

Take One
FREE

A companion guide to
our Business &
Professional Women's edition



Featuring 12
businessmen
of our region



Jason Dole

BY JOSEPH ABRAHAM

Age: 43

Education: AS in Communication Media Arts at SUNY Sullivan, some college radio at SUNY Buffalo, and K-12 at Roscoe Central School

Place of employment: WJFF Radio Catskill

Current title and duties: Program Director, radio producer, host of The Local Edition

Years of experience: 23

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Why did you choose this career:

I didn't choose radio. Radio chose me. I just made the mistake of being too slow to outrun radio once it made that choice. Lesson learned. Join track, stay in shape, and you can avoid a wayward life behind the microphone.

Favorite part of your job: Doing live interviews is probably my favorite thing, but I like recorded interviews and production work, too. It's all about telling peoples' stories.

Most challenging part of your job: Raising the funds to be able to tell peoples' stories!

Favorite on-the-job moment, customer or memory: I've seen so many wild, hilarious, and life-affirming things over the years. One time a guy came right into the studio with a guitar. Now, lots of folks come in to play, and many others donate instruments to our annual music sale, but this was different. This was someone who apparently gets old guitars, refurbishes them, and donates them to organizations. And he's like "this is for you! I'll bring more later." And he did! Isn't that great? Just knowing Guitar Robin Hood is out there ready to just pop in with a nice fixed-up guitar to benefit your organization!

'Doing live interviews is probably my favorite thing, but I like recorded interviews and production work, too.'

bishes them, and donates them to organizations. And he's like "this is for you! I'll bring more later." And he did! Isn't that great? Just knowing Guitar Robin Hood is out there ready to just pop in with a nice fixed-up guitar to benefit your organization!

How do you manage your time: Extremely well. I use a clock and everything.

What advice do you have for someone entering your field: My field is media and everyone has already entered it! Remember we are ALL the media now. We all play a part in the production, distribu-

tion, and evaluation of information.

Who inspires you: Eddie Izzard

Favorite movie or TV show: The Time Machine (1963)

Favorite actor/and or actress: Patrick McGoochan

How do you spend your spare time:

I judge wisely, like nothing ever surprised me, lounging between

two pillars of ivory.

Favorite vacation spot: Atlanta, GA

Family: Parents, sister, grandmother, aunts, uncles, and cousins.

If you could have any job, what would it be: Cartoonist for The New Yorker, but only in the hope of finally being able to understand New Yorker cartoons.



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www.jtheadorelaw.com

Age: 29

Education: B.A. in Media Studies from the University of North Carolina at Greensboro.

Place of employment: Sullivan County Democrat/Catskill-Delaware Publications

Current title and duties: Managing Editor. I oversee the editorial department and am in charge of content for the company's 50-plus special sections. I also work closely with advertising and production on ways to enhance company projects and increase revenue. I also cover the County Government beat.

Years of experience: 9

Why did you choose this career: I am naturally inquisitive, love to learn new things and tell stories. Journalism allows me to do all three.

Favorite part of your job: Being able to write things that matter. It's also nice when we feature a business or individual and they have the article hanging in their homes or office.

Most challenging part of your job: We cover a large county with

Joseph Abraham



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ARE a professional!**

*Joe, it's a pleasure to work with you
and to be called your friends.*

Congratulations!

Dan and Will



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15 townships and six villages. It's a puzzle to make sure we get everything covered. But a fun challenge at that.

Favorite on-the-job moment, customer or memory: Trips with colleagues to the New York State Press Association Spring Conference are always fun.

How do you manage your time: I make lists at the start of my workday of what I'd like to get accomplished. I've also been utilizing my Google Calendar a lot lately.

What advice do you have for someone entering your field: While writing skills are important, I would argue relationship building is almost as much so. It's the best way to develop sources that will lead to you breaking stories.

As far as advice in general, I always go back to this Derek Jeter quote: "There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do - and I believe that."

Who inspires you: My Uncle

Vinny. He has not only grown up with a developmental disability but is now battling Alzheimer's. His fight, strength and perseverance inspire me each day.

Favorite movie/TV show: Movie – The Other Guys; TV Show – The Flash.

How do you spend your spare time: Volunteering, watching sports, hanging out with friends and family, and cooking, which for me is very therapeutic.

Favorite vacation spot: Still looking, but I've been blessed to have been to some really cool places.

Family: Parents – Pat and Bob.

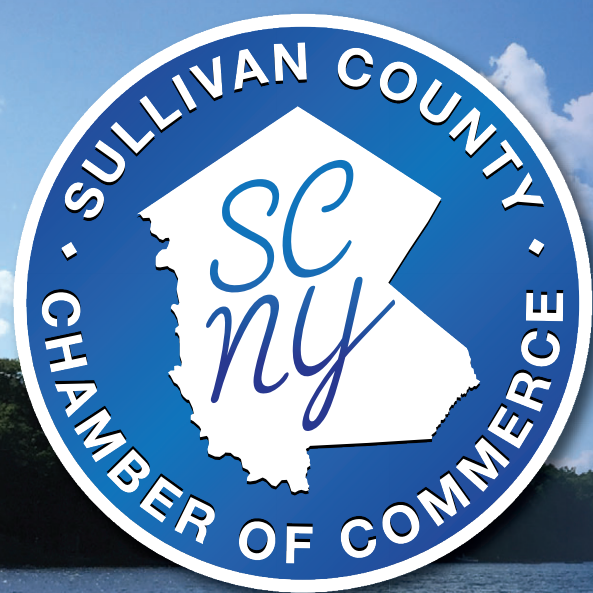
Civic or volunteer affiliations: Member of the Liberty NY Rotary Club; Sullivan County Chamber of Commerce Board Member; Chair of the WJFF Radio Catskill Community Advisory Board; Member of the Rotary District 7210's Public Image Committee, and Sullivan Allies Leading Together PR Committee. Subzero Heroes Team Strike Out Alz team member.

CONGRATS!

The staff of the Sullivan County Democrat would like to congratulate Managing Editor,

JOSEPH ABRAHAM

on all of his accomplishments throughout his career. We would also like to recognize his many community volunteer efforts.



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Nick Vallone

BY PATRICIO ROBAYO



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'Having great staff makes managing my time easier, so I focus on supporting them.'

Education: St. Johns University
Place of employment: Rolling V Bus Corp.

Current title and duties: Executive Vice President

Years of experience: 15

Why did you choose this career: Family business.

Favorite part of your job: For me, it's getting to know our employees.

Most challenging part of your job: Recruitment.

Favorite on-the-job moment, customer or memory: Getting my Commercial Drivers License.

How do you manage your time: Having great staff makes managing my time easier, so I focus on supporting them.

What advice do you have for someone entering your field: Be firm, but be fair.

Who inspires you: My father, Phil Vallone.

Favorite movie or TV show: Anything Larry David

How do you spend your spare time: With my beautiful wife and daughter.

Favorite vacation spot: Cabo San Lucas.

Family: Married to Kayla Vallone and father to Emilia.

Civic or volunteer affiliations: President, NYSBCA.

If you could have any job, what would it be: This one.



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Shawn Colin Bailey Sr.

BY DEREK KIRK

Age: 51**Christian College****Education:** Bachelor's of Science in Pastoral Studies from University of Valley Forge (formerly Valley Forge**Place(s) of employment:** Delaware Valley Job Corps and Grace Church of Callicoon.**Current titles and duties:** DVJCC-Hotel and Lodging Instructor; Grace Church of Callicoon-Assistant Pastor and Song Leader.**Years of experience:**DVJCC-24 Years;
Grace Church 17 years.**Why did you choose this career:** In both cases, the career chose me. I felt a call to ministry in high school and studied towards that end. When we moved to Sullivan County to assist my mother-in-law, who had been given a diagnosis of eight months to live, I applied at Job Corps as a "temporary job" to fill the time so we could help her to take care of her affairs. We were able to find experimental treatments that helped my mother-in-law overcome her throat cancer and she survived way beyond the initial diagnosis. So, all of a sudden my temporary job became a 24 year career...**Favorite part of your job:** At Job Corps, I enjoy seeing my students succeed and find solid careers. In ministry, I love showing confused and lost people how to find God's love and forgiveness.**Most challenging part of your job:** I tell my students often, "If I'm the person in this classroom that cares most about your future, then something is wrong." I get frustrated when I see young people making the same mis-

takes that derailed me when I was young and not taking their future seriously. The hardest part of ministry is listening to Jesus' words and living without judging others. I think that Christians forget that we were sinners before Jesus set us free...we should be thankful for this, not prideful. After all, we didn't earn any of it.

Favorite on-the-job moment, customer or memory: I have had the opportunity to speak at one of our graduation ceremonies. It was exciting to share that special day with young people who had worked so hard. The looks of accomplishment on their faces and also on the faces of their friends and family were an amazing reward for all the hard work.

In 2012, I went with my oldest son to the music studio at Duke's Pottery and recorded 9 songs with a bunch of the talented musicians in the area. Jay Brooks, Amelia Brooks, Darren Hendrickson, Olivia Hendrickson, Linda Lee, and local bluegrass legend "Uncle" Frank Gerow, all came in to help us to record. We gave the CDs away to friends and congregants. Right after we recorded, a lady at Grace Church was diagnosed with terminal cancer that she fought for months. At her funeral, her mother told us that this woman had listened to our cd everyday as she prepared for her death. It was humbling to hear that something that we had enjoyed recording so much had been such a blessing to another.

How do you manage your time:

Actually, it sometimes feels like my time manages me...Early in my retail management career I was given two pieces of advice in the area of time management: First, never read any piece of paper more than once if possible--complete those tasks when they are fresh in your mind. Second, take 10 minutes at the beginning of each day to prioritize the day's tasks.

What advice do you have for someone entering your field: A mentor who I worked with at the beginning of my Job Corps experience told us, "You need to be a complete person in order to teach our students because they require you to give--never take anything from them." Job Corps is the hardest job you'll ever love.

In ministry, stay connected to Jesus, because He's the only reason to do what we do. There is nothing better than helping people to either enter or



**Congratulations
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President Shawn Bailey Sr.**

The Officers and Members
Upper Delaware Ambulance Corps Inc.

enhance their relationship with Him.

Who inspires you: My wife. She will drop everything to help people in need. She really tries to live what she says. And she puts up with me, which is a plus.

Favorite movie or TV show:

I'm a huge television and movie fan (I ran a Blockbuster Video store at the



beginning of my working career). Currently I am enjoying Ted Lasso and anything on Investigation Discovery. My three favorite movies are: The Producers (with Zero Mostel and Gene Wilder), The Out-of-Towners (with Jack Lemon and Sandy Dennis) and Idiocracy.

Favorite actor/and or actress: My favorite actor was my son Josiah during his high school days...but of the people who do it for a living, Will Smith really knocks me out (is that too soon?).

How do you spend your spare time: My favorite pastimes are watching the NFL and NBA, video games, reading, acting in community theater and Karaoke. I am also in the process of writing 2 novels and have written several full length plays.

Favorite vacation spot: My wife has taken me to enjoy the NFL draft in Philadelphia and Cleveland. Even though I grew up in the Cleveland area, the Draft was the first time I'd ever gone to the Pro Football Hall of Fame, which actually exceeded my expectations. I was also able to purchase 24 cases of Vernor's Ginger Ale - the greatest

soda on the planet.

Family: I married Shannon in 1992, so this year we will be celebrating our 30th anniversary. My oldest son Shawn II and his wife Bridget live in Binghamton as do my younger son Josiah and his wife Chrissy. Shannon and I had a daughter who was killed in a drowning accident in 1999 at the age of 2.

Civic or volunteer affiliations: I have been the President of the Upper Delaware Ambulance Corps for the past 4 years. I am an active member of the Sullivan County Dramatic Workshop where I've had the blessing of playing many amazing roles highlighted by Willy Loman in "Death of a Salesman" and Edgar Allan Poe in "Nevermore." I also had the amazing opportunity to have a major role in local author Peter Nastasi's play, "Locked Away," which brought attention to the important problem of students being sexually abused by people in authority. I am a member and Lay speaker at North Branch United Methodist Church. I formerly served on the Sullivan West School Board for a 3-year term.

If you could have any job, what would it be: As a kid, I always dreamed of being a professional singer/actor.

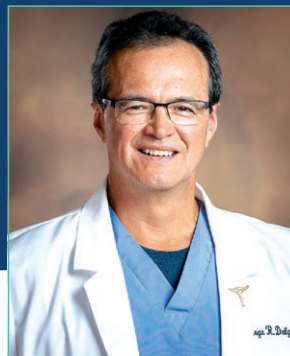
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Mark Nelson

BY DEREK KIRK



Age: 35
Education: Bachelor's Degree in Information Science.

Place of employment: Jeff Bank

Current title and duties: Network Engineer. I work with the servers, computers, and networks here at the bank to improve their security, help users with problems and workflow, and assist management in planning for and implementing equipment upgrades.

Years of experience: 20. I began repairing computers in my teens for friends and family.

Why did you choose this career: My father and my brother are both software developers, so I grew up surrounded by computers. There's a lot of interesting ethical and social questions about computing, and I feel that making sure that they are running well and securely is a very important service at this point.

Favorite part of your job: Troubleshooting. I enjoy the methodical, analytical nature of the work, moving through the network to iden-

tify problems, often before they are even noticeable for the end user.

Most challenging part of your job: Amusingly enough, also troubleshooting. Identifying the root cause of an issue can be very difficult with the deeply interconnected nature of everything, especially when facing challenging time constraints.

Favorite on-the-job moment, customer or memory: All of my favorite moments are those times when all the disparate pieces of a project just click into place. It is immensely gratifying when all the plans you have laid down work together.

How do you manage your time: I rely strongly on my calendar to block out times, including sections set aside just as working sessions if I need one.

What advice do you have for someone entering your field: Build your knowledge of the basics. It's easy to get caught up in the latest and greatest, but you'll find that understanding the roots -- things like filesystems and protocols -- will pay off immensely. Network diagrams are your friend.

Keep them accurate and keep them close. Document everything: you'll thank yourself later, and whoever follows you will thank you twice.

Who inspires you: I am inspired by the day-to-day work that I see in the global Quaker community. Their commitment to global peace humbles and encourages me.

Favorite movie or TV show: Cowboy Bebop.

Favorite actor/and or actress: Humphrey Bogart

How do you spend your spare time: I enjoy hand-tool woodworking, blacksmithing, and reading; I love everything Ursula K. Le Guin wrote.

Favorite vacation spot: The boundary waters, on the border of Ontario

and Minnesota.

Family: My mother, father, and brother live in the Minneapolis-Saint Paul area of Minnesota.

Civic or volunteer affiliations: I don't belong to any formal organizations.

If you could have any job, what would it be: In truth, I'm happy where I am!

Congratulations

to all of the hard working men of
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 special congratulations to our very own
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Mark Nelson
 Network Engineer



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Alan Carroll

BY ANTHONY
MORGANO

in Horticulture from Brooklyn Botanic Garden, Certificate in Permaculture from Common Circle Education

Place of employment: Sullivan Renaissance

Current title and duties: Beautification Coordinator- I work with volunteers and the seasonal horticulture crew to implement a variety of beautification, horticulture and gardening projects in Sullivan county communities.

Years of experience: I have been working in horticulture, agriculture and community organizing for the last 13

years, through organizations like the Callicoon Farmers Market, the Lackawaxen Food Hub, the Catskills Food

Hub and many more, but just started here at Sullivan Renaissance 3 weeks ago.

Why did you choose this career: I want to build a more sustainable and resilient community.

Favorite part of your job: Working with the community directly and getting to know all the amazing volunteers and organizers in Sullivan County.

Most challenging part of your job: When time or resources are running low and we have to decline or postpone a project.

Favorite on-the-job moment, customer or memory: I am fairly new to this position so I'm sure I will be making great memories this summer, but so far it's just been meeting with community leaders and being inspired by their passions for these projects.

How do you manage your time: Currently I am mostly in the office, helping review grants, create seminars and one or two days a week making site visits to better understand our projects and the work that needs to be accomplished this coming growing season. Soon I will be out in the field four days a week leading our crew and volunteer groups in

gardening projects around the county.

What advice do you have for someone entering your field: Always listen to the people around you whether they are the boss or the people working under you. Keeping open lines of communication has only benefited my career.

Who inspires you: The people I choose as friends tend to be the people who inspire me to see the best in humanity.

Favorite movie or TV show: Trust Directed by Hal Hartley

Favorite actor/and or actress: Adrian Shelly

How do you spend your spare time: I like to garden, cook, swim in the Delaware, have camp fires and make art.

Favorite vacation spot: 1000 Islands Canada

Family: I am single. I have two awesome supportive parents and a sister, brother-in-law and nephew, and a cat named Bobby.

If you could have any job, what would it be: I'm currently feeling very lucky to be at Sullivan Renaissance doing exactly what I love most.

Age: 38

Education: BFA in Photography from School of Visual Arts, Certificate



Alan Carroll

**Farmer, Artist, Photographer
Beautification Coordinator**

A Man at Work!

*Congratulations from your friends
at Sullivan Renaissance.*



Scott Klein

BY JOSEPH ABRAHAM



CONTRIBUTED PHOTO

Age: 51**Education:** B.A. Seton Hall Univ. (Communications/Film)

M.B.A. Montclair State Univ. (Accounting)

Place of employment: Bethel Woods Center For the Arts**Current title and duties:** Senior Accountant**Years of experience:** 28**Why did you choose this career:** It kind of chose me! I gravitate towards creative environments but am wired to be organized and analytical. Accounting for an organization rooted in the arts appeals to both.**Favorite part of your job:** Experiencing the energy of a show night.**Most challenging part of your job:** Keeping pace with the demands of a full year of events.**Favorite on-the-job moment, customer or memory:** Having people who were at Woodstock '69 come back to Bethel for the 50th

Anniversary in 2019 and share their stories with such emotion and joy.

How do you manage your time: Organization through checklists, calendar reminders, and the like. Outlook is a great tool.**What advice do you have for someone entering your field:** Where you work is extremely important - choose wisely!**Who inspires you:** Anyone that finds a noble purpose in life.**Favorite movie or TV show:** Movie: Jaws. TV Show: Breaking Bad.**How do you spend your spare time:** Brewing Beer, playing guitar and producing videos.**Favorite vacation spot:** Western and Northern Europe.**Family:** Older brother, girlfriend, and two cats.**If you could have any job, what would it be:** Brewmaster. It's such a great combination of science and art.

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Terence Duncan

BY PATRICIO ROBAYO

Age: 44

Education: Master's Degree in Social Work from Delhi College, Licensed Master Social Worker

Place of employment: New Hope Community, Inc.

Current title and duties: Assistant Vice President of Operations- Oversee all Residential, Day, and Supportive Employment Services.

Years of experience: 26

Why did you choose this career: I found being a frontline Direct Care worker 26 years ago to be the most rewarding experience I ever had, so I made it a point to make this my career.

Favorite part of your job: Growing and mentoring new leaders in our organization. I teach a leadership series at New

Hope Community for new managers that are looking to move up in the organization. It's something I really love doing. We have a lot of managers participate in the program.

Most challenging part of your job: Working with our government entities to ensure that funding is available to provide optimum care.

Favorite on-the-job moment, customer, or memory: Seeing people overcome their challenges, too many opportunities to choose just one.

What advice do you have for someone entering your field: You will find good days and bad days anywhere. However, our field provides opportunities to positively impact people's lives daily, making truly bad days far

'I found being a frontline Direct Care worker 26 years ago to be the most rewarding experience I ever had.'

and in-between.

Who inspires you: All the people I supervise! They are truly a great team.

Favorite movie or TV show: Dog Day Afternoon

Favorite actor/and or actress: Robert Shaw

Favorite vacation spot: San Diego, California

If you could have any job, what would it be: My current one.



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CONGRATULATIONS TO NAQUAN HOLMAN!

Naquan is SUNY Sullivan's NEW Coordinator of Tutorial & Student Success Services.

Naquan Holman

BY DEREK KIRK

Age: 26

Education: Bachelor's Degree from SUNY Delhi in Business and Technology Management.

Place of employment: SUNY Sullivan, Monticello High School MBK Mentor, Assistant Women's Basketball Coach for SUNY Sullivan.

Current title and duties: Coordinator of Tutorial and Student Success Services.

Duties:

- Register students into courses
- Organize and supervise tutoring staff
- Host workshops to guide students through their college journey
- Schedule testing for students
- Work with faculty and other staff members to meet students academic support needs

Years of experience: Two years as an Enrollment Specialist; One month as Coordinator of Tutorial and Student Success Services.

Why did you choose this career: It gives me the opportunity to connect with students that may not be sure on how to navigate the college process or life after high school in general. I get the chance to help students find their direction and I enjoy being able to use my personal story and experiences to do that for students. It makes it even more special that I get to do it within the community that I was born and raised in.

Favorite part of your job: Connecting with the students. They are our future and being able to have a positive influence on that is the opportunity of a lifetime.

Most challenging part of your job: I would have to say is getting students to make use of the resources that our Learning Center has to offer. We have seen an increase in the use of some services, and we are looking forward to the upcoming academic year to build upon the most recent increase in activity.

Favorite on-the-job moment, customer or memory: When a student that I had been working with on finding a college to transfer to, walked into my office to share with me that

they had gotten into and decided on the college that they were going to transfer to. Seeing others happy and excited makes me happy and feels like I am helping make this world a better place through helping in spreading and finding happiness.

How do you manage your time: I use Google Calendar that is a tool that has made my life a lot easier even for scheduling events outside of work.

What advice do you have for someone entering your field: First and foremost always understand that you have an opportunity while working in higher education, to make a difference. Also be patient and focused, there will be times where you will get to see the impact on those you are working with and helping out immediately, and sometimes it will take time to see the hard work that is being done to pay off. As they say, the great things in life take time.

Who inspires you: My family and friends are my biggest inspiration. I have been blessed to be surrounded by many loving, caring and supportive people in my life. I am thankful for everyone who has been a part of my life at any moment in time.

Favorite movie or TV show: My favorite TV show is The Good Doctor.

Favorite actor/and or actress: My favorite actor is Denzel Washington. I admire his wisdom, humility, perseverance and determination.

How do you spend your spare time: Playing basketball, watching interviews/motivational speeches, listening to music, hanging out with friends and family, dancing and playing video games.

Favorite vacation spot: Florida

Family: Mother - Charlotte Holman; Father - Rodney Holman; Brother - Travis Holman; Brother - David Herring; Brother - Tyson Snell and Sister - Tonica Jacobs.

Civic or volunteer affiliations: SUNY Sullivan, Monticello's My Brother's Keeper Program, NAACP Member.

If you could have any job, what would it be: Professional Basketball Player.



Fábio Campanati

BY JOSEPH ABRAHAM

Age: 42

Education: Bachelor degree in Marketing, Universidade Estacio de Sa - Santa Catarina - Brasil

Place of employment: Cornell Cooperative Extension Sullivan County

Current title and duties: Ag Market Coordinator - Managing invoices, new products, packing orders, updating Shoptasty website, producing media content with local products (made in NY State) for social media (instagram, Facebook...)

Marketing Coordinator for Taste New York

Marketing, new products from Local growers / suppliers from New York to market our state to individuals via different social medias; i.e., TASTE NEW YORK web page, Facebook, Instagram, direct marketing.

Along with managing incoming products, speaking with suppliers to be sure we offer the best to our consumers.

Years of experience: 10

Why did you choose this career: From graduation, been interested in Marketing in the food industry. With my education and Taste New York, like a perfect marriage. I am able to give and use my knowledge along with constant learning about local New York suppliers, ways of new media / technology how to market. This is something that is always changing that keeps my career interesting.

Favorite part of your job: From the introduction of new products, learning about the growers and

what they supply. Working with our team to develop marketing strategy, most of which is photography and text information on both the product and uses for our web page.

Most challenging part of your job: Challenges are good, meaning I am constantly learning. Every time we have new offerings, we have to think of the best possible way to market and give a complete story in a photograph.

Favorite on-the-job moment, customer or memory: Working with Cornell staff, meeting suppliers, researching products, photographing in the studio. Seeing the complete story come to life; From receiving new products, photographing, web images and sending out to our customers. This is most gratifying.

How do you manage your time: This is ongoing / changing daily. Set my priorities based on happenings this week or month. It may be receiving new items, studio work or customer relations. A week is never the same.

What advice do you have for someone entering your field: Education, patience, experience, keep an open mind. Marketing is endless.

Who inspires you: My mother.

Favorite movie or TV show: International movies, documentaries on the environment. Animal awareness.

Favorite actor/and or actress: Sarah Paulson.

How do you spend your spare time: Enjoy taking photographs. Visiting friends, family, preparing foods and being outside.



CONTRIBUTED PHOTO

Favorite vacation spot: South part of Brazil.

Family: My everything, my brother, nephew and niece.

Civic or volunteer affiliations:

Greenpeace and WWE.

If you could have any job, what would it be: Honestly doing what I am doing at Cornell / Taste NY.

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Matthew Carrero

BY MATT SHORTALL

Age: 52
Education: Bachelor's Degree in Business Management
Place of employment: Frito Lay Liberty
Current title and duties: Human Resources Manager
Years of experience: 25
Why did you choose this career: I've always enjoyed being able to influence the business in a positive light and help develop other people's lives for the better.
Favorite part of your job: Employee relations and the different people I meet from all over.
Most challenging part of your job: Motivation and Leadership development.
Favorite on-the-job moment, customer or memory: Helping to develop an entry level employee grow and get an opportunity into management. He wrote me a wonderful letter

thanking me for the opportunity.

How do you manage your time: I try to set small daily goals and make sure I prioritize a work life balance.

What advice do you have for someone entering your field: Some people will not like decisions you make but as long as you're consistent and can provide support for the decision you can't go wrong.

Who inspires you: My parents have always supported me and have been there my whole life in the good and bad times.

Favorite movie or TV show: Big Bang Theory (I'm a nerd at heart).

Favorite actor/and or actress: Tom Hanks! I got to meet with him and he was such a nice down-to-earth person.

How do you spend your spare time: With my family going to Mets baseball games.

Favorite vacation spot: Las Vegas! I don't really gamble but I love going to see the shows.

Family: I have a fiancé, two beautiful daughters (one followed in her dad's footsteps and is an HR manager, one owns her own business).

Civic or volunteer affiliations: I have thought of running for office (Mayor) in Sullivan County where I think I can make a difference. I am on the Sullivan County Chamber of Commerce and enjoy being a part of the community.

If you could have any job, what would it be: I know it sounds cliché but I truly love Human Resources. The profession is ever changing, no two days are ever the same, I am constantly learning and able to impact so many facets of the business and enjoy being a voice for the employees.



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Alan Cohen

BY SAMANTHA MONTAGNA

Age: 60
Education: BS Pharmacy
 Albany College of Pharmacy
Place of employment: Wurtsboro Pharmacy
Current title and duties: Part-time Pharmacist
Years of experience: 38
Why did you choose this career: Passion for the field and I was mentored.
Favorite part of your job: Helping people with their healthcare
Most challenging part of your job: Insurance prior authorizations reduced and often negative reimbursements, and lastly, with

all the technology today, there has been a decrease in personalization within the healthcare industry.

Favorite on-the-job moment, customer or memory: There are too many. Well, maybe spending many Halloweens at my former store and my staff dressing up for the occasion, like dressing up as a faux Chef Boyardee, ghouls, old maids, to mention a few. On a more serious note, when a patient walks out from the store feeling comfortable with what their practitioner has prescribed and the proper manner in which

they are to take/use their medication and leaving with a smile.

How do you manage your time: I have always been structured. First things first and priorities take precedence.

What advice do you have for someone entering your field: Always remember that everyone is different and their own person. Situations vary from case to case, patient to patient and what you learn in school IS the basis of our knowledge but realize that it is not all black and white. Be kind, be patient, be understanding and hear (not only listen) what the patient conveys to you.

Who inspires you: I really don't have any particular person that inspires me. If I must say, I guess I am my own inspiration being that I am driven by my own will and aspirations.

Favorite movie or TV show:

Casablanca

Favorite actor/and or actress: Yikes! Humphrey Bogart, Spencer Tracy, Katherine Hepburn, Cary Grant, Kate Hudson, Sandra Bullock.

How do you spend your spare time: Taking care of my physical health, New York Times Crossword, spending time with my wife and FAMILY!

Favorite vacation spot: Aruba, Disney World

Family: Carla (spouse), many nephews, nieces, great-nieces and great-nephews, and great-great-nephews

If you could have any job, what would it be: Being that I started working in a pharmacy at the age of 13, pharmacy is all I really know. I sometimes think of a career change, but, I really can't hone in on one. Maybe take a job as a greeter at Disney World?



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