

QUINTESSENTIAL PEOPLE[®] BY LISA STAMOS

Mary Howard



Dr. Kiran Frey



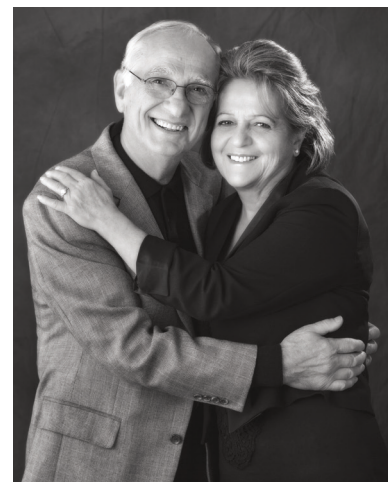
Photo: Linda M. Barrett



Don Thompson



Dr. Jeff Doles



Sam and Chris Nikolaidis ran the Bread Basket Restaurant in Barrington for years. This is one of Thomas Balsamo's Quintessential People portraits.

You Know Quintessential

Help us honor remarkable people
in our communities

In the fall of 2005, I attended a fundraiser at Arlington Park International Racecourse. It was for Wellness Place, a cancer resource center. As life happens, both are now gone. At the event, I sat next to a local photographer, Thomas Balsamo, who in his always gentle and measured style said, “We should do something for the community.”

With the QB platform, and his portrait artistry, we invented Quintessential People, a regular feature that honors someone who makes a difference in our collective quality of life. He created portraits for our honorees for about 15 years. Earlier today I said goodbye to Thomas who is packing up his belongings and moving south. Thomas *is* quintessential Barrington. We will miss him dearly.

“Quintessential People” is the centerpiece feature of our franchise and the defining journalism we do about noteworthy citizens in our communities. For 20 years, we have profiled these spectacular neighbors in each issue.

We are proud of “Quintessential People.” But the truth is that you know those special people better than we do. After all, Quintessential is not only a magazine feature and our trademark; it is a distinct set of generous, noble human characteristics.

Our evolution recognizes that life needs not be noticed only looking backward. True, decades of caring and accomplishments do validate the fact that a person is, and has been, special.

But some people are profoundly successful as teens, as 20-year-olds, or 30- or 40-year-olds. Age is one defining measure, but hardly the only one. Some who are spectacular at 70 were those same people at 17. They will grow and change, but they are always Quintessential. A model. An example. Some children living down the street are already brilliant, caring, and productive fellow citizens. They might already be making a noticeable difference.

Quintessential people are young and old. Their lives might be grand or humble. They might be public or private. What they all share is a big heart and a willingness to be the change in the world, as the saying goes. They often impact many people through their work and uplifting deeds. A one-to-many ratio.

How can you recognize them? When a local church or charity needs human power and energy to help those in need, there is always that one person, someone who is always the first to help. When elders are alone and struggling, there are people in your neighborhood who volunteer to bring food, joy, and companionship to them, not because they get credit for it. Or, a 20-year-old Barrington-area soldier is serving our country with distinction and honor. Or aboard a nuclear submarine. Each has gone to dangerous ramparts on your behalf. One day they will come home as neighbors. They are Quintessential now.

We welcome nominations for these honorees. Tell us briefly why they are Quintessential. Inspire us with tales of their humanity. They are your friends, relatives, and neighbors. They are all different and unique. And we'd like to share their stories with you. 

Lisa Stamos is the founder and publisher of Quintessential Barrington. This article is adapted by an earlier article by author David Rutter. We'd love to hear from you. Send your Quintessential nominations to lisa@qbarrington.com.