

BEST UNDER 40

Rafael Castaneda

Age: 20
Occupation: Student, Roosevelt University
Residence: Chicago
Hometown: Woodstock
Family: Single; I am the youngest of three siblings
Education: Associate degree, McHenry County College; currently a junior at Roosevelt University in Chicago pursuing a bachelor's degree in social justice studies with a minor in Spanish. Looking into getting a master's degree in higher education
Favorite McHenry County restaurant: Woodstock Public House in Woodstock
Favorite movie: I don't have a favorite movie, I like all types such as comedy, action, horror and family films
One word that describes you: Optimistic



What is the best career advice you have received?

The best career advice I have received would be to learn and strive for my education because what I know is mine and no one can ever take that away.

Nominator's comment:

"I have known Rafa since December 2007 when he walked into my office as a high school freshman with a desire to volunteer at [Family Health Partnership] Clinic," said Kathy Rauch, volunteer coordinator at the clinic in Woodstock. "It did not take me long to see that here was a student with determination to serve his community. From coordinating projects, filing, and making copies, hauling, recycling, and acting as our Chief of Cleanup for the Care4 Breast Cancer Race, Rafa clearly performed volunteer duties in a mature and professional manner."

"Rafa has caught the attention of enough community leaders that in 2012 he was voted in as the first youth board member of the McHenry County Community Foundation."

What is your job and what makes you so good at it?

As of right now, I am a full-time student. What makes me good at it would have to be my personality. I am very friendly and good with people, which helps me when it comes to helping around campus and meeting new people.

What accomplishments and innovations are you most proud of this year?

This year I am most proud of graduating with my associate's degree, studying abroad in Costa Rica for six weeks, continuing my education at Roosevelt University and, of course, winning this prestigious award.

How do you give back to the community and what drives your service?

I give back to the community by volunteering and helping the most I can. Since I was in middle school I have been involved with many organizations.

As one of my colleagues from the Family Health Partnership Clinic once said: "Once volunteerism is in your blood stream you can't get it out."

What is something you have never done but want to do some day?

It would be skydiving. I have not had a chance to do this yet and it is definitely on my to-do list.

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Patrick McEneaney

Age: 33
Occupation: Podiatric surgeon, Cary-Grove Foot and Ankle Center
Residence: Prairie Grove
Hometown: Orland Park
Family: Piper, 5 (my dog)
Education: Bachelor's degree from Northern Illinois University; doctor of podiatric medicine degree from Ohio College of Podiatric Medicine
Favorite McHenry County restaurant? I love breakfast at Benedict's La Strata in Crystal lake
Favorite movie? "Shawshank Redemption"
One word that describes you? Motivated



to do some day?

I have always wanted to visit Ireland.

What is the best career advice you have received?

I was told by one of my mentors to listen to patients and treat them like family.

Nominator's comment:

"He is dedicated to being involved locally and volunteers his time as a wrestling coach at Cary-Grove High School, working with young athletes and providing the wisdom and knowledge to encourage effective training without injury. He has spearheaded events and fundraisers for the high school's wrestling club to benefit the young athletes," said Suzanne Corr, executive director of the Cary Grove Area Chamber of Commerce. "He frequently shares his knowledge of foot health and offers consulting services to local senior groups and free lectures for both the general public and senior living communities. He regularly visits elderly patients at our local senior homes."

What is your job and what makes you so good at it?

I am a doctor of podiatric medicine. I treat all conditions of the foot and ankle. This includes skin and toenail conditions, bone and joint problems, and nerve issues. I treat patients with conditions at a pediatric, adult and geriatric level. I was a NCAA division I college wrestler and I am well versed at sports medicine, as well. I understand the mentality of an athlete. I have had very thorough training including four years of residency training after podiatry school.

What accomplishments and innovations are you most proud of this year?

I received my board certification this year by the

American Board of Podiatric Surgery. I also have helped many patients in the last year to relieve their pain and improve their function.

How do you give back to the community and what drives your service?

I am on my fourth season as a volunteer varsity wrestling coach at Cary-Grove High School. I had great coaches growing up who volunteered their time to guide my success on and off the mat.

It just seemed natural to give back. I also perform foot screenings at local community events benefiting the underprivileged and elderly.

What is something you have never done but want

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