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**UNDER 30**

Long Island  
**BusinessNEWS**

TUESDAY, SEPT. 12 | 6 PM - 9 PM | CRESCENT BEACH CLUB

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to our very own  
**Jeff Nagel**  
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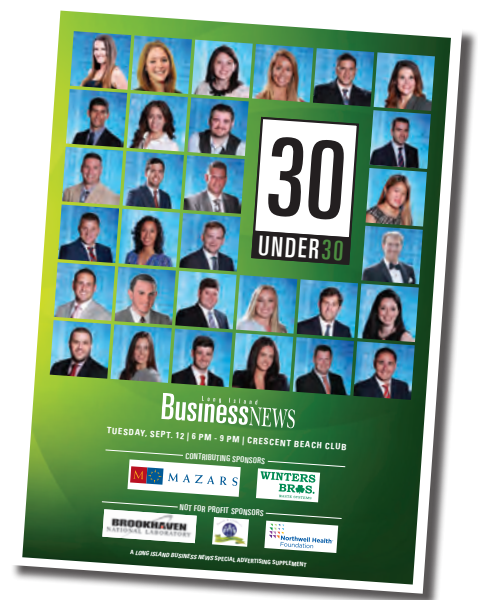
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The 30 Under 30 awards honor the bright and dynamic young professionals who are under the age of 30, who contribute to the Long Island community through public service and who have made significant strides in business.



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MICHELLE BLUM

- **Company:** Nutrish Mish
- **Title:** President/Nutritionista
- **Twitter handle:** @nutrishmish
- **Education:** Hofstra BS Exercise Science 2010; Queens College BS Nutrition and Dietetics; Stony Brook Masters Nutrition and Dietetics
- **How many hours do you sleep?** About 6-7 depending on the day
- **What do you eat for breakfast?** I need something high protein in the morning so I typically do a Protein Shake with Nutrish Mish Chocolate Protein Powder, Chocolate Almond Milk, Iced Coffee, and some fruit
- **What is on your home screen?** My Company Logo
- **What app can't you live without?** Slack- Nutrish Mish has 5 locations, so my team is remote. Slack allows us to communicate all day as if we were all in the same place
- **What is your favorite city; why?** Amsterdam! It was so beautiful, unique and historical
- **Who is your favorite music artist?** Dave Matthews Band
- **What keeps you up at night?** I am always thinking about my clients, and my team and how I can do things better. I try not to waste energy on anything negative, so if something is keeping me up at night it is because I am excited about it, not stressing about it.
- **Name one thing about you that most people don't know:** I went to a performing arts high school
- **What about your job most excites you?** I get to help people fix life long struggles with food! Getting to help people improve their health everyday and watching the journey never gets old. I can work crazy hours because to me, it isn't work. If I won the lottery tomorrow, I wouldn't change what I do- just do it bigger.
- **What do you look for in an employer?** In an employee all I want to know is do you care about person sitting across the desk from you. I can teach people about nutrition and our philosophy, but I can't teach someone to care about someone else. That is the most important part of being a Nutritionista.
- **What charitable organization do you dedicate the most hours to?** I am a very proud member of the charity networking organization Long Island Elite. Each year we pick a local charity and spend the year fundraising and supporting them. The group has become like a family to me, and we have been able to help a lot of people through our efforts.
- **Where do you prefer to work? From home, office, traveling?** I wish I could be a cool millennial and say traveling, but I work so much better in an office. Having a separate work space and living space works best for me.
- **What old fashioned values do you think are still important today?** Face to face communication is becoming a long lost art form! When you are talking to someone, especially about something important, facial expressions and tone are so important- all of which gets lost via email and text.
- **If you could have lunch with one person, who would it be?** Bethany Frankel- I have an entrepreneurial crush on her! I love what she started, how she did it, plus I know it would be a healthy lunch!



ALISON BRENNAN

- **Company:** First Development Corporation
- **Title:** Executive Vice President
- **Twitter handle:** not provided
- **Education:** Bachelor of Arts, Muhlenberg College, 2009
- **How many hours do you sleep?** 7 (never consecutively with two little kids)
- **What do you eat for breakfast?** Fruit
- **What is on your home screen?** My daughter Sophia and my son Daniel
- **What app can't you live without?** Pandora is really the only app that I use with any regularity
- **What is your favorite city; why?** Hong Kong. The landscape is a perfect blend of meaningful history and beautifully designed high rises. The city is alive with culture and the people are simply amazing.
- **Who is your favorite music artist?** I don't have a favorite artist to listen to, I enjoy lots of different genres.
- **What keeps you up at night?** Like any parent, if you have a newborn or a teenager I am sure it doesn't matter, I am up thinking about my kids.
- **Name one thing about you that most people don't know:** I was an international studies major with a concentration in conflict and peace negotiation. I studied to work on the international level solving major crises.
- **What about your job most excites you?** The undeniable uncertainty of what each day will bring. I never think, "today is going to be a boring day in the office"; our field just doesn't allow for that. Real Estate allows you to have the freedom to create something new each day, to create something that will remain as a legacy in your family for generations.
- **What do you look for in an employer?** A company that is not solely driven by the bottom line but by its reputation for doing the right thing by its clients and partners.
- **What charitable organization do you dedicate the most hours to?** Long Island Real Estate Group (LIREG). LIREG gives to other non-profits with real estate related needs on Long Island. It is a group that recognizes the invaluable efforts that so many contribute on a daily basis and strives to help support them in their efforts.
- **Where do you prefer to work? From home, office, traveling?** I do my best work from the office.
- **What old fashioned values do you think are still important today?** Keeping your word. I believe that following through on a commitment you make shows a lot about the person you are and the respect you have for others.
- **If you could have lunch with one person, who would it be?** My grandfather. He was a true visionary, the founder of our family company and he passed away when I was only six years old. Although there are countless famous people I would love to meet, family is the most important aspect of my life and it would be wonderful to have lunch with him just one more time.



DANIELLE COLLINS

- **Company:** SUNY College at Old Westbury
- **Title:** Assistant Director of Communications
- **Twitter handle:** @dcollinsLI
- **Education:** Master of Arts in Higher Education Administration, Stony Brook University, 2017; Bachelor of Arts in Mass Communication, Iona College, 2010
- **How many hours do you sleep?** I aim to be unplugged for eight hours each night.
- **What do you eat for breakfast?** Iced Coffee, although I love a bacon, egg and cheese.
- **What is on your home screen?** Of my iPhone? A picture of my dog, Montauk. On my desktop - a graphic that says "Hustle Harder"
- **What app can't you live without?** Instagram - I am often inspired by the content creators that I follow.
- **What is your favorite city; why?** Islamorada, Florida. It's the best of both worlds - there is always something to see or do, but there are also opportunities to just enjoy the sun and relax with a book.
- **Who is your favorite music artist?** Chadwick Stokes
- **What keeps you up at night?** Thinking if I remembered to answer that email.
- **Name one thing about you that most people don't know:** I thoroughly enjoy watching HGTV, and if given the chance, I would redecorate my home far too often.
- **What about your job most excites you?** Working at one of the most diverse institutions in the country provides me the opportunity to meet and interact with some great and interesting students. It's a rewarding experience when I get the chance to learn from them, or share some of my experiences in the PR industry with them.
- **What do you look for in an employer?** A collaborative environment that challenges me to continue learning.
- **What charitable organization do you dedicate the most hours to?** I'm passionate about the mission of the Long Island-based organization, America's VetDogs. They provide service dogs to veterans, active-duty service members, and first responders with disabilities, and although it costs over \$50,000 to breed, raise, train, and place each assistance dog; all of VetDogs' services are provided at no charge to the individual.
- **Where do you prefer to work?** From home, office, traveling? From the office, although working from home has its perks.
- **What old fashioned values do you think are still important today?** Integrity and a good work ethic. Embracing these values gives me a sense of pride in and commitment to my work.
- **If you could have lunch with one person, who would it be?** Amelia Earhart - not only was she a champion for the advancement of women, but her persistence and courage in the face of adversity is an inspiration.

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community. Well done!



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Mazars USA is pleased to support **Long Island Business News** and the **30 Under 30** awards program.

We are proud to congratulate our own **Arianna Georgiadis** and all other 2017 honorees on being recognized for their contributions to the Long Island business community.



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**KELLEY COUGHLAN-HECK**

- **Company:** TRITEC Real Estate Company, Inc.
- **Title:** Developer
- **Twitter handle:** Sorry, I don't have twitter account!
- **Education:** Master in International Business (MIB), Tufts University (The Fletcher School), 2014; BA, Middlebury College, 2009.
- **How many hours do you sleep?** 6-8
- **What do you eat for breakfast?** Smoothie and coffee
- **What is on your home screen?** Coast of Gearhart, Oregon
- **What app can't you live without?** Waze
- **What is your favorite city; why?** I'm not much of a city person... but I do love Portland, ME and Burlington, VT.
- **Who is your favorite music artist?** Do I have to choose just one??
- **What keeps you up at night?** To-do lists... but that's why we have good books and Seinfeld!
- **Name one thing about you that most people don't know:** I studied Mandarin Chinese throughout undergraduate/graduate school. I lived and worked in China for 6 months. But now I need to study to keep up the language skills!
- **What about your job most excites you?** Everyday is different, and smart, thoughtful development can have truly beneficial effects from economic, environmental and societal standpoints.
- **What do you look for in an employer?** A 'work hard, play hard' mentality; strong work-life balance and flexibility
- **What charitable organization do you dedicate the most hours to?** Village of Port Jefferson's Treasure Your Parks Committee (affiliate of the Port Jefferson Conservancy) and Long Island Home Builders Care (the charitable arm of Long Island Builders Institute)
- **Where do you prefer to work? From home, office, traveling?** Coffee shop
- **What old fashioned values do you think are still important today?** Be kind to yourself (!! ) and those around you. You can't live a positive life with a negative mind.
- **If you could have lunch with one person, who would it be?** Just one...? Roald Dahl, who understood "how important it was to be an enthusiast in life... [That] no matter what it is, go at it full speed. Embrace it with both arms. Hug it, love it and above all become passionate about it. Lukewarm is no good." Oh, and Yvon Chouinard!


**JASON de BOER**

- **Company:** Marcum LLP
- **Title:** Supervisor
- **Twitter handle:** Not Applicable.
- **Education (Degree, University, Year of Graduation):** Bachelors of Science in Business Administration with a concentration in Accounting. Bryant University. Graduate Year, 2009.
- **How many hours do you sleep?** 7 hours a night.
- **What do you eat for breakfast?** Coffee and a protein bar.
- **What is on your home screen?** A photo of a sunset at Naples Pier in Florida.
- **What app can't you live without?** Google maps because I hate getting stuck in traffic.
- **What is your favorite city; why?** Paia, Maui.
- **Who is your favorite music artist?** Billy Joel
- **What keeps you up at night?** Planning all of the tasks I need to accomplish the next day.
- **Name one thing about you that most people don't know:** Prior to the start of my accounting career, I was a cable technician and Brookhaven National Laboratory where I routinely installed cables in radioactive areas.
- **What about your job most excites you?** Learning about my client's success stories and the struggles they had to overcome to achieve success.
- **What do you look for in an employer?** A Company that promotes professional growth and maintains values that are in line with my own.
- **What charitable organization do you dedicate the most hours to?** Life Teen, St John's Center Moriches
- **Where do you prefer to work? From home, office, traveling?** I prefer to work on-site at client locations as there is always opportunity to interact with new people.
- **What old fashioned values do you think are still important today?** Discipline and respect.
- **If you could have lunch with one person, who would it be?** Jeff Bezos, CEO of Amazon


**BRIENNE DOSKOEZ**

- **Company:** Daniel Gale Sotheby's International Realty
- **Title:** East End Marketing Coordinator | Real Estate Salesperson
- **Twitter handle:** @briennedoskoz
- **Education:** Bachelor's Degree in Business Management & Marketing, Stony Brook University Class of 2010
- **How many hours do you sleep?** Anywhere from 6-8
- **What do you eat for breakfast?** Always coffee! I've never been a big breakfast person, but never leave home without my cup of coffee.
- **What is on your home screen?** A photo of my children in Disney World.
- **What app can't you live without?** Being in marketing, keeping up with social media is crucial for me. Part of my job is managing the social media for my office, which would be impossible without my facebook and Instagram apps on my phone.
- **What is your favorite city; why?** I am a New York girl to the core. I have been to many different cities, but am always amazed how often I go to New York City and yet there is always something new and exciting to see, or a new restaurant to try. Possibly my favorite part about it is that it's just an hour and a half train ride away and I am able to get there often!
- **Who is your favorite music artist?** I have a very eclectic taste in music, anything from country to R&B really, but I would have to say that Dave Matthews Band has been a big part of my life and seeing their shows somehow never gets old.
- **What keeps you up at night?** Worrying about balancing my life and my career. I have always been a career-driven person, and my biggest goal in life is to continue working hard and advancing in my career, while also making sure that my small children are raised right and I can spend as much time with them as possible.
- **Name one thing about you that most people don't know:** I used to be an avid volleyball player. I was named MVP of my Junior Varsity team in 9th grade, and worked my way up to All County and team captain in my senior year. Volleyball taught me a lot of things growing up; including leadership and teamwork.
- **What about your job most excites you?** No two days in Real Estate are exactly the same. Every day brings new challenges and new lessons and I love being able to learn and grow as a professional every day.
- **What do you look for in an employer?** I think the most important thing for me is a company that recognizes hard work and is appreciative of the work an employee is doing. The opportunity for growth is crucial, and growth is impossible without recognition for hard work.
- **Where do you prefer to work? From home, office, traveling?** My position requires a combination of the 3, which I both love and hate at times. While I am required to work on the go often, I do feel the most productive at my desk in my office. I have all of my supplies and materials here and have the quickest access to everything that I need.
- **What old fashioned values do you think are still important today?** Hands down, honesty. There are so many blurred lines in business and so many opportunities to be underhanded, staying honest has always been and will always be so important to me...even if it isn't always the most lucrative route in that instance.
- **If you could have lunch with one person, who would it be?** I would have to say Oprah. She has been one of the most influential women of my generation, and has had the privilege of meeting just about every other influential person of my time and I imagine would have the most interesting topics to discuss.

Marcum LLP congratulates our own  
**JASON DE BOER**  
on this impressive honor.

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CONGRATULATIONS,  
KELLEY COUGHLAN HECK  
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LONG ISLAND BUSINESS NEWS  
30 UNDER 30.

THANK YOU FOR ALL YOU DO.

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**MARC FERNANDEZ**

- **Company:** Family and Children's Association
- **Title:** Marketing & Communications Coordinator
- **Twitter handle:** @marcfz
- **Education:** M.S., Marriage & Family Therapy, Iona College, 2014
- **How many hours do you sleep?** Less than 6 hours.
- **What do you eat for breakfast?** I don't usually eat breakfast, but when I do I enjoy eggs, bacon and avocado with coffee.
- **What is on your home screen?** A picture of the Ironman Lake Placid bicycle course.
- **What app can't you live without?** There is no app I can't live without.
- **What is your favorite city; why?** Barcelona. The Catalan food, music, art, language, weather and soccer all share a very distinct and unique flavor.
- **Who is your favorite music artist?** Wilco
- **What keeps you up at night?** Unless I'm competing in a triathlon the following morning, not much.
- **Name one thing about you that most people don't know:** I do not like the taste or smell of chocolate.
- **What about your job most excites you?** Bringing awareness about social justice and public health issues to people in the community who had little to no idea as to how those issues are affecting them.
- **What do you look for in an employer?** Trust, transparency and growth opportunity.
- **What charitable organization do you dedicate the most hours to?** Not including my work hours at FCA, it's close between FCA and the American Red Cross.
- **Where do you prefer to work? From home, office, traveling?** Home.
- **What old fashioned values do you think are still important today?** Being genuine and honest about your work.
- **If you could have lunch with one person, who would it be?** The Dalai Lama.



**ARIANNA GEORGIADIS**

- **Company:** Mazars USA LLP
- **Title:** Tax Senior
- **Twitter handle:** @Arianna\_\_Mariee
- **Education:** Adelphi University, BBA May 2013; Adelphi University, MBA May 2014; CPA - New York State - February 23rd, 2016.
- **How many hours do you sleep?** 6-7 Hours
- **What do you eat for breakfast?** Vitamin Shake
- **What is on your home screen?** A Ballerina - I danced from age 4 through college
- **What app can't you live without?** Instagram
- **What is your favorite city; why?** NYC of course! It has everything you could ever want
- **Who is your favorite music artist?** Drake
- **What keeps you up at night?** Netflix
- **Name one thing about you that most people don't know:** I am Greek & Italian
- **What about your job most excites you?** Interacting/working with new professionals & new clients
- **What do you look for in an employer?** Varied Client Base; flexibility to participate in extracurricular activities such as on-campus recruitment and internal organizations within the firm.
- **What charitable organization do you dedicate the most hours to?** The Interfaith Nutrition Network of Hempstead & JDRF (Juvenile Diabetes Research Foundation)
- **Where do you prefer to work? From home, office, traveling?** Office & Traveling
- **What old fashioned values do you think are still important today?** Loyalty, Honesty, & Respect
- **If you could have lunch with one person, who would it be?** Alli Webb - The woman who founded Drybar - hair blow dry bar!



**WILLIAM GONYOU**

- **Company:** Long Island Cares, Inc. - The Harry Chapin Food Bank
- **Title:** Community Event and Food Drive Manager
- **Twitter handle:** I don't use twitter.
- **Education:** 2012: Master of Science in Human Services Leadership at St. Joseph's College; 2010: Bachelor of Arts in English with minors in Psychology and Religious Studies.
- **How many hours do you sleep?** I tend to be an "I'll sleep when I'm dead" type of person, but I do love my naps!
- **What do you eat for breakfast?** I have a bad habit of skipping breakfast, but my favorite thing to eat for breakfast is a bacon, egg, and cheese on a bagel from Wally's Bagels in North Babylon.
- **What is on your home screen?** A beautiful picture of the universe with a few planets and the TARDIS. I'm a huge Doctor Who fan.
- **What app can't you live without?** I find most apps to be a distraction, but to honest I couldn't live without the camera on my phone. The nerd in me can't live without Pokémon Go.
- **What is your favorite city; why?** Parkersburg, Iowa. It's a quiet little town surrounded by beautiful scenery, and it happens to be where my future Best Man lives. I've only been there once, but I'd return in a heartbeat. The town also has its own Mystery Inc. Machine, and you can't beat that!
- **Who is your favorite music artist?** I don't have a favorite artist; I mainly have a lot of favorite songs by various musicians. If I had to listen to anything, the first thing I'd play is the soundtrack to Broadway's "Next to Normal."
- **What keeps you up at night?** My mind NEVER shuts off. I am constantly thinking about something. I'm also known to have many late night video game and skype sessions with my out-of-state friend.
- **Name one thing about you that most people don't know:** I'm a direct descendent of the Civil War, and a rhino once almost flipped my car in New Jersey.
- **What about your job most excites you?** The ability to work with people whose passion for social justice expands beyond the scope of their everyday life. Everybody needs to stand for something, and I consider myself lucky to be surrounded by people for stand for what they believe in.
- **What do you look for in an employer?** An employer who recognizes that their employees are just as important as the organization. A work-life balance is very important to me, and having an employer that recognizes that is everything.
- **What charitable organization do you dedicate the most hours to?** Working for a charitable organization, most of my service time is dedicated there. However, I am a Volunteer Photographer for Find A Grave, and am looking to become a strong and passionate advocate for mental health.
- **Where do you prefer to work? From home, office, traveling?** I'd be in absolute bliss if I could work while traveling the world. I don't like being stuck in one place for too long.
- **What old fashioned values do you think are still important today?** Being in the moment when you are in the company of others. People spend way too much time on their cell phones when spending time with others, and I don't feel relationships (family, friends, romantic, etc.) are as strong as they could be due to today's technology.
- **If you could have lunch with one person, who would it be?** My paternal grandfather. I'm his namesake, and he is the only grandparent I never got to meet as he passed away suddenly roughly 20 years before I was born.



# Congratulations to our colleague

## Michael LiPetri

and all of the members  
of the 30 Under 30  
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**SAMUEL HOROWITZ**

- **Company:** Northwell Health
- **Title:** Development Assistant, Constituency Programs
- **Twitter handle:** Not provided.
- **Education:** George Washington University, BA 2014
- **How many hours do you sleep?** 7
- **What do you eat for breakfast?** Anything with nutella.
- **What is on your home screen?** A photo I took of palm trees from a vacation in Jamaica that everyone asks me if I actually took myself.
- **What app can't you live without?** Instagram.
- **What is your favorite city; why?** Paris - it smells the best out of any other city I've been to.
- **Who is your favorite music artist?** Bruno Mars.
- **What keeps you up at night?** My friends.
- **Name one thing about you that most people don't know:** I don't drink coffee.
- **What about your job most excites you?** Every single day is different, surprising and we face a lot of challenges.
- **What do you look for in an employer?** Passion.
- **What charitable organization do you dedicate the most hours to?** The Paul Foundation, my family's foundation to promote education and awareness of lymphoma and cancer's effect on adolescents and young adults.
- **Where do you prefer to work? From home, office, traveling?** Office with my colleagues where we can be creative as a group.
- **What old fashioned values do you think are still important today?** Handwritten thank you notes which go a long way.
- **If you could have lunch with one person, who would it be?** Jeff Koons, artist.



**ANDREW KELLY**

- **Company:** VHB Engineering, Surveying, & Landscape Architecture, P.C.
- **Title:** Landscape Architect
- **Twitter handle:** Not provided.
- **Education:** Bachelor of Science in Landscape Architecture / West Virginia University / 2010
- **How many hours do you sleep?** 6 to 7; less depending on work load at work or how many calls I respond to for the Fire Department.
- **What do you eat for breakfast?** Usually an omelet or hardboiled egg with a yogurt (on a good day) - I try to eat as healthy as I can!
- **What is on your home screen?** My home screen is of a photo that I took of a secluded road in the middle of the Mojave Desert. Photography is a big hobby of mine so my backgrounds are usually of a photo that I have taken.
- **What app can't you live without?** I would have to say Instagram. My love for Photography draws me to this app constantly as I am always looking for other people who share the same interest.
- **What is your favorite city; why?** My favorite city would be San Diego, CA. I took a trip here once for a conference and fell in love with the climate and the people. Everyone was so welcoming and all seemed to love where they lived. The idea of "320 cloudless days" (as someone told me) intrigued me.
- **Who is your favorite music artist?** My favorite music artist would be Alan Jackson.
- **What keeps you up at night?** Thinking about the many things I need to get done the next day or over the next few months keeps me up at night. Trying to prioritize and figure out how I can manage my time to get things done keeps me up at night, that and my Fire Department pager.
- **Name one thing about you that most people don't know:** Most people don't know that I have several hobbies that I love doing in my spare time and they include Photography, Boating or working on my boat, Woodworking, and SCUBA diving.
- **What about your job most excites you?** As a Landscape Architect, I think the most exciting thing is being able to see something come to life from a simple hand drawn sketch to a refined and drafted plan or detail and finally, to a built reality.
- **What do you look for in an employer?** Someone that is willing to support you in your career and give you endless opportunities to advance yourself professionally.
- **What charitable organization do you dedicate the most hours to?** I easily dedicate most of my free time to the Smithtown Fire Department.
- **Where do you prefer to work? From home, office, traveling?** I prefer to work from the office. I feel as if there are the least amount of distractions at the office and I can be the most productive there.
- **What old fashioned values do you think are still important today?** I believe that commitment, sacrifice, and responsibility are some old-fashioned values that will always be important. In fact, sacrifice and commitment work hand in hand with one another - you need to make sacrifices to be committed to something.
- **If you could have lunch with one person, who would it be?** I would have to choose the photographer Peter Lik. His photos are some of the most amazing I've seen and the places and environments he travels to get the shots are amazing.



**PETER KRATSIOS**

- **Company:** GolfMatch
- **Title:** President
- **Twitter handle:** @golfmatchapp
- **Education:** Bachelors Degree, Gettysburg College, 2011
- **How many hours do you sleep?** 7 hours per night.
- **What do you eat for breakfast?** Eggs & Toast
- **What is on your home screen?** Pebble Beach Golf Links
- **What app can't you live without?** GolfMatch.
- **What is your favorite city; why?** New York City - the hustle is contagious.
- **Who is your favorite music artist?** Anthony Kiedis - lead singer of Red Hot Chili Peppers.
- **What keeps you up at night?** The thought of failure.
- **Name one thing about you that most people don't know:** I absolutely love fishing.
- **What about your job most excites you?** Knowing that everything I do and every strategy I implement has a direct impact on the success of our business.
- **What do you look for in an employer?** Loyalty
- **What charitable organization do you dedicate the most hours to?** The First Tee, which helps underprivileged kids learn about life lessons through golf.
- **Where do you prefer to work? From home, office, traveling?** Anywhere with a laptop and phone.
- **What old fashioned values do you think are still important today?** Loyalty, Respect, Honesty and good ole fashion hard work.
- **If you could have lunch with one person, who would it be?** Tiger Woods.

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DEVIN KULKA

- **Company:** The Kulka Group
- **Title:** CEO
- **Twitter handle:** I don't have a twitter.
- **Education:** Business Management, NYIT
- **How many hours do you sleep?** 6
- **What do you eat for breakfast?** Yogurt
- **What is on your home screen?** My two dogs Bane and Kaleesi.
- **What app can't you live without?** Waze.
- **What is your favorite city; why?** New York City because it is the best city in the world.
- **Who is your favorite music artist?** I am a big Coldplay fan.
- **What keeps you up at night?** Nothing, I am so exhausted every night that I fall into a deep sleep immediately.
- **Name one thing about you that most people don't know:** I love Oreos.
- **What about your job most excites you?** Just being able to have a vision and then watch as that vision turns into a reality.
- **What do you look for in an employer?** I am the employer but I would look for an employer such as myself. One that cares about his employees and would do anything for them.
- **What charitable organization do you dedicate the most hours to?** I dedicate the most hours of my time to my local Chabad.
- **Where do you prefer to work? From home, office, traveling?** I prefer to work on the road while getting things done. I am constantly driving from meeting to meeting and jobsite to jobsite.
- **What old fashioned values do you think are still important today?** Chivalry is the number one value that will always be important.
- **If you could have lunch with one person, who would it be?** Scott Rechler because he doesn't know it but he is someone that I look up to.



ASHLEY LAU

- **Company:** Advantage Payroll Services
- **Title:** HR Administrator
- **Twitter handle:** @ N/A
- **Education:** Associates in Applied Science for Hotel & Hospitality; Nassau Community College, 2014; Bachelors in Business Studies with a focus in Human Resource Management. Southern New Hampshire, estimated Graduation 2018.
- **How many hours do you sleep?** 7 hours
- **What do you eat for breakfast?** Eggs, bacon, sausage, hash, corn beef, dumplings or cereal. Pretty much anything.
- **What is on your home screen?** A woman running along the waterline at the beach.
- **What app can't you live without?** Instagram.
- **What is your favorite city; why?** I do not have a favorite city.
- **Who is your favorite music artist?** Trey Songz.
- **What keeps you up at night?** Nothing.
- **Name one thing about you that most people don't know:** I love to do arts and craft projects.
- **What about your job most excites you?** I enjoy the completion of task the most. Creating a list of things that need to get done and then finally checking it off excites me the most. Feeling that I've accomplished tasks that benefit the company.
- **What do you look for in an employer?** I look for a friendly atmosphere, is organized and growth.
- **What charitable organization do you dedicate the most hours to?** Leukemia and Lymphoma Society.
- **Where do you prefer to work? From home, office, traveling?** As much as I would like to work from home and avoid rush hour traffic, I enjoy working in the office. Seeing my coworkers and working from the worksite makes me feel more involved with the company. I also enjoy traveling for work.
- **What old fashioned values do you think are still important today?** I believe respect for your family and elders are important.
- **If you could have lunch with one person, who would it be?** I would like to have lunch with Jackie Collins. She is one of my favorite authors.



MICHAEL LIPETRI

- **Company:** Rivkin Radler LLP
- **Title:** Associate Attorney
- **Twitter handle:** @TheMikeLiPetri
- **Education:** Juris Doctor, Albany Law School of Union; University, 2015.
- **How many hours do you sleep?** 5-6 hours
- **What do you eat for breakfast?** Generally, fruit.
- **What is on your home screen?** A photograph of my girlfriend and I swimming with sharks in open water.
- **What app can't you live without?** Twitter. It provides a constant stream of insight and information from people with different perspectives and attitudes.
- **What is your favorite city; why?** Taormina, Italy. A small locality that sits atop a hill overlooking the Ionian Sea in Sicily. Every time I think about Taormina, it takes me back to one of my fondest childhood memories, eating fresh seafood while watching the sunset over the ocean with my family.
- **Who is your favorite music artist?** I do not have a favorite artist, but rather a favorite genre—EDM.
- **What keeps you up at night?** Whether I am doing enough, today, to be where I want to be tomorrow. I have big aspirations in life and I want to ensure that I will never look back and wish that I had done more or tried harder.
- **Name one thing about you that most people don't know:** I am an adrenaline junkie. From scuba diving through a sunken ship in the Caribbean, skydiving, piloting a plane, swimming with sharks, hiking an active volcano, to competing in a "Fear Factor" competition, there isn't much that I would say no to. I am a true adventure seeker.
- **What about your job most excites you?** The work is always changing and I am constantly learning. I enjoy delving into new issues, meeting new people, and developing new skills. What do you look for in an employer? That it is the right fit for me. It is important that you genuinely enjoy what you do, and who you do it with. Without that, work becomes monotonous.
- **What charitable organization do you dedicate the most hours to?** Well, while it is sometimes difficult because I am a part of many organizations like the Sons of Italy, Knights of Columbus, the Lions Club, and the Sons of AmVets, I try to be as involved as possible and allocate my time equally amongst them all.
- **Where do you prefer to work? From home, office, traveling?** In the office. I try to keep my work at the office, and reserve my time at home for rest and relaxation.
- **What old fashioned values do you think are still important today?** Chivalry. It often saddens me to hear chivalry referred to as an "old fashioned" value because it is always important to have courtesy, respect for others, and a willingness to help those in need.
- **If you could have lunch with one person, who would it be?** Theodore Roosevelt. A Long Island native, Teddy Roosevelt fought in the Spanish-American War, became Governor of New York, and ultimately, President of the United States. He was a pioneer of conservationism and a champion of the free-market, ensuring justice for all and favors to none.



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**MONICA MARTINEZ**

- **Company:** Smile Farms Inc.
- **Title:** Development and Community Relations Manager
- **Twitter handle:** Not provided.
- **Education:** Marketing/Sport Management, Adelphi University, 2013; Master of Business Administration, Adelphi University, 2015.
- **How many hours do you sleep?** I like to think I get at least 8. Realistically, it's probably 6.
- **What do you eat for breakfast?** Cocoa or Fruity Pebbles, religiously.
- **What is on your home screen?** Horseshoe Bend, AZ. By far one of my favorite trips!
- **What app can't you live without?** MapMyRun. It helps me stay competitive, not that I need it. Those who know me best know I'm too competitive for my own good.
- **What is your favorite city; why?** Amsterdam – FOR SO MANY REASONS! Canals, Red Light District, people watching (in a non-creepy way), Anne Frank House, Van Gogh museum, I AMsterdam letters, Dam Square, the list goes on...
- **Who is your favorite music artist?** Hands down, Ed Sheeran – \*sings I'm in love with the Shape of You\*.
- **What keeps you up at night?** Netflix – no shame.
- **Name one thing about you that most people don't know:** My last name isn't Martinez... it's Jing-Si.
- **What about your job most excites you?** Telling an adult with a developmental disability that we've created a job for them.
- **What do you look for in an employer?** A GREAT sense of humor. Good just won't cut it.
- **What charitable organization do you dedicate the most hours to?** Aside from the nonprofit I work for (Smile Farms), probably Habitat for Humanity. This August, I'll also be traveling for 2 weeks to Portugal with International Volunteer HQ to construct and repair homes, schools and orphanages in underserved communities.
- **Where do you prefer to work? From home, office, traveling?** A combination of in office and traveling. Working from home sounds lonesome.
- **What old fashioned values do you think are still important today?** Having dinner with your family - even if that means starving until 8:30 PM.
- **If you could have lunch with one person, who would it be?** Amelia Earhart. I think it's time we solve this mystery!


**ROB McCORMICK**

- **Company:** BDO USA, LLP
- **Title:** Assurance Manager – Not-For-Profit and Healthcare Services
- **Twitter handle:** @macormac
- **Education:** Molloy College, B.S. in Accounting, 2009.
- **How many hours do you sleep?** Typically 7-7.5 hours
- **What do you eat for breakfast?** During the week it is usually a Greek yogurt. On weekends 2 eggs over easy with bacon, cheese and a hash brown on a roll.
- **What is on your home screen?** A picture of New York Rangers Captain Ryan McDonagh.
- **What app can't you live without?** Twitter or Instagram.
- **What is your favorite city; why?** Santa Monica California – great weather, beautiful scenery, hotels are right on the beach, lots of bars & restaurants within walking distance or a quick Uber away.
- **Who is your favorite music artist?** Bruce Springsteen.
- **What keeps you up at night?** I try not to let work affect me at night when I'm trying to go to sleep, but sometimes you can't help it.
- **Name one thing about you that most people don't know:** Fun fact about me is I once won a free cruise to Bermuda during the second intermission of an on-ice contest at a Rangers game. The cruise was a Rangers legends cruise and I got to spend a lot of time with four former Rangers greats for a full week.
- **What about your job most excites you?** The opportunity to help our clients as their trusted advisors.
- **What do you look for in an employer?** Culture – public accounting is an industry that typically has a lot of turnover despite the actual work being performed at each firm being very similar. I think creating a great culture is essential to retaining employees.
- **What charitable organization do you dedicate the most hours to?** The Michael Magro Foundation where I am in the process of being appointed to the Board of Directors.
- **Where do you prefer to work? From home, office, traveling?** I prefer the office. At BDO we are mostly at various client locations with small teams, so being back in the office is a great way to catch up with colleagues who you may not have seen for a little while.
- **What old fashioned values do you think are still important today?** Never burning a bridge – you never know when a former employer, client, or even personal contact will be able to help you with something.
- **If you could have lunch with one person, who would it be?** Mark Messier – I'm a HUGE Rangers fan. Messier is considered to be the best leader in the history of hockey. I want to speak to him to hear his views on how to be a good leader, what made him successful and just some funny stories from his playing days.


**KYLE MOELLER**

- **Company:** Citibank, N.A.
- **Title:** Relationship Manager
- **Twitter handle:** Not provided.
- **Education:** B.S., Stony Brook University, 2012.
- **How many hours do you sleep?** 42.
- **What do you eat for breakfast?** A bar or egg sandwich.
- **What is on your home screen?** Sonogram photo.
- **What app can't you live without?** LinkedIn and Waze.
- **What is your favorite city; why?** Reykjavik, unique culture, sights, and atmosphere.
- **Who is your favorite music artist?** Jack Johnson.
- **What keeps you up at night?** Missing potential opportunities and my neighbor's dog.
- **Name one thing about you that most people don't know:** I love tasting new whiskeys and hope to distill my own someday.
- **What about your job most excites you?** Building amazing business relationships and watching clients expand and grow their businesses.
- **What do you look for in an employer?** Work life balance, competitive advantages, and great culture.
- **What charitable organization do you dedicate the most hours to?** Island Harvest.
- **Where do you prefer to work? From home, office, traveling?** Office and client/prospect locations.
- **What old fashioned values do you think are still important today?** Meritocracy.
- **If you could have lunch with one person, who would it be?** Jack Welch.

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**JEFF NAGEL**

- **Company:** AVZ Wealth Management
- **Title:** Financial Advisor
- **Twitter handle:** Not provided.
- **Education:** B.B.A , Farmingdale State University, 2015.
- **How many hours do you sleep?** Seven
- **What do you eat for breakfast?** Most days I just drink coffee.
- **What is on your home screen?** A picture of the beach.
- **What app can't you live without?** The stocks app.
- **What is your favorite city; why?** My favorite city is New York because of all the diversity and the opportunities are endless.
- **Who is your favorite music artist?** Florida Georgia Line.
- **What keeps you up at night?** I try to be as honest as I can and live my best life. So I cannot think of anything that keeps me up - I sleep very soundly!
- **Name one thing about you that most people don't know:** I enjoy oldies music.
- **What about your job most excites you?** Helping/seeing people reach their goals.
- **What do you look for in an employer?** Somebody who you can learn from and supports your career.
- **What charitable organization do you dedicate the most hours to?** Mercy Haven Inc.
- **Where do you prefer to work? From home, office, traveling?** I prefer a combination of all three.
- **What old fashioned values do you think are still important today?** I think being straight forward/ honest and trustworthy with people is the most import in life.
- **If you could have lunch with one person, who would it be?** I would like to have lunch with Warren Buffett, he is a fascinating man and someone from whom I think I can learn a great deal.



**NICHOLAS PASQUAROSA**

- **Company:** Bookkeeper360
- **Title:** Founder and Chief Executive Officer
- **Twitter handle:** @nickpasquarosa
- **Education:** Masters of Taxation, St. John's University, 2017.
- **How many hours do you sleep?** Five to six on average per night.
- **What do you eat for breakfast?** Apples and bananas.
- **What is on your home screen?** Batman.
- **What app can't you live without?** Uber.
- **What is your favorite city; why?** New York City, limitless number of opportunities and commerce.
- **Who is your favorite music artist?** Kygo.
- **What keeps you up at night?** Constantly thinking of new business endeavors.
- **Name one thing about you that most people don't know:** Prepared and filed my first tax return at 16.
- **What about your job most excites you?** The ability to help entrepreneurs follow their passion.
- **What do you look for in an employer?** A great culture through an environment that supports both an employee's career and respective lifestyle
- **What charitable organization do you dedicate the most hours to?** Canine Companions for Independence and FLIP Society.
- **Where do you prefer to work? From home, office, traveling?** Airplanes.
- **What old fashioned values do you think are still important today?** People skills including strong communications, knowing your client and their future needs, and most of all that knowledge is power.
- **If you could have lunch with one person, who would it be?** Warren Buffett.



**BENJAMIN PERLSON**

- **Company:** Perlson LLP
- **Title:** Staff Accountant
- **Twitter handle:** @bperls
- **Education:** Accounting and Finance, Indiana University, 2010 & Masters of Taxation, SUNY Old Westbury, 2016.
- **How many hours do you sleep?** 7
- **What do you eat for breakfast?** Greek Yogurt with fresh fruit.
- **What is on your home screen?** A picture of a leopard I took on Safari.
- **What app can't you live without?** iTunes.
- **What is your favorite city; why?** Charleston, SC good southern food overall beautiful city.
- **Who is your favorite music artist?** Hans Zimmer.
- **What keeps you up at night?** Binge watching Netflix.
- **Name one thing about you that most people don't know:** I'm a big Batman fan.
- **What about your job most excites you?** Helping my clients achieve their goals.
- **What do you look for in an employer?** One which is growing, allows for upward mobility and encourages entrepreneurship.
- **What charitable organization do you dedicate the most hours to?** Various organizations including Bnai Brith Perlman Camp, Solomon Schechter of Long Island and the Jericho Jewish Center.
- **Where do you prefer to work? From home, office, traveling?** Traveling to clients.
- **What old fashioned values do you think are still important today?** Loyalty
- **If you could have lunch with one person, who would it be?** Jack Nicklaus as my short game needs some work!



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## LAUREN PERSICO

- **Company:** Scorpion (Formerly Driven Local)
- **Title:** EVP of Strategy
- **Education:** Adelphi University, 2011.
- **How many hours do you sleep?** Not enough! About 6 interrupted hours, thanks to my two little babies.
- **What do you eat for breakfast?** Usually I make a fresh smoothie with a mix of greens and fruit.
- **What is on your home screen?** A picture of my daughters, Emerson and Avery.
- **What app can't you live without?** Amazon! Having the type of work schedule I do, coupled with two babies, the only shopping I can do is on Amazon.
- **What is your favorite city; why?** Within the US, San Francisco - I love everything about it there! The weather, the people, the energy.. it's my favorite! Abroad, I would have to say Galway, Ireland.
- **Who is your favorite music artist?** The Fray.
- **What keeps you up at night?** Not being able to control all the bad things that are happening in our world today, and fear of what it will be like for my daughters as they grow up.
- **Name one thing about you that most people don't know:** I've had 5 knee surgeries.
- **What about your job most excites you?** This is a hard one... so much about what I do excites me. I think if I had to pick only one thing, it would be how quickly the industry changes, which in turn changes my every day.
- **What do you look for in an employer?** How they value their employees. What do they do to invest in the talent they are bringing on? Have they thought about the individual, or is it just another spot to fill.
- **What charitable organization do you dedicate the most hours to?** Currently the JDRF.
- **Where do you prefer to work? From home, office, traveling?** A mix of all. I love being in the office with my NY team, but being able to travel to different cities and meet with different clients and/or people is also something I love about my job. And then it's nice to work a few days from home to help with the whole work - life balance thing.
- **What old fashioned values do you think are still important today?** Holding the door for the person behind you. In so many ways, figuratively and literally, this is still just as important as it was years ago - and too many people are forgetting to do so.
- **If you could have lunch with one person, who would it be?** Cheryl Sanberg or JFK.



## MICHAEL PUNTILLO

- **Company:** Direct Refreshments LLC
- **Title:** Founder & CEO
- **Twitter handle:** @splendidblend
- **Education:** B.S. in Finance; Fordham University, Gabelli School of Business, May 2015.
- **How many hours do you sleep?** 7 hours
- **What do you eat for breakfast?** One plain bagel toasted with butter and a fruit cup
- **What is on your home screen?** An image of a consumer enjoying my beverage in Italy (See attached).
- **What app can't you live without?** YouTube/Google Maps
- **What is your favorite city; why?** New York because I am surrounded by my family and closest friends. The energy in Manhattan is electrifying. The pulse of New York City is what drives me each day to strive further for my goals.
- **Who is your favorite music artist?** Coldplay.
- **What keeps you up at night?** Thoughts of how to acquire more customers and growing my business team. If an exciting idea comes to my mind at night I will often get up from bed to write it down. My best thoughts arrive right before falling asleep.
- **Name one thing about you that most people don't know.** I have always been health conscious and focus on good nutritional and exercise habits. I enjoy running and working out in the gym. I run 6 to 8 miles three times a week on average. This is a very important part of my weekly routine. Exercise helps me to clear my mind when business challenges arise.
- **What about your job most excites you?** My growing depth of knowledge about the beverage business is most exciting for me. I continue to learn something new about the industry every day. My relentless work ethic and attention to detail has enhanced my skills when it comes to distribution, sales, and manufacturing.
- **What charitable organization do you dedicate the most hours to?** I spread my time around to different charities. Most recently I was invited to speak at Morgan Stanley to a group of new college graduates looking to enter the business world. I related my experiences as a young entrepreneur. It was exciting for me to share information and knowledge I have learned with others. There is no better feeling than helping to guide the next generation to pursue their ambitions and dreams.
- **Where do you prefer to work? From home, office, traveling?** I prefer to work from my office on Long Island. The beverage business requires me to travel at least one day a week. Our growing distribution footprint has also required me to travel outside of Long Island regularly.
- **What old fashioned values do you think are still important today?** I believe in treating people respectfully, fairly and politely no matter what role they have within a company. Hard work is mandatory and being grateful for what you achieve. Being a person of character and having good morals is essential. Integrity in business is also important to me. I have a responsibility as a CEO to maintain the best business practices. My decisions have an impact on a considerable amount of people and I must be held accountable.
- **If you could have lunch with one person, who would it be?** Ralph Lauren because his ability to create a lifestyle brand that has stood the test of time is inspiring. Having lunch with him would be an amazing way to understand the challenges and joys of how he executed his vision. He is recently retired so he might have a minute these days for lunch!



## MEGAN QUARANT

- **Company:** Brookhaven National Laboratory
- **Title:** Quality Specialist
- **Twitter handle:** @meg\_queue
- **Education (Degree, University, Year of Graduation):** B.S in Elementary Education and Special Education from Elizabethtown College, Class of 2011
- **How many hours do you sleep?** Usually between 7 and 8 hours of sleep a night...I really love sleep.
- **What do you eat for breakfast?** Usually yogurt, some fruit, and granola. Also coffee: chai tea lattes with a shot of espresso in the winter time, cold brew in the summertime.
- **What is on your home screen?** On my phone, a sunset over an abandoned airfield where my brother's car broke down once; on my computer, a drawing of a sleepy giraffe.
- **What app can't you live without?** Google Maps (as lame as that is), although it's a bit creepy that it knows my schedule and guesses where I'm probably going...
- **What is your favorite city; why?** I have a soft spot for NYC. Despite all of its flaws and the consistent layer of dirt and chewing gum pretty much everywhere you walk, there is nothing quite like that view of the nighttime skyline you get when you take a city-bound Q train.
- **Who is your favorite music artist?** Train
- **What keeps you up at night?** The groundhog digging a hole under my house (I wish I were kidding)
- **Name one thing about you that most people don't know:** Two foot surgeries later, I have a matching set of 4 1/2 inch titanium bolts in each ankle!
- **What about your job most excites you?** The fact that I'm surrounded by some of the most brilliant scientists and the most ground-breaking research in the world.
- **What do you look for in an employer?** I think it's important for a company and its employees to be a good fit for each other. Ideally I look for employers who care about me (as an individual) and my growth and, in turn, I care about their work and what they are trying to accomplish for the future.
- **What charitable organization do you dedicate the most hours to?** Over the years I've probably devoted the most time to Girl Scouts. The number of hours spent working on programs for younger scouts and volunteering helped me gain a greater appreciation for giving back to my community and eventually facilitated the completion of my Gold Award project.
- **Where do you prefer to work? From home, office, traveling?** In general I prefer to work on-site alongside my awesome coworkers, but you can't beat the occasional opportunity to work from the couch in sweatpants.
- **What old fashioned values do you think are still important today?** Family and active listening...although I don't think either of those should be seen as old fashioned. I have an incredibly supportive family and I wouldn't be half the person I am today without them. Finding people who truly listen to others is becoming increasingly rare. That's something I actively try to change.
- **If you could have lunch with one person, who would it be?** If I could have lunch with any one person I would want it to be my grandpa. Although he was only in my life for a short period of time, I think if he could see me now, he'd be incredibly proud of how far I've come.

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JEFFREY R. SCOTT

- **Company:** Cerini & Associates, LLP
- **Title:** Senior Accountant and Special Education Consultant
- **Twitter handle:** @CeriniandAssoc
- **Education:** BS in Accountancy and Masters in Business Administration in Accountancy, 2012.
- **How many hours do you sleep?** My goal for a night's rest is about 7 to 8 hours. Realistically I sleep between 4 to 6 hours a night.
- **What do you eat for breakfast?** I plan to eat a hearty breakfast each day, but on some days, I have no time to eat.
- **What is on your home screen?** A picture of the Brooklyn Bridge with Manhattan's brightly lit skyline in the background.
- **What app can't you live without?** Google Maps. Without it, I would be lost.
- **What is your favorite city; why?** Washington D.C., our nation's capital. I like to describe it as a city made of marble. The city has so much to offer from historic monuments, landmarks, and iconic museums.
- **Who is your favorite music artist?** My music taste ranges from blues to alternative/rock. I would have to choose the legendary John Lennon.
- **What keeps you up at night?** The thought that some people out there do not have the option to sleep in a cozy, safe, and loving environment.
- **Name one thing about you that most people don't know:** I am an accountant that doesn't drink coffee.
- **What about your job most excites you?** The fact that each day I wake up, I am given an opportunity to educate, train, and assist my clients to keep to their mission in serving the local communities effectively.
- **What do you look for in an employer?** Integrity, determination, and overall work-life balance.
- **What charitable organization do you dedicate the most hours to?** The National MS Society. I hold a special place for this charity due to a personal connection.
- **Where do you prefer to work? From home, office, traveling?** Anywhere. I would work to the moon and back if I were given the opportunity.
- **What old fashioned values do you think are still important today?** With the work-week consuming most of our time, it is important to disconnect and spend time with family and friends. Also, surround yourself with whom you want to be.
- **If you could have lunch with one person, who would it be?** Abraham Lincoln. Meeting him would be an absolute dream to a historian like me. To have a chance to ask him how he coped through so much turmoil during his presidency? How he pushed forward through so much trauma even before he became president? I have a great admiration for leaders that are fair, determined, and when challenging situations arise, they do their best to lead with integrity.



JACQUELINE SMITH

- **Company:** Bond, Schoeneck & King, PLLC
- **Title:** Associate
- **Twitter handle:** I don't really use my Twitter account anymore, just to review news articles.
- **Education:** Hofstra University (B.A., 2012); Hofstra University School of Law (J.D., 2015).
- **How many hours do you sleep?** Usually, 7 hours.
- **What do you eat for breakfast?** Greek yogurt with berries, or Eggo waffles.
- **What is on your home screen?** A picture of my dog, Franco.
- **What app can't you live without?** Waze - I use it even to drive to work to avoid traffic.
- **What is your favorite city; why?** Is it cliché to say New York? Trains or no trains, I just really don't think there is any place better.
- **Who is your favorite music artist?** Dave Matthews Band.
- **What keeps you up at night?** I am one of those weird people that fall asleep in two minutes. But if I have a lot to do the next day, I will usually run through a to-do list in my head.
- **Name one thing about you that most people don't know:** I love rap music.
- **What about your job most excites you?** I like how every day is different and presents an opportunity for me to grow as an attorney. I've learned so much over the past two years, and the situations that I found at first to be the most challenging, turned out to be the most rewarding and worthwhile.
- **What do you look for in an employer?** What I really appreciate most about my firm is the comradery. Our office truly has an "open-door" policy, which is nice as a young attorney because I tend to ask a lot of questions. Even something as simple as eating lunch together every day creates a culture that is friendly, open and overall positive, and I really admire that about my firm.
- **What charitable organization do you dedicate the most hours to?** I was recently elected Secretary of the Nassau County Women's Bar Foundation. The Foundation has an annual Golf Outing coming up in September to raise money for Breast Cancer research and awareness, so I currently spend most of my time on that. My firm also participates in the Volunteer Lawyers' Project through which we represent tenants in cases brought against them by their landlords.
- **Where do you prefer to work? From home, office, traveling?** I prefer to work at the office because there are fewer distractions than at home. If I'm home it is hard to resist taking breaks to play with my dog.
- **What old fashioned values do you think are still important today?** I think honesty and kindness will always be important values. No matter what job you have, or position you are in, presenting yourself in an honest and kind way will not only make others think more highly of you, but will also have a lasting impact on your overall attitude. You never know what kind of day someone else is having, so if you can make it better by being nice, why wouldn't you?
- **If you could have lunch with one person, who would it be?** This is a tough question - if I could choose someone from the past it would have to be one of the founding fathers, George Washington or Alexander Hamilton.



JAMES "JIMMY" STEWART

- **Company:** Gettry Marcus CPA, P.C.
- **Title:** Manager
- **Twitter handle:** Not provided.
- **Education:** Bachelor's degree in History, University of Albany, 2008; Bachelor's degree in Business, SUNY Farmingdale, 2011; Master's degree in Accounting, Long Island University - Post, 2013.
- **How many hours do you sleep?** 8
- **What do you eat for breakfast?** Quaker Protein Instant Oatmeal.
- **What is on your home screen?** Standard computer background.
- **What app can't you live without?** Reuters/BBC News.
- **What is your favorite city; why?** I can't commit to a favorite. I appreciate the differences in culture, history, and architecture in each city.
- **Who is your favorite music artist?** The Mountain Goats.
- **What keeps you up at night?** Nothing as of yet
- **Name one thing about you that most people don't know:** I listen to history podcasts every day on my commute to and from work.
- **What about your job most excites you?** I'm excited by the anticipation of a challenge, solving a problem, and discovering potential wrongdoing. My job can be like solving a puzzle with many pieces, and there is a lot of satisfaction when you are able to solve a part of it.
- **What do you look for in an employer?** Flexibility and autonomy
- **What charitable organization do you dedicate the most hours to?** Sunrise Day Camp.
- **Where do you prefer to work? From home, office, traveling?** I prefer to do all of my planning for work at home during the evening, and I prefer to execute those plans early in the morning at the office when no one is around to interrupt me.
- **What old fashioned values do you think are still important today?** I do not know how old fashioned they are, but holding the door for someone else and treating each person you meet with respect.
- **If you could have lunch with one person, who would it be?** James Madison


**DANIELLE TRICOLLA, ESQ.**

- **Company:** Forchelli, Curto, Deegan, Schwartz, Mineo & Terrana, LLP
- **Title:** Associate (Commercial Litigation)
- **Twitter handle:** I don't use twitter.
- **Education:** BA, University of Maryland, College Park, (2008); JD, New York Law School (2011).
- **How many hours do you sleep?** 6, on a good night
- **What do you eat for breakfast?** Usually a protein bar.
- **What is on your home screen?** Just a generic floral pattern.
- **What app can't you live without?** Waze - I drive from Brooklyn to Uniondale and back every day, so Waze is a necessity! And now I use it even if I'm only driving a couple of miles (every minute counts!)
- **What is your favorite city; why?** New York - and that's not because of any "hometown pride." The best of everything is in NYC - restaurants, art, history, culture, business, fitness, entertainment - and it's constantly changing and growing. It's impossible to see/experience everything in NYC in one lifetime.
- **Who is your favorite music artist?** Beyoncé.
- **What keeps you up at night?** Generally, I'm pretty good at compartmentalizing and not letting things affect me to that extent. Plus, by the time I get home and I'm ready to go to bed, I'm usually too tired to worry about anything.
- **Name one thing about you that most people don't know:** I was a ballerina for 14 years.
- **What about your job most excites you?** No two days are exactly the same. I can rarely, if ever, anticipate what the day will bring - what new case will come in, or what new developments will unfold in an existing case. It's definitely never boring!
- **What do you look for in an employer?** The opportunity for growth and advancement within the company, and the employer's support in achieving those goals. I've benefited immensely from being part of a firm with a strong "mentorship" mentality and support system; the partners truly invest in the younger associates' professional development and personal growth.
- **What charitable organization do you dedicate the most hours to?** New York City Rescue Mission - I volunteer at the shelter every Tuesday.
- **Where do you prefer to work? From home, office, traveling?** Definitely in the office. I like having all of my documents and notes spread out on my desk and I've become dependent on my double-monitor, so my little laptop doesn't cut it.
- **What old fashioned values do you think are still important today?** Gratitude and humility.
- **If you could have lunch with one person, who would it be?** This changes regularly but as of recent, my answer is Nora Ephron. I read all of her books back-to-back earlier this year. She had such interesting experiences and was such a great storyteller.


**PATRICK WINTERS**

- **Company:** Winters Bros. Waste Systems
- **Title:** Project Manager
- **Twitter handle:** @pat\_winters
- **Education:** Communications, Fairfield University 2015
- **How many hours do you sleep?** I try my best to get 8 a night.
- **What do you eat for breakfast?** Greek yogurt and fruits
- **What is on your home screen?** It changes depending on the sports season, I switch between the Yankees, Jets and Rangers.
- **What app can't you live without?** Bleacher Report. Need all my sports updates.
- **What is your favorite city; why?** New York City. There is no other city with the same energy or diversity New York brings.
- **Who is your favorite music artist?** Coldplay.
- **What keeps you up at night?** Big ideas and what I have to do at work the next day.
- **Name one thing about you that most people don't know:** I used to work in the TV business.
- **What about your job most excites you?** Being able to work with my dad, uncles and other colleagues, all working together as a team to reach a common goal.
- **What do you look for in an employer?** The most important quality to me when looking for an employer is work ethic. You don't have to be the smartest person, but if you work harder and out-prepare others, nobody will be more successful than you.
- **What charitable organization do you dedicate the most hours to?** NSSA. My brother is autistic so I try my best to do whatever I can to help other autistic kids and families.
- **Where do you prefer to work? From home, office, traveling?** It's tough to get anything done anywhere besides the office. There are too many distractions in other areas. However traveling for work is always a great experience that everyone should be able to get to do.
- **What old fashioned values do you think are still important today?** There is one old fashion motto that my grandfather and my father told me that I live by: *Hard work pays off.*
- **If you could have lunch with one person, who would it be?** Muhammad Ali.


**JASON YENCO**

- **Company:** Berdon LLP
- **Title:** Audit Supervisor
- **Education:** Bachelor of Business Administration - Finance, St. John's University, 2009; MBA - Accounting, St. John's University, 2012.
- **How many hours do you sleep?** While not always possible, I try my best to get 8 hours of sleep each night.
- **What do you eat for breakfast?** I typically have a granola bar since they are easy to take with me on my way to work.
- **What is on your home screen?** Madison Square Garden before New York Rangers hockey. Growing up in New York and playing hockey, I became a big Rangers fan.
- **What app can't you live without?** While social media apps are very popular, I enjoy my mobile banking and investment app.
- **What is your favorite city; why?** Several years ago I was in Northern California for a work assignment and realized I was close to California's wine country. Before heading home, I spent a day visiting the wineries in Napa California. I really enjoyed the day I spent in Napa and made sure to return the following year for vacation.
- **Who is your favorite music artist?** I listen to various artists from various different genres of music but if I had to pick one artist I would pick Billy Joel since I've seen him in concert several times.
- **What keeps you up at night?** While following current events offers a lot of topics that can keep you up night, increased geopolitical tensions along with militarization of the Korean peninsula I find the most concerning.
- **Name one thing about you that most people don't know:** I enjoy cooking. While in school, I spent 6 years working full time in the restaurant business where I developed a love for good food and cooking.
- **What about your job most excites you?** I actually get a charge out of the compressed workload and deadlines that are a part of working in public accounting. While the "busy season" of a CPA may be demanding, it also provides for a fast pace work environment that excites me.
- **What do you look for in an employer?** As a young professional, I look for a firm that gives me opportunities to learn and grow. That can be anything from workshops and continuing education to close client contact and mentoring.
- **What charitable organization do you dedicate the most hours to?** I run in the Long Island Corporate Challenge each year. Berdon has an organized charitable giving program, Berdon CARES, which gives me the opportunity to support multiple charities - autism research, breast cancer cure, etc.
- **Where do you prefer to work? From home, office, traveling?** I often visit client offices, warehouses, distribution centers and production facilities. I enjoy working at the client site because it gives me the opportunity to learn the clients business directly from finance, accounting and operations executives.
- **What old fashioned values do you think are still important today?** While technology has changed the way we communicate, face to face interaction is still very important.
- **If you could have lunch with one person, who would it be?** I would choose to have lunch with Donald Trump. Like or dislike him, the 45th President of the United States and the story of the billionaire businessman and television personality's path to the White House have to be the most captivating in the history American politics.



*Congratulations*

**MARC FERNANDEZ**



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