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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Presenting Sponsor

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!

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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, surfboards, 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
Dr. Umer Akbar 36

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.

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 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 37

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

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.”

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association. EC-332500 6/19
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.

Find the experience you’re looking for at psh.com.
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 finish my degree,” she says.

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

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.

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?
Littlenecks. 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.
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
Sean Burgo

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 [wieners] 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.

Youth hockey gear and the team’s hockey gear for Michael Busam, “We’re a happy family,” he says.

Michael Busam

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.

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Three [wieners] 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 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."
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 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 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.

Facebook, Instagram, Twitter or LinkedIn?
Facebook.

Avengers or Justice League?
Avengers.

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.

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

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.

Saturday, July 27, 2019 | 10am - 6pm
Sunday, July 28, 2019 | 10am - 4pm

THE PROP

FREE PARKING
St. George’s School Ice Rink
375 Purgatory Road,
Middletown, Rhode Island
For more details and to purchase tickets visit
TheNewportShow.com

THE PROP

For Brian Casey, spending time on his surfboard is “the thing that keeps me balanced,” he says.
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!
Dr. Caroline Chang displays a mirror with her company logo and a dermatoscope in her right hand, and her American Board of Dermatology certificate.

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!

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

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.

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.

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.

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

Red Sox, Patriots, Celtics or Bruins?
Bruins.

Fox or MSNBC?
Both – they balance each other out.

**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?
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.

**ERIN DARMETKO | 39**
ASSISTANT VICE PRESIDENT, AMICA MUTUAL INSURANCE 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?
Tough times are temporary, so try not to worry so much.

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?
Stuffed quahogs. Del’s lemonade.

Red Sox, Patriots, Celtics or Bruins?
Patriots.

What is your favorite 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**

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!
DAVID FONTES 37
PARTNER,
BLUM, SHAPIRO & CO.

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

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 not to 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.

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.

Facebook, Instagram, Twitter or LinkedIn?
Facebook.

Avengers or Justice League?
Avengers.

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

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.
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.

**THE PROP**

Andrew Jeas

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.

**Stephanie Huckel**

Senior Global Program Manager, Diversity and Inclusion, International Game Technology PLC

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?

Neither.

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.

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.

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.
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.

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.

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

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.

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.
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?
Def’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.

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.

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?
Def’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.

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.

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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?
Def’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.
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.
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.

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?
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.

“ Guthers have brought me to the YMCA … so our vital work can continue to help people in our community reach their full potential,” says Abigail Swienton.

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?
Broadcasting.

FOX OR MSNBC?
MSNBC.

APPLE MUSIC OR SPOTIFY?
Apple Music.

FACEBOOK, INSTAGRAM, TWITTER OR LINKEDIN?
LinkedIn.

AVENGERS OR JUSTICE LEAGUE?
I favor historical superheroes.

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.

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?
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.
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 Feinlin’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.

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

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to our own

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!
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.

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.

Frank Zaino poses with his wife, Shanelle, and their children, Austin, 3, and Alanniah, nearly 2.

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.

What is your favorite movie?
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 Alanniah, nearly 2.

Wexford is proud of Sean’s accomplishments on being named a Providence Business News’ 40 Under Forty and his management of the Point225 development in the Innovation & Design District.

Congratulations Sean Burgo
THE
FUTURE
IS BRIGHT

CONGRATULATIONS TO THE 40 UNDER FORTY WINNERS OF 2019!

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