

2019



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Congratulations to PBN's Class of 2019 40 Under Forty.

As we salute forty of Rhode Island's and Southeastern Massachusetts' rising stars, we look forward to seeing the difference you will make in our local communities in the years ahead. Your hard work, dedication and commitment make us confident that the future here is bright. It's your time to shine and we are proud to support your efforts.

Special congratulations to our own VP/Commercial Lending Hasan Ali on being named a 40 Under Forty honoree.


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40 UNDER
FORTY
PBN PROVIDENCE BUSINESS NEWS
2019

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Bristol County Savings Bank has operated as a mutual community bank since its founding 173 years ago. Our mission is to support the communities we serve by making them a better place to live and work. That's why our partnership with PBN is such a good fit and why we are so proud to congratulate the 2019 40 Under Forty award winners. We applaud the rising stars and their accomplishments and look forward to seeing the positive impact you make throughout our local communities in the future.

partner sponsor



Chisholm Chisholm & Kilpatrick LTD congratulates the PBN's 40 Under Forty class of 2019! Thank you to all of the honorees for your contributions to the Rhode Island business community. The future is bright here in Rhode Island because of your stellar accomplishments and leadership!

FROM THE EDITOR

R.I. is more than fair weather fans

SOME OF THE MOST FUN I HAVE when PBN puts together its 40 Under Forty special section is seeing what people bring with them when they come in to have their portraits taken – children, surf



boards, pets and this year, even a snow shovel [if you want to know why, go to Page 10].

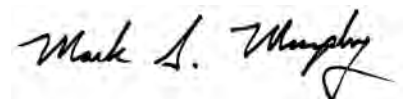
At the same time, we ask all the winners to answer a changing series of questions, some serious, some lighthearted. This year we added a question designed to ferret out which of the region's major league sports teams were their favorites.

Of the answers printed in the section you hold in your hands, 12 chose the New England Patriots, five picked the Boston Bruins, three named the Boston Red Sox their No. 1 team and one lonely honoree chose the Boston Celtics, the team, lest we forget, that has won more league titles than any of the other groups on the list, at 17. The Johnny Come Lately to the list, the New England Patriots, count six league titles. [OK, I admit that my father, born in Lynn, Mass., was a diehard Celtics fan, so I have a little rooting interest.]

What does all this have to do with the Providence Business News 40 Under Forty program? In my mind, it shows that accomplishment can come in waves, but mostly it comes when people with talent apply themselves with their hearts fully engaged in the enterprise at hand.

This year's class of 40 Under Forty winners may not take a duck boat ride through Boston in their lifetimes, but when you see them, you should keep in mind that their personal best bodes well for them, as well as for Rhode Island.

Our presenting sponsor for this year's edition of the 40 Under Forty is Bristol County Savings Bank, while the partner sponsor is Chisholm Chisholm & Kilpatrick Ltd. Their support is one of the reasons that PBN can continue to recognize the achievement and potential that the business community in the region represents.



Mark S. Murphy
Editor

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DR. UMER AKBAR | 36

NEUROLOGIST,
BROWN NEUROLOGY

What is the best advice you have ever received?

Better to be a big fish in a small pond than a small fish in a big pond.

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

Be efficient, but don't take shortcuts.

What moment changed your life more than any other?

My birth.

What is your favorite Rhode Island food or drink?

Lobster.

Red Sox, Patriots, Celtics or Bruins?

Celtics.

Broadcast or streaming?

Broadcast.

Fox or MSNBC?

MSNBC.

Apple Music or Spotify?

Apple Music.

Facebook, Instagram, Twitter or LinkedIn?

Twitter.

Avengers or Justice League?

Avengers. ■



THE PROP

In addition to wearing his doctor's coat, Dr. Umer Akbar displays a cap from the charity he co-founded called AHOPE, which assists refugees and other less-fortunate people.

HASAN ALI | 37

SENIOR VICE PRESIDENT,
COMMERCIAL LENDING,
BRISTOL COUNTY SAVINGS BANK

What is the best advice you have ever received?

Don't wait ... marry that girl! Words of wisdom from my mother.

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

Take a year after college to travel the world. As you get older, your responsibilities will only increase. Experiences last a lifetime and you can learn things from traveling that can't be taught in a classroom.

What moment changed your life more than any other?

The day my daughter was born. She is my first child, and my life and priorities changed in an instant.

What is your favorite Rhode Island food or drink?

Rhode Island calamari. In my younger days, I would have said coffee milk.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Apple Music or Spotify?

Apple Music.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn, and to a lesser extent Facebook. ■



THE PROP

The globe and suitcase represent Hasan Ali's passion for travel. "I love traveling and seeing different parts of the world, especially cultural destinations," he says.



Christina Pitney

Vice President, Corporate Strategy and Strategic Partnerships; Chief of Staff to the CEO

BUILDING A BETTER FUTURE

Christina Pitney plans ahead—years ahead—to anticipate our customers' needs.

Thanks to her insights, local businesses have lower cost options like New England regional health plans. And our Medicare members will soon have access to Oak Street Health, an innovative network of primary care practices focused on well care.

Christina also helps shape Rhode Island's future in her community work, serving as board chair of Girls on the Run and as a volunteer soccer and basketball coach.

Congratulations Christina! We're proud of the work you do every day to help our members get more health from their health plan.

It's what we live for.™



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ALEXANDRA W. PEZZELLO: PS&H PARTNER & 2019 40 UNDER FORTY WINNER

THE FUTURE IS BRIGHT

Partridge Snow & Hahn would like to congratulate the many clients and friends chosen as the Providence Business News 40 Under Forty Class of 2019. We'd also like to send a special congratulations to our very own Alex Pezzello.

Alex brings to our Firm - and the legal and business communities - a passion and dedication that is second to none. She is an excellent lawyer and a valued member of our team. We are proud of all that she's accomplished.

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KRISTIN ANASTASIADES | 37

VICE PRESIDENT OF MARKETING AND STRATEGY,
LAX & CO.

What is the best advice you have ever received?

There is no limit to what you can do or where you can go if you don't mind who gets the credit.

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

Don't worry so much about what you can't control.

What moment changed your life more than any other?

The day I decided to go back to school and finish my degree.

What is your favorite Rhode Island food or drink?

Calamari, R.I.-style.

Red Sox, Patriots, Celtics or Bruins?

Red Sox.

Broadcast or streaming?

Streaming.

Fox or MSNBC?

Neither – I check out more than one source.

Apple Music or Spotify?

Google Music.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn.

Avengers or Justice League?

Avengers. ■



THE PROP

Kristin Anastasiades and her 11-year-old, twin sons Joshua and Jarrett. "They were one of my main motivations to go back to school and into grad school," she says.

RICHARD ASTLE | 34

CEO,
NEQTER LABS LLC

What is the best advice you have ever received?

As a college sophomore, my speech and debate professor told me that in life you have the choice to either take the risk or lose the opportunity.

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

At NeQter Labs, I am surrounded by professionals in their early 20s. I am surprised by their maturity, work ethic and intelligence. I would tell me to be more like them.

What moment changed your life more than any other?

The birth of my son and daughter. There is no better way to learn that there is more to life than money and no better motivator to strive for success than having children.

What is your favorite Rhode Island food or drink?

Little necks. Steamed, on a half shell, in pasta.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Broadcast or streaming?

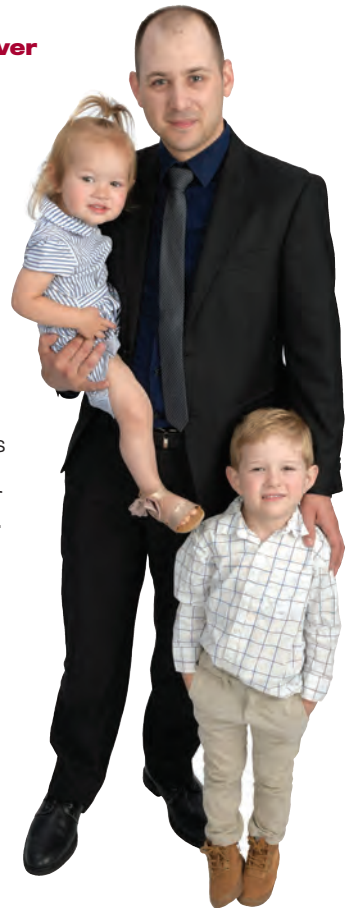
Streaming.

Fox or MSNBC?

Fox.

Avengers or Justice League?

Justice League. ■



THE PROP

"My kids [James, 4, and Maci, 2] have taught me to live in the moment and take life as it comes," says Richard Astle.

MOVERS. SHAKERS. FRIARS.

PROVIDENCE COLLEGE
congratulates

Jason Carosi '03

Senior Vice President and
Senior Relationship Manager
Webster Bank

Jason DaPonte '02

Managing Partner
Sansiveri, Kimball, & Co.

Erin Darmetko '02

Assistant Vice President
Amica Mutual Insurance Co.

Adam Flynn-Tabloff '12G

Director
Davies Career & Technical High School

for being named to
Providence Business News'
2019 list of 40 Under Forty

Jason Carosi

Erin Darmetko

Jason DaPonte

Not pictured: Adam Flynn-Tabloff



**RHODE ISLAND
INFRASTRUCTURE BANK**

Congratulations Shaun O'Rourke

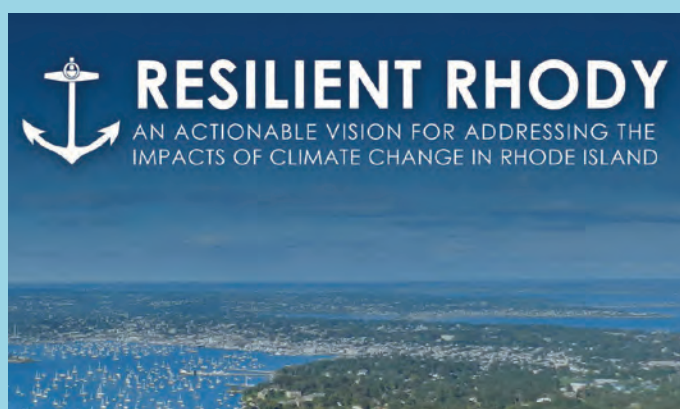
**Director of Stormwater & Resiliency
RI's Chief Resiliency Officer**

**Shaun's tireless commitment to making Rhode Island
a more resilient state makes him an invaluable
partner to our clients and an asset to our firm.**



**Congratulations to all of the 2019
40 under Forty honorees.**

Investing in Rhode Island's infrastructure, economy and environment



AMGEN®

Amgen Rhode Island
Congratulates all the

2019
40 Under Forty
honorees,

including our own,
Jen Lytle



Manager
Quality Assurance

SEAN BURGO | 36

PROJECT DIRECTOR, CONSTRUCTION,
WEXFORD SCIENCE & TECHNOLOGY

What is the best advice you have ever received?

My dad told me at a young age while playing hockey that it was OK to lose ... but what was important was how you carried yourself and how you worked harder to win next time.

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

Enjoy life and take longer vacations, follow your dreams and stay positive. Carry yourself with good intentions.

What moment changed your life more than any other?

Having my children and starting a family. It really puts a perspective on life and what really matters.

What is your favorite Rhode Island food or drink?

Three [wiensers] all the way, light onions. And pretty much any "buck a shuck" happy hour.

Red Sox, Patriots, Celtics or Bruins?

Bruins.

Fox or MSNBC?

Neither. I just can't do it anymore.

Facebook, Instagram, Twitter or LinkedIn?

Facebook. ■



THE PROP

The goalie stick and glove have special meaning for Sean Burgo. "Growing up playing hockey helped shape and form a lot of the principles I bring to my work. Work hard, play hard," he says.

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MICHAEL BUSAM | 38

OPERATIONS MANAGER,
RHODE ISLAND BUSINESS UNIT - GILBANE BUILDING CO.

What is the best advice you have ever received?

If you don't understand, ask. If you have something to share, speak up.

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

Slow down in life to embrace the little moments, as they are, in fact, significant.

What moment changed your life more than any other?

On the day after 9/11, in my anthropology class at Brown University, we discussed the event and its impact on us. I took a position that was different from most, and it got the attention of another classmate. Enough so, that she and I became best friends. Three years later, I asked her to marry me and she said "yes."

What is your favorite Rhode Island food or drink?

Newport Creamery's Awful Awful, chocolate mint.

Broadcast or streaming?

Streaming.

Fox or MSNBC?

Neither.

Apple Music or Spotify?

Spotify. ■



THE PROP

Michael Busam carries his Gilbane hard hat and poses with his wife, Jessica, and their son William. The sports gear represents Michael's pride in coaching his son's teams.

Our great people are at the heart of our success.

**Congratulations to IGT's
Stephanie Huckel and David Morgan,**
PBN's Class of 2019 – 40 Under Forty.



Congratulations to all 2019 Honorees!



JASON CAROSI | 37

SENIOR VICE PRESIDENT,
SENIOR RELATIONSHIP MANAGER – WEBSTER BANK

What is the best advice you have ever received?

To be a leader and to trust my intuition and to never compromise my character and integrity for short-term gain.

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

Set specific personal and professional goals for yourself and accept that you must rely on only yourself and your relentless work ethic in order to achieve those goals. Be patient, listen and learn from others, and appreciate the journey and the experiences you incur. But most importantly, value the relationships you build with others throughout your career and your life.

What moment changed your life more than any other?

Oct. 27, 2017, at 7:30 p.m. – when my son Jason Anthony was born.

What is your favorite Rhode Island food or drink?

Del's lemonade.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Broadcast or streaming?

Broadcast.

Fox or MSNBC?

Fox. ■



THE PROP

Jason Carosi holds a set of drumsticks. "As a drummer since age 10, finding the right rhythm is essential in song but also in life," he says.

JASON CASE | 39

PRESIDENT AND CEO,
CASE SNOW MANAGEMENT

What is the best advice you have ever received?

Always do what's right. In business and in life, there are always tough decisions we contemplate. Making the right decision may sometimes be tough; however, in the big picture, you will always feel good about the choices you've made with no regrets.

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

Dream bigger. The world is abundant with opportunities. Channel your passion and work ethic, as those are the drivers to success. Focus on building a team that shares your vision. Have fun, don't forget you're 22.

What moment changed your life more than any other?

The moment my first child, Mya, was born.

What is your favorite Rhode Island food or drink?

Red clam chowda and coffee milk.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Broadcast or streaming?

Broadcast.

Fox or MSNBC?

Fox.

Facebook, Instagram, Twitter or LinkedIn?

Facebook.

Avengers or Justice League?

Avengers. ■



THE PROP

The snow shovel is more than just a tool for Jason Case's business. To him, it symbolizes how he handles challenges in life and business: "Remain steadfast and plow through them."



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Saturday, July 27, 2019 | 10am - 6pm

Sunday, July 28, 2019 | 10am - 4pm

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Middletown, Rhode Island

For more details
and to purchase tickets visit
TheNewportShow.com

Gala Preview Party

Friday, July 26, 2019 | 6 - 9pm

Gala Preview Party Sponsor



BRIAN CASEY | 37

PRESIDENT,
PARISEAULT BUILDERS INC.

What is the best advice you have ever received?

Watch your pennies and the dollars will take care of themselves. – Grandpa Bud

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

Do not take life so seriously. Scrape together the money to travel and explore the world as much as possible.

What moment changed your life more than any other?

Studying abroad for a semester in Australia. I was able to see another part of the world and surf some of the best waves I have ever seen.

What is your favorite Rhode Island food or drink?

Whalers Brewing Co.'s Rise beer.

Red Sox, Patriots, Celtics or Bruins?

Red Sox.

Broadcast or streaming?

Broadcast.

Fox or MSNBC?

MSNBC.

Apple Music or Spotify?

Spotify.

Facebook, Instagram, Twitter or LinkedIn?

Instagram.

Avengers or Justice League?

Avengers. ■



THE PROP

For Brian Casey, spending time on his surfboard is "the thing that keeps me balanced," he says.



40 UNDER
FORTY
PBN PROVIDENCE BUSINESS NEWS
2019 *winner*

Waterson Terminal Services and ProvPort are proud of Chris Waterson's hard work and dedication over the years. We'd like to congratulate him, and the entire 40 Under Forty class of 2019, for a job well done!



Waterson Terminal Services

PROVPORT

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DR. CAROLINE CHANG | 38

FOUNDER, CEO, PHYSICIAN,
RHODE ISLAND DERMATOLOGY INSTITUTE

What is the best advice you have ever received?

Don't be afraid to start small, there is always room to grow.

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

Don't worry so much about what everyone else is doing. Focus on your goals and you'll get there with a lot fewer disappointments.

What moment changed your life more than any other?

The moment I became a mother changed my life. My purpose on this earth became raising them to become kind, capable and

responsible adults. I love showing them how you can achieve anything you want to when you put the time and effort in.

What is your favorite Rhode Island food or drink?

Lobster roll.

Broadcast or streaming?

Streaming, definitely.

Apple Music or Spotify?

Amazon Music.

Facebook, Instagram, Twitter or LinkedIn?

Instagram! I love my followers and how supportive they are! ■



THE PROP

Dr. Caroline Chang displays a mirror with her company logo and a dermatoscope in her right hand, and her American Board of Dermatology certificate.

JOHN COONEY | 32

CHIEF TECHNOLOGY OFFICER,
AQUANIS INC.

What is the best advice you have ever received?

If something is worth doing, then it is worth doing well.

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

There isn't a right or perfect path in life, but rather any number of positive, fulfilling paths.

What moment changed your life more than any other?

Meeting my wife. She is my best friend, biggest supporter and superwoman.

What is your favorite Rhode Island food or drink?

Dante's Kitchen and Flatbread Co.

Red Sox, Patriots, Celtics or Bruins?

Bruins (and the Revolution).

Broadcast or streaming?

Streaming.

Fox or MSNBC?

Neither.

Apple Music or Spotify?

Neither.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn.

Avengers or Justice League?

Avengers. ■



THE PROP

Windmills represent John Cooney's background in wind energy and aerospace engineering, which brought him to Rhode Island after he earned his doctorate in aerospace engineering.

Congratulations

JASON CAROSI

Senior Vice President,
Senior Relationship Manager

We are pleased to celebrate those recognized as Providence Business News' 40 Under Forty and are proud to have our own Jason Carosi named to the 2019 list. His dedication to Webster and the communities we serve has helped him stand out here for years. We're thrilled he's part of our team.



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LYNN D'ANGELO | 37

DIRECTOR OF PROFESSIONAL PRACTICE,
INNOVATION AND MAGNET,
THE MIRIAM HOSPITAL

What is the best advice you have ever received?

My father would often share two key messages when I was younger: "Be a leader, not a follower," and "If you work hard, you will be successful."

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

Believe! Take the risk, make a mistake and learn from it, embrace new opportunities, and live in the moment.

What moment changed your life more than any other?

The day my friend challenged me to go trapeze-flying. To say I was scared is an understatement. As Eleanor Roosevelt said, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face." I loved it. The moment taught me that I can do anything I put my mind to.

What is your favorite Rhode Island food or drink?

Calamari.

Broadcast or streaming?

Streaming.

Apple Music or Spotify?

Spotify.

Avengers or Justice League?

Justice League. ■



THE PROP

Lynn D'Angelo wears the nursing cap she received when she earned her bachelor's degree at Worcester State College, and she displays a quote she attempts to live up to every day.

Bryant University CONGRATULATES

the 2019 *Providence Business News*
40 Under Forty Awards Honorees

These distinguished Bryant University alumni join many past Bryant honorees who are inspired to excel and make a difference:



MICHAEL BUSAM '09 MBA
of Gilbane Building Company



JASON CAROSI '10 MBA
of Webster Bank



DAVID FONTES '07 MBA
of BlumShapiro



CHRISTOPHER J. WATERSON '17 MBA
of Waterson Terminal Services

The University salutes all the accomplished winners who share this honor and recognition.

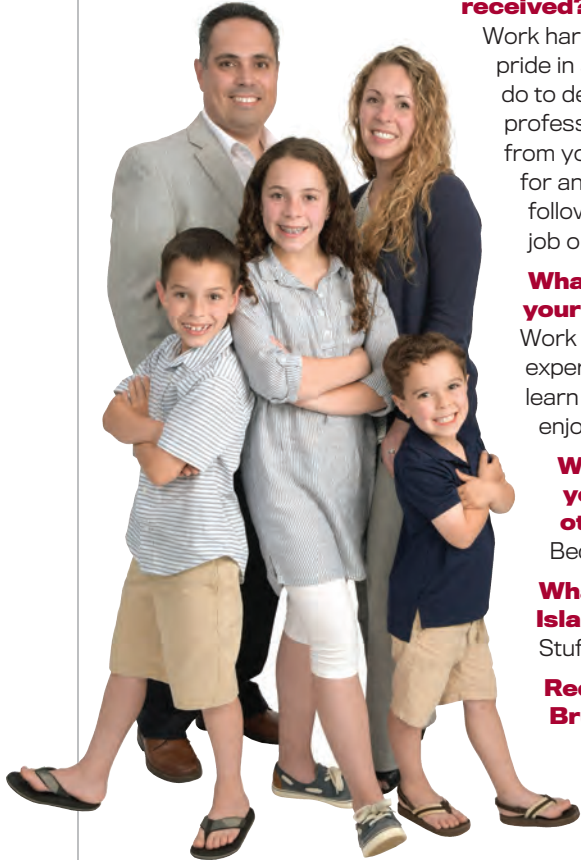
Bryant University
INSPIRED TO EXCEL

Since its founding in 1863, Bryant has inspired excellence in an ever-changing world. Our innovative programs in business and the arts and sciences educate students to discover their passion and become innovative leaders with character. Bryant graduates drive change and make a difference in organizations and communities around the world.

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JASON DAPONTE | 39

MANAGING PARTNER,
SANSIVERI, KIMBALL & CO.



What is the best advice you have ever received?

Work hard, with integrity, and take pride in all that you do. Anything you do to develop yourself personally and professionally can never be taken from you. If you leave one job/career for another, that experience always follows you and never stays at the job or career you are leaving.

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

Work hard and be patient. No work experience is bad experience. You learn whether it is something you enjoy or don't.

What moment changed your life more than any other?

Becoming a father.

What is your favorite Rhode Island food or drink?

Stuffed quahogs. Del's lemonade.

Red Sox, Patriots, Celtics or Bruins?

Bruins.

Fox or MSNBC?

Both - they balance each other out. ■

THE PROP

Jason DaPonte is with his wife, Stephanie; daughter Ella, 11; and sons Bodie, 5, and Lucas, 9. "Without them, I wouldn't be where I am," he says.

ERIN DARMETKO | 39

ASSISTANT VICE PRESIDENT,
AMICA MUTUAL INSURANCE CO.



What is the best advice you have ever received?

It's OK to take a timeout to just breathe. Sometimes life gets so hectic that you forget that you have that option - it's healthy to focus on yourself sometimes.

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

Stop worrying so much about what other people think - trust yourself.

What moment changed your life more than any other?

The moment my first child was born changed my life forever. As much planning as we had done for her arrival, having her physically in my arms changed my perspective on absolutely everything.

What is your favorite Rhode Island food or drink?

Coffee milk, hands down.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Broadcast or streaming?

Streaming. I'm too impatient to wait for the new episodes to air.

Apple Music or Spotify?

Spotify.

Facebook, Instagram, Twitter or LinkedIn?

Facebook.

Avengers or Justice League?

Avengers. ■

THE PROP

Erin Darmetko makes frequent use of her feathered pen and glitter-covered notebook. "I tend to be creative and almost always have a notebook with me to jot down ideas," she says.

ASHLEY ERLING | 36

DIRECTOR OF LOCAL CONTENT,
WPRI-TV CBS 12, FOX PROVIDENCE,
THE CW PROVIDENCE, MYRI TV



What is the best advice you have ever received?

Outwork everyone.

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

Tough times are temporary, so try not to worry so much.

What moment changed your life more than any other?

Career-wise: the creation of "The Rhode Show." I was producing news when this exciting new form of lifestyle TV and sales integration began, and it changed the course of my broadcasting career. I am so thankful for the opportunities it has provided me.

What is your favorite Rhode Island food or drink?

Clam cakes. No, wait, hot wieners. Actually, coffee milk. OK, I can't choose!

Red Sox, Patriots, Celtics or Bruins?

Bargain shopping is my favorite sport.

Apple Music or Spotify?

Am I the only person who still carries CDs in their car?

Avengers or Justice League?

I prefer my superheroes in real life. ■

THE PROP

Ashley Erling holds a "The Rhode Show" coffee mug. "I love starting the morning with a fresh cup of coffee while getting ready for 'The Rhode Show.'" she says.



The Miriam Hospital congratulates

Lynn D'Angelo, DNP, RN, NEA-BC

Director of Professional Practice, Innovation
and Magnet Recognition Program

for being named one of *Providence Business News'*
40 Under Forty

*We thank Lynn for her dynamic leadership, forward
thinking, and positive impact on our community.*

*We look forward
to all you will accomplish in the future!*



The Miriam Hospital
Lifespan. Delivering health with care.®

BARBARA ANN FENTON | 38

PHYSICAL THERAPIST,
RHODE ISLAND HOSPITAL AND SOUTHCOAST
VISITING NURSE ASSOCIATION INC.

What is the best advice you have ever received?

Don't go looking for a knight; go looking for a sword.

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

The train wrecks that everyone is running away from are sometimes the biggest opportunities. Dive in.

What moment changed your life more than any other?

I finished dead last in my first gymnastics state championships at age 7. ... I used that as "metamotivation" and went on to win 18 state titles. We should not be lowering standards and making the world easier for kids; instead, we should make sure they are strong enough to meet any challenge.

What is your favorite Rhode Island food or drink?

Chocolate Oreo Awful Awfuls at the Newport Creamery.

Fox or MSNBC?

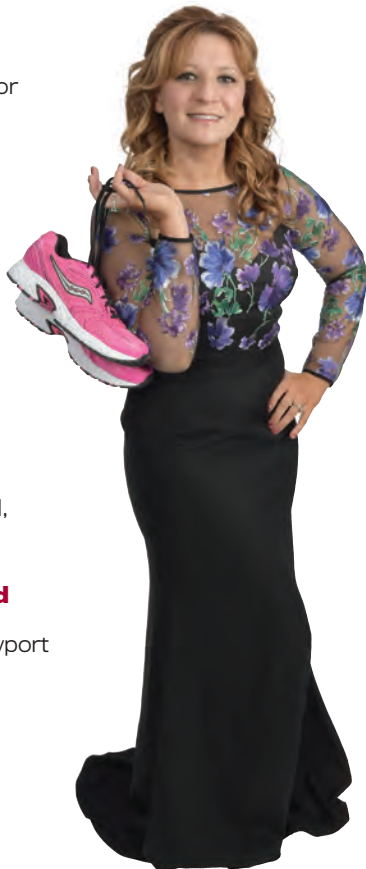
Fox. I love Martha MacCallum.

Facebook, Instagram, Twitter or LinkedIn?

Facebook.

Avengers or Justice League?

Star Wars. ■



THE PROP

Running is important to Barbara Ann Fenton. She's holding the running shoes she'll be lacing up at the London Half Marathon in October.

ADAM FLYNN-TABLOFF | 38

DIRECTOR,
DAVIES CAREER & TECHNICAL HIGH SCHOOL

What is the best advice you have ever received?

"You get more with honey than you do with vinegar." My mentor repeatedly told me this when I was learning how to lead a large group of professionals.

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

I would tell myself to not be afraid of change and to believe in myself. It wasn't until later in life that I realized that I can do whatever I put my mind to.

What moment changed your life more than any other?

The birth of my son changed my life the most. Being a father makes me view the world differently and makes me want to fight harder to improve it.

What is your favorite Rhode Island food or drink?

R.I.-style calamari, obviously.

Broadcast or streaming?

Streaming.

Facebook, Instagram, Twitter or LinkedIn?

I prefer Facebook and Instagram, although I find myself enjoying each less and less as time goes on. ■



THE PROP

Adam Flynn-Tabloff holds a book that students at Davies Career & Technical High School read this year. He also has calipers and safety glasses used in many Davies classes.

DAVID FONTES | 37

PARTNER,
BLUM, SHAPIRO & CO.

What is the best advice you have ever received?

Work like you own the place. If you have that mindset, you will always take pride in your work and give it your all.

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

Ask more questions. You don't have to figure out everything yourself. At 22, I had the mindset that I had to figure everything out myself.

What moment changed your life more than any other?

The birth of my beautiful baby girl, Viviana. From the day she was born (Feb. 7, this year), everything I do now is for her.

What is your favorite Rhode Island food or drink?

This might sound cliché, but it's clam cakes and chowder.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Fox or MSNBC?

Both - I stay neutral when it comes to politics.

Facebook, Instagram, Twitter or LinkedIn?

Twitter.

Avengers or Justice League?

Justice League. ■



THE PROP

David Fontes says he's proud of his daughter Viviana, as well as his Cape Verdean heritage and being a first-generation American.

RICHARD GRUNDY | 39

PRESIDENT AND CHIEF OPERATING OFFICER,
AVTECH SOFTWARE INC.

What is the best advice you have ever received?

Don't be fooled into believing the world owes you a living. You need to earn it.

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

Stay the course and keep pushing and learning. You'll reach your goals and set new ones, even if they take a little longer than you may hope. You'll look back and realize there's nothing more rewarding than building a business as part of a great team.

What moment changed your life more than any other?

Our daughter Gabrielle was born with Down syndrome, which can carry with it many preconceived notions and unknowns. We're blessed with how remarkable she is, what a bright future she has and how positively she impacts everyone around her.

What is your favorite Rhode Island food or drink?

Clam cakes and chowder.

Broadcast or streaming?

Broadcast.

Avengers or Justice League?

Avengers. ■



THE PROP

Richard Grundy holds a photo of himself with his wife, Amanda, and daughter Gabrielle, and a banner from his alma mater. He started at AVTECH through the school's co-op program.

STEPHANIE HUCKEL | 36

SENIOR GLOBAL PROGRAM MANAGER,
DIVERSITY AND INCLUSION,
INTERNATIONAL GAME TECHNOLOGY PLC



What is the best advice you have ever received?
Don't let perfection be the enemy of progress.

What advice would you give your 22-year-old self?
Stay true to yourself; it pays off.

What moment changed your life more than any other?
Meeting my No.1 cheerleader and supporter – my husband, Ethan.

What is your favorite Rhode Island food or drink?
Fresh oysters and Like No Udder vegan ice cream [but not together].

Red Sox, Patriots, Celtics or Bruins?
These are sports teams, right?

Broadcast or streaming?
Streaming.

Fox or MSNBC?
Uprise RI (upriseri.com).

Apple Music or Spotify?
Do I sound over 40 if I say CDs?

Facebook, Instagram, Twitter or LinkedIn?
Facebook for life; LinkedIn for work.

Avengers or Justice League?
"Black Panther" is the only movie of these series I've seen. ■

THE PROP

Stephanie Huckel says the LGBTQ+ community "has been an important thread throughout my career." The Philly Pride Flag also honors black and brown people within the community.

ANDREW JEAS | 39

CO-FOUNDER AND CHIEF OPERATING OFFICER,
AGELESS INNOVATION LLC



What is the best advice you have ever received?
There are risks and costs to action. But they are far less than the long-term risks of comfortable inaction.

What advice would you give your 22-year-old self?
You can't always wait for the perfect time; sometimes you need to just take the leap. Fortune favors the bold.

What moment changed your life more than any other?
The day I met the amazing woman who would become my wife.

What is your favorite Rhode Island food or drink?
Hermit cookies.

Red Sox, Patriots, Celtics or Bruins?
Patriots.

Broadcast or streaming?
Streaming.

Fox or MSNBC?
Neither.

Apple Music or Spotify?
Spotify.

Facebook, Instagram, Twitter or LinkedIn?
Instagram.

Avengers or Justice League?
Avengers. ■

THE PROP

Andrew Jeas holds a Joy For All Companion Pet, a lifelike pet designed to bring comfort and companionship to aged loved ones. It's one of the products from Jeas' company.

- Dr. Umer Akbar | Hasan Ali | Kristin Anastasiades
Richard Astle | Sean Burgo | Michael Busam
Jason Carosi | Jason Case | Brian Casey
Dr. Caroline Chang | John Cooney | Lynn D'Angelo
Jason DaPonte | Erin Darmatko | Ashley Erling
Barbara Ann Fenton | Adam Flynn-Tabloff
David Fortes | Richard Grundy | Stephanie Huckel
Andrew Jeas | Nirva LaFortune | Dr. Adam Levine
Dr. Richard Lim | Jennifer Lytle | Gretchen Machi
David Morgan | Shaun O'Rourke | Dorca Paulina
Jessica Perricone | Alexandra Pazzella
Christina Pitney | Jayne Senecal | Elizabeth Sulock
Abby Swinton | James Vecchione | Mason Waring
Christopher Waterson | Ben Willis | Frank Zano

Write a brief paragraph (50 words or less) on why you believe you deserve this award. *

While I would be honored to win, I'm not so interested in the personal accolade as I am about being part of a group of Rhode Islanders paving the way (for the local community and beyond) — the ones who are helping to support our state's prosperity and future.



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Congratulations to Mike Busam
for being named one of this year's
PBN 40 Under Forty!



NIRVA LAFORTUNE | 36

CITY COUNCILOR, PROVIDENCE CITY COUNCIL;
ASSISTANT DIRECTOR OF SCHOLARS PROGRAMS
AND DIVERSITY INITIATIVES,
BROWN UNIVERSITY

What is the best advice you have ever received?

Success is a journey, not a destination, hold on to the lessons learned and knowledge gained along the way.

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

Remember to allow yourself to be still, reflect, love, feel and be present; and letting go is peace.

What moment changed your life more than any other?

Receiving my permanent resident card and later, in my 20s, becoming a U.S. citizen. For so long life was restricted and opportunities were limited. I no longer had to live in the shadows or through the narratives of others.

What is your favorite Rhode Island food or drink?

Figidini grilled oysters, Olympic Cheese Pizza topped with Wurst Kitchen sausage and Sons of Liberty Uprising on the rocks.

Avengers or Justice League?

Both, led by Okoye! ■



THE PROP

"Books and reading have always given me a sense of liberation; self-directed learning is an essential element of my core," says Nirva LaFortune.

DR. ADAM LEVINE | 39

DIRECTOR OF CENTER FOR HUMAN RIGHTS AND HUMANITARIAN STUDIES;
ASSOCIATE PROFESSOR OF EMERGENCY MEDICINE,
BROWN UNIVERSITY

What is the best advice you have ever received?

After arriving in Liberia for the first time in 2014 to provide care for Ebola victims, a colleague gave me this advice: "Remember, courage is not the absence of fear; it's doing what's right even when you're terrified."

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

Be extra nice to the cute guy you meet this summer at your friend's dinner party. Although it seems impossible in 2002, he turns out to be your husband.

What moment changed your life more than any other?

The moment this past January when I held my newborn daughter in my arms for the very first time.

What is your favorite Rhode Island food or drink?

Oysters.

Fox or MSNBC?

PBS News Hour - its viewers are statistically better informed about current events than Fox or MSNBC viewers.

Avengers or Justice League?

Avengers. Loved the new "Captain Marvel" movie. ■



THE PROP

Dr. Adam Levine holds an IV bag and carries his "Outbreak Responder" mobile app, both of which help clinicians in poor countries manage dehydration in cholera patients.

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PBN's 40 Under Forty
Class of 2019 Honoree!

Congratulations, David Fontes!



David Fontes, CPA, CFE, MBA
Partner, blumshapiro

Congratulations to David Fontes on being named one of Providence Business News' Top 40 Under Forty honorees! David is an invaluable member of our firm who is dedicated to understanding what success and satisfaction means to our clients. David's commitment and dedication has helped our clients achieve the kind of tomorrow they are hoping for.

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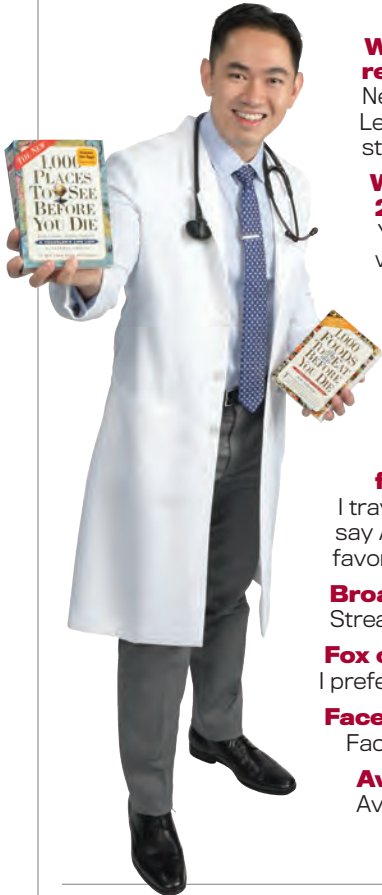
CONSTRUCTION MANAGER
PRECONSTRUCTION



PARISEAULT.COM

DR. RICHARD LIM | 38

PHYSICIAN,
ATWOOD MEDICAL ASSOCIATES, OUR LADY OF FATIMA HOSPITAL,
ELEANOR SLATER HOSPITAL, KENT HOSPITAL, SOUTH COUNTY HOSPITAL,
RHODE ISLAND FREE CLINIC, STURDY MEMORIAL HOSPITAL, CAPE COD HOSPITAL



What is the best advice you have ever received?

Never quit, as things do happen for a reason. Learn from your bad experiences to make you stronger and better.

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

You are on the right path, keep on doing what you have started. You won't regret a moment.

What moment changed your life more than any other?

The days when I was taking care of a child who had a brain surgery during my senior year of medical school.

What is your favorite Rhode Island food or drink?

I travel all over the world for food and I would say Al Forno's calamari pizza is on top of my favorites.

Broadcast or streaming?

Streaming.

Fox or MSNBC?

I prefer CNN.

Facebook, Instagram, Twitter or LinkedIn?

Facebook.

Avengers or Justice League?

Avengers. ■

THE PROP

Dr. Richard Lim is passionate about three things: medicine, travel and food. He displays those passions with his physician's coat and stethoscope and two books on eating and travel.

JENNIFER LYTLE | 36

QUALITY ASSURANCE MANAGER,
AMGEN RHODE ISLAND

What is the best advice you have ever received?

Success and failures are both important in life. It's how you learn and grow from each that makes you excel.

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

Take time to recognize the amazing accomplishments, milestones and people that surround and encourage you.

What moment changed your life more than any other?

The moment that changed my perspective on life was welcoming our first child two months early. I learned that no matter how much you plan, unexpected events will happen throughout life that will challenge your perseverance.

What is your favorite Rhode Island food or drink?

Party pizza!

Red Sox, Patriots, Celtics or Bruins?

I have to say Bruins. We are a hockey family.

Broadcast or streaming?

Broadcast.

Apple Music or Spotify?

Spotify.

Facebook, Instagram, Twitter or LinkedIn?

Surprisingly, I only have LinkedIn. ■

THE PROP

Jennifer Lytle is joined by her two sons, Brayden, 3, and Easton, 6. "I am proud to have them experience this moment with me," she says.



GRETCHEN MACHT | 34

ASSISTANT PROFESSOR OF INDUSTRIAL ENGINEERING,
UNIVERSITY OF RHODE ISLAND

What is the best advice you have ever received?

The days are long and the years are short. Enjoy every moment regardless of the madness.

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

Talk less, listen more and be patient.

What moment changed your life more than any other?

My dad died on my second day of freshman year of undergraduate studies in college. He taught me that music is life's soundtrack, strength comes from within, quality is earned, dreams are created through passion and hard work, and, finally, do what you love with those you love.

What is your favorite Rhode Island food or drink?

Avo toast and baked eggs with a green mule at Caf Bar, and pastrami reuben with extra dressing at TLC Roasters.

Red Sox, Patriots, Celtics or Bruins?

Phillies and Eagles.

Fox or MSNBC?

NPR.

Apple Music or Spotify?

Spotify.

Avengers or Justice League?

Avengers. ■

THE PROP

Gretchen Macht wears her doctoral tam while holding a University of Rhode Island coffee mug that doubles as a planter in her lab.



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DAVID MORGAN | 39

SENIOR DIRECTOR OF CORPORATE ACCOUNTING,
INTERNATIONAL GAME TECHNOLOGY PLC



What is the best advice you have ever received?

Always tell the truth. That way, you don't have to remember what you said. Mark Twain said it.

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

Travel via plane as much as you can before you have children. While your children will add tremendous joy and new adventures, your priorities will change and exploring distant new places will be more difficult.

What moment changed your life more than any other?

Becoming a father of the first of three amazing children.

What is your favorite Rhode Island food or drink?

Del's lemonade with clam cakes and chowder.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Broadcast or streaming?

Broadcast.

Fox or MSNBC?

Fox.

Apple Music or Spotify?

Spotify.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn. ■

THE PROP

David Morgan's trekking poles and backpack have gotten a lot of use as he and his sons Sam, 11, and Matt, 10, work on summiting New Hampshire's 48 peaks over 4,000 feet high.

SHAUN O'ROURKE | 38

DIRECTOR OF STORMWATER AND RESILIENCE,
RHODE ISLAND INFRASTRUCTURE BANK



What is the best advice you have ever received?

Relationships are the key to success; and always be willing to ask for help.

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

Relish the opportunity to explore what you want to do when you grow up.

What moment changed your life more than any other?

The birth of my daughter several weeks ago.

What is your favorite Rhode Island food or drink?

Clam cakes and a local IPA anywhere by the water.

Red Sox, Patriots, Celtics or Bruins?

New York Giants.

Broadcast or streaming?

Cut the cord!

Fox or MSNBC?

The Public's Radio.

Apple Music or Spotify?

Spotify.

Facebook, Instagram, Twitter or LinkedIn?

Twitter. ■

THE PROP

Shaun O'Rourke's hard hat is always in the trunk of his car, ready for the next site visit, and his office is filled with the construction drawings of infrastructure projects from across Rhode Island.

DORCA PAULINO | 30

DIVERSITY DIRECTOR,
RHODE ISLAND JUDICIARY

What is the best advice you have ever received?

Be curious, ask questions and make mistakes. A great professional is measured not by never making mistakes, but by how they handle themselves when they do.

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

Work hard but incorporate some balance. Rome was not built in one day.

What moment changed your life more than any other?

Making the decision to attend college. As a first-generation college graduate, I have experienced the transformative power of higher education. Working full time while pursuing my degrees was challenging but so worth it.

What is your favorite Rhode Island food or drink?

Doughboys, Del's frozen lemonade and anything from Los Andes.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Fox or MSNBC?

Media outlets have become increasingly biased, but if I had to pick between the two, I would choose Fox.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn.

Avengers or Justice League?

Avengers. ■



THE PROP

Dorca Paulino displays a photo of her nephew Ibrahim, the son of Latino and Muslim immigrants. "He reminds me that there is beauty in diversity and that everyone deserves to belong."

Bryant University

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40 Under Forty Awards Honorees

This distinguished individual joins many past honorees who have gone on to excel professionally and make a difference in their community:



JAMES VECCHIONE,
Executive Director of Facilities,
Bryant University

The University also salutes all of the accomplished winners who share this honor and recognition.

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JESSICA PERNICONE | 39

EXECUTIVE DIRECTOR OF CORPORATE SOLUTIONS,
JONES LANG LASALLE

What is the best advice you have ever received?

My dad taught me, from the time I was very young, the importance of a strong handshake with eye contact. It has really enabled me to begin interactions with confidence and authority.

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

I would say the goal is to work to live, not live to work. I have lost sight of that at times over the years. Family and friends need to come first.

What moment changed your life more than any other?

Reconnecting with my now husband, Brian, seven years ago. We were friends during summers in high school and college and lost touch for over 10 years. It was amazing to see him again. We picked up like no time had passed.

What is your favorite Rhode Island food or drink?

Aunt Carrie's clam cakes.

Fox or MSNBC?

Google News.

Apple Music or Spotify?

Apple Music. ■



THE PROP

Jessica Pernicone says her children, Grayson, 7, and Ellie, 4, give her perspective. "I work to create great, great lives for my family."

ALEXANDRA PEZZELLO | 34

PARTNER,
PARTRIDGE SNOW & HAHN LLP

What is the best advice you have ever received?

Be yourself.

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

Keep following your interests and working hard. It will lead you down the right path.

What moment changed your life more than any other?

Becoming a parent.

What is your favorite Rhode Island food or drink?

Del's frozen lemonade.

Red Sox, Patriots, Celtics or Bruins?

Not a sports fan.

Broadcast or streaming?

Broadcast.

Fox or MSNBC?

MSNBC.

Apple Music or Spotify?

I prefer Pandora.

Facebook, Instagram, Twitter or LinkedIn?

Facebook.

Avengers or Justice League?

The only superhero I follow is RBG [Ruth Bader Ginsburg]. ■



THE PROP

Alexandra Pezzello says her children, Claire, 6, Joseph, 4, and Luca, 1½, give her purpose. "I am fortunate to have a profession that I love, but my kids are my absolute joy," she says.

Congratulations, Erin Darmetko!

We're proud of Erin for being named one of **PBN's 40 Under Forty** for 2019. The dedication and expansive vision that Erin and her 39 fellow selectees bring to their work is a vital component of Rhode Island's thriving business community.



CHRISTINA PITNEY | 36

VICE PRESIDENT OF CORPORATE STRATEGY AND STRATEGIC PARTNERSHIPS,
AND CHIEF OF STAFF TO THE CEO,
BLUE CROSS & BLUE SHIELD OF RHODE ISLAND

What is the best advice you have ever received?

Don't sweat the small stuff. There is so much in life that can distract you and bring you down and cause you to lose your focus. Focus on what is most meaningful.

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

Be patient. Life goes by fast; no need to make it go faster.

What moment changed your life more than any other?

Becoming a mom. This is the moment I became challenged with balancing my career and my children. They are the reason I push myself every day.

What is your favorite Rhode Island food or drink?

Moules and truffle parmesan frites.

Red Sox, Patriots, Celtics or Bruins?

Red Sox.

Broadcast or streaming?

Streaming.

Fox or MSNBC?

MSNBC.

Apple Music or Spotify?

Spotify.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn.

Avengers or Justice League?

Avengers. ■



THE PROP

Christina Pitney carries a photo of her three children and wears a medal from Girls on the Run, a nonprofit whose mission of empowering young women she supports.

JAYNE MERNER SENECA | 38

OWNER/MANAGER,
EARTH CARE FARM



What is the best advice you have ever received?

Do what you love and love what you do.

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

Don't sweat the small stuff, and it's mostly all small stuff.

What moment changed your life more than any other?

Having my son Cooper James.

What is your favorite Rhode Island food or drink?

Chowdah, clam cakes and Tilted Barn brews.

Red Sox, Patriots, Celtics or Bruins?

Bruins.

Broadcast or streaming?

Both.

Fox or MSNBC?

The Public's Radio.

Apple Music or Spotify?

Pandora.

Facebook, Instagram, Twitter or LinkedIn?

Instagram.

Avengers or Justice League?

Hmmm. ■

THE PROP

Compost is "the foundation of a healthy garden and the foundation of our farm business," says Jayne Merner Senecal.

ELIZABETH SULOCK | 39

CURATOR OF LIVING HISTORY,
NEWPORT HISTORICAL SOCIETY



What is the best advice you have ever received?

As a college student, my uncle advised me to find a job where I can do what I love.

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

I'd tell myself to follow my uncle's advice.

What moment changed your life more than any other?

Becoming a mother to my three daughters.

What is your favorite Rhode Island food or drink?

Brickley's Ice Cream.

Red Sox, Patriots, Celtics or Bruins?

Go Phillies/Eagles!

Broadcast or streaming?

Streaming.

Fox or MSNBC?

MSNBC.

Apple Music or Spotify?

Apple Music.

Facebook, Instagram, Twitter or LinkedIn?

Instagram.

Avengers or Justice League?

I favor historical superheroes. ■

THE PROP

Elizabeth Sulock poses with a historically accurate dress that a woman in Newport would have worn in the 1760s. She sewed the costume herself.

ABBY SWIENTON | 35

CHIEF TRANSFORMATION OFFICER,
YMCA OF GREATER PROVIDENCE

What is the best advice you have ever received?

It is OK to say "I don't know" – but let the person know you will find out the answer and get back to them.

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

Try to be patient with yourself – your hard work will pay off.

What moment changed your life more than any other?

Welcoming my first daughter into the world.

What is your favorite Rhode Island food or drink?

Coffee milk.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Broadcast or streaming?

Does Paw Patrol on the DVR count as broadcast? That is the top choice of my 2-year-old and 5-year-old daughters.

Fox or MSNBC?

Neither.

Apple Music or Spotify?

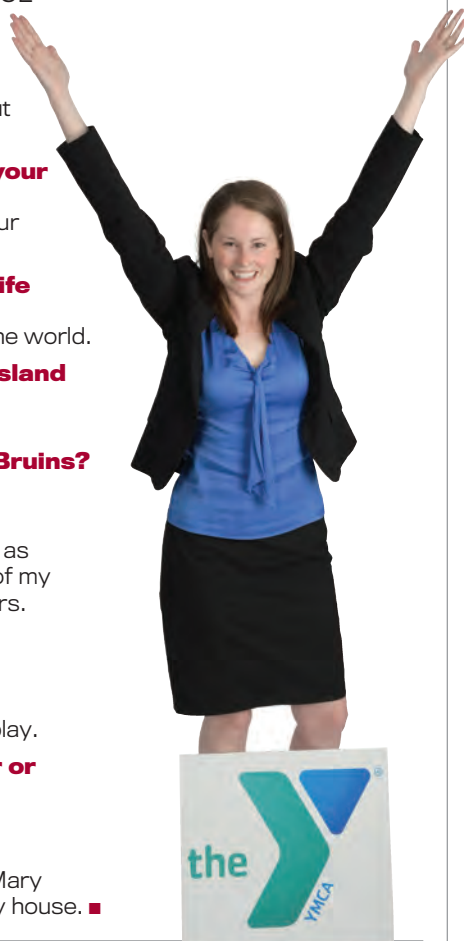
Whatever songs Alexa decides to play.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn.

Avengers or Justice League?

I haven't seen either. The original "Mary Poppins" is the favorite movie in my house. ■



THE PROP

"I am so pleased that my career has brought me to the YMCA ... so our vital work can continue to help people in our community reach their full potential," says Abby Swinton.

JAMES VECCHIONE | 37

EXECUTIVE DIRECTOR OF FACILITIES,
BRYANT UNIVERSITY

What is the best advice you have ever received?

Listen carefully before making decisions, and when you are in a position to do something about a problem, make sure you do it.

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

Take more chances and focus on investing in my own future.

What moment changed your life more than any other?

Getting my first job at Drexel University.

What is your favorite Rhode Island food or drink?

Lobster rolls and mudslides from O'Brien's Pub.

Red Sox, Patriots, Celtics or Bruins?

Philadelphia Eagles.

Broadcast or streaming?

Broadcast.

Fox or MSNBC?

Neither.

Apple Music or Spotify?

Spotify.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn.

Avengers or Justice League?

Avengers. ■



THE PROP

For James Vecchione, his hometown is part of who he is. That's why he's wearing a Philadelphia Eagles scarf. "Except for the last two years, I spent my whole life in Philadelphia," he says.

MASON WARING | 37

PARTNER,
CHISHOLM CHISHOLM & KILPATRICK LTD

What is the best advice you have ever received?

Treat others the way that you would want to be treated.

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

Take the time to enjoy the ride, as you work hard to meet your goals.

What moment changed your life more than any other?

When my awesome wife gave birth to each of my awesome children.

What is your favorite Rhode Island food or drink?

A Fellini's pizza that I pick up on my way home from work on a Friday night. It's eaten at home with my wife and children.

Broadcast or streaming?

Streaming.

Fox or MSNBC?

Neither.

Apple Music or Spotify?

Apple Music.

Facebook, Instagram, Twitter or LinkedIn?

LinkedIn.

Avengers or Justice League?

Star Trek. ■



THE PROP

The bicycle wheel represents one of Mason Waring's favorite activities: on-road and off-road cycling. "And I now have the pleasure of riding with my children," Waring says.

CHRISTOPHER WATERSON | 34

GENERAL MANAGER,
WATERSON TERMINAL SERVICES

What is the best advice you have ever received?

During my undergrad [years] at Bentley University, I interviewed my dad for a project on negotiation styles. He said it is important to be true to myself, and not try to be someone I'm not. If I remained honest and genuine, I would have success.

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

It's important to always focus on the big picture. Read and learn as much as you can, and understand the many points of view on a particular issue. Try to add value to every interaction.

What moment changed your life more than any other?

Meeting and marrying my amazing wife, Lauren. She is my rock and has made me a better person, both in life and in business.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Broadcast or streaming?

Broadcast. Can't handle live sports on a delay!

Facebook, Instagram, Twitter or LinkedIn?

Twitter. ■



THE PROP

Christopher Waterson holds a model of a mobile harbor crane, which is used by Waterson Terminal Services along the Providence waterfront.



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KRISTIN ANASTASIADES

on being named a PBN 2019

40 UNDER FORTY

Honoree



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Congratulations Rick Grundy on your well-deserved 40 Under Forty Award win!

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BEN WILLIS | 32

ARCHITECT,
UNION STUDIO ARCHITECTURE & COMMUNITY DESIGN

What is the best advice you have ever received?

It's all about the journey: We may be impatient to reach our destination, but all progress is made by passing through stages of instability, and we can't know what vital things we'll pick up because we have time to grow and mature along the way.

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

Ask more questions – of others and of yourself – and don't always take the answers at face value.

What moment changed your life more than any other?

Joining a children's choir [around fourth grade] and learning to sing. Singing led me to my first job out of college, introduced me to my husband and many close friends, and has brought me some of the best stories in my life.

What is your favorite Rhode Island food or drink?

Calamari.

Fox or MSNBC?

NPR.

Facebook, Instagram, Twitter or LinkedIn?

Facebook will always feel like home. ■



THE PROP

Ben Willis holds a T-square he received when he attended a two-week camp for high schoolers interested in architecture. "It's a good reminder of the roots of the profession," he says.

FRANK ZAINO | 35

ASSOCIATE PRINCIPAL,
CREATIVE ENVIRONMENT CORP.

What is the best advice you have ever received?

Don't carry your mistakes around with you. Instead, place them under your feet and use them as steppingstones.

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

Remember everything happens for a reason; face obstacles head-on; and don't fear failure.

What moment changed your life more than any other?

When I got sick and had to leave college. If that didn't happen, my journey would be very different. I would have never learned what real adversity is and how to overcome it. I wouldn't have started a career in engineering; I would have never met my wife, and she wouldn't have blessed me with two beautiful children.

What is your favorite Rhode Island food or drink?

Italian bread. When I was young, trips to Garzilli's Bakery in Knightsville [in Cranston] were tradition.

Red Sox, Patriots, Celtics or Bruins?

Patriots.

Avengers or Justice League?

Avengers. Who doesn't want to be Iron Man? ■

THE PROP

"Family is not an important thing; it's the only thing," says Frank Zaino, who poses with his wife, Shanelle, and their children, Austin, 3, and Alannah, nearly 2.



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