

## Anthony Ebel

**Age:** 33

**Occupation:** Pediatric and family chiropractor at Premier Wellness Chiropractic in Crystal Lake

**Residence:** Crystal Lake

**Hometown:** Paullina, Iowa

**Family:** Wife Kristina; children Addison, 6, Oliver, 5, Alaina, 2, and infant Emilia

**Education:** Bachelor of Science degree and Doctorate of Chiropractic from Palmer College of Chiropractic

**Favorite McHenry County restaurant?** Duke's Alehouse & Kitchen in Crystal Lake

**Favorite book?** "The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles" by Bruce Lipton  
**First job?** I grew up as my father's "right-hand man" working on our farm in Iowa. I went everywhere with him, did everything with him. He taught me so much about work ethic and taking care of your family and community, rarely through words but always through his actions. When I was 16 he helped me get a loan from our local bank to start my own hay-baling business with a buddy of mine.

**One word that best describes you?** Passionate

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

My job has multiple levels. The most basic, and yet most impactful element is using my hands to make specific chiropractic adjustments to my patients that allow their bodies to better function and better heal, thereby making that patient to better reach [his or her] potential and live a higher quality of life. Since most of the time I'm making that adjustment to kids and pregnant moms, the potential and reach of that impact on their health and healing is immeasurable.

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

Within the past year we've launched and seen really explode an online pediatrics training program within my chiropractic profession. We now have nearly 500 trained, dedicated and skillful doctors who can go into their



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**Anthony Ebel is a pediatric and family chiropractor at Premier Wellness Chiropractic in Crystal Lake.**

communities and help kids and families the way we do here in Crystal Lake. To continue to see and hear the stories from now all over the globe about kids healing and getting better as a result of that, is something that is really amazing and I'm proud of, and very grateful to be a part of.

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

The biggest things I've always wanted to give this community is just honestly education and awareness. For many years I sat on the board of a great local agency that helps kids and people struggling, and it was amazing, but that experience really actually fueled me to work less on the "after-effects" and to keep working more towards the education and prevention aspect. What drives us to want to do this is not just reaching people who are struggling and need to get their health and happiness back, but even more importantly, to reach people and help them and their kids to never have to go down that path in the first place. Every kid deserves to live what we call an "epic life" and every parent deserves to get the experience of watching their kids live that way.

**What is something you have never**

**done but want to do some day?**

Honestly, I'd love to get into a live debate with a pediatrician so we can discuss and debate where health really comes from, how kids really get and stay healthy and anything else related to kids health.

**What is the best career advice you have received?**

A quote from a very famous old-time chiropractor Dr. BJ Palmer's writings: "Early to bed, early to rise. Work like hell, and advertise."

**Which CEO would you most like to spend the day with and why?**

Richard Branson. He not only has multiple monster successful businesses, but the ones he is involved most in are related to things he's most passionate about, not just things that make money. And also he is obsessed with living an epic life for himself and his family, and never sacrifices that.

**Nominator's comment:**

"As a sufferer of migraines and asthma, I accepted this as a reality of my life, something I just had to live with. I met Dr. Tony in the fall of 2012 and he assured me he could help, that I could break myself of the cycle without resorting to an endless supply of prescriptions and pain. Within weeks of care at his office, Premier Wellness Chiropractic, I was already seeing improvements and for the first time, saw the hope that I didn't need to live a life of suffering from these reoccurring illnesses." Katie Arnold said. "Within a few months, Dr. Tony brought me on as his newest chiropractic assistant. ... Dr. Tony has made it his mission to make sure the next generation of children have a vision of health and wellness that is beyond our current scope, to convey this message of health and hope to the community around him, and to educate his fellow doctors to bring the same message and mission to their communities."

## Sarah Payton

**Age:** 28

**Occupation:** SASS therapist for Pioneer Center for Human Services (at the time of nomination)

**Residence:** Woodstock

**Hometown:** Lake in the Hills, Hampshire

**Family:** Engaged to Christopher Rausch (to be married Feb. 7, 2015)

**Education:** Bachelor of Arts in sociology from Northern Illinois University and Master of Arts in clinical psychology from Argosy University

**Favorite McHenry County restaurant?**

Benedict's La Strata without a doubt, however, I have to acknowledge Niko's Red Mill for their generosity the past two years in providing food to our family groups.

**Favorite book?** "The Giving Tree" by Shel Silverstein

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

I work for Pioneer Center for Human Services as a SASS worker (screening, assessment, and support services). We complete crises assessments in McHenry County to determine the need for acute hospitalization or whether youth can be stabilized in the community with a safety plan. Following the assessment, we provide up to three months of intensive in-home individual and family therapy, crisis intervention, case management and community support. It is very rewarding to be a part of a person's recovery and be invited into their lives and personal struggles. Youth and families allow themselves to be



Daryl Quitalig - For Shaw Media

**Sarah Payton is a SASS therapist for Pioneer Center for Human Services.**

vulnerable and trust us to assist them in managing whatever hardships they may be experiencing. I truly care about these kids and

nothing makes me happier than their success.

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

Over the summer my co-worker established the Art, Animal, and Adventure group, focused on increasing problem solving skills. I was given the opportunity to facilitate the older adolescent group, ages 11 to 16. The group was successful in establishing strong bonds with each other and participating in activities that pushed their limits and required team work and problem solving skills. I am grateful for the opportunities that SASS has provided. I will cherish the growth and

experiences gained over the last couple of years and will take them with me into my new position as Mental Health Court Clinician for McHenry County.

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

Giving back to the community has always been present in my household. I think it is important to value and invest in the community we live in. Currently, I volunteer for Northwest CASA and respond to victims of sexual abuse in the county. Advocacy for victims of sexual abuse and domestic violence extends outside of my professional role due to the extent that it affects our communities.

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

I would like to become a mom and foster parent one day. One experience on my bucket list is to join the Peace Corps.

**What is the best career advice you have received?**

Work hard, and be nice.

**Which CEO would you most like to spend the day with and why?**

I would love to spend a day with Oprah. She is a powerful, influential female philanthropist. She comes from a background of trauma and hardships that helped to shape her personal and private

successes.

**Nominator's comment:**

"Sarah is an amazing, kind person who is always giving back to the youth in her community," friend and former coworker Michele Lemberger said. "Sarah is smart, stylish, outgoing, approachable and quick-witted. She has a vibrant personality that draws people to her. Sarah is very dedicated to her work, family and friends. She goes out of her way to help those in need, no matter how big or small the issue. Everyone who knows Sarah speaks highly of her. Those of us who call her friend, feel lucky to have her in our lives."

## Vanessa Baker

**Age:** 39

**Occupation:** Owner of Fast Forward Marketing

**Residence:** Crystal Lake

**Hometown:** Arlington Heights

**Family:** Husband Jim Baker; daughters Sophie Baker, 9, and Ava Baker, 7  
**Education:** Bachelor of Arts in mass communication and media arts from Southern Illinois University

**Favorite McHenry County restaurant?** Sushi from Kyoto Steakhouse & Sushi Bar in Crystal Lake

**Favorite book?** "One Hundred Years of Solitude" by Gabriel Garcia Márquez

**What was your first job?** At age 16, I was an attendant at a Marathon Gas Station in Arlington Heights. I worked for a great guy named Mike, who now owns the Marathon Gas Station in downtown Crystal Lake on Brink Street.

**One word that describes you?** Persistent

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

I help small businesses with social media marketing, online video, mobile advertising, online display ad management including behavioral targeting, website development and maintenance, email marketing, blogging, press releases and search engine marketing, such as Google AdWords. What makes me good is I read at twice the average speed of a typical reader (thanks to all the time I spent at my local library), I have a strong work ethic and I am dedicated to my clients.

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

I am most proud of how my business is built on relationships. I am dedicated to exceptional service and quality work, and going the extra mile for my customers has resulted in my business growing

virtually all on referrals.

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

I love to work. I like to feel like I make a difference, subscribing to the quote, "If it is to be, it's up to me." Finally, I want to provide a positive example to my children. My mother took me to the library every week and shared her love of reading with me. My entire life has been wrapped around a love of learning, and how you can live thousands of lives with books, and being able to help provide self-directed education with my community as a library trustee at the Crystal Lake Public Library is a dream. I also have served as a co-chair of the Crystal Lake Chamber of Commerce Home & Business Expo, past board member for Crystal Lake Chamber of Commerce Foundation, and sponsor and volunteer for the 2013 and 2014 Kiwanis Santa Run.



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**Vanessa Baker is the owner of Fast Forward Marketing.**

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

I would like to run for public office.

**What is the best career advice you have received?**

From Steve Brainerd of Durham Group: "The only people good at being mean are mean people. Don't let them get you in the ring because you lose big time. Continue being respectful, professional and polite. It pays."

**Which CEO would you most like to spend the day with and why?**

Craig and Lea Culver of Culver's. They have built a very successful business while being gracious.

**Nominator's comment:**

"It is without hesitation that I nominate Vanessa for this distinguished recognition for her hard work in balancing a family, a successful career and her deep commitment to giving back to her community," said State Rep. Mike Tryon, a client and friend. "I have worked with Vanessa for the last four years and have watched her emerge as one of the finest in her field of strategic marketing."

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