

2020



NEW HAMPSHIRE
UNION LEADER



UNDER **Forty**



NEW HAMPSHIRE UNION LEADER • MONDAY, JANUARY 27, 2020

Congratulations to the 2020 Class of 40 Under Forty

19th class brings total honored up to 760

AFTER SPENDING HALF of the morning trying to write a summary description of the 2020 Class of 40 Under Forty, we gave up. This group is just too diverse to sum up in one neat and tidy paragraph.

So many career fields and occupations are represented: several educators; those who practice law and those who enforce it; health professionals; policy makers; consultants; trade industries like plumbing and landscaping; advocates for seniors, families and housing; theater productions; real estate; security and defense; sales; and a very strong showing from the world of finance.

And their volunteer and community activities are just as varied: coaching, blogging, volunteering for boards and committees, church activities, working with kids and helping families in need, and so much more.

The 21 women and 19 men chosen for our 19th annual Class of 40 Under Forty bring the total number of Granite Staters honored up to 760 since the program began in 2002. All of these individuals have made professional and personal contributions to make New Hampshire a better place to live and work.

The honorees range in age from 29 to 39. In fact, we have three honorees age 29, and we promised a "happy birthday" shoutout to Sarah Wrightsman, who celebrates the big 3-0 tomorrow (Jan. 28). The exact breakdown is three honorees in their 20s; 12 people between the ages of 30 and 35; and 25 folks pushing 40, currently ages 36 to 39.

Nomination forms were gathered last fall. Nominees had to be younger than age 40 and have lived in New Hampshire for the last three years.

This year's Class of 40 Under Forty is sponsored by Dartmouth-Hitchcock; Primary Bank; Cross Insurance; Paul A. Pouliot & Associates, a private wealth advisory practice of Ameriprise Financial Services, Inc.; and the Business and Industry Association.

In this section, the honorees share, in their own words, what motivates them to give back to their communities, the best career advice they have ever received

and more.

The New Hampshire Union Leader would like to thank the members of the 19th Class of 40 Under Forty for their time and efforts on this project. For the first time in four years, since we changed the format to include portrait photos, all 40 honorees made it to the Union Leader offices to have their photo taken. We greatly appreciate their time and applaud this accomplishment!

Awards reception

Help us honor the 2020 40 Under Forty class at our annual reception on Wednesday, March 18. The reception will be held at the Grappone Conference Center in Concord. This networking event is open to friends, family, past recipients and the public.

Tickets are \$45 per person and can be purchased at www.unionleader.com/forty.

Sponsorship opportunities are available. Email events@unionleader.com for more information.

Expanded features online

The features for each honoree in this print product were edited due to space constraints. Visit www.unionleader.com/2020class to see their full features and learn even more about our Class of 2020.

Calling all alumni

The Union Leader has an active alumni program for all past 40 Under Forty recipients. If you have not received an email communication and would like to receive updates, please email events@unionleader.com with your updated contact information.



ALLEGRA BOVERMAN/UNION LEADER FILE PHOTO

Honorees and guests enjoy the 2019 40 Under Forty reception at the Grappone Center in Concord. This year's ceremony, celebrating the 2020 Class, is scheduled for March 18.

The 2020 Class of 40 Under Forty

Mark Aquilino
Jessica Lamb Arvanitis

Rick Baron
Ryan Barton
Amanda Beegle
Jake Berry

Ruslan Denysyk
Kali S. Dore
Katy Easterly Martey
Rachael Ela

Dr. Rachel Fairhurst
Shauna Foster
Talitha Franggos
Nicholas C. Golon
Justin T. Hall
Natalie Harrison
Betty Luther Hillman
Benjamin T. Siracusa Hillman
Dr. Benjamin Matthew Horton
Shannon L. Hudson

Ryan Hvizda
Tom Kaempfer
Hannah Karamanoogian
Tom Lavery
Alyssa Lavoie
Michael Liccione
Jesse T. Lore
David Maffei
Bryanna Marceau
Kathryn Lilly Mone
William G. Neilsen
Jason Nickola
Dan Pelletier
Fran Anthony Piascik
Marie-Elizabeth Ramas
Erin Schaick
Meghan Shea
Amanda Venezia
Kyle Worth
Sarah Wrightsman



Nicholas C. Golon • 39 • Bedford

Senior Project Manager and Licensed Professional Engineer, TFMoran, Inc.

What motivates you to give back to your community?

When I was 16, I was in a near-fatal car crash. While my parents and doctors helped me learn to breathe, eat and walk again on my own, our community came together in a way I could never imagine. Helping pack orders for my family's small herbal tea company, keeping the fires going at the farmhouse and having a hot meal on the table when my parents got home from a long day at the hospital. That outpouring of generosity helped teach me community matters. Even before my accident, I always saw my Mom as a very outgoing member of our community, and how that time she invested ultimately made such a difference in our lives.

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

I'll quote the late Jim Valvano, "If you laugh, you think, and you cry, that's a full day. That's a heck of a day. You do that seven days a week, you're going to have something special."

Last major achievement: My greatest achievement by far is my family but most recently helping raise \$15,000 for the ASCE-NH Scholarship Fund for current and prospective New Hampshire engineering students was special.



Justin T. Hall • 36 • Bedford

Financial Advisor and Managing Partner, Rise Private Wealth Management

What motivates you to give back to your community?

My parents instilled gratitude and giving back with me and my sister at a young age. It's always been a part of my life whether it was volunteering at the soup kitchen, nursing home, or them paying for us to go on mission trips during school vacations. I was taught if you're able to give back, then you do. Now that I have a son, it will motivate me even more to set an example for him and pass down what my parents taught me.

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

Surround yourself with people who will push you out of your comfort zone. Jim Rohn said, "You are the average of the five people you spend the most time with." Start socializing with people that are going to force you up to their level.

Volunteer activities: Board Member of Children's Hospital at Dartmouth Hitchcock (CHaD); working in the NH Food Bank Garden annually; on the committee with the Warren Miller Ski Film Series for the Kristen's Gift Endowment at CHaD; donating blood and platelets to the Red Cross; volunteering at Easterseals.

Last major achievement: Accepted into the Leadership New Hampshire Program 2020.



NICHOLAS GOLON, PE
Senior Project Manager for TFMoran, Inc.



Civil Engineers
Structural Engineers
Traffic Engineers
Land Surveyors
Landscape Architects
Scientists

*Congratulations
Nick!*

Bedford & Portsmouth, NH www.tfmoran.com

~ from The TFMoran Team



UNION LEADER
40 Under Forty
2020 Award Recipient