, especially in Southern New Hampshire where I live, but it's not always easy to find the right opportunities to compete with some of our neighboring states.

Volunteer activities: Treasurer, Board of Directors for New Hampshire DECA, and Grand Lodge Officer of the Grand Lodge of Free and Accepted Masons for New Hampshire.

Last major achievement: Recipient of the 2022 Major General John Sullivan Award for Distinguished Service.

Congrats!



We are proud to congratulate Concord Hospital Operating Room Director **STEPHANIE LUCIUS, RN** on being named to the New Hampshire Union Leader's 40 Under Forty group of influential professionals. Her commitment to education, clinical excellence, and community outreach enriches the lives of our patients and aspiring healthcare professionals. **Congratulations on this wonderful achievement!**



CONCORD | FRANKLIN | LACONIA

concordhospital.org

Nikki Lyons Lahey • 38 • Laconia

Vice President of Community Outreach, Make-A-Wish NH

What advice would you give your 22-year-old self?
“Cry when it hurts. Laugh when it’s funny. Chase after the dream, don’t chase after the money.” — Old Dominion lyrics say it best. Just follow your heart, and go with your gut, ALWAYS!

What would make New Hampshire more attractive to young professionals?
Affordable housing; more group activities, like competitive adult sports leagues; activities like they have in a retirement community — but for young people!

Volunteer activities: Lakes Region Chamber Board of Directors; volunteer coach in Laconia Little League; volunteer at our children’s elementary school when needed; Wish Granter for Make-A-Wish NH; and other opportunities when one presents itself.

Last major achievement: Nominated to and accepted on the Revenue Advancement Network Council for Make-A-Wish. The RAN Council provides insight and guidance to the Make-A-Wish Enterprise (Chapters and National Office) on emerging revenue topics and priorities. This council is an 8- to 12-member group of development leaders with representation from Make-A-Wish chapters across the country.



Amanda MacLellan • 38 • Manchester

Senior Vice President, Organizational Culture & Policy, Easterseals NH & VT

What motivates you to give back to your community?
Being part of an interconnected, supportive and vibrant community is a source of joy and strength that everyone needs access to. Manchester’s community institutions, churches, parks, arts, sports and schools have made my family’s multigenerational story in New Hampshire possible. It comes naturally to me to participate and contribute, ensuring that my neighbors and I have the same rich experiences and empowering supports.

What advice would you give your 22-year-old self?
Seek out people you can learn from. Whether you are looking for a job, a hobby, a place to live or a role in your community, choose to be in spaces where you will be exposed to new ideas, skills, perspectives and ways of being.

Volunteer activities: Volunteer facilitator with Friends of Aine Center for Grieving Children; volunteer coach with Manchester Special Olympics Ski, Snowboarding and Snowshoeing team; volunteer grant reader for The Grassroots Fund; member of the Diversity Workforce Coalition’s Board of Trustees.

Last major achievement: Establishing the first Training Center of Excellence at Easterseals New Hampshire and Vermont.



Congratulations

Nikki Lyons Lahey

*Vice President of
Community Outreach*



40★
under
40★

*Nikki’s dedication to
changing the world through
the power of a wish makes
her a true inspiration.*

*Her leadership and heart
have earned her a
well-deserved spot in
NH’s 40 under 40 list!*



**Congratulations,
Amanda!**

From all of us at Easterseals NH, we congratulate Amanda MacLellan, Senior Vice President of Organizational Culture & Policy, for her recognition in the *New Hampshire Union Leader’s* 40 Under Forty Class of 2025. Thank you, Amanda, for your exceptional leadership and steadfast commitment to our mission of elevating all abilities.



eastersealsNH.org



Gene Martin • 38 • Manchester

Executive Director, New Hampshire Fiscal Policy Institute

What motivates you to give back to your community?

It's important to leave the woodpile higher than you found it. As a kid, we lived in a homeless shelter. Thirteen years later, I was the first person in my family to graduate from college. Without the generosity of others and public policies that offered a helping hand, my life would be very different today. I have a moral obligation to do the same for others.

What would make New Hampshire more attractive to young professionals?

The days when most of us could afford to have a household with a stay-at-home parent for family flexibility are gone. The economy is different than it was 30 years ago. We must reimagine our public policies so hardworking people have the opportunity to get a degree with little to no college debt, afford a home, and have access to high-quality early care and education for their kids. New Hampshire needs more young families. I love New Hampshire, but I also know no society can thrive with a shrinking share of young people.

Last major achievement: Fostering an early love of reading in our daughters.



Lindsay E. Nadeau • 39 • Concord

Attorney, Director and Shareholder, Orr & Reno, P.A.

What motivates you to give back to your community?

I learned of the importance of giving back to my community by watching my parents do it while growing up. Now, it's my turn to set a good example for our kids. Plus, it's a great way to meet new people and foster new relationships.

What advice would you give your 22-year-old self?

Have more fun. Sleep in. Trust your gut.

What would make New Hampshire more attractive to young professionals?

Affordable access to childcare, housing and public transportation.

Volunteer activities: Current member, Board of Directors, New Hampshire Business & Industry Association; N.H. Bar Association Lawline volunteer; pro bono counsel; past chair and member, Board of Directors, N.H. Coalition Against Domestic and Sexual Violence; past member, Board of Trustees, N.H. Institute for Civics Education; past member, Board of Trustees, N.H. Supreme Court Society; past member, Board of Directors, N.H. Women's Bar Association.

Last major achievement: Getting two kids in snow pants out of the house on time.

Congratulations, Lindsay E. Nadeau!



Orr & Reno is proud to announce that Lindsay E. Nadeau, Shareholder and Chair of our Governmental Relations and Administrative Law practice group, has been named to the 2025 40 Under Forty class!

Since joining Orr & Reno in 2016, Lindsay has been a tireless advocate for clients seeking creative legislative and regulatory solutions. Her work spans high-profile industries, providing practical, strategic guidance on employment and regulatory compliance. Lindsay's dedication to both her clients and her community sets her apart, and we are thrilled to see her recognized for her excellence.

Lindsay's commitment extends beyond the legal field — she has been an active leader in local organizations like the New Hampshire Coalition Against Domestic and Sexual Violence and New Hampshire Women's Bar Association.

We are excited to celebrate her achievements as part of New Hampshire's brightest future leaders.

Emily McGovern-Murray • 35 • Newton

Cyber Operations Specialist, The ATOM Group

What advice would you give your 22-year-old self?

I would tell my 22-year-old self to keep working hard, stay focused on your goals, and cherish the friendships you have. They will enrich every step of your journey and provide support when you need it most.

What would make New Hampshire more attractive to young professionals?

New Hampshire's combination of a vacation-like lifestyle and strong work-life balance makes it an attractive place for young professionals. With access to outdoor activities like hiking, skiing, surfing, and lake sports, the state offers an active, nature-filled lifestyle right at your fingertips.

Last major achievement: Co-creating and expanding the Municipal Cyber Defense Program, a grant-based partnership between ATOM, U.S. Homeland Security, and the N.H. Department of Information Technology. To date, we have successfully reached 30% of New Hampshire municipalities, helping them strengthen their cyber defenses against evolving threats. This program continues to empower local governments, safeguarding critical infrastructure and fostering a more secure digital future for our state.



Mary Maybury • 38 • Peterborough

Executive Director, Farmsteads of New England

What motivates you to give back to your community?

What motivates me to give back to my community is the belief that everyone deserves an opportunity to thrive. Growing up and throughout my career, I've witnessed how communities flourish when people come together to support one another. My work with Farmsteads of New England has shown me the transformative power of creating inclusive spaces where everyone, regardless of their abilities, can live meaningful lives.

What advice would you give your 22-year-old self?

If I could give advice to my 22-year-old self, I'd say: keep trying, even when things don't work out the way you hoped. Failure is just a chance to learn and grow, not a reason to stop. Be kind to yourself through it all. You're doing better than you think.

Last major achievement: My last major achievement has been completing the manuscript for my book, "Leading with Laughter: Practical Lessons from the Frontlines of Leadership." This project has been a deeply personal endeavor, driven by my excitement for inspiring both current and future leaders to embrace humor and humanity in their leadership journeys.



CONGRATULATIONS
FROM YOUR
PEERS AT
THE ATOM GROUP.
KEEP UP THE
GOOD WORK AND
CONTINUED
SUCCESS.

EMILY MCGOVERN-MURRAY

A+OM

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Elle Millar • 37 • Merrimack

Executive Director, Peacock Players

What advice would you give your 22-year-old self?

I would tell my younger self that success is not a straight line. Every one of my very different job titles, volunteer experiences, and degrees led me to this current role. At the time, I felt a bit like I was wandering, but every experience was pushing me in the right direction.

What would make New Hampshire more attractive to young professionals?

New Hampshire could be more attractive to young professionals by supporting first time homebuyers more. Creating more affordable housing and grants for first time buyers would help our educated young people stay and put down roots.

Do you see yourself living and working in New Hampshire at age 55-plus?

I have very deep roots in the New Hampshire arts community. While I love visiting other places, I am always amazed at how robust our theater scene is. It is truly unique and I am invested in helping to nurture it for years to come.

Last major achievement: Our last teen theater production of "Mean Girls High School Version" earned 11 semifinalist nominations from the New Hampshire Theatre Awards.



Jodie Nazaka • 38 • Manchester

Director of Economic Development, City of Manchester

What motivates you to give back to your community?

What motivates me to give back to my community is the opportunity to be part of Manchester’s growth and transformation. As someone who grew up here, I’m passionate about making it a top choice for young professionals and families, proving you don’t need to leave to succeed. In a state like New Hampshire, where we face challenges with an aging population, it’s vital to showcase the opportunities and wealth available to all generations. I’m driven to help change the narrative and inspire others to see Manchester as one of the best mid-sized cities in America.

What would make New Hampshire more attractive to young professionals?

New Hampshire has made significant progress in attracting and retaining young professionals, but there’s more work to be done. Extended rail service from Boston to Manchester and eventually Concord could be a game-changer. With the growing biofabrication industry in Southern New Hampshire, expanded transit options would make the area even more appealing, especially to professionals relocating from cities like Washington, D.C., where commuter and Amtrak rail services are standard. Strengthening connections and access could position



Laurie Beth Pliakos • 38 • Bow

Chief Compliance Officer & General Counsel, InStride Health;
Adjunct Professor of Health Law, UNH Franklin Pierce School of Law

What motivates you to give back to your community?

The people in my community who gave me a chance, believed in me, and showed me kindness created ripples that joined into a wave, propelling me to places I never imagined. That’s how communities succeed – by supporting their members, who in turn give back, creating a cycle of collective growth and shared success. It is deeply fulfilling to be part of someone else’s story, like so many have been part of mine, and to help build a supportive community that ensures my children, and all of our community’s children, have opportunities to thrive.

What would make New Hampshire more attractive to young professionals?

New Hampshire can attract young professionals and simultaneously reduce our health care worker shortage by expanding health care education, training, and residency opportunities while addressing barriers like affordable housing and child care. Recent state efforts to support the health care workforce are a promising start, but there is more work to be done if we want to create a future where New Hampshire is a destination for talented professionals looking to make a difference.



Congratulations Laurie Beth Pliakos

———— 40 under 40 ————

Thank you for your incredible work and dedication in helping kids, teens, young adults, and their families access life-changing anxiety and OCD care!



Brittany Porter • 34 • Newmarket

Development Coordinator and Walk Manager, NAMI New Hampshire

What motivates you to give back to your community?
The people I've met through my work with NAMI New Hampshire (National Alliance on Mental Illness). Year after year I meet incredible people who have faced great struggles and personal tragedies. Seeing their resilience, hope, and eagerness to improve the lives of others who have faced similar challenges has been deeply inspiring to me and has shown me the power in community.

What advice would you give your 22-year-old self?
It's OK to make mistakes! In fact, there is no better way to learn.

What would make New Hampshire more attractive to young professionals?
Affordable housing! New Hampshire is a beautiful state and a wonderful place to call home, but with exorbitant rent and housing prices this is not a feasible place to live for many young people.

Volunteer activities: Host monthly calls for New Hampshire fundraisers through AFP (Association of Fundraising Professionals) Northern New England.

Last major achievement: Managing a record-breaking mental health awareness and suicide prevention event, NAMIWalks NH, in October!



Jace Troie • 27 • Manchester

Community Engagement Coordinator, NAMI NH

What advice would you give your 22-year-old self?
Don't constantly compare yourself to others, you aren't behind just because your life went in a different direction than most of your peers. Life is not a step-by-step checklist, there are many ways to get to the same place and there are many places you will go and achievements you will accomplish that weren't part of your original plan. At 22, I found a quote that said "sometimes rock bottom is the strongest foundation to build off of." So, to my younger self I'd say, just keep building, even if it's only one brick a day, because I've seen the life you've built and I promise you it is beautiful.

Last major achievement: Co-developed a suicide prevention training geared towards protecting the LGBTQ+ community. It began as a training for educators but has expanded to medical providers, community members and faith leaders, among other populations. After great success with in-person training it was developed into an online training with various focused modules based on different populations that might be taking it.



HOPE
STARTS
WITH
YOU

Brittany Porter
Development Coordinator/Walk Manager

Jace Troie
Community Engagement Coordinator

NAMI New Hampshire
is so proud of our

40
Under
FORTY
Honorees

NAMI New Hampshire

Andrew P. Provencher • 35 • Bedford

Principal, Main Street Strategic; Head Football Coach, Manchester High School West

What motivates you to give back to your community?
I have been incredibly fortunate in my life and feel an obligation and duty to pursue service to others. I feel that being willing to work to better your community, rather than complain about it, will always yield much better results.

What advice would you give your 22-year-old self?
I would offer myself the same advice I'm now fortunate enough to offer graduating seniors on our football team. Own your mistakes, be dependable, be in the driver's seat of your life, embrace the success of others, listen with purpose, handle hard better, and tell your friends and loved ones how much they mean to you.

Do you see yourself living and working in New Hampshire at age 55-plus?

Yes. New Hampshire's best days are ahead of it and I can't ever imagine not having New Hampshire be the "home base" for our family. From the strong sense of community to our "Live Free or Die" spirit, New Hampshire has it all.

Volunteer activities: Board member of the Elliot Perry Foundation; founding member of Bedford Santa; Chair of Blue Knights Football Fund; coach at CHaD All-Star Football game; and member of NH Tech Alliance Government Affairs Committee.

Alberto Ramos • 33 • Tilton

Chief Diversity Officer, Plymouth State University

What motivates you to give back to your community?

My faith drives everything that I do. I feel as though I've been given so many opportunities and I want to see others, especially those who have been excluded, thrive. It is such a privilege to be a part of helping college students find their sense of belonging and future careers.

What advice would you give your 22-year-old self?

Don't let others define you. It is impossible to please everyone.

Volunteer activities: Leading worship and a small group at River of Grace Church in Concord; previously served on the Young Professionals Board for Friends of the Children, Boston, Mass.; contributing writer for 603 Diversity Magazine.

Last major achievement: The design, creation and ongoing growth of the Plymouth State University's Diversity Scholars program, a four-year scholarship program for underrepresented students and students committed to enhancing diversity on campus. Completed the New Hampshire Marathon in the top 10 category for men in my age range.



Dr. Brooke Schuessler • 25 • Bedford

Co-owner, Crossroads Chiropractic at Bedford

What motivates you to give back to your community?

Nothing excites me more than finding opportunities to make another smile or making a lasting impact in a life. My first mission trip was at the age of 13, where I was able to visit orphanages in Bolivia and see first hand the privileges and opportunities we have here. At this age and with the language barrier, the only thing I felt I could offer was a smile, an opportunity to connect and simply be a light. This experience shaped the rest of my life and inspired me to serve on eight more mission trips, finding continual joy in investing in the youth of less privileged areas of the world.

What would make New Hampshire more attractive to young professionals?

Affordable housing, more innovative career opportunities, and more events/cultural opportunities that make New Hampshire young professionals desire to stay!

Last major achievement: Opening Crossroads Chiropractic at Bedford in April of 2024 with my husband.



James F. Scully, Jr. • 38 • Hampton

Corporate Counsel, Key Auto Group

What motivates you to give back to your community?

Giving back to my community is of the utmost importance to me. While I was at the Naval Academy, the phrase "service over self" always resonated with me. I am a firm believer that if you're able to make your town, state, or country a better place, you're obligated to do so.

What advice would you give your 22-year-old self?

Do not be too hard on yourself, life is too short. Be confident in your abilities and never give up.

What would make New Hampshire more attractive to young professionals?

Personally, I think New Hampshire is doing great. We continue to grow in population year after year. I had the honor of helping to launch the transformative and historic InvestNH program to increase access to workforce housing. New Hampshire will need to continue prioritizing projects like these to ensure we remain competitive in attracting the next generation of workforce and employers.

Last major achievement: Serving as chair of the Christa McAuliffe Memorial State House Commission and unveiling the statue of Christa on what would have been her 76th birthday on Sept. 2, 2024. Christa is the first woman to have a statue in front of the State House.



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Logan Johnson • 39 • Bedford

Vice President of Business Development, Sullivan Construction

What advice would you give your 22-year-old self?

Talk to everyone. Stay in touch with kind people. Be confident that you will find a path for yourself even when others doubt that you belong in their club.

What would make New Hampshire more attractive to young professionals?

We need housing for everyone in every stage of life. We don't have the inventory for people to move through housing that matches the stage of life they are in. These constraints are making it harder for young professionals to stay in New Hampshire and for new professionals to move in. Local investment in infrastructure like public water and sewer would incentivize residential and commercial growth in targeted locations.

Last major achievement: While working for NeighborWorks Southern New Hampshire, we completed construction in October 2024 on a brand new six-story apartment building that provides 45 units of much needed affordable housing on Main Street in downtown Nashua.



Tom Sullivan Jr. • 37 • Bedford

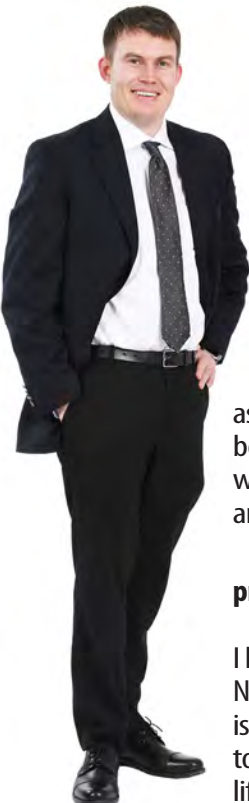
President, Sullivan Construction

What motivates you to give back to your community?

One thing that I've come to learn, and my dad Tom Sullivan Sr. sets a great example for me here, is that the most important thing you can do, in really any aspect of life, is to give back, try and help others solve their problems, and be someone who puts others first. Whether it's helping out at the food pantry in Manchester for Families in Transition or trying to connect contacts for a product or service they need, even something as simple as starting a conversation with someone who might be down on their luck. Giving back benefits the community as a whole regardless of how small or large the act of kindness may be, and it contributes to a sense of fulfillment for me.

What would make New Hampshire more attractive to young professionals?

There is nowhere else I would rather be than New Hampshire. I love to ski, hike, golf, go to the lakes, mountains and beaches. New Hampshire has it all. What it doesn't have in abundant supply is housing that young professionals can afford. We as a state have to find a balance between maintaining the New Hampshire way of life while promoting growth. It's a tough balancing act.



Jeseca Wendel • 34 • Dover

Public Relations and Community Outreach Manager, Rockingham County Rehabilitation, Nursing Center and Assisted Living Community

What motivates you to give back to your community?

In a time when differences often divide us, giving back reminds me of the power of connection. Community involvement highlights how much we have in common and what we can achieve when we come together. Incredible things happen when we focus on building bridges instead of walls.

What would make New Hampshire more attractive to young professionals?

There are several interconnected challenges that make it difficult to attract young professionals to the Granite State. Affordable housing and child care are the most significant barriers, but these issues also have a ripple effect on other priorities, such as fostering diversity, inclusion, and vibrant communities. Addressing these core concerns could create a more welcoming and dynamic environment for the next generation.

Do you see yourself living and working in New Hampshire at age 55-plus?

Yes! From the White Mountains to the Seacoast and everything in between, New Hampshire has captured my heart. I can't imagine living or working anywhere else.

Volunteer activities: I currently serve on the Board of Directors for the Great Bay Rugby Club, a 501c3 nonprofit that is dedicated to promoting the game of rugby. I also volunteer on the Seacoast Walk to End Alzheimer's planning committee and am a team captain for the Walk.



Congratulations!

TOM SULLIVAN JR. & LOGAN JOHNSON P.E.

We're proud to share that our President, Tom Sullivan Jr., and VP of Business Development, Logan Johnson, have been named to the Union Leader's 40 Under Forty!

Logan, a recent addition to our team, was recognized for her outstanding work at NeighborWorks Southern NH as a Project Manager. Tom was recently promoted to President and is leading the next generation of Sullivan Construction.

Congratulations to both!

sullivanconstruction.com

Dhan Timsina • 32 • Concord

Business Owner and CEO of Universal Care Alliance, New Hampshire Adult Day Care, New African Asian Grocery Store

What motivates you to give back to your community?

As someone deeply connected to my roots and values, my motivation stems from a genuine desire to make a meaningful difference in the lives of those around me. Growing up, I witnessed a supportive community's profound impact on individuals and families. This inspired me to dedicate myself to helping others, mainly through initiatives addressing vulnerable populations' unique needs. The deep sense of fulfillment that comes from seeing lives improve and communities thrive is what keeps me motivated every day.

What would make New Hampshire more attractive to young professionals?

New Hampshire offers a unique blend of natural beauty, a peaceful lifestyle, and a strong sense of community. We could focus on creating more opportunities for career growth and entrepreneurship while enhancing access to affordable housing. Encouraging cultural diversity, promoting networking events, and supporting innovation would make the state an exciting and welcoming place for young talent.

Last major achievement: Adding Developmental Services into our homemaker agency.



Marrielle Van Rossum • 39 • Exeter

Counsel, Devine, Millimet & Branch, PA; Adjunct Professor, UNH Franklin Pierce School of Law

What advice would you give your 22-year-old self?

Work on liking yourself before worrying about who likes you.

What would make New Hampshire more attractive to young professionals?

Housing and child care costs are astronomical, while wages for qualified, licensed childcare workers are too low. Desirable options for all walks of life to work and live where they want benefit everyone as a whole.

Do you see yourself living and working in New Hampshire at age 55-plus?

Absolutely. For one, I can't imagine myself ever not working. I thrive on productivity and movement. But New Hampshire offers everything I could want: arts, culture, the ocean, access to trails and mountains, and so much more. I love reliving all parts of our state through the eyes of my toddler, and he has already developed a hometown pride for Exeter.

Volunteer activities: Board of Directors, Greater Seacoast Community Health; Board of Directors, Hidden Pond Farm Equine Rescue; Chair, Tri-State Defense Lawyers Association.



THANK YOU, DHAN!

As Board Chair, you help Building Community in New Hampshire serve hundreds of people, who, like you, came here as refugees and now bring strength and vitality to our economy and communities. We appreciate your leadership and your service.



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DEVINE MILLIMET
ATTORNEYS AT LAW

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FOR BEING SELECTED A



Marrielle continues Devine's tradition of being recognized for her passion both in and out of the courtroom. While Devine appreciates her professional work defending healthcare providers and employers of all sizes, the firm also commends her community engagement and nonprofit support. Marrielle is a key player behind the success of our litigation team!



Marrielle VanRossum



MVanrossum@DevineMillimet.com



603 695 8542



The Farmsteads of New England Board of Directors and FNE team members are proud of the amazing work Mary continues to do every day to make our community more accessible and to brighten the lives of the individuals we support.

Congratulations Mary!

"I am deeply honored to be recognized as one of New Hampshire's 40 Under Forty. This acknowledgment inspires me to continue creating affordable housing solutions for individuals with Intellectual and Developmental Disabilities and Acquired Brain Disorders. The project I am most proud of is our Redberry Farm development in Epping, NH. This multi-phase development is designed to provide residential and supportive day services for over 40 people.

While I take pride in the buildings we have completed, we remain short of the necessary funding to fully address the critical housing shortage for the people we support and to bring this vital project to completion. I am eager to connect with those who share our commitment to affordable supportive housing and invite anyone interested to join us in this important work. Thank you again for this incredible honor. "

- Mary Maybury



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