

Meet the Union Leader's

NEW HAMPSHIRE SUNDAY NEWS • FEBRUARY 14/15, 2026

2026

NEW HAMPSHIRE  
UNION LEADER

UNDER **Forty**

**BAE SYSTEMS**

New Hampshire  
Insurance Department  
insurance.nh.gov

Keene  
STATE COLLEGE

Rise  
PRIVATE WEALTH MANAGEMENT  
Powered by Ameriprise

HEB  
ENGINEERS

Orr&Reno

Dartmouth  
Health

Mothers Against  
Addiction

DP DubePlus  
CONSTRUCTION

BIA  
NEW HAMPSHIRE

## Congratulations to the Class of 2026

We are proud to introduce to you the members of the 40 Under Forty Class of 2026.

The New Hampshire Union Leader has been recognizing the state's most influential young professionals for 25 years.

These individuals are the state's future and will help shape the business, educational and financial environment for years to come.

40 Under Forty recipients represent all industries in New Hampshire, including legal, financial, tech, health care, public service and more. While all of the recipients are successful in their careers, it is their commitment to the community that often is why they were chosen for this honor.

There are currently 960 alumni with many that continue to support and attend our annual reception.

This project could not have been com-

pleted without staff photographer Jodie Andruskevich, who captured the spirit of this year's class.

### Thank you to our sponsors

Events like this are not possible without the generosity of our sponsors. Thank you to the NH Insurance Department, BAE, Keene State College, Rise Private Wealth Management, HEB, Orr & Reno, Dartmouth Health, Mothers Against Addiction, DubePlus and BIA.

### 40 Under Forty Reception

This year's reception will be held at the Nashua Center for the Arts in downtown Nashua on Wednesday, March 4. The reception is at 5:30 with the awards ceremony starting at 7 p.m.

For tickets, go to [nashuacenterforthearts.com](http://nashuacenterforthearts.com).

— *Melanie Hitchcock, Editor in Chief of the New Hampshire Union Leader*



## Dr. Lito M. Amit • 38 • Keene

Associate Professor, Keene State College

### What motivates you to give back to your community?

It gives my life meaning and purpose. My heart swells with joy knowing that I make a difference in the lives of others, whether big or small.

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

Don't hesitate to be different. Your authenticity and kindness are your best assets.

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

Yes, I see myself living and working here until I retire. After retirement, I plan to return to the Philippines and visit only during the warmer seasons, as colder weather may pose health and safety risks as I grow older.

### Last major achievement:

I built a typhoon-resistant home for my family in the Philippines, which also serves as a community shelter during severe storms. I grew up on a small island with fewer than 1,000 residents, located along the Pacific Ocean and frequently struck by powerful typhoons. Knowing that my family and neighbors now have a safe place to take refuge during these calamities brings me great comfort.

## Congratulations, Lito!

Through his leadership in **Safety & Construction Sciences**, Dr. Amit empowers future professionals and strengthens New Hampshire's growing workforce.

Thank you for inspiring students and advancing the state's high-growth career fields!

Dr. Lito Amit,  
DHSc, CSP, CIT, LPT,  
Associate Professor,  
Dept. of Safety and  
Construction  
Sciences



**Keene**  
STATE COLLEGE

229 Main Street  
Keene, NH 03435  
800-KSC-1909 | [keene.edu](http://keene.edu)

## Jillian Belmont • 39 • Grantham

*Director of Advance Practice and Nurse Practitioner,  
University of Vermont Medical Center*

### What motivates you to give back to your community?

I'm motivated to give back because I believe in the power of community to shape lives. As a nurse, I've seen firsthand how support and compassion can transform health outcomes; as an athlete, I value teamwork and resilience; and as a mother, I want to model service and commitment for the next generation. Giving back allows me to strengthen the connections that make our communities thrive.

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

I would tell my 22-year-old self to take every opportunity that comes your way — even the ones that feel uncomfortable or uncertain. I've learned that growth happens when you step outside your comfort zone and trust your abilities. Every challenge is a chance to learn, lead and make an impact.

### What would make New Hampshire more attractive to young professionals?

New Hampshire can attract more young professionals by creating clear pathways for career growth and making those opportunities visible and accessible. Strong education systems and a commitment to supporting our growing children safely and at high-quality levels are essential to building a vibrant, family-friendly environment. When people see opportunities to advance their careers while raising children in a community that values education and safety, they're more likely to stay and invest in the region.



## Emily Elizabeth Aylott • 29 • Jaffrey

*CEO, Mothers Against Addiction  
Co-Founder/Speaker, Textbooks and Teething Rings*

### What motivates you to give back to your community?

Motherhood has been a driving force behind my commitment to community service. It has shaped my belief that supporting families — especially during their most vulnerable moments — creates lasting change. Whether through nonprofit leadership or mentoring young girls, giving back is my way of modeling compassion, resilience and service for my children and my community.

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

I would tell my 22-year-old self to lean into compassion — both for others and for herself. The challenges you face will one day allow you to lead with empathy and create change in ways you can't yet imagine. Stay committed to your values, even when the path feels uncertain, and never underestimate the impact you can have by simply showing up. Your kids will continue to be your biggest motivation no matter what mountain you are climbing.

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

Yes, I see myself living and working in New Hampshire at 55-plus. This is the community I've had the privilege of serving for over a decade, and being able to witness real-time growth, success and positive outcomes is incredibly rewarding. I want to continue contributing to that progress while seeing young professionals thrive.

## Courtney Benoit • 39 • Derry

*Vice President of Human Resources, Aubuchon Company*

### What motivates you to give back to your community?

I'm motivated by a desire to leave things better than I found them and to genuinely care for others. Being in a position to support, guide, and advocate for people and help them see their own potential, is both a responsibility and a privilege.

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

The hardest and most important growth starts from within. Be honest with yourself sooner, trust your abilities and don't let self-doubt delay the leader you're capable of becoming.

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

Yes. New Hampshire will always be home. Its sense of community, natural beauty and deep-rooted values align with the life and legacy I hope to build, centered on family, health, service and continued advocacy.

### Volunteer activities:

Manchester Grows; New Hampshire Food Bank; Walkin' Pets, partnering to fit mobility devices for disabled animals, including my own three-legged dog, Torque; United Way of Greater Nashua; Blue Ocean Society beach cleanups; New Hampshire Recovery-Friendly Workplace Program, supporting and implementing recovery-friendly practices that promote dignity, inclusion and second-chance employment opportunities.

### Last major achievement:

My proudest achievement has been growing and strengthening the HR function in a way that builds sustainable foundations and clear pathways for others to succeed.



## Congratulations, Emily! 40 Under 40 Honoree

*Mothers Against Addiction proudly celebrates our CEO, Emily Aylott, on being named a 40 Under Forty award recipient!*

*Emily's leadership is rooted in empathy and purpose. Through her work, she continues to strengthen families, reduce stigma, and build compassionate, community-based support. Her dedication reminds us that leadership grounded in care creates meaningful and lasting change.*

*We are honored to stand beside you and grateful for the impact you make every day.*

*With pride,  
Mothers Against Addiction*



Mothers Against  
Addiction



## Congratulations Jessica Bouchard!

40 Under 40 Honoree

Cheers to Jess and all the honorees! Thank you for your leadership and commitment to the New Hampshire community.

**BNN** ACCOUNTANTS & ADVISORS

Partnering with New Hampshire businesses since 1995.

[www.bnncpa.com](http://www.bnncpa.com)



## Jessica Bouchard • 38 • Henniker

Principal, Baker Newman & Noyes

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

Ask questions, be curious and say yes to as many opportunities as you can.

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

Absolutely. Besides my personal family roots here within the state, I believe the time I've invested in my professional career will continue bringing me the motivation to be here for all of my working days. Outside of work, I know there will always be something to do within the state given everything it has to offer.

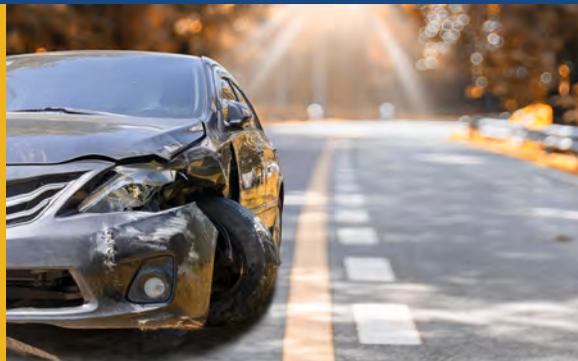
**Volunteer activities:** Board of Directors president of the New Hampshire Society of Certified Public Accountants.

**Last major achievement:** Part of my role internally at my firm and on the Board of Directors of the NHSCPA is to bring visibility to the accounting profession to help maintain a strong pipeline of professionals and to support individuals in obtaining their Certified Public Accounting license. Over the last year, I have had the opportunity to advocate for expanding the eligibility requirements for an individual to achieve CPA licensing. I am confident that the hard work of many people around this initiative will result in formal licensing changes, which in turn will continue to support the accounting profession in New Hampshire well into future.



# New Hampshire Insurance Department

**Free Insurance Help**  
from the  
**State of New Hampshire**



Health - Life - Automobile - Annuity - Homeowners  
Long Term Care - Renters - Extended Warranty Contract  
**(800) 852-3416 - [consumerservices@ins.nh.gov](mailto:consumerservices@ins.nh.gov)**

[insurance.nh.gov](http://insurance.nh.gov)



## Meghan Butts • 39 • West Lebanon

*Executive Director, Upper Valley Lake Sunapee Regional Planning Commission*

### What motivates you to give back to your community?

I want to live in a place where community is valued, and one way to support that is by giving back. Contributing to my community is personally rewarding, and it helps strengthen the community as a whole.

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

Seize the opportunity with confidence. You are early in your career, and there is ample time to refine the details as you grow.

### What would make New Hampshire more attractive to young professionals?

Expanded indoor recreation and meeting spaces, improved public transportation to reduce reliance on personal vehicles, and a more welcoming, affordable environment for young families.

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

Yes. I consider New Hampshire an ideal location, offering convenient access to other New England states, the coast and the mountains, as well as the full range of four distinct seasons.



## Doria Brown • 31 • Nashua

*Energy Manager, City of Nashua*

### What motivates you to give back to your community?

My motivation to give back comes from understanding that while energy is something people cannot live without, the knowledge needed to manage costs from energy use effectively is not evenly shared. Having worked within this system, I feel a responsibility to help individuals understand where they have agency and to show that their choices matter.

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

I would tell my 22-year-old self to trust that being in the room early, even before you feel ready, is a gift and not a mistake. Real confidence comes from asking thoughtful questions and staying curious. I would encourage myself to speak up, trust my preparation and focus on understanding the reasoning behind decisions; not just the numbers, but the broader impacts those decisions have on people, businesses and communities.

### What would make New Hampshire more attractive to young professionals?

To be more attractive to young professionals, New Hampshire needs to acknowledge that it's not competing in a vacuum. We sit next to Massachusetts, which offers higher salaries, paid family and medical leave, and a broader set of worker protections. Many young professionals already live and work across that border, and they notice the difference.





## WINTER WEATHER DELIVERY REMINDER

With the winter season upon us, we would like to send an important reminder to our valued subscribers:

Please keep your walkways free of snow and ice to ensure proper delivery of your paper. For customers with a Union Leader box, please keep the area clear of snow to allow our drivers to get closer and effectively deliver the paper.

*The New Hampshire Union Leader strives to provide exceptional service year-round and appreciates your cooperation during the winter months. Please contact us at 603-668-1210 with any delivery concerns.*



## Celebrating a Leader in Community Power

Congratulations to Doria Brown, a founding member of the Community Power Coalition of New Hampshire, whose leadership continues to empower local energy solutions across the Granite State.

**COMMUNITY POWER COALITION OF NEW HAMPSHIRE**  
For communities, by communities.

CommunityPowerNH.gov

## Matheus Dória Cândido • 35 • Hampton

*Aide-de-Camp to the Deputy Commanding General, U.S. Army Southern European Task Force, Africa, Trooper First Class, New Hampshire State Police*

### What motivates you to give back to your community?

My family and I arrived here from Brazil with nothing, and it was the support from both the community and the government that enabled us to build the life we have today. This experience deeply motivates me to give back and to pass forward the knowledge I've gained and generosity I've received. I am inspired to do so by the phenomenal people who have had such a positive impact on my journey.

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

Don't take your first no as a final answer; rejection sometimes is only a redirection. More importantly, always be kind.

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

Absolutely, I have cherished my life in New Hampshire. It's been a true honor to give back to the community I love through my public service with the Army National Guard and the State Police.

**Last major achievement:** Led and mentored 35-plus soldiers from the New Hampshire Army National Guard during a deployment to the Middle East. I enhanced unit readiness and morale by providing consistent purpose, direction and motivation, resulting in the successful completion of all assigned missions.



## Megan Caron • 35 • Manchester

*Chief of Staff, City of Nashua*

### What motivates you to give back to your community?

Professionally, I'm driven by the concept of creating public value for the community I work for. Playing a part in projects or initiatives that can shape a community for future generations is deeply rewarding. The wheels of local government tend to move slowly at times, but I find the process fulfilling nonetheless.

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

I'd give a few pieces of advice: Growth isn't linear, and that's OK; "doing your best" is going to look different each day; and don't worry — your 30s are way better.

### What would make New Hampshire more attractive to young professionals?

Young professionals face a number of unique challenges that older generations didn't face, and it often feels like state leaders refuse to acknowledge them. If New Hampshire is committed to its future, its actions must reflect that commitment through investment in its hard and soft infrastructure. Adequately funded public education, access to affordable health care and passenger rail are all available in surrounding states. We are lagging instead of leading on these challenges, and we're losing talent because of it.

**Last major achievement:** I really try to find the small wins each day, which I feel is an achievement in itself.



NEW HAMPSHIRE  
**UNION LEADER**

*2025 Maurice McQuillen Service to  
New Hampshire Veterans Award*

**Nominations are now being accepted for the  
2025 Maurice McQuillen Service to New Hampshire Veterans Award.**

This award recognizes an individual committed to improving the lives of local veterans.

Nominations should include the nominee name and a description of how they are helping local veterans as well as your contact information.

To submit a nomination, email [events@unionleader.com](mailto:events@unionleader.com).  
For more information, call 603-206-7833.

**Deadline for submissions is March 31, 2026**



*Maurice McQuillen and William Loeb established the first in the country Veteran's page in 1952.  
The New Hampshire Union Leader Veteran's Page runs Thursdays as a valuable resource to the state's veteran community.*

## Samantha Cassista • 38 • Bedford

Director of Corporate Partnerships, United Way of Greater Nashua

### What motivates you to give back to your community?

I'm motivated by the idea of doing as much good as possible, for as many people as possible, with humility and care. Service keeps me focused on what actually matters.

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

I wouldn't change much but I would say to work on making space for others, being kind and being humble.

### What would make New Hampshire more attractive to young professionals?

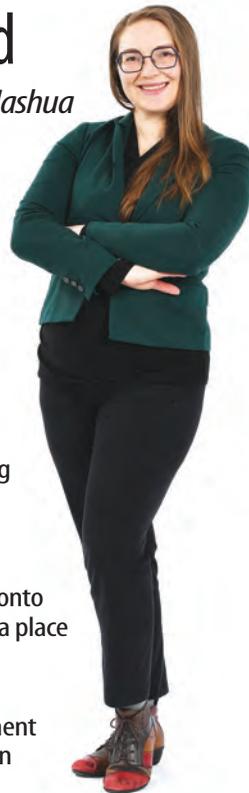
Affordable housing and vibrant, connected communities. Those two things would go a long way toward attracting and keeping young professionals in New Hampshire.

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

Absolutely. When I came back to New Hampshire after living in Toronto and Mexico City for eight years, I saw with fresh eyes how wonderful a place it is and knew I would be glad to stay here forever.

### Volunteer activities:

President of Involved 2 Impact, volunteer and leadership development nonprofit based in Nashua. Volunteer at Joppa Hill Educational Farm in Bedford.



## Caitlin Davis • 39 • Concord

Commissioner of Education, New Hampshire Department of Education

### What motivates you to give back to your community?

Growing up in New Hampshire, I learned early the value of giving back to your community, with neighbors helping after a storm, checking in on one another and stepping up when needed. Through 4-H, church and the example set by my parents, giving back was never an obligation but a natural part of belonging.

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

If I could give advice to my 22-year-old self, it would be to push yourself toward the things that feel uncomfortable, because that's where real growth happens. I would remind myself not to shy away from challenges or self-doubt, but to see them as signals that I'm learning and stretching beyond what feels familiar. Taking on new responsibilities, speaking up before you feel ready and saying yes to opportunities that feel intimidating often lead to the most meaningful growth.

### Last major achievement:

My most recent major accomplishment was becoming New Hampshire's commissioner of education and assuming responsibility for leading a state-wide agency that serves students, educators and communities across the state. In this role, I am focused on providing steady leadership, strengthening collaboration with stakeholders, and ensuring the department operates with transparency and a clear focus on student outcomes.

# Employment opportunities that change lives.

That's **MERRIMACK** Style.

If you're looking for a place to **grow, learn, and make a real impact**, Merrimack County Savings Bank wants you to join us!

### Advantages of joining our team:

- Competitive salary
- Medical, dental & vision
- Inclusive culture
- Generous paid time off
- Tuition reimbursement
- Professional development
- Annual incentive & merit increase eligibility
- Community involvement
- Career growth opportunities

Merrimack County Savings Bank and its affiliates are an Equal Opportunity Employer. This includes veterans and individuals with disabilities.

Scanning this QR code may result in additional charges from your carrier or phone service provider.



It's time to take the first step!  
Scan to view current openings.



MERRIMACK COUNTY SAVINGS BANK



NMLS #433938



## Brittany Morgan Dube-DeVitto • 35 • Atkinson

*Owner and President, Dube Plus Construction*

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

At 22, I had made a difficult and major career change, leaving my biochemistry educational path to medical school behind and embarking on a new unknown but exciting home building adventure. I was unsure I made the right decision. I would tell myself that following your heart is always the best decision and to keep going no matter how hard it gets — it will all work out.

### What would make New Hampshire more attractive to young professionals?

New Hampshire does not need to get more attractive; it is perfect. It needs to be discovered by people who will appreciate it for the beautiful and opportunist state that it is and will help continue to grow the community keeping our roots in mind.

**Volunteer activities:** Founder and CEO of the Rising Rose Foundation, a woman-run, 501c3 charity based in Rockingham County that supports community members in times of need through our four yearly impact initiatives: Home, Health, Harvest and Holiday.

**Last major achievement:** In 2025, Dube Plus Construction took home two Cornerstone awards from the NHHBA and met its business goals in our first year of second-generation ownership. Also in 2025, the Rising Rose Foundation supported 14 members of the community who faced hardship with food insecurities, financial difficulties and health challenges.



## Samuel Despins • 36 • Dover

*Senior Project Manager, GZA GeoEnvironmental, Inc.*

### What motivates you to give back to your community?

Many of the opportunities I've had come from people I've worked with in the community, and I hope to create similar opportunities for others. Community engagement is necessary for New Hampshire's stability and growth.

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

I would tell myself that nothing is unfixable, even when you feel pressure in the moment. There is always an opportunity to adjust your approach and keep moving forward.

### What would make New Hampshire more attractive to young professionals?

Keep growing New Hampshire's economy by attracting and supporting businesses that offer competitive wages and clear paths for advancement. However, growth should be intentional. Unlike some of the crowded and expensive areas of southern New England, New Hampshire still offers historic small towns, supportive communities, and easy access to outdoor recreation.

### Last major achievement:

I recently completed my term as president of the UNH Alumni Association. With all of my family having attended UNH, staying so connected to the university was a meaningful and rewarding experience.





**Congratulations to our  
President Brittany M. Dube-DeVitto  
for winning Union Leader's  
40 Under Forty award!**



Dube Plus Construction specializes in custom homes and ADU additions, attached or detached. From design to pricing and permits, you will have a smooth journey to your dream space. With over 100 years of combined knowledge, we will complete your project with the utmost quality and deliver it on time.



## Andy DeMeo • 30 • Tamworth

*Creator and Host, 'Granite Goodness'*

### What motivates you to give back to your community?

I am endlessly impressed by people. There are way too many smart, kind, ambitious humans out there for me not to be optimistic. They FIRE ME UP!!

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

Stay allergic to cynicism, learn the accordion and meet Corinne Benfield sooner.

### What would make New Hampshire more attractive to young professionals?

More housing supply, more third spaces and more mountaintop dance festivals.

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

Of course! As a place to invest your years, New Hampshire is unbeatable. Plus, we just made a 25-year time capsule at my friend's wedding in Tamworth, so I have to witness the opening when I'm 55. One of my life goals is to be a kindly old man who busks accordion throughout New Hampshire downtowns, so I've got to see that through, too.

**Last major achievement:** Each week, I provide thousands of New Englanders with reasons to feel optimistic about the world. Most recently, I produced and hosted the first ever "Granite Goodness" live podcast event at Manchester's Rex Theatre, bringing together 120-plus people for an optimistic solutions-focused conversation on housing, careers and the trades accompanied by live music from local legends Sneaky Miles.



## Amber Dolan • 38 • Bedford

Vice President, F-35 Solutions, BAE Systems

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

Yes. I have been so fortunate to start my career at BAE Systems. It is a wonderful place to work with a great culture, mission, community of employees and unlimited opportunities to grow as a person and leader. I have made so many wonderful connections in and out of work who continue to inspire me. I look forward to, together with my husband, continuing to raise our family in New Hampshire, including taking advantage of all of the adventures, beauty and learning this state has to offer.

**Volunteer activities:** I have been involved in fundraising for Girls, Inc. and Bridges NH for several years, supporting critical programs and social causes that empower girls and provide essential services to victims and survivors of violence. I also participate in BAE Systems company-sponsored community investment opportunities, such as building STEM kits for students, donating food to local pantries and sponsoring families in need during the holidays.

**Last major achievement:** In September, I was promoted to vice president of BAE System's F-35 Solutions product line. I lead a team of more than 1,900 employees that develop, deliver and enable electronic warfare capabilities for the fifth-generation aircraft that help protect U.S. and allied forces.



## FLASHBACK | 2025



UNION LEADER FILE  
Alberto Ramos, a member of the 40 Under Forty Class of 2025, shows off his award with Gov. Kelly Ayotte at the Capitol Center for the Arts on March 12, 2025.

2026  
**40**  
NEW HAMPSHIRE  
UNION LEADER  
UNDER Forty

**You're Invited!**



**March 4, 2026 | 5:30 - 9:00 pm**  
Nashua Center for the Arts, Nashua, NH

Registration is now open at [unionleader.com/forty](https://unionleader.com/forty)



NEW HAMPSHIRE  
**UNION LEADER**  
Open up New Hampshire.

## Kelsie Brook Eckert • 38 • Holderness

*Coordinator of Social Studies Education, Plymouth State Univ.  
Executive Director, Remedial Herstory Project*



**What motivates you to give back to your community?**

My students inspire me every single day with their dedication to Plymouth State's motto: ut prosim, that I may serve. I started my career as a public educator with the mission to uplift communities. I now get to train the next generation of teachers and am fueled by their passion to be change makers.

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

One foot in front of the other.

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

So long as there are mountains.

**Volunteer activities:**

Executive director of the Remedial Herstory Project and board member for the New Hampshire Council for the Social Studies.

**Last major achievement:**

Author of several recent books, including "Teaching Women's History: Breaking Barriers" and "Undoing Male Centrism in K-12 Social Studies." I also finished 15th OA at Ironman Chattanooga alongside my coach Amber (2019 class). But most importantly, I've graduated several strong classes of teachers from PSU and am so proud of my sons.

## Nicole A. Forbes • 35 • Manchester

*Director and Chair, Family Law Department, Orr & Reno, PA*



**What motivates you to give back to your community?**

A sense of responsibility and value system that was instilled in me through my family, church, and school communities. I was raised with the understanding that we all have an obligation to help people, especially those that may not be in a position to help themselves. Serving others strengthens our communities through connection and understanding, and giving back serves a vital role in personal growth.

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

I would tell my 22-year-old self to follow what brings you peace, joy, and alignment. Trust your voice, ideas, and instincts. Saying yes, means saying no to something else.

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

Certainly — Live Free or Die. Living in Manchester, I enjoy being about an hour drive or less to the ocean, lakes, mountains and Boston. I love New Hampshire's "big small town" culture of civic involvement and community contributions that provides a supportive place to live as well as our strong local business community that provides easy access to great restaurants, coffee, shopping and art.

**Last major achievement:**

Being named to the board of directors for REACH Crisis Services.

# Congratulations, Nicole A. Forbes!



**Orr & Reno is proud to announce that Nicole A. Forbes, Director and Chair of the Family Law Department, has been named to the 2026 40 Under Forty class.**

Since joining Orr & Reno, Nicole has built a practice rooted in thoughtful strategy, empathy, and results. As a collaboratively trained family law attorney, she guides clients through some of life's most challenging moments with compassion and clarity, helping them resolve complex family matters efficiently and with dignity. She is highly skilled in negotiation, mediation, and alternative dispute resolution, while also serving as a trusted advocate in court when litigation is necessary.

In addition to her client work, Nicole regularly writes and speaks on family law topics, sharing her knowledge and leadership within the legal community. Her selection as a 40 Under Forty honoree reflects both her professional excellence and her impact as a leader within Orr & Reno and beyond.

We are proud to celebrate Nicole's achievement and her continued contributions to our firm, our clients, and the New Hampshire community.



## Emily C. Garod • 36 • Barrington

Attorney, Strafford County Attorney's Office

### What motivates you to give back to your community?

I only volunteer for things when I believe I can genuinely add value to the project. Getting to the point in your career where you feel that you have the expertise to help a certain cause is motivating in and of itself because the amount of people who share that expertise and are willing to help are limited.

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

Travel more and use every vacation day you have.

### What would make New Hampshire more attractive to young professionals?

I assume affordable housing is the most popular answer (for good reason), so I'll add to that sentiment and say affordable higher education and affordable child care. Student loan debt has become debilitating for young professionals and the cost of higher education is especially expensive in the Granite State. Likewise, the cost of child care is cost-prohibitive for some parents to be able to work.

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

Definitely, at the very least New Hampshire law is all I know!

**Volunteer activities:** Board of Bar Examiners; Sexual Assault and Nurse Examiner Advisory Board, member; and Children's Justice Act Task Force.



## Katie Geery • 32 • Bedford

Senior Vice President, Private Wealth Advisor, Rise Private Wealth Management, A private wealth advisory practice of Ameriprise Financial Services, LLC

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

Though it may feel uncomfortable, you don't have to have everything figured out and that's OK. Be open to the opportunities in front of you and don't be afraid to take a leap of faith. I promise, it will work out.

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

Absolutely! New Hampshire has always and will always be my home. When I speak with my clients about their retirement goals and the vision they have for their futures, our conversations often include talking through the lifestyle they want, various financial considerations and where they hope to receive care as they grow older. With year-round access to outdoor activities, high-quality health care, and an overall favorable financial environment, New Hampshire makes for a great place to live long-term. While I may take the occasional trip south during the winter for a little extra sunshine and warmth, New Hampshire remains the place I am proud to call home and where I fully intend to continue working and building my life.

**Last major achievement:** Earning a spot on Forbes' 2025 Top Next-Gen Wealth Advisors Best-in-State list.



*Congratulations Katie, for the honor of being named as one of New Hampshire Union Leader's Forty Under 40, 2026!*

*This achievement truly reflects your leadership, community commitment, and the way you live Rise's values every day.*



**Katie Geery, CFP<sup>®</sup>, MBA, APMA<sup>™</sup>, CRPC<sup>™</sup>**  
Private Wealth Advisor | Vice President  
of Rise Private Wealth Management,  
A private wealth advisory practice of  
Ameriprise Financial Services, LLC

262 South River Road, Suite 201  
Bedford, New Hampshire 03110  
603.606.4255

riseprivatewealthmanagement@ampf.com  
risepwm.com

Not FDIC or NCUA Insured | No Financial Institution Guarantee | May Lose Value

The New Hampshire Union Leader 40 Under Forty is awarded based upon information submitted by applicants during the third quarter of 2025. Investment performance is not a criterion. Securities offered by Ameriprise Financial Services, LLC. Member FINRA and SIPC. © 2026 Ameriprise Financial, Inc. All rights reserved.

## Alison Harris • 39 • Conway

Director of Administrative Resources, HEB Engineers

### What would make New Hampshire more attractive to young professionals?

I believe New Hampshire already has many great attributes to attract young professionals; however, the lack of affordable housing limits opportunities and may cause young professionals to look elsewhere for employment.

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

Yes. I love being close to family and friends. I love the community I live in, the company I work for and all the outdoor activities New Hampshire has to offer. I was born and raised in the Mount Washington Valley, and after leaving for a few years as a young adult, I quickly realized what a treasure it is.

**Volunteer activities:** I have served as secretary on Granite Backcountry Alliance's Board of Directors since 2018. The Granite Backcountry Alliance is a nonprofit that creates and maintains a network of backcountry ski trails in New Hampshire and Western Maine. Since 2013, I have participated in a local fundraising event called Mud Bowl. It is a football tournament played in the mud; teams from all over New England travel to the Mount Washington Valley to participate. Over the years, Mud Bowl has raised more than \$1 million for the North Conway Community Center and other local nonprofits.



## Jordan D. Pike • 39 • Conway

Senior Transportation Engineer, HEB Engineers

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

If you wait until the finish line to sprint, then you'll have missed all the opportunities within the race.

### What would make New Hampshire more attractive to young professionals?

New Hampshire is such a beautiful state. I believe improving access to scenic areas, providing more services in rural areas and supporting recreational opportunities will continue to drive young professionals to our state.

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

To stop working is to stop living. Although, how we define work may change with time. I hope to live and work in New Hampshire well beyond the age of 55. There's so much I wish to learn about and accomplish in this great state.

**Volunteer activities:** White Mountain Milers fundraiser and volunteer, helping run local races in the Mount Washington Valley, including track meets at Kennett High School. I also serve as a volunteer on the executive team for the Roundabout Committee through ITE, a community of transportation professionals.

# Congratulations

## TO OUR 2026 40 UNDER FORTY HONOREES!

*Ali and Jordan -  
Your leadership and positive  
impact across HEB and New  
Hampshire's communities make  
us proud every day.*

**HEB**  
ENGINEERS  
Strengthening Community



**ALISON HARRIS**  
Director of Administrative Resources



**JORDAN PIKE**  
Senior Transportation Engineer

FLASHBACK | 2022



UNION LEADER FILE

40 Under Forty alumni were on hand to celebrate the 2022 recipients. From left are Anna Moskov of Contoocook and Gillian Roberts of Hooksett, both of whom work at The Derryfield School in Manchester.

**Michaela E. Herrholz • 39 • Dunbarton**

Assurance Principal, Wolf & Company, P.C.

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

Be your own advocate and make your voice heard. Don't wait for opportunities to come to you; create them and find them.

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

Yes, born and raised in New Hampshire and still here. This is my home, where my family is, my friends are and where I feel connected to the community.

**Volunteer activities:** I am the volunteer COO and CFO for Nourish New England, a New Hampshire-based nonprofit that was started in early 2025, focused on food insecurity in the community. By fundraising, merchandise sales and donations, Nourish New England provides financial and volunteer contributions to food and beverage industry programs, food banks, soup kitchens, cultural organizations, food drives, volunteer and service opportunities, online community and outreach to lesser-served communities. I am a moderator for the New Hampshire Eats Facebook group, which has more than 188,000 members. I also volunteered at the 2025 Granite State Comicon.

**Last major achievement:** Nourish New England hosted its first New Hampshire World Christmas Market event in December 2025 at the Anheuser-Busch facility in Merrimack. The event had 12,000-plus attendees, and we ran a food and clothing donation drive to support Feed the Kids in Nashua, The St. John Neumann Catholic Church Food Pantry in Merrimack and The Merrimack Community Food Pantry at St. James United Methodist Church.



**Julie Jussif • 37 • Goffstown**

Chief Program Officer, New Hampshire Housing

**What motivates you to give back to your community?**

Housing is one of the biggest challenges facing New Hampshire today. It's an honor and privilege to work alongside dedicated professionals who are addressing this issue head-on. Having navigated my own housing challenges, I'm motivated to help make the path a little easier for those coming after me – because everyone deserves a place to call home.

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

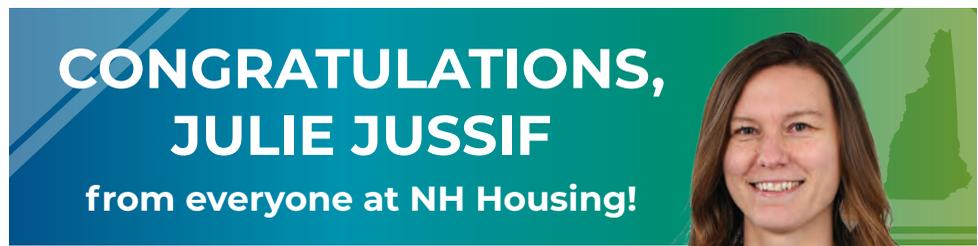
Aside from investment and relationship advice ... work hard, play harder and take your PTO. Burnout isn't a badge of honor.

**What would make New Hampshire more attractive to young professionals?**

Easy! More affordable housing options. It took me several years (and more than a few offers on a house) to finally have one accepted. It shouldn't be this hard to live, work and build a life in New Hampshire. More attainable housing would go a long way toward keeping young professionals here and helping them thrive.

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

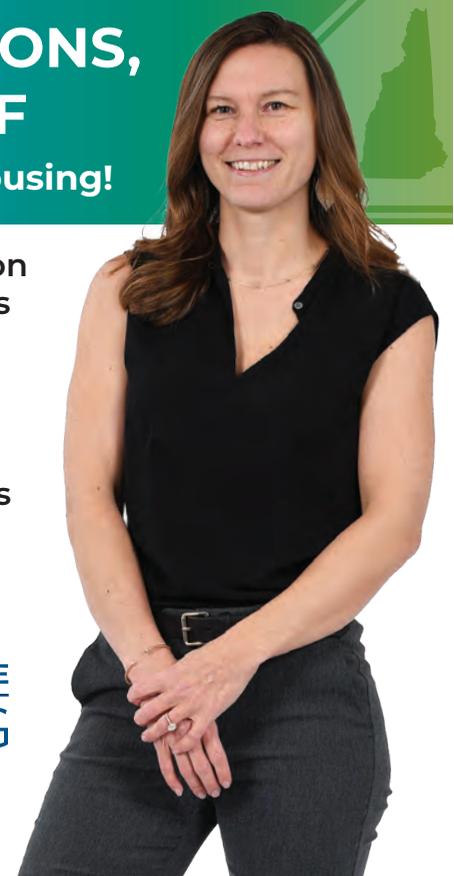
I hope so – but if I'm being honest, I'll probably end up following my kids wherever they land. And if I get lucky, that place will be somewhere warm.



Your leadership and dedication to New Hampshire Housing's mission continue to make a meaningful impact across our organization and the communities we serve. We're proud to celebrate this well-deserved recognition.



*Our mission is to promote, finance, and support housing solutions for the people of New Hampshire.*



## Justin Lyons • 36 • Walpole

*Emergency Department Nurse Manager,  
Cheshire Medical Center*

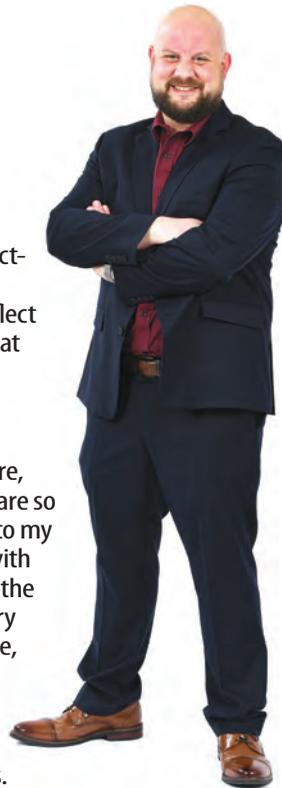
### What advice would you give your 22-year-old self?

The goal you've set yourself out to achieve will not be a linear journey, but will have detours revealing trials, tribulations, and successes. Every experience along this journey, even those unexpected, both successes and failures, will have a purpose in your life and your growth as a person and as a professional. Take the time to reflect on these experiences and ensure that each maintains a purpose that enhances your own life and subsequently helps those around you.

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

I cannot imagine living or working anywhere but New Hampshire, specifically in the rural area that I have established myself in and care so much about. I've purposefully landed myself where I can be close to my family and my fire department family. These connections, along with the experiences of being born and raised in New Hampshire, drive the need to use my professions to serve this specific area. There is a very special sense of belonging that comes with living and working here, which has triggered the desire to provide the same for colleagues and community members.

**Volunteer activities:** Walpole Fire/EMS and Walpole Firefighters' Auxiliary, Cheshire Medical Center's Teddy Bear Clinics.



## Elle McGraw • 32 • Alexandria

*Clinical Nursing Supervisor, Neuro Critical Care Unit and  
Neuro Special Care Unit, Dartmouth Hitchcock Medical Center*

### What motivates you to give back to your community?

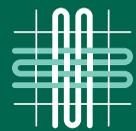
I believe that when our community is healthy and supported, we all benefit and prosper together. There is something meaningful about caring for patients in the hospital and then seeing them recovering and thriving in the community.

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

I would tell my 22-year-old self to stay open to new possibilities. I never would have imagined becoming a nurse, let alone a nursing leader. Trusting the journey, even when it feels uncertain, can lead to meaningful and unexpected paths.

**Volunteer activities:** I'm deeply committed to supporting the growth of new nurses as they find their footing and confidence early in their careers. Mentorship has been one of the most meaningful ways I give back. Outside of my profession, my husband and I maintain a small homestead, and we intentionally share what we grow and raise with our community as a way of staying connected and giving back in a tangible way.

**Last major achievement:** One of my proudest recent achievements was helping lead my team to earn the 2025 Silver Beacon Award for Excellence from the American Association of Critical-Care Nurses.



Dartmouth  
Health

A Healthy Disregard for the Impossible™

# New Hampshire Union Leader 40 Under Forty Honorees

This year,  
we proudly  
**congratulate...**



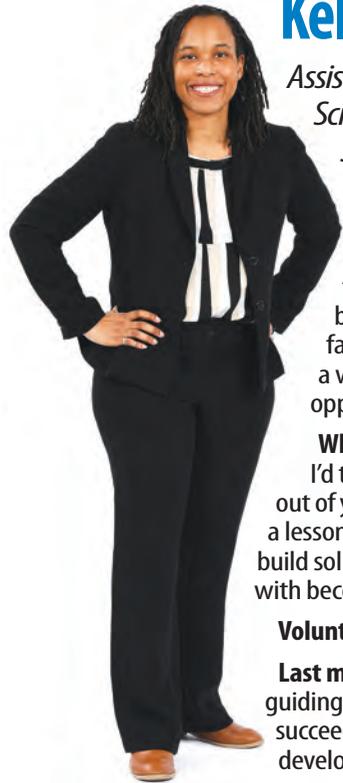
**Justin Lyons, RN, MSN, CEN, TCRN**  
Emergency Department  
Nurse Manager  
Cheshire Medical Center



**Elle McGraw, RN, BSN, SCRNP**  
Neuro Critical Care  
& Special Care Units  
Clinical Nurse Supervisor  
Dartmouth Hitchcock Medical Center



**Kelli Pointer MD, PhD**  
Radiation Oncology  
Dartmouth Cancer Center  
Lebanon



## Kelli B. Pointer • 37 • Lebanon

*Assistant Professor of Radiation Oncology and Applied Science, Dartmouth Hitchcock Medical Center, Geisel School of Medicine, Dartmouth Cancer Center*

### What motivates you to give back to your community?

Giving back to the community was instilled in me from a very young age, and seeing how even small acts create a tangible impact fuels my desire to help. I value the sense of belonging that comes from contributing to a place where my family is part of the community, and I see my involvement as a way to strengthen those roots. Ultimately, I want to create opportunities that allow future generations to thrive.

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

I'd tell my 22-year-old self that real growth comes from stepping out of your comfort zone and that it's OK to fail; every setback is just a lesson that makes you stronger. I'd also stress how crucial it is to build solid relationships, because the people you surround yourself with become your biggest support system.

**Volunteer activities:** Mentoring students.

**Last major achievement:** My most recent achievement has been guiding my mentees to nationally recognized awards. Seeing them succeed reinforces my commitment to mentorship and community development.

## FLASHBACK | 2023



Honoree Paige Kamal, right, poses with her husband, Michael Kamal, and daughter, Autumn Kamal, at the 2023 40 Under Forty ceremony.

UNION LEADER FILE

# ENGINEER'S WEEK

**Publishing Tuesday,  
February 24, 2026**



NEW HAMPSHIRE  
**UNION LEADER**  
Open up New Hampshire.

**This special edition celebrates the impact engineers have had on the world and the quality of life here in the Granite State.**

Engineer's Week is dedicated to ensuring a diverse and well-educated future engineering workforce by increasing understanding of and interest in engineering and technology careers. This special section will focus on tech engineering opportunities as well as educational institutes and training available in New Hampshire.





## Natalie Laflamme • 36 • Boscawen

*Staff Attorney, CASA of New Hampshire*

### What motivates you to give back to your community?

The idea “to whom much is given, much will be required” has always stuck with me. I’m very fortunate in a lot of ways and feel an obligation to pay that back. My parents also set a great example while I was growing up, so I have always seen volunteering and being involved in the community as the default.

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

If you want something, ask for it. The worst that can happen is that somebody says “no.” But more often, you’ll find that people are more generous and willing to help than you’d think.

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

I most likely will still be living in New Hampshire. I’ll be working here too — but only if my early retirement plans don’t pan out.

**Volunteer activities:** We The People (Center for Civic Education), state and national judge; NH Bar Association Gender Equality Committee; volunteer attorney for school funding cases; coach for Merrimack Valley Youth Soccer and Merrimack Valley Youth Softball; Environmental Justice for New England, grant reader.

**Last major achievement:** Surviving months of various home remodeling projects.

## A. Eli Leino • 38 • Bow

*Shareholder Attorney, Bernstein, Shur, Sawyer & Nelson, P.A.*

### What motivates you to give back to your community?

I am motivated by the belief that strong communities are built when people support one another, especially when they have the ability to help. I grew up in New Hampshire and am raising my children here, so giving back allows me to help ensure this remains a thriving place for their generation to live and grow.

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

Calm down! I would tell my younger self that not everything needs to be solved immediately. Most things work out with time, consistency and perspective. Learning to relax would have made the journey both more effective and enjoyable.

**Volunteer activities:** Director, Manchester Police Athletic League; volunteer, Families in Transition shelter.

**Last major achievement:** I ran the 2025 Boston Marathon while raising nearly \$20,000 in support of Mass General Brigham-McLean Hospital as part of the Mental Health Matters Marathon Team. As a dedicated supporter of mental health initiatives, I believe in the incredible work done at this institution. McLean is committed to providing compassionate care and support for individuals and families affected by psychiatric challenges.



## Ryan Ollis • 39 • Merrimack

*Associate General Counsel, New Hampshire National Guard  
197th Field Artillery Brigade Judge Advocate,  
New Hampshire National Guard*

### What motivates you to give back to your community?

I am deeply grateful for the many opportunities I have been afforded and am committed to giving back so that others may have access to similar opportunities. Through thoughtful service and engagement, I aspire to make a lasting positive impact on our community.

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

Life is about relationships. Seek out mentors and surround yourself with people who support your growth and values. Asking for help is not a sign of weakness or unprofessionalism, but rather of self-awareness and maturity. Most importantly, reflect and learn from your mistakes so that you may become a better friend, neighbor, coworker and person.

### Last major achievement:

I have been fortunate to achieve several meaningful professional milestones throughout my career. Most recently, I worked collaboratively with senior leaders, service members and subject matter experts to develop and implement new policies, modernize procedures, contribute to new legislation and deliver training all aimed at enhancing the safety, well-being and overall climate of the New Hampshire National Guard. These collective efforts resulted in measurable, positive improvements identified through comprehensive reviews of the New Hampshire Army and Air Force National Guard.



## Ashlyn Murphy • 33 • Nottingham

*Director of People Support, Mainstay Technologies, Inc.*

### What motivates you to give back to your community?

I want to live in a community that feels supportive and connected, and I believe being an active part of it is how those communities are built. Wanting a better world for my children shapes how I show up — both at work and in the community — and reinforces my belief that leadership and service go hand in hand.

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

It’s OK for things to take time, and you don’t need to have everything figured out. You can take on challenges, but you don’t have to take on every challenge that comes your way. Life and experience will teach you far more than you realize.

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

I hope to see myself living in New Hampshire at 55, as I love the outdoors and the access we have to mountains, trails, and year-round activities. That said, staying would depend on the state continuing to value strong education and protecting the rights and well-being of families. Those factors matter just as much as quality of life in deciding where we call home long term.

**Volunteer activities:** Former nonprofit leader; volunteered with the Concord Coalition to End Homelessness, Families in Transition, the New Hampshire Food Bank, the Animal Rescue League and The Rocks; active community support focused on local children and families in need.



## Jay Michaud • 39 • Londonderry

*Executive Director, Musculoskeletal Services,  
Elliot Health System*

### What motivates you to give back to your community?

I've been fortunate to have so many influential people in my life that have shaped who I am and I recognize that it's my turn to be that person for others.

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

Say yes to things that are intimidating and induce fear. These are the endeavors that create the friction needed for growth. Limiting yourself to opportunities that only use skills you're confident in will keep you the same person you are today.

**Volunteer activities:** Hockey coach for the nonprofit Manchester Regional Youth Hockey Association; player for team fire as part of the Battle of the Badges hockey fundraiser to support Dartmouth Health Children's; volunteered at the emergency shelter run by Families in Transition to refresh the physical space for those who use this critical resource.

**Last major achievement:** I had the opportunity to lead the development of the Elliot's first annual survivor banquet last year, which was an event that reunited individuals who survived a cardiac arrest with their caregivers.



## Sarah Rocha • 36 • Bedford

*Medical Director of Psychiatry, Elliot Health System*

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

Cultivate humility by listening gratefully and graciously when others disagree or point out your flaws.

### What would make New Hampshire more attractive to young professionals?

I think people are looking for genuine community and connection. If New Hampshire became an antidote to hyper-partisanship — a place where people of different backgrounds and beliefs could make effective and meaningful change together toward the common good — we would attract and retain top talent across the board.

**Volunteer activities:** In the last six years since returning to New Hampshire, I have volunteered with St. Francis of Assisi parish and school, Martin School of Dance, the Majestic Theatre, the Catholic Medical Association, served as a Cub Scout leader, foster parent, peer supporter at the Elliot, speaker at Bedford's Stand By Me and alumni interviewer for Harvard College.

**Last major achievement:** My team at the Elliot developed an innovative process to support our primary care colleagues with connecting more patients to the right level of mental health services for their needs, helping nearly 3,000 people in 2025.

# Congratulations, Jay Michaud and Dr. Sarah Rocha!



Elliot Health System is proud to celebrate Jay Michaud and Dr. Sarah Rocha as part of the Union Leader's 40 Under 40.

Their commitment to community engagement and leadership has improved lives across our region and supports Elliot's broader mission to inspire wellness, heal our patients, and serve with compassion. Their contributions will support positive outcomes in the communities we serve for decades to come.

Executive Director, Musculoskeletal Services

Jay Michaud, MHA, OTR/L

Medical Director, Behavioral Health & Section Chief, Dept. of Psychiatry

Sarah Rocha, MD

 **Elliot Health System**

## Ashley Paré Hall • 28 • Manchester

Senior Instructional Designer & Adjunct Faculty, Southern NH University; Education Coordinator, Elite Medical Spa; Instructor, LNA Health Careers; LNA, St. Joseph Hospital

### What motivates you to give back to your community?

What motivates me to give back to my community is the belief that knowledge, support and compassion have a ripple effect. I've seen firsthand how access to education, encouragement and mentorship can change someone's confidence and future opportunities. As an educator and health care professional, I feel a responsibility to use my skills to uplift others — whether that's helping students succeed, supporting clients in caring for themselves or creating spaces where people feel seen and valued.

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

I would tell my 22-year-old self to accept the apologies she never got and move forward. I would also tell her to stop trying to force things because what is in store for you is so much better than what you think you want!

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

Yes I do because there is just something about New Hampshire culture that I love. My family and friends are here, and I have built a good foundation to live, work and have fun here.

### Last major achievement:

Helping create the first hybrid esthetics school in New Hampshire.



## FLASHBACK | 2020



UNION LEADER FILE

Amanda Venezia of Merrimack, alongside Senate President Donna Soucy, was honored in 2020 with a 40 Under Forty award at a ceremony held at Delta Dental Stadium in Manchester.

## Jonathan Petali • 38 • Manchester

Environmental Scientist, Battelle Memorial Institute

### What motivates you to give back to your community?

As an environmental toxicologist, I'm motivated by a sense of civic service — bringing technical expertise to thoughtfully and constructively advocate for meaningful public health protections within my community. My past experience in state service taught me the importance of well-informed community voices that can advocate for and educate their communities.

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

You'll never regret time spent playing board games with friends and family. Do it as much as you can.

### What would make New Hampshire more attractive to young professionals?

More housing. Our communities could be more vibrant if more families, of every type, could LIVE, work and play in the Live Free or Die State.

### Volunteer activities:

Public health expert, NH Waste Management Council; mentoring graduate and undergraduate student projects.



## Christina Pretorius • 37 • Deerfield

Education Justice Campaign Director, Engage NH

### What motivates you to give back to your community?

I've been lucky to have been given so many opportunities, and my driving force is paying it forward. I was fortunate to attend a great public school where I had amazing teachers and mentors that believed in me, classes that challenged and excited me, and activities where I could explore my passions and build friendships. My motivation is in making sure that all kids, regardless of their backgrounds or where they live, have those same opportunities to learn, grow and thrive.

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

Have fun and follow your heart. Don't be afraid to shake things up. Making mistakes, changing course and finding new passions is part of the ride. Learn how to find the joy in it.

### What would make New Hampshire more attractive to young professionals?

New Hampshire is an amazing place with so much to offer, but it's increasingly out of reach for young families. Public policies that support young people — investing in affordable housing, child care and public schools — is one of the most important things we can do as a state, as well as creating more "third places" that foster a sense of community and belonging.

**Last major achievement:** Finishing my first semester of law school.





## Cassie Roberts • 33 • Goffstown

*Veterinarian, Milford Veterinary Hospital*

### What motivates you to give back to your community?

Having worked in this community for most of my life, I have seen the need for low-cost veterinary care increase. Knowing that I can contribute to reducing animal surrenders and suffering while increasing access to appropriate medical care fills my heart with joy and appreciation. I worked hard to get where I am — all so that I can work harder for my neighbors.

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

Do exactly what you did. Follow your dreams, break your heart, struggle, fall and get back up. Regret nothing. Everything I have experienced, good and bad, has got me to where I am today and I am incredibly grateful for that.

### What would make New Hampshire more attractive to young professionals?

- Increase housing affordability and variety
- Improve transportation and connectivity (expand public transit)
- Strengthen education-to-career pathways (more partnerships with trade schools and universities)
- Outdoor events and markets.

### Last major achievement:

Nominated for Veterinarian of the Year in 2025.



## Toni Runci-Maio • 39 • Deerfield

*Co-Founder & Co-Owner, BlueLion*

### What motivates you to give back to your community?

As a business owner, I'm motivated to give back because my success is directly tied to the strength of the community around me, and I see service as both a responsibility and a privilege.

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

I'd remind myself that confidence was never the problem, focus, patience and follow-through were the real growth lessons.

### What would make New Hampshire more attractive to young professionals?

New Hampshire must treat women's health care and child care as economic infrastructure, not as individual personal issues, so women can build families and still lead.

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

I do! I love New Hampshire, even though I do not love the winter. I want my children to grow up in this state with good people, great opportunities and the ability to have major impact. To if I will be working in New Hampshire at 55, I secretly hope not to be working at all — maybe just donating my time, watching my kids, working our family farm and bird watching.

### Last major achievement:

2024 Business NH Magazine's Business of the Year.

## Robyn Sarette • 38 • Bow

*Consumer Services and Assistance Programs Administrator,  
State of New Hampshire Department of Energy*

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

I would tell my 22-year-old self to be patient, stay curious and trust that growth comes from taking on challenges even when you don't feel fully ready. People have faith in you the way you have faith in them. Also, do not be afraid of failure. It's more of a learning opportunity.

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

Yes! As a lifelong, dedicated Granite Stater, I value the strong sense of community, quality of life and opportunity to make a meaningful impact here. It's what continues to motivate me to build both my career and my life in this state. Plus, I couldn't live without our stunning seasons.

**Volunteer activities:** My volunteer work focuses on leadership development, community service and expanding access to essential resources. I serve as chief financial officer for Kappa Delta Phi NAS, a multi-chapter nonprofit organization supporting nearly 200 collegiate women annually, including chapters in New Hampshire. I oversee financial governance, mentor student leaders and help equip young women with the professional and problem-solving skills they need to succeed. Through our partnership with the American Foundation for Suicide Prevention, I've helped guide efforts that have raised over \$150,000 for mental health awareness and suicide prevention. I also volunteer with the Northeast Greek Leadership Association, helping shape leadership programming and recognize emerging leaders.



## Laura T. Tetrault • 38 • Exeter

Partner, Shaheen & Gordon, P.A.



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

I would tell my 22-year-old self that the connections you make as a young professional will help shape your career. Pay attention to those connections and never be afraid to put yourself out there.

### What would make New Hampshire more attractive to young professionals?

In this digital era, it is important for young individuals to have opportunities to meet. It would be great for there to be more communities and public spaces for young professionals to meet outside of their profession.

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

Absolutely. I love living in New Hampshire. Professionally, it is a great place to practice law as the bar is very collegial and supportive of young professionals. Just as important, it has been a wonderful place to raise my family, and I look forward to watching my children grow up here.

### Last major achievement:

Becoming a Fellow of the American College of Trusts and Estates Counsel in 2025.

## Stefanie M. Tetreault • 38 • Sandown

Environmental Scientist, Project Manager, Tighe & Bond



### What motivates you to give back to your community?

I'm motivated by the opportunity to help advance thoughtful community progress while supporting long-term environmental stewardship and ecological integrity.

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

Pay attention, don't be overwhelmed by how big things feel or by uncertainty, ask questions, do what you love and what you believe in, and trust that progress isn't always linear.

### What would make New Hampshire more attractive to young professionals?

Balancing growth with preservation, creating places where young professionals can live affordably, connect socially and enjoy the community character that makes New Hampshire unique.

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

Yes. New Hampshire is home to me. I value our people, our culture, unique character and the landscape, and I see myself living and working here long term.

# Congratulations, Laura!

From your dedication to your clients to your leadership in the trusts and estates field, you make our firm and New Hampshire better. Thank you for your hard work and the difference you make in people's lives!

**Shaheen  
& Gordon**  
ATTORNEYS AT LAW

Offices Across New England  
800-451-1002 • shaheengordon.com  
1155 Elm Street, Suite 300, Manchester, NH 03101



**Laura T. Tetrault**  
Attorney  
Shareholder/Director  
Trusts, Estates, &  
Guardianships  
40 Under Forty  
Class of 2026