The Numbers
$440 Million in

SOLD
Weston
$6,500,000

SOLD
Weston
$6,250,000

SOLD
Weston
$4,400,000

SOLD
Weston
$2,875,000

SOLD
Weston
$2,000,000

SOLD
Wellesley
$1,950,000

SOLD
Wellesley
$1,936,000

SOLD
Wellesley
$1,925,000

SOLD
Weston
$1,390,000

SOLD
Weston
$1,360,000

SOLD
Wellesley
$1,350,000

SOLD
Wellesley
$1,228,737

SOLD
Weston
$875,000

SOLD
Wellesley
$849,000

SOLD
Wellesley
$820,000

SOLD
Wellesley
$747,500

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**SOLD**

Weston
$2,500,000

SOLD

Wellesley
$2,120,000

SOLD

Weston
$2,075,000

SOLD

Wellesley
$2,050,000

SOLD

Wellesley
$1,645,000

SOLD

Wellesley
$1,549,000

SOLD

Weston
$1,525,000

SOLD

Weston
$1,417,000

SOLD

Weston
$1,050,000

SOLD

Weston
$1,030,000

SOLD

Wellesley
$1,010,000

SOLD

Weston
$892,965

SOLD

Wellesley
$742,500

SOLD

Wellesley
$716,000

SOLD

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$660,000

SOLD

Weston
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Back to School at the New Wellesley High School
As the new Wellesley High School building opens its doors for the upcoming school year, we take a tour through the beautiful new spaces.

The Brain Trust
Wellesley and Weston are home to four colleges where highly regarded professors are making a difference in a variety of fields.

All Cemeteries Tell Tales
Visit three nearby burying grounds where shameful chapters from our past are revealed.

Nonjudgmental Magic
Wellesley Free Library’s Read to a Dog program brings kids, dogs, and books together to inspire young readers.

Sages & Seekers
When older people and high school sophomores begin to share their lives, all sorts of insights come to light.

Smooth Operators
Log onto a Wellesley-based blog that sets the tone for good manners and behavior for parents and children.

Gifted and Clever Hands
Meet the owners and discover the handcrafted treasures at The Gifted Hand and the Clever Hand Gallery.

In our Open Spaces article, we incorrectly reported that the Wellesley Conservation Council owns 80 acres of town conservation land. The correct number is 44+ acres. We apologize for the error. For a guide to all of the open spaces in town, pick up a copy of the Wellesley Conservation Council’s recently revised book Walks in Wellesley, available at Wellesley Books.
SKY HIGH SUMMER IN THE CITY

Penthouse One: The best of penthouse living at The Clarendon

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The Green Scene
Add star quality to your garden with asters, among the most lovely of all fall flowering perennials.

10 Tips for What to Do with a Pumpkin
If you’re looking for new ideas for what to do with this ubiquitous, nutritious, and festive symbol of the season, consider these ten tips.

Inbox
Get the latest on the people who make things go in community businesses and read about important events in Wellesley and Weston.

Forum
Readers speak out on issues of importance to them. In this issue, Richard Joyce explains how Wellesley’s local Renewable Energy Program has gained national recognition.

Fitness & Health
Can sugar make you sick? Local experts offer a variety of opinions on the topic.

Good Works
Wellesley-based Cite Soleil Opportunity Council is a non-profit community building organization that is bringing hope to Haiti.

Family Matters
Get some tips on how to teach financial literacy to your children, including the critical financial concepts that every young adult should understand.

Artist Profile
Meet potter Elizabeth Cohen whose creations are inspired by the beauty of nature and by human nature.

Books
Wellesley photographer Michael Casey and This Old House host Kevin O’Connor have compiled riveting stories and stunning photographs in their new book The Best Homes from This Old House.

Food & Wine
Healthy back-to-school lunches don’t have to be boring. Local moms and cooks devoted to good nutrition share their secrets.

Local Cuisine
Ye Olde Cottage restaurant has been a neighborly hub in the heart of Weston for sixty years.

Fashion
Local clothing store owners share their favorites for women’s fall fashion.

About Town
Wellesley and Weston residents attending noteworthy events throughout Greater Boston.

Last But Not Least
This page gives our readers the opportunity to express themselves creatively with writing, art, and photography. In this issue, Trish Fenton Bradley reminisces about her Wellesley childhood.
Wellesley - You CAN have it all with this spacious, young Colonial! Bright, eat-in kitchen adjacent to fireplaced family room. Generous bedrooms, fabulous master. Central air, finished lower level..........................$795,000

Wellesley - Terrific four bedroom Colonial! Fireplaced living room, sun-filled family room off kitchen. Private, fenced yard. Short walk to popular Linden Square, train and town. Central air..........................$990,000

Wellesley - Stately Colonial on nearly 2/3 acre of exceptional grounds in one of the best neighborhoods. Elegant living/dining rooms. Outstanding frontage (200+ ft). A gem with extraordinary potential..........................$1,300,000

Needham - Distinctive four bedroom Colonial set on an acre in premier location. Architect designed kitchen/family room and breakfast room with gorgeous woodland views. Walk to town..........................$1,675,000

Wellesley - Gorgeous, custom six bedroom Colonial. Four superbly finished floors. Beautiful moldings and built-ins. Abuts Boulder Brook reservation. In favorite walk-to-Bates neighborhood..........................$2,125,000

Weston - Beautifully renovated, five plus bedroom Colonial with high-end finishes and fine architectural detail. Six fireplaces, eat-in, granite kitchen, family room. Beautiful grounds in wonderful location..........................$2,195,000

Weston - Spectacular updated property on prestigious Webster Hill! Ideal kitchen with adjoining family room. Extensive system upgrades. Sensational deck, professionally landscaped, expansive grounds..........................$2,500,000

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Wellesley - Exquisite stone and clapboard Colonial, impeccably designed and masterfully crafted! Tall ceilings, elegant details, two master suites, five fireplaces. Beautiful patio with outdoor fireplace..........................$3,395,000
contributors fall 2012

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FOR EXPANDED About Town and Inbox coverage and a monthly events calendar, visit our blog at wmblog.com.

submit your ideas
DO YOU HAVE AN IDEA FOR A STORY you’d like to see featured in WellesleyWeston Magazine? Submit your ideas to editor@wellesleywestonmagazine.com, or via mail to: WellesleyWeston Magazine, 5 Vane Street, Wellesley, MA 02482. Please include your name, address, and email contact information with your correspondence.

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$4,349,900

203 WESTERLY RD, WESTON
$4,075,000

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$3,995,000

24 DEER PATH LN, WESTON
$3,750,000

16 FALMOUTH RD, WELLESLEY
$3,495,000

21A FARM ST, DOVER
$3,250,000

6 APPIAN DR, WELLESLEY
$2,675,000

57 AUDUBON RD, WELLESLEY
$2,499,000

73 MONADNOCK RD, WELLESLEY
$2,425,000

196 KENT RD, WABAN
$1,999,000

18 LOWELL RD, NATICK
$1,995,000

287 DEDHAM ST, DOVER
$1,995,000

7 PHILLIPS LN, DOVER
$1,995,000

6 HUNDREDS CIR, WELLESLEY
$1,925,000

4 EDGE HILL RD, WELLESLEY
$1,895,000
THERE’S A REASON OUR SIGNS ARE EVERYWHERE

141 MEADOWBROOK RD, WESTON
$1,799,000

179 OAKLAND ST, WELLESLEY
$1,795,000

35 CANDLEBERRY LN, WESTON
$1,750,000

22 WINNEWOOD RD, WELLESLEY
$1,749,500

42 CHESTNUT ST, WELLESLEY
$1,745,000

11 BOULDER RD, WELLESLEY
$1,695,000

9 FRANCIS ST, DOVER
$1,695,000

161 FOREST ST, WELLESLEY
$1,525,000

6 MANOR AVE, WELLESLEY
$1,449,000

63 WESTCLIFF RD, WESTON
$1,395,000

590 HIGH ROCK ST, NEEDHAM
$1,375,000

95 LAKE RD TERRACE, WAYLAND
$1,299,000

237 RICE RD, WAYLAND
$1,295,000

44 RADCLIFFE RD, WELLESLEY
$1,245,000

24 GRAND HILL DR, DOVER
$1,198,000

10 OLD RD, WESTON
$1,195,000

45 REASONS TO LIST YOUR HOME WITH US: Maryellen Behrend | Debi Benoit | Andrew Boles
Stephanie Burns | January Checkovich | Pam Dennehy | Kristen DiChiaro | Lynn Donahue | Pam Donahue
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757 Wellesley St, Weston
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19 Sherman Bridge Rd, Wayland
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9 Old Colony Dr, Dover
$1,075,000

4 Squirrel Hill Rd, Wayland
$1,075,000

27 York Rd, Wayland
$995,000

29 Algonquin Dr, Natick
$995,000

181 Boston Post Rd, Weston
$895,000

70 Corwood Dr, Weston
$849,000

1 Clover Cir, Dover
$825,000

229 South Ave, Weston
$815,000

6 Pine Plain Rd, Wellesley
$775,000

3 Clover Cir, Dover
$749,000

14 Aberdeen Rd, Weston
$675,000

3 Edgewater Dr, Dover
$649,900

10 Riverview Cir, Wayland
$599,000

4-8 Trowbridge Pl, Cambridge
$588,000 [Unit 1- E,F]

6 Mark St, Natick
$499,000

10 Pine Needle Rd, Wayland
$499,000

16 Steepletree Ln, Wayland
$479,000

22 Harvard St, Natick
$429,000
in 2009, Forbes magazine named Wellesley the second most educated small town in America. With Wellesley College, Babson College, and Mass Bay Community College in Wellesley, and Regis College in Weston, as well as two of the best public school systems in the state and highly regarded private schools in our midst, it’s easy to see why Wellesley was chosen for such an honor. Whether attending a lecture on one of the campuses, auditing a class, seeing a theatrical production or a movie, visiting an art gallery, or just taking a walk on the beautiful grounds of these schools and universities, the advantages to living in “smart” towns like ours are numerous indeed.

In the “Brain Trust” article, you’ll meet some of the esteemed educators and researchers who are known not only on campus but nationally and internationally for their ground-breaking research and published works. You’ll meet a Wellesley College professor who served on the Council of Economic Advisors during the Clinton Administration, a Regis College professor who was President of the Society of Nuclear Medicine, and a Babson College professor who is the National Academic Director for Goldman Sachs’ 10,000 Small Businesses initiative, to name but a few who are featured. The faculty and students at our area colleges are all proud of the fact that they enrich our community in many ways through their outreach and support of local initiatives.

Education plays a major role in our fall issue, with a look at the new Wellesley High School building and profiles of innovative programs that are changing the way we learn from one another. In “Nonjudgmental Magic,” you’ll meet Luna, Katie Bear, Thabo, Mariah, and Mira, trained and certified Therapy Dogs who visit the Wellesley Free Library as part of its Read to a Dog program. These patient, adorable, and calm canines serve as the impetus for young people to become readers where they otherwise might not, and make visiting the library even more fun. In “Sages & Seekers,” older members of our community share their life experiences with high school sophomores. As a result, both parties benefit in ways that are truly inspirational.

I hope you find this issue educational, entertaining, and enriching. If you have ideas that you think our readers would like to learn more about, please send them to jill@wellesleywestonmagazine.com. And be sure to check our blog, wwmblog.com, often for our calendar events and up-to-the-minute news items. Our entire fall issue is available for your online reading pleasure at www.wellesleywestonmagazine.com. And don’t forget to follow and “Like” us on Facebook. Enjoy a fabulous fall season!
the arrival of fall is decidedly bittersweet as we say goodbye to summer afternoons reading on a beach, family reunions, picnics in the park, and splashing in local pools. But along with fall comes crisper, cooler weather, beautiful foliage, shopping for school clothes and supplies, and reuniting with friends who have been away for the summer.

I recall waiting with anticipation to hear all about the first days of school from my children. Our daughter would tell us everything about her day: impressions of her teachers, the new kids at school, what she ate for lunch, her best friend’s cute shoes, all down to the tiniest detail. Our son told us absolutely nothing. We had to rely on Back-to-School night to learn all that we could about the curriculum, his teachers, and who the other kids were in his classes. I also remember climbing the crowded, narrow staircase at the old high school up to a dark and sweltering third floor classroom, wondering how the teachers and students could tolerate the first few weeks of school when the summer weather had not yet given in to the cooler fall air.

What a difference a few years makes. Last March, I had the privilege of being one of the guest speakers at Wellesley High School Career Day, where I was able to tour the new high school and use one of the classrooms for my presentation. I was awed by the expansive, open spaces, the technology, the views to the outside, and how bright and cheerful the entire premises appeared. And the new school is the greenest building in town. You’ll have the opportunity to take your own tour with our “Back to School at the New Wellesley High School” article in this issue.

Perhaps what was more impressive than the building, however, were the students who planned and executed the day, which involved many speakers and countless moving parts. All of the students I met were friendly, poised, professional, polite, and extremely articulate. I enjoyed the same experience when I spoke at Weston High School’s Career Day two years ago. As Dr. Andrew Keough, principal of Wellesley High School, put it eloquently to his students: “In the end, a school is a shell without all the people in it. Students, faculty, administration, parents, and the community make it what it is.”

This issue has a variety of features that will help you and your family welcome and relish the fall season. Our “Ten Tips for What to Do with a Pumpkin” provides some fun ideas to fill an autumn afternoon, and our Food and Wine department provides nutritional answers to that inevitable question every school-age child asks: “What’s for lunch?” And don’t forget to check out our new Fashion department where local stores offer their choices for fall’s “must haves.”

I hope that your transition from summer to fall is an easy one and that you enjoy this issue. Happy Fall!
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every season in the garden has its stars, bold or subtle, and in the fall it’s the asters. These fall flowering perennials are sometimes overlooked in favor of the richer, jewel-like tones of the autumnal palette. But the aster comes quietly onto the stage dressed in soothing shades of mauve, lavender, and other purple tones, and serves as a perfect contrast to fiery fall colors. And it’s undemanding too: sun and a well-drained site will do for most.

Members of the vast Compositae (now Asteraceae) family, they are distributed worldwide in almost all habitats and climates; there are over 600 species of aster with over 200 in North America alone. Asters provide blooms from late summer to frost with daisy-like flowers profusely clustered atop stout stems. Most of the asters found in garden centers today are hybrids developed mainly in England since the 17th century, when botanist John Tradescant returned to England with our native asters, *A. novae-angliae*, the New England aster, and *A. novi belgii*, the New York aster, and crossed them with the Italian aster, *A. amellus*. Hybridizing in England and Germany continued well into the 20th century with other North American native asters also used. The color range of the hybrids is extensive, with every color except yellow.

During the Middle Ages asters were called starworts but the hybridized ones became known as Michaelmas daisies in England because they bloom in September during the feast of St. Michael on the 29th. The name aster is derived from Latin for star and refers to its star shape, while “wort” is Latin for root, symbolizing its healing properties. The flowers are botanically
called ray flowers as they radiate, star like around the edge of the central disk. The rays provide the true color and are mistakenly called petals. The real flowers are in the central disk and, if you look closely, you will find many tiny tubular flowers crowded together that provide an overall gorgeous effect.

While many of the asters we are familiar with grow along roadsides and the edges of fields and are somewhat weedy looking, the many hybridized types are worthy of gracing the autumn garden scene. One of my favorite New England aster hybrids is ‘Purple Dome’—a compact mound 18 to 24 inches, with deep blue-purple flowers. At the taller end, measuring three to four feet and providing a punch of bright rosy flowers that measure almost two inches across, is ‘Alma Potschke.’ Another tall beauty, more subtly colored, is the salmon shaded ‘Harrington’s Pink.’ The taller types should be pinched back by half in mid-June and may need staking. The New England asters also do well as cut flowers.

The New York aster, another lovely field weed, has some worthy cultivars that are shorter, making them suitable for pot culture, fronts of beds and borders, or along path edges. An old-fashioned cultivar is the diminutive, nine- to twelve-inch ‘Professor Kippenberg’ with lovely blue-lavender flowers that are semi-double. There is also the ‘Woods’ series often listed as A. x dumosus, ‘Wood’s Pink,’ ‘Woods Purple,’ and ‘Wood’s Blue,’ all soft colors and standing about 12 inches. A bit taller and harder to find but quite handsome is ‘Winston Churchill’ with its red flowers rising up to three feet.

And for the lightly shaded side of your garden, the white wood aster, A. divaricatus, provides sprays of white flowers in a cascading drift up to three feet. The heath aster, A. ericoides, has a profusion of tiny white flowers with needle-shaped foliage similar to heath, hence its species name.

If you’d like to add star quality to your fall garden, the aster will certainly be a guaranteed hit.
10 tips for...

(WHAT TO DO WITH A PUMPKIN)

**What is Halloween, or Thanksgiving for that matter, without a pumpkin or two or three?** This popular gourd-like squash grows in all continents except Antarctica, but predominantly in the United States, Canada, Mexico, India, and China. Each year the United States alone produces 1.5 billion pounds of pumpkins. Now that’s a lot of pumpkins. If you’re looking for new ideas for what to do with this popular, nutritious, and festive icon of the fall season, consider these ten tips.

**one Bake a traditional pumpkin pie.**
This tried-and-true finale to the Thanksgiving meal graces many a table in both the United States and Canada. Enter “award-winning pumpkin pie” in your search engine and you’ll get an array of recipes to consider.

**two Cook a pumpkin dish from another culture’s cuisine.**
Whether you like to boil, bake, steam, or roast your pumpkin; eat the flesh, flowers, leaves, or seeds, you’re certain to savor a new taste when you prepare a pumpkin recipe from another country. What about Italian pumpkin ravioli? Or the Middle Eastern sweet delicacy of halawa yaqtin? Japanese pumpkin tempura and a Sri Lankan curry dish made from pumpkin leaves are other interesting dishes to try.

**three Toast pumpkin seeds.**
A little oil and salt go a long way when you cook up a batch of crunchy pumpkin seeds. Besides tasting good, the seeds are a good source of protein and are even said to lower cholesterol.

**four Carve away.**
Pumpkins are great for carving. If you are looking for an idea beyond the traditional jack-o’-lantern, then turn a pumpkin on its side to carve a pumpkin face with any emotion you choose – joy, surprise, anger, or bliss. Use the stem as a nose and the creases to enhance facial expressions. Carve a shallow portion of the outer skin to expose a lighter-colored flesh or (cut) all the way though for more contrast.

**five Feed the inards to the birds.**
What do you do with the slimy pulp you scrape from the inside of your carved pumpkin? Don’t throw it away; feed your feathered friends a special Halloween treat.
six  Spray paint a pumpkin.
Not only will metallic spray paint transform the familiar bright orange into an unexpected dazzling sight, but it will also keep squirrels from nibbling away at your pumpkin for at least a few days.

seven  Turn a pumpkin into potpourri.
Leave it to Martha Stewart to come up with a way to make a pumpkin incense burner that fills a room with the scent of a freshly baked pumpkin pie for about six hours. Search on MarthaStewart.com for how to do it.

eight  Whip up a pumpkin spa-treatment mask.
After all the candy and late-night excitement, a little pampering could be the final pumpkin refrain. Pumpkin is high in skin-healing vitamin A and antioxidant vitamin C. Simply puree some pumpkin and combine it with whipping cream or brown sugar if your skin is dry, or apple cider or cranberry juice if your skin is oily. Smooth the mixture over your face, relax, rinse, and refresh.

nine  Turn a pumpkin into a vase.
Carve out the flesh of a pumpkin and insert a plastic container. Fill the container with water and your favorite fall flowers. Consider a white-skinned pumpkin to show off yellow- and orange-hued blooms.

ten  Host a pumpkin-chucking competition.
So now the time has come to get rid of your pumpkins. Here is a novel approach. Invite a group of friends over, create teams, and challenge each to build a device – such as a catapult, sling-shot, or air cannon – to heave a pumpkin as far as possible. Watch the World Championship Punkin Chunkin (WCPC) contest on the Science Channel for inspiration. The annual competition is held in Delaware the first full weekend after Halloween and raises money for scholarships and organizations that benefit youth.
Wellesley resident Timothy E. Foster, MD has been named the inaugural Chair of the Department of Orthopaedics at Newton-Wellesley Hospital. He succeeds Mark Belsky, MD, who had served admirably for 25 years as Chief of Orthopaedics and recently as Acting Chair of this newly created department. Dr. Foster has been in practice for 21 years and is considered a national expert in all aspects of sports medicine. He is also the head orthopaedic surgeon for the Boston University Athletic Teams.

MiniLuxe, a nail, waxing, and beauty lounge, recently opened its doors in Wellesley at 96 Central Street. Call 781.235.7575 for an appointment or stop in to try one of their ultra-hygienic services like the signature MiniLuxe Manicure, LaLicious Sugar Pedicure, and eyebrow waxing. Or grab one of their private label beauty products to go, such as the LemonAide Cream and Scrub or MiniLuxe’s Color Collection of “4-free” nail polish. All products and services stay true to MiniLuxe’s healthy nail/healthy customer philosophy. See their ad on page 193.

Join women from throughout the MetroWest area on Tuesday, September 18 for a day of fun and fundraising. The Home for Little Wanderers will host “Home in One” at Brae Burn Country Club in West Newton, where they will honor Wellesley resident Clemmie Cash. Enjoy a morning of golf, practice yoga, or play tennis. Funds raised will benefit The Home’s programs for children and families at risk. For ticket and sponsorship information visit www.thehome.org/homeinone or call 617.927.0682.

The Wellesley Theatre Project is a new nonprofit in Wellesley providing young people in grades PreK through twelve with the opportunity to study and experience theatre and performing arts through year-round classes, fully recognized productions, workshops, master classes, and summer camps. Now open at 98R Central Street in Wellesley Center, the Wellesley Theatre Project “empowers youth with life skills learned through exceptional performing arts education and then challenges them to become citizen artists.” For more information, visit www.wellesleytheatreproject.org.

Roosters Men’s Grooming Center (MGC) is now open at 180 Linden Street, Suite 101, in Linden Square. Roosters MGC brings back the old fashioned barbershop experience in combination with upscale grooming services for men and boys. Roosters MGC is open Monday through Friday from 10:00 am to 7:00 pm, Saturdays from 8:00 am to 5:00 pm, and Sundays from noon to 5:00 pm. To schedule an appointment or purchase a gift card, call 781.772.1068. Walk-ins are welcome.

Wellesley Bank recently opened its third branch and new Residential Lending Offices at 29 Washington Street in Wellesley Lower Falls. With this new state-of-the-art facility, Wellesley Bank looks forward to providing convenient, comprehensive, and competitively priced personal and busi-

The Meadowbrook School, located in Weston, announced that long-time benefactors Penny and Jeff Vinik have established a new endowment with a gift of $5 million to the school. Income from the endowment will provide bonuses to all faculty (teachers and staff), given each year before the holiday season, for the duration of their employment at the School. This is the largest single gift that the School has received in its eighty-four year history.
In Wellesley, one Bank stands out among the rest.

Meet the Century Family.
Century Bank was founded in Massachusetts in 1969 by Marshall M. Sloane with a mission of enhancing the community and treating people fairly, like members of his family. Today, Marshall is joined by his son Barry and daughter Linda, who together lead New England’s largest family-run bank with 26 locations, including the new Wellesley branch opening this fall.

Not just banking. Personal banking.

Century Bank and the Sloane family provide customized financial solutions with exceptional care that goes beyond typical banking products. Our family is uniquely qualified to protect and grow the financial resources of our clients. We are based in Massachusetts which enables us to efficiently provide top-tier fiduciary services and banking solutions customized for the communities we serve.

Century is more than a bank, it’s a family.

We take your banking very personally. We understand how busy you are and that it’s not always easy to get to the bank—which is why Century Bank will come to you: your office, your home, anyplace that’s convenient. Call Marshall, Barry or Linda today to learn more about the bank and our newest branch opening this fall at 75 Central Street in Wellesley.

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Brian Patton has joined the North Hill team as Dining Services Manager. Most recently, he was a mall manager for Simon Property Group at several Boston-area malls. He brings experience in hospitality, food and beverage, and management to North Hill, the next evolution in senior living. Patton has more than 15 years of management experience in corporate catering sales and food service management, as well as fine dining and event management experience.

Weston and Wellesley residents were recently recognized for their professional achievements at a special appreciation celebration at the Museum of Fine Arts hosted by Coldwell Banker Residential Brokerage in New England. More than 1,000 brokers, sales agents, and staff attended the celebration.

Valerie Gates and Barry Friedman, the creative team at Gates Studios, have just completed new print and web branding design and photography for many local companies including Wellesley Books; the Wellesley Free Library; The Friends of the Wellesley Free Library; Bates Communications; Susan Treut of Pinnacle Residential Properties; Antilles Designs; and Siegrist, Cree, Alessandri and Strauss, CPAs. Visit www.gatestudio.com or call 781.235.3480 for your free branding and marketing consultation.

SueAnn Sheehan, Vice President of Salem Five Mortgage, has earned Chairman’s Circle status as a top producer since 2009, with a combined closed volume of over $295,000,000. Her forward thinking style helps make complex arrangements pleasurable, effortless, and cost-effective. In turn, customers enjoy Salem Five’s exceptional services and conventional access to comprehensive financial services. Salem Five Mortgage is the largest servicer of mortgage loans headquartered in New England. Call 781.235.1245 or e-mail sueann.sheehan@salemfive.com.

Pam Dundon has joined Brookline Bank as Mortgage Specialist for the MetroWest region, including the towns of Wellesley and Weston. For over 20 years she has been providing clients with hands-on assistance from application through closing. She offers expertise with jumbo mortgages and refinancings as well as Brookline’s full range of mortgage solutions. Pam will be working from Brookline Bank’s new Wellesley Hills branch and can be reached at 781.235.4555 or e-mail her at pdundon@brkl.com.

Mary Beth Grimm of Prudential Town and Country Real Estate, Wellesley, has been named to the prestigious Leading Edge Society for 2011 by Prudential Real Estate, a Brookfield Residential Property Services company. The award recognizes residential sales professionals who reached great sales thresholds in closed residential GCI for the year. Prior to winning this award, Mary Beth has been an award winner with Prudential consistently since 2001.

Sarah Warren, daughter of Rusty and Susan Warren of Wellesley, has opened Somatic Movement Center in Watertown. Warren and co-owner Patrick Flanagan offer neuromuscular re-education that relieves chronic muscle and joint pain, alleviates many common musculoskeletal conditions, and improves posture and movement.

For more information, please visit www.somaticmovementcenter.com.

Tremont School, an independent private school for grades five through twelve located in Weston, announced that Bill Wilmot has been named Head of School. With this appointment, Bill becomes the founding Head for the new school, which opened its doors this past September. Tremont School provides a truly connected learning experience in which its students can build the social, emotional, and academic skills necessary for life in the 21st century. For more information, please visit www.tremontschool.org.

Tony Nuzzo, Chairman, President, and CEO of First Commons Bank and a Wellesley resident, just returned from BookExpo America (BEA) in New York City where he signed copies of his new, and now award-winning, book, The Business PACT. Nuzzo’s book won the 2012 Pinnacle Book
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Achievement Award in the Business category from the National Association of Book Entrepreneurs. For more information, visit www.TheBusinessPACT.com. The book is currently available at Wellesley Books or on Amazon.com.

Dr. Anna Cressey has joined Optical Designs at 72 Central Street in Wellesley to provide eye care to adult and pediatric patients. She completed her doctorate in Optometry with a specialty degree in contact lenses at the New England College of Optometry. Anna is highly trained in pediatrics, LASIK co-management, and all types of contact lenses. For more information visit www.DrAnnaCressey.com or call 781.239.9811 to schedule an appointment with Dr. Cressey.

The book is currently available at Wellesley Books or on Amazon.com.

The West Newton Hearing Center is holding an Open House September 11 through 13. Have your hearing tested by licensed audiologists who will check and clean your current hearing aids and allow you to “test drive” new technology with no financial obligation. All Open House services are provided free of charge. Experience for yourself what excellent service and professional hearing health care is all about. Call 617.332.7244 now to reserve your appointment.

Since 1987, Suisse of New England has pioneered the art of hair replacement and aesthetic skin care. During their 25th anniversary celebration, all new Wellesley and Weston clients who visit Suisse Natural Hair Salon and Boston Beauty MedSpa will be eligible to receive up to 25 percent off of their services. Book your complimentary skin evaluation or hair consultation to find out more about their holistic approach to beauty and wellness. Call 800.675.7779 or visit www.suisseenaturalhairsalon.com and www.bostonbeautymedspa.com.

Kyle Alexandra Dewar Moreland, owner of Kyle Alexandra, LLC, a wardrobe and style consulting company, was raised in Wellesley and has just published Inspiring Confidence for the New College Grad. The first in a series of self-help fashion-related books, it focuses on clothing dos and don’ts for new college grads and young working professionals. Kyle Alexandra Wardrobe and Style Consulting offers wardrobe consulting services, personal shopping services, and college/corporate seminars. Visit www.kylealexandra.com.

The Sisters of Charity, Halifax are hosting the 2012 Fall Festival on Saturday, November 17 from 7:00 pm to 9:00 pm at the Wellesley Country Club. The event will feature specialty wines and beer, signature cocktails, delicious foods, a silent auction, and great jazz music. All proceeds will benefit renovation projects at Mount Saint Vincent in Wellesley Hills. For further information, contact the Sisters of Charity Advancement Office at 781.997.1210.

Celebrity makeup artist Stacey Frasca is now carrying her own line of cosmetics at Studio 28 at 568 Washington Street (above Tutto Italiano) in Wellesley. Stacey offers in-studio or on location services that include airbrush make-up applications, eyelashes, consultations with lessons, and private in-studio parties. Stacey recently shot a reality pilot for IN-Style network and was voted “Best of the Knot” 2012 Weddings. For more information, call 781.389.2990 and visit www.staceyfrasca.com.

Loriann Meagher, Gala Co-Chair, and Host Committee members Beth Furman and Vita Melignano, are pleased to announce that the Visiting Nurse Association of Boston’s seventh annual Heroes in Health Care Gala will be held on
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$1,749,500
$1,745,000
$1,289,000
$1,245,000
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*Debi Benoit’s agent market share as per MLS data since 2006.
Friday, October 12 at the Mandarin Oriental Hotel, Boston. The Gala features dinner, cocktails, and an auction, and honors three extraordinary individuals: Sandra L. Fenwick, Ronald L. Walker II, and Susan R. Windham-Bannister, PhD. For information, please visit www.bostonvna.org/gala.

Gail Bogle, manager of the Hammond Residential Real Estate offices in Wellesley and Weston, announced that the offices were presented with the “Top Office Growth Award” at the Real Living Network’s annual convention. The award recognizes the fact that in 2011 the offices had the greatest growth in dollar volume of any of the network’s 450 offices nationwide. Bogle attributes much of the growth to the combination of experienced sales agents well-versed in the local real estate markets and the energy and enthusiasm of newer agents.

Alexis Avila, founder of Prepped & Polished, LLC, now offers both students and adults in-office learning in South Natick. The office, which is situated on several acres of historic land, has beautiful panoramic views, plenty of parking, a comfortable waiting area, and close proximity to Wellesley Center (one mile away). Prepped & Polished, LLC is located at 21 Eliot Street in South Natick. Contact Alexis for a complimentary 30-minute consultation at alexis@preppedandpolished.com or 781.753.9951.

Northeastern University’s Center for Family Business announced that Captain Marden’s Seafoods was the recipient of the sixth annual award recognizing Massachusetts-based, family-owned businesses. Governor Deval Patrick officially proclaimed June 6, 2012 as “Family Business Day” as part of this recognition. With over 100 employees, Captain Marden’s Seafoods is a fourth generation family business operating a retail store, restaurant, wholesale division, and, most recently, a mobile food truck.

David Varela, Complex Manager for Raymond James, is pleased to announce two additional members to his office in Wellesley Hills, Daniel J. Rabatsky, Associate Vice President, Investments, and Danielle M. Mellott joins him in a support role from the Raymond James home office. He is also pleased to announce his third year of financial support for the Weston Dads Foundation, an organization committed to helping foster strong bonds between fathers and their children. To reach David Varela, call 781.235.1460.

WellesleyWeston Magazine is a sponsor for the Ellis Boston Antiques Show to be held October 18-21 and the 16th Annual Boston International Fine Art Show (BIFAS) to be held November 15-18 at the Cyclorama Boston Center for the Arts. Ellis Boston features 40 exhibitors of the highest quality, offering antiques, fine art, jewelry, silver, rare maps, prints, and more. BIFAS hosts 40 museum quality galleries from the United States and Europe offering over 3,000 original works of art. For complimentary tickets visit www.BostonArtFairs.com/WWMag.

Mosher’s Men’s Store is celebrating its 92nd birthday. Mosher’s offers the very best in tailored clothing, furnishings, and sportswear and specializes in venerable American names such as Oxford Clothes, Hickey-Freeman, and Robert Talbott, as well as the finest Italian collections by Luciano Barbera and Lorenzini. Mosher’s is located at 1221 Centre Street in Newton Center. See our ad on page 25.

Body in Motion introduces its new barre fitness program – BarFusion™ – as a way to help transform your entire body in a one-hour workout. The Studio also welcomes new instructor Mimi Boudreau who brings her extensive yoga background and study with transformative yoga teachers to the barre. For more information on BarFusion™ and to sign up for classes, visit www.wellesleybodyinmotion.com.
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Wellesley

101 Ash Street
Weston

93 Lake Rd Terrace
Wayland

17 Juniper Road
Weston

75 Montvale Road*
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19 Wood Ridge Rd
Weston

243 Westerly Road
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74 Glezen Lane
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31 Nobscot Road
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11 Lake Rd Terrace
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57 Highland Circle
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22 Valley View Rd
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195 Conant Road
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3 Jeffrey Road
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Shafer O’Neil Interior Design is happy to announce that it has extended its hours open for business. Beginning in September 2012, the store will be open Monday through Friday from 9:00 am until 5:00 pm and weekends by appointment. Also, join them the first Thursday evening of every month for “Design Discourse,” a program of visiting guests covering topics surrounding the home and your lifestyle needs.

Noble and Greenough School, located in Dedham, invites you to attend an Admission Open House for prospective students and their families on Saturday, October 13 from 9:00 am to 12:00 pm. Panel discussions include the Process of Applying to an Independent School, Nobles’ Academic Life, Community Service Programs, Q and A with the Head of School, and the chance to observe some labs in the Science Building. For more information: www.nobles.edu/openhouse.

Dr. Mark Rounds, Medical Director of Mass. Eye and Ear-Newton, was once again selected as a “Top Doc” by Boston Magazine. The Mass. Eye and Ear-Newton physicians provide general ear, nose, and throat services for adults and children, head and neck surgery, and audiograms. Dr. Rounds also performs facial plastic and reconstructive surgery. To learn more about Mass. Eye and Ear-Newton, visit www.MassEyeAndEar.org/Newton or call 617.630.1699.

Judi Rizley of Clementine in Wellesley Hills is celebrating the fourth anniversary of her women’s clothing boutique. She now has an expanded selection of fine footwear for the fall season. Fall clothes will start arriving in August with many of your old favorites as well as several new designers. Keep an eye out for designers including Nili Lotan, Strenesse, Giada Forte, Allude, A.L.C., Massimo Alba, J Paul Gauthier, Carven, and Renee Lezard.

Wellesley’s J. Todd Galleries will provide the artwork for the Boston Design Home in Norwell. Since 2006, Boston magazine has invited J. Todd to adorn its newly constructed and fully decorated homes with artwork to coordinate with each room design. The proceeds will benefit the Ronald McDonald House. J. Todd has also provided artwork for the Boston Concept Home, the Boston Home of Distinction, and the New England Design Hall of Fame.

PAPYRUS has opened its first location in Wellesley. Located at 61 Central Street, the store carries the
complete PAPYRUS collection as well as the newly launched NIQUEA.D boutique, which features jewelry, accessories, and gifts. The store features the acclaimed “Hummingbird” design and is known for unique cards, stationery, and gifts, as well as personalized wrapping services. Hours are 10:00 am to 6:00 pm Monday through Saturday and noon to 5:00 pm on Sunday. Call 781.235.1604.

AJ Rose Carpets and Flooring has teamed up with Armstrong Flooring to become the only Armstrong Elite Flooring Dealer in Massachusetts. AJ Rose’s showrooms now have the largest selection of Armstrong hardwood, laminate, and vinyl flooring in the area. In addition, the pricing is competitive and all of the salespeople and installers are Armstrong certified. Visit the Natick and Burlington locations to see the new Armstrong Elite Showrooms. Call 508.652.0770, 781.272.7600, or visit www.ajrosecarpets.com.

The Weston Community Children’s Association (WCCA) is excited to announce its second year of the Merchant Discount Program for 2012 to 2013. The purpose of the program is to better integrate area businesses with Weston families by providing benefits to WCCA members while offering free exposure to businesses. Participating businesses will be listed in the membership directory and linked through the electronic newsletter and website. For more information, please contact Cat Porten at catporten@gmail.com or visit www.wccakids.org/Member_Discounts.html.

The employees of First Republic Bank are thrilled to be a part of the Wellesley community. They would love the opportunity to meet and to get to know you, so please stop by their new office at 284 Washington Street (at Eaton Court) in Wellesley when you get a chance. You’ll be greeted with a smile and freshly baked cookies. For more information, call 781.239.9881.

The Wellesley Chamber of Commerce invites the community to attend its 7th annual Shop Wellesley First Silent Auction, a showcase of premier Wellesley goods, services, and sports tickets.
on Saturday, November 17 from 5:00 pm until 8:00 pm. Get a jump on your holiday shopping while also supporting our local merchants and businesses! Contact the Chamber for more info: 781.235.2446, sconlon@wellesleychamber.org.

- The Natick VNA’s Fresh Taste was recently held at Elm Bank in Wellesley. Close to 300 people enjoyed sampling signature dishes prepared by the area’s most sought-after chefs. Each dish was paired with wine from Fifth Avenue Liquors and WCVB’s Susan Wornick hosted a lively auction. Sponsored by Skyscape, all event proceeds benefit the Natick Visiting Nurse Association, a not-for-profit home health care agency headquartered in Natick and serving 20 surrounding towns from Wellesley to Westborough.

- Dover Rug & Home, offering the largest selection of fine floor coverings and window treatments in New England, recently sponsored the Pakistan business conference, Rising Above the Tide, held at Harvard University. Professor Lakshami Iyer of Harvard Business School moderated an absorbing discussion on the challenges of entrepreneurship and business in Pakistan today. Dover Rug & Home is located at 721 Worcester Street (Route 9) in Natick. For more information, visit www.doverrug.com or call 508.651.3500.

- Emerge Design Group recently branded “ZoliOke”, a karaoke-style fundraiser hosted by New England Patriot’s punter Zoltan Mesko on June 9 at the Royale in Boston to benefit Children’s Hospital Boston. EDG has been retained by the Foundation
for Grossmont & Cuyamaca Colleges of San Diego, CA to redesign their website and launch the new “Give the Dream” campaign for the foundation.

**Betsy Wilson** is proud to announce the she has joined **Prudential Town and Country Real Estate** as their newest sales agent. Betsy is a Newton native who currently lives in Natick. She brings with her a strong background in customer service and looks forward to helping homeowners/homebuyers have a relaxed home selling/buying experience in Wellesley, Natick, and beyond.

**Century Bank**, the largest family-run bank in New England, is opening its newest branch at 75 Central Street in Wellesley this fall. Century Bank Founder and Chairman, Marshall M. Sloane, is scheduled to officiate the Grand Opening celebration scheduled for mid-September. Headquartered in Medford, Century operates twenty-five full-service branches in the Greater Boston area and offers an array of business, personal, and institutional solutions. For more information and a list of locations, visit www.CenturyBank.com.

**Brian Lafauce** is the Vice President of **C.H. Newton Builders**, a family-owned, fourth-generation home builder with a commitment to quality craftsmanship and professional service. C.H. Newton is proud to celebrate 55 years in the custom home building and remodeling business. Their homes have become synonymous with customized quality, style, and strength; attributes that remain the cornerstone of their business. Contact C.H. Newton Builders at 508.548.1353 or visit www.chewton.com.
Imagine being penniless in 2007 and five years later rise to become the third wealthiest family in the United States. This illustration aptly depicts the Town of Wellesley’s “rags to riches” renewable energy success. Wellesley has quietly emerged as one of the leading green communities in the country. Currently, 1,146 of the Municipal Light Plant’s (MLP) 9,986 customers are actively participating in the Town’s renewable energy program. According to the MLP’s Business Manager, Debra Healy, this 11.5 percent participation rate would rank Wellesley third nationally among all voluntary programs. Based on the most recent publicized data, Wellesley trails only Palo Alto, California (21.5 percent) and Portland, Oregon (12.7 percent). In addition, Wellesley has become the first Massachusetts town or city, and only the 33rd in the United States, to receive the Environmental Protection Agency’s (EPA) Green Power Community (GPC) award. What is truly remarkable, however, is that no one involved in this campaign believes the accomplishment was especially noteworthy. Katherine “Gig” Babson, a seven-year member of the Wellesley Board of Selectmen and a leader of the renewable initiative, explained, “We just listened. Once we understood the benefits of sustainability went well beyond climate change, it was an easy decision to support this grassroots effort.”

Although Wellesley residents and businesses have always taken pride in being environmentally responsible, one individual and one event seemed to bring the community together. One of the leading green advocates, Scott Bender, emphasized the importance of each individual’s contributions by adopting the phrase “Power of One” as the centerpiece of his outreach. Over time, the Power of One gained traction and eventually evolved into Sustainable Wellesley, a dedicated group of voluntary participants. The one event that got everyone’s attention was the construction of the new 280,000 square foot High School. Unlike many communities, Wellesley’s decentralized government not only welcomes participation but takes it a step further and encourages all that are interested to get involved. Green advocates also had the good fortune of working with a strong supporter in Gig Babson, who became Chair of the School Building Committee in 2007. The construction of the high school was an unqualified success. Completed in February 2012, the school embodies the Town’s vision of delivering education in an energy efficient, high performance, green building.

The success of the High School played an unexpected role in Wellesley’s future. After witnessing the environmental and financial benefits of a highly efficient, Town-owned building, Wellesley’s Town Meeting unanimously approved a Warrant Article that...
established a town-wide goal of reducing Wellesley’s carbon footprint by ten percent by 2013. A secondary, but equally important, initiative was the establishment of a permanent Sustainable Energy Committee (SEC).

In December 2011, the SEC identified the expansion of the MLP’s voluntary renewable program as the most effective way to reduce Wellesley’s carbon footprint. At the same time, Anthony Amato, a contractor for the EPA, challenged Wellesley to participate in the GPC program. Although the MLP’s renewable program had over 600 participants, only about one percent of the Town’s 260,000,000 annual kilowatt-hours (kWh) of electricity consumption was enrolled. To meet the EPA’s target, the Town would need to triple the amount of energy purchased.

Ellen Korpi, a member of the SEC, volunteered to chair the campaign. Korpi had extensive experience as a grassroots activist and immediately went to work organizing a sub-committee of volunteers. Working with the various “green teams” and Parent Teacher Organizations, Wellesley’s Renewable Energy program participation almost doubled from 608 to 1,146 today. “The town-wide enthusiasm has been incredible,” says Debra Healy. “I remember at one of our first meetings we thought we would do well to get 50 residents to let us place a ‘Power to Choose’ lawn sign in front of their house. Being optimists, however, we ordered 100 signs and in less than a day all 100 signs were spoken for.”

Although the enrollment increased, the SEC needed to get its commercial customers to participate. Whole Foods already purchased 100 percent of their electricity from renewable sources, so the Town was able to include their kWhs. The Selectmen, MLP, and others reached out to large users and soon Babson College, Mass Bay Community College, Wellesley College, and Sun Life Financial enrolled. Wellesley’s renewable energy purchase skyrocketed from 2,000,000 kWhs in December 2011 to 9,800,000 today, allowing Wellesley to receive its “Green Power Community” designation. Based on a national average of 1.34 pounds of carbon for each kWh generated by fossil fuel, Wellesley’s renewable energy participation will remove over 6,500 tons of carbon annually. Assuming an average car generates six tons of carbon each year, Wellesley’s participants are having the same impact as taking more than 1,000 automobiles off the road.

Barbara Searle is Chair of the Town of Wellesley’s Board of Selectmen. She sums up the thoughts of many Town residents in this way: “In reality we know that any Massachusetts community could accomplish this and we sincerely hope many others do, but we’ll always take pride in knowing Wellesley was the first”. 

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the idea of creating a usable space below the first floor has been around since people decided to store their cows there. Today’s homeowners, however, have come a long way from the dirt floors of days gone by and even further from the mildewed orange shag carpets of the not too distant past. The sky’s the limit for basement renovations that transform hidden spaces into fun, relaxing rooms for the family to entertain themselves and guests. No orange carpet, no lingering aroma of mildew, and no gloomy dark dungeons need apply.

start with a daydream

Let your space and your hobbies guide your decision-making process. Jan Gleysteen of Jan Gleysteen Architects, Inc. says that, “typically basement renovations have a pretty repetitive program. People are looking for the typical, but also the unusual, like the yoga studio.”

Movie aficionados might enjoy a media room, large families would benefit from a playroom, and those with a smaller space might like a room that combines the two, plus maybe a place to put the weights and the treadmill. From wine cellars to billiards rooms to yoga studios, the basement offers a flexibility of space that the first and second floors might not. Consider young children and plan to put up doors on danger zones like home gyms or workshops.

Ed Loughran of Charles River Wine Cellars says that wine cellars are increasingly popular in basement renovations. Walls can be finished with cut stone veneer to give the feel of a very old space. Larger wine rooms can have tasting tables with stools. Smaller rooms, without the space for true built-ins, can utilize a row of Sub-Zero fridges that look built-in to keep the pick of the day the perfect temperature.

Brian Gibson of Elite Media Solutions describes a large basement build-out his company recently worked on with Charles River Wine Cellars. The basement was transformed into a beautiful, dedicated home theater, an exercise area, and a fabulous multi-level wine cellar complete with a tasting room. Elite Media installed an automation system to control not only the home theater, but all other environmental aspects including lighting, HVAC, music, video, and wine cellar management.
For families with kids, Nancy Hill of Nancy Hill Interiors loves to create fun art areas with washable floors, furnished with easels and tables. She might carve out space for multipurpose game tables or tuck a pinball machine under the stairs for whimsy. She says to keep in mind that kids are only young for a short period of time. Make sure the space can grow with the family.

A way out

Because basements are often mostly if not completely below the ground, special care must be taken to provide a way to escape in the event of a fire. Michael Gray of architecture, interior, and construction firm Carpenter & MacNeille recommends having at least two points of egress from a basement. Most homes already have a way out in the form of a walkout or a bulkhead. Utilitarian bulkhead doors can be replaced with something more in line with the decor of the newly renovated basement. For the larger budget, the bulkhead can be changed into a nice, finished stairwell.

For example, one of the homes that Carpenter & MacNeille is working on has an exterior sun porch with a set of stairs leading down. The firm will remove the existing staircase and add a small, window-encased addition that leads up from the basement. The homeowners will no longer have to walk up the stairs in the rain, but instead come into a nice mudroom and go upstairs from the inside.

Work with what you have

The foundations of newer homes are usually deep enough to accommodate basement renovations. But what about older homes with shallow, cave-like spaces, giant sooty furnaces smack-dab in the middle of the room, and webs of plumbing, wires, and ductwork? Sometimes a renovation won’t work. But other times, when the desire and the money are there, builders can dig a little deeper to make the magic happen. Gray and his team at Carpenter & MacNeille are working on a basement in an old home that required excavating another three feet
Basements That Rise Above

below the entire foundation, a feat of engineering. “It’s almost like engineering a boat,” says Gray. “A big concrete boat.”

Karen Newman, who owns Pentimento Interiors with Janet Paraschos, says, “Basements used to be caves. Now there are so many innovative ways to dig a deeper foundation and add ceiling height.”

moisture and climate 🌡️

Keep in mind that unless builders or designers conduct their evaluation during a hurricane, they won’t necessarily know where those pesky drips and leaks lurk. Identify and mark any areas of dampness that could wash renovation money down the drain. Remember that periods of heavy rain and spring thaws can push the threshold of your basements water tightness, so pay special attention during those times to detect potential problems.

flooring 🏗️

First and foremost, says Gleysteen, the floor must keep water out. Any moisture will buckle the wood. In addition, Gray recommends radiant heat inside concrete slabs to chase away the chill. Aside from being watertight and providing warmth, the floor can completely match the homeowner’s tastes. The yoga room might get a bamboo floor while the kid’s play area could have washable, durable Marmoleum done in a fun pattern like checkerboard or yellow brick road. Gleysteen prefers pre-engineered floating wood and Hill likes to play with flooring by carpeting media rooms and installing rubber tiles in gym spaces. She likes cozy, yet stain-resistant carpets.

lighting ☀️

Of all the elements that can make or break a basement renovation, lighting is the biggest. Without the right lights, a basement can be murky, dark, and dismal. A variety of lights at different heights and angles creates depth.
Find out what her clients know.

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Rutledge Properties
“Lighting is a huge issue,” Newman says. She advises clients to add windows whenever possible, and to remove unsightly ceiling tiles and replace them with recessed lighting for an aesthetically pleasing look.

Loughran uses cool, sustainable LED lights in the wine room. Hill uses movie theater strips in the media room and on the stairwell.

Another way to add light and the illusion of windows in a basement that has neither is to create faux windows that are standard sill height with opaque and backlit glass. “They’re false windows but you’d be surprised—they really do create the feel [of actual windows] in the space,” says Gray.

Gleysteen says the trick to getting a basement to feel like it’s not a basement is to pull in all the natural light possible. There are two ways to do that. One is to create a walkout basement on a house built into a slope. But for those not fortunate enough to have that above-ground space to install a significant amount of glass, a window well is a great option. A window well brings in natural light, creates the feeling of being on the first floor, and is big enough for someone to escape through in the event of a fire. The concrete surface of the well can be covered in fieldstone or stucco.

“All you need to pull off the feeling that it’s not underground is to have some natural light at one end of the basement. You don’t need it everywhere. You just sort of blow in a lot of light in one spot or in a couple spots,” says Gleysteen. He also says a rule of thumb is to increase the amount of lighting by 25 percent. Another way to dispel the sort of dark dinginess of a basement when you don’t have a lot of natural light is to increase the amount of wattage in the lighting.

Don’t forget the opportunities the stairwell presents. An old, narrow staircase may be able to be widened to provide a first floor feel. Newman says that stairs can be used as a design element. Consider open risers or a free-standing staircase that you can walk under.

As for the palette, a downstairs suite can be fresh and inviting done in light colors. But don’t feel like you need to stick to pastels just because you’re down below. Gleysteen, for example, simply increased the lighting significantly in a gorgeous wood paneled billiard room he designed.
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Basements That Rise Above

Get creative with space, and have fun, but don’t always keep function in mind. According to Newman, “Beauty is one thing; function is another.” Storage needs to be considered as a useful feature but should be hidden behind closet doors with adjustable shelving. While the trend has been to relocate laundry rooms to the first or second floors, some homeowners are revamping their spacious basement locations. Basement laundry rooms can be top-notch with pull-out drying racks, granite countertops for folding laundry, and closets to hide cleaning supplies.

**Sources:**
- **CHARLES RIVER WINE CELLARS**
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  781.235.2501
- **ELITE MEDIA SOLUTIONS**
  www.elitemediasolutions.com
  781.237.2929
- **JAN GLEYSTEEN ARCHITECTS, INC.**
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Finally, don’t forget about art. Robert Totaro of J. Todd Galleries in Wellesley says that art for the basement can be a touch more whimsical than usual or even thematic. Paintings of wine bottles or vineyards can work well in a wine room, for example. Peruse paintings with movie themes, sports themes, musical themes, whatever makes the space personal and makes you happy. Totaro remembers one client who loved both Ireland and sports cars, and requested a custom mural of his sports cars on those rolling, verdant hills in Ireland painted right onto his basement wall.

When redoing the space, remember that the basement is an area that can grow with your family and can be as formal or as laid back you want.
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An enduring part of your family
Highland Meadows is unique in ways that insure it will stay unique. It has a premier location that is likely close to where your family is now. It has unsurpassed quality accommodations based on homeowners’ personal design choices. It is a community of homeowners who have enjoyed success in their lives and who appreciate the fellowship of other successful individuals. Each of these factors is significant in itself and almost impossible to find in combination. Highland Meadows allows a life that is filled with interest and excitement while being freed from the burdens of daily maintenance. It is a special place designed to complement the life you’ve spent your lifetime building. Visit Highland Meadows and see for yourself. Please call us at 781-893-3335 to schedule a private tour.
every once in a while, we meet a person who surprises us. We meet neighbors, acquaintances, shopkeepers, teachers – but we don’t really know them. We don’t really get to know them, that is, until we take the time to have a real conversation.

I’ve known Larry Shaw for many years, but I had no idea how interesting and accomplished he is. It wasn’t until I had the opportunity to speak with him for more than a passing moment that I learned what he’s been doing for the past 35 years or so. As Principal and Director of Engineering for Boston Light & Sound (BL&S), the specialty projection and sound gurus based in Brighton, Larry has worked on countless movie sets, personally collaborated with film directors, and even won an Oscar! He is just another one of my neighbors, but a neighbor with some great stories to tell, and—don’t forget—an Oscar.

My first experience with Larry Shaw began with my noticing him as a quiet presence at the First Parish Church in Weston that I also attend. As a father to Katie, a junior at Weston High School, and David, a captain in the Federal Reserve Police, Larry attends First Parish with his wife Mary, a soloist in the church’s choir. Needless to say, whenever the church has a unique sound or lighting challenge, Larry is the one to step forward with a solution.

Want to provide live video feed of the organist’s hands while playing the new church organ in the sanctuary? It’s done. Want to add lighting and sound to the parish hall to give it a night-club-feel during high school rock band performances? It’s done.

You see, Larry is a problem solver. As he explained in a recent interview, this is his calling. But, as I learned, the church’s “problems” are

“It’s been kind of interesting all of these years.”
miniscule compared to the ones he’s used to solving throughout the course of a typical work day.

“It’s great when people come in with bizarre can’t-do ideas. If others have said something can’t be done today, we’ll build what we need and get it done,” Larry says. BL&S has built its reputation on just that – getting the job done.

For example, take the time a friend at Universal Studios by the name of Steven Spielberg casually mentioned that “it would be nice” if there could be a lightning effect that activated in theaters featuring the coming attraction for The Lost World: Jurassic Park. “In less than a week we devised special boxes, purchased 8,000 strobe lights, 50,000 feet of extension cord, and made it happen in 200 movie theaters,” Larry says.

Why Boston?

According to Larry, “We go wherever we’re needed – it doesn’t matter where we’re located as long as we are near a major airport.”

More important than location to the lighting and sound business is the ability to respond quickly: “If one of our clients breaks something or wants to add something to a project, we need to be able to get there right away. We’ve done that many times. We find out if someone has a friend who wants to go on a trip to the Middle East or Europe for instance, and we’ll say, ‘take this with you and carry it over there.’ It just has to be now.”

BL&S employs 24 people at their Brighton location and provides image and sound services for performing arts venues, colleges and uni-
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versities, film festivals and screenings, museums, houses of worship, cinemas, and sports venues across the country and internationally.

Larry showed me around his 16,000 square foot “shop” and it looked like a movie lot. The reception area displayed large movie and film festival posters and, once inside the work area, I saw huge screens rolled up along with scores of boxes and crates due to ship out to Las Vegas for CineCon, the world’s largest cinema industry trade show.

In Demand
“In current years, film festivals are our biggest piece of business,” Larry says. BL&S provides high-end digital cinema, HD video, film, and
sound content for such film festivals as Doha Tribeca Film Festival, TCM Classic Film Festival, and special events such as the worldwide screenings of Napoleon.

“We used to do a lot of work in film production too,” Larry continues. “But the nature of CGI, computer graphics, has taken that part of the business over. The type of work we once did is now accomplished more cost-effectively using computers.”

And yet, there is a list of more than 65 films Larry has personally worked on as an on-site specialist or consultant. You'll recognize some of your favorites: The Perfect Storm, A League of Their Own, Jungle Fever, JFK, The Abyss, Field of Dreams, Prizzi’s Honor, The Verdict, On Golden Pond – and so many more.

Private screening rooms have become a specialized part of Larry’s business. “We’ll
work with the architects to make it work out. In these types of rooms the technology takes precedence because these guys want the image perfect. I would too if I made movies.”

The “guys” Larry has worked for are high-powered directors like Spike Lee and Martin Scorsese. For Scorsese, Larry created a viewing room for the film he was making in Boston at the time, Shutter Island, as well as an entirely separate, private sound room just for watching movies on his own time. “Scorsese just really loves watching movies and he doesn’t want to be away from them,” Larry explains.

On-the-Job Training

When I asked how he got started in the lighting and sound business and what training he might have had, he answered: “Not much.”
But, while he didn’t attend a trade school, he did apprentice as a projection engineer around the age of 18.

“I was working as a mechanic and a friend of mine said, ‘There is this movie theater where I’m working as an usher’ and he asked if I’d be interested in making a few bucks on the side. And very quickly I decided I wasn’t interested in ushering, but I was very interested in the machines the movies were shown on - they fascinated me.”

His innate curiosity about machines was enough to get him hooked: “It’s not my nature to just watch some machine operate. I want to know what’s inside that makes it tick.”

After completing his apprenticeship, Larry met his current business partner, Chapin Cutler, who was working in the film department for a Boston television station. “He was getting ready for a change. The two of us decided there was a need for people who can do this work really, really well. So we started out and here we are 35 years later.”

Today, BL&S is known as the go-to company in the industry. Testimonials such as this one from Sarah Pearce, director of operations for the Sundance Film Festival, tell the story: “We constantly hear…that our presentation quality is the highest of any festival – and I give all of that credit to…the team at BL&S.”

And the Oscar goes to…

Not only has Larry rubbed elbows with the greats of Hollywood, but he’s also been recognized by the Academy of Motion Picture Arts and Sciences for his contributions to the design of a high-speed studio projector, the Kinoton FP 30/38 EC II.

“BL&S was the US agent for Kinoton. We were able to get changes made to the projector to make it work right in the US market, so I
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submitted it for an Academy Award. There's this whole procedure where you go out and give presentations and explain the product and answer questions.”

At the pre-Oscar event on February 14, 2004 honoring advances in filmmaking, Larry was one of the few who stepped forward to grab an award. It wasn’t an Oscar statue but rather a Scientific and Engineering Award plaque, but it didn’t matter, the validation it provided was award enough: “Some people feel this projector is the best thing that’s ever been made, and I like that.”

BL&S is no longer affiliated with Kinoton, but Larry and his team are highly praised on the Kinoton Web site: “With their excellent reputation in the film community, both Larry Shaw and Chapin Cutler… moved Kinoton into new markets.”

One Final Question

I asked Larry, “What was your favorite job or favorite experience?”

“It’s hard to say because there are so many,” Larry replied. “Just to review them makes your head spin. It just goes on and on!”

But then Larry’s face lit up and he started to reminisce about watching actor Paul Newman on the set of the 1989 film Blaze. “I thought Paul Newman was a great guy – and a guy who worked hard. I remember working on a particular shot for Blaze in Northern Louisiana. He’s a guy who’s been around long enough that he could just ‘call it in.’ But yet, I’m out doing my setup and he’s out there for hours in the back of a pickup truck. He’s rehearsing a scene where he’s yelling and ranting like a lunatic to portray Earl Long and he kept doing it until he was happy with it. And I’m thinking, ‘He doesn’t have to do this – not at all.’ He just wanted to do it right.”

I find it interesting that this is one of Larry’s favorite moments because it describes exactly how Larry himself approaches a job. Not the yelling like a lunatic part, but the strict work ethic and the working-until-he-gets-it-right part. Larry’s a great guy too, and he really does seem to always get it right. You never know the stories someone has to tell, until you ask.
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on February 28th, fresh from an extended winter vacation, approximately 1,330 Wellesley High School students filed out of the 1938 Wellesley High School building for the last time. As they walked 17 feet to the new school, each tossed a red card into a trash bin. On these cards they had jotted down something they wanted to leave behind: bad study habits, bullying, teasing, complaining, graffiti, stress, worries, and stinky smells in the basement are just a few of the good-ridance notes students deposited as they departed. And then, with nobody left in the school, three members of the first classes to graduate from the old Wellesley High School (WHS) turned out the lights in the dusty gym, drawing a symbolic close to a building that proudly served its community for nearly 74 years.

Four students—one from each class, picked by lottery—led the way into the new school. As all the students entered their new high school, they each handed a green card to a faculty member lining their pathway. On the card they expressed a wish or two for what they wanted to carry with them to their new school. A few of the aspirations students expressed were: eagerness to learn, openness to meeting new people, gratitude, respect, caring relationships with teachers, a new sense of hope, determination, great friends, justice, excitement for starting anew, (one card read: “my beloved backpack that I’ve had since Kindergarten”), and Raider pride.

Dr. Andrew Keough, principal of WHS, explained to the students assembled for the very first time in their shiny new gymnasium that they are the “new” WHS. “In the end, a school is a shell without all the people in it. Students, faculty, administration, parents, and the community make it what it is.”
The clock face from the 1938 school's tower proudly takes its place on the new tower.
A group charged with planning for opening day came up with the theme “The Things We Carry” to communicate Dr. Keough’s very point, and used the red and green cards to encourage students to be deliberate about how they approached their time in the new school. Pam Stewart and Mary Roberts, parents in the group, categorized the green cards, revealing the most popular themes: academics, friendships, positive emotions, character, and memories of the old school. In time for the May 2012 “Turn on the Lights” dedication ceremonies, they hung hundreds of the cards in the lobby, showcasing students’ hopes for what they would carry forward. The group also installed permanent banners of WHS’ core values in the lobby, taking them out of the handbook and making them visible to everyone in the building each and every day. Academic Excellence, Commitment to Community, Respect for Human Differences, and Cooperative and Caring Relationships echo the students’ green card priorities perfectly.

It is impossible to overestimate the number of people who worked tirelessly to make the new WHS a reality. Thirteen constituent groups contributed to the planning and execution. Selectwoman and Chair of the School Building Committee Katherine L. “Gig” Babson Jr., for whom the auditorium of the new high school is named, expresses her gratitude: “The most remarkable part is the number of volunteers who thought through all the issues—from renovation to building anew—and then collaborated to shape a high-performance, green building.” School Committee Chairwoman Suzy Littlefield communicates appre-
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cation as well: “I have extreme gratitude to the Town of Wellesley for supporting excellence in education and creating a quality learning environment that the whole community benefits from.”

Back on October 20, 2008, as the stock market cratered, Wellesley Town Meeting members bravely showed their support for a new high school, and on December 9 in a town-wide vote, Wellesley residents also demonstrated the courage to fund a new high school amidst economic uncertainty. Interestingly enough, this commitment to quality education echoes the support the town showed in 1938, building a new high school during the Great Depression. At $865,000 it was the biggest capital project Wellesley had ever undertaken. At an estimated $130 million, the new high school project was once more the biggest capital project for the town.

Wellesley’s commitment to persevere despite a poor economy had a silver lining yet again. With a dearth of construction projects, quality contractors were eager to work for very competitive prices. Bottom line, the school was completed six months ahead of schedule and about $15 million under budget.

The new 280,000-square-foot school building includes features critical to a 21st century education such as wireless communication.
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so laptops can be used anywhere in the building; interactive SmartBoards in every classroom; improved acoustics in classrooms as well as performance spaces; science classrooms with laboratories; a gymnasium that can seat the entire student body for all-school meetings and rainy graduation days; a performing arts wing with a drama room designed for small performances, practice rooms, and a workshop for set building; an auditorium with an enclosed sound and light booth for recording and projection; not to mention adequately sized, well-ventilated classrooms positioned to maximize natural light.

When asked about their favorite aspects of the building, students, faculty, and administrators overwhelmingly mentioned two themes: The views to the outside that enhance well-being and the views within that enhance community. Some credit the large windows and angled ceilings for harvesting natural light, others for connecting students to nature, and still others for creating a bright and uplifting environment. As for the community-oriented aspects of the building, the WHS community values the open central hub with its cluster of gathering places; vistas between areas, comfortable lounge spaces for small groups to meet, window-fronted offices, and the decentralization of guidance counselors and vice-principals on all floors and closer to students for informal interaction.

Wellesley Public Schools Art Director Thom Carter credits the grouping of visual art rooms on the top floor with encouraging collaboration among students and teachers, and the
Caroline Gray, co-founder of the Student Unification Program, appreciates the community-building elements of the building. “I like that one of the goals of the new school seems to be showcasing students’ accomplishments. Though I have never taken part in an art program at Wellesley High, I take pride in my peers’ work; it’s exciting to walk by the office and see the face of a friend on the wall dedicated to the ‘Artist of the Month.’”

The WHS community also prides itself on the green aspects of the building that maximize sustainable resources and minimize dependence on purchased power, fuel, and water. A few of these features include daylight and occupancy sensors that adjust artificial light based on the amount of natural light and room activity, a two-well geothermal system that heats and cools the administrative offices, a 7,000-square-foot green vegetated insulating roof, a 100,000-gallon rainwater
harvesting system that uses storm water for toilet flushing, and a rooftop photovoltaic system that generates enough power to operate 900 laptop computers. Possibly the most exciting sustainable design feature is the interactive dashboard screen in the main lobby. It connects to the school’s energy management system and displays building performance, keeping energy efficiency top-of-mind and easily incorporated into the curriculum. (Visit the school or www.buildingdashboard.com/clients/wellesley/ to see for yourself.) Ian Speers, 2011/2012 president of Key Club, Vice President of the Student Congress, and Representative to the School Council and School Committee, among other extracurricular positions, recognizes the importance of an environmentally friendly school, “I appreciate the effort that the building committee and architects put into making this school as green as it is.”

Not everyone embraced the idea for a new school with open arms. Adam Cluff, an English teacher at WHS and a class of ’97 graduate known for his prowess on the basketball court, was not a supporter, that is, until he experienced the new building for himself.

…As we approached our final weeks and days in the old building, I felt a deep sense of loss—grief, almost, for the passing of a venerable repository of such greatness, and so many memories, both personal...
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and collective. I realized I would miss the Larsson Gym, where I played over 80 and coached over 100 high school basketball games, the most. My last act in the old Wellesley High School was writing my name and my brother Ben’s name in marker at center court. I wept as I did so.

But then: I made my way over to the new building, saw the students leaping around, exploring its fresh contours, glimpsed the magnificent auditorium, stately library, and brightly lit cafeteria, and felt a resilient optimism about our future in this building. This is not easy for me to say—I almost feel disloyal to the old building, but: I love the new building, especially those spaces I listed above. After a few days in the new building, it felt like home.

I am most grateful that my life at WHS will have bridged the old and the new. I heard from a former student, Billy Jacobs, Class of 2004, an artist whose original painting of the 1938 building now adorns the wall of my new classroom, and two sentences he wrote really captures how I feel about this whole experience. He says: “I am very happy that I got to experience the elegant, ramshackle old building, and am happy for other people who will get the benefits of the pleasant, almost futuristic new space. Mr. Cluff, I look forward to you regaling kids with their jetpacks and flying skateboards about the good ol’ days, when you actually had to climb up three flights of stairs to get to Mr. Hamilton’s class...without air conditioning!” I could not put it any better than Billy did.

Perhaps elements of Mr. Cluff’s beloved high school that now grace the new one also eased his transition. Maybe it’s the flying eagle weathervane that soared atop the tower since 1938 that holds a place of honor in the lobby of the new school, the clock from the old tower remounted on the new one, or “The 1938 Room” in the new library, filled with architectural elements, plaques, and materials from the old building. Whether or not any of these “recycled” icons played a role in Cluff’s unexpected delight, they certainly showcase yet another example of Wellesley’s commitment to sustainability.
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The Brain Trust

N.A.Z. Sioshansi, writer
the communities of Wellesley and Weston have long been synonymous with wealth, as the senior executives of many large corporations reside in the two towns. However, there is another professional type, namely professorship, that is often overlooked in the images of “Swellesley” and the affluent “W” towns. Sometimes we need to be reminded that our towns are home to four colleges which add an influential “brain trust” to the other more familiar trust that the towns’ names evoke.

The professors at these colleges are making significant contributions to society in big and small ways, whether they are influencing changes in welfare through public policy or highlighting the ethical misconduct of large, international fishing companies and their direct impact on fishermen. One professor at is creating new efficiencies in medicine by creating courses that train a student to be certified as both a radiographer and nuclear medicine technician, thus reducing the cost of needing two people to be present during an MRI or CT scan. Another professor is helping small businesses across the nation achieve growth.

Most noteworthy for residents, many of these professors are creating programs that impact the community. A Babson professor has created a specialized coaching program that taps into the local resi-
Phillip Levine

Perhaps the most famous college in the two towns is Wellesley College—having educated world leaders such as Hillary Rodham Clinton and Madeleine Albright. Today, Phillip Levine, professor of economics, is studying the US teen pregnancy rate and the impact of economic opportunity. Using statistics, Levine hypothesizes that if you are a teenager with a “less than rosy path for the future, then having a child out of wedlock might not be as detrimental for you.” He believes that income plays a large role in teen child-bearing rates—with the US having higher teen child-bearing rates than the rest of the developed world and greater economic inequality. The results of Levine’s statistical work have direct implications for public policy.

“There are bipartisan approaches to reducing teen pregnancy. The right preaches abstinence; the left wants to create easier access to contraception. Both are missing the point; we need to focus on improved economic opportunities for young people,” Levine says.

Levine is not a stranger to influencing public policy. He served in the Council of Economic advisors for the Administration in 1996—just after the welfare reform bill was passed, which eliminated things such as cash benefits for welfare recipients. Levine’s work was to find ways to “soften the blow” of the bill that was signed due to political pressure.

“People who make policy are almost always interested in seeing what research shows…but they might not always incorporate it due to political pressures. [My] job is to focus on putting the research out there, so that it can influence the policy.”

Wendy Lement

Similarly, Wendy Lement, professor of theater at Regis College, has recently used her classroom to increase awareness and highlight misdoings by large, international fishing companies. Regis’s most recent play, *Six Pairs of Hands*, focuses on the Gloucester Fishermen’s Wives Association which was started in 1969 in an effort by the wives to lobby for their husbands. The wives, most of Sicilian background, went to and testified in front of Congress about conditions to craft fair fishing laws. A bill was eventually passed that international companies could not fish a certain number of miles from the nation’s coasts, protecting local fishermen. Originally the play was supposed to be a political satire but, after interviewing the wives, the students decided that there was nothing comical about the situation. The play was crafted as
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a musical and it closes with a poignant, historically true scene. On the morning when the statue for the fishermen’s wives is unveiled in town, a Russian trawler is caught violating the coastal fishing edict, having hit a local ship and continuing onwards while the local ship sank. Because the ship’s captain was rescued, he was able to identify the trawler which cost him his ship—and more importantly the lives of three of his crew. As the news is learned on land, the wives who have gathered for what was to be a joyous celebration of their hard work circle in front of the statue singing Ave Maria.

This play was done both at Regis and in the town of Gloucester. At the latter location, the demand was so strong that they added a number of extra shows, which state representatives also attended.

Lement, who has built the theater major at Regis, teaches screen writing, play writing, and directing as well as courses in educational theater.

David Gilmore

Lement’s colleague, David Gilmore, assistant professor and chair of the medical imaging program, is also having an impact with his work, but in the medical field. State laws are currently written that there needs to be a radiographer and a nuclear medicine technologist present when conducting and reading certain tests. In Gilmore’s opinion (as well as many health care companies), that seems to be duplicative. Gilmore is looking to merge the two roles together. At Regis he has created a discipline where students go to school for two years to get their degree in radiography and then two more years to get their bachelor of science degree as a nuclear medicine technologist. Students can elect to do either degree separately as well.

From 2007 to 2008 Gilmore served as the president for the Society of Nuclear Medicine, which is a physician and technician organization of 16,000 members. During this time, he also did a great deal of work to merge the two disciplines into one. Currently at Regis there are four students taking advantage of this combined curriculum, all of whom have had their recent research articles accepted for presentation. They presented them at the annual Society of Nuclear Medicine meeting in Miami this past June, Gilmore is happy to note. The students worked with major hospitals in the Boston area, including Mass General, Dana Farber, and Beth Israel, to complete their research.
At Babson College, Patricia Greene, professor of entrepreneurship, is similarly creating national and international change. She is currently on a special assignment for Babson, acting as the national academic director for Goldman Sachs 10,000 Small Businesses initiative—a program in which Goldman Sachs has invested $500,000 to help create an economic development program for small business growth. This program has been in existence for two years and already 675 executives of small businesses have completed it. The small businesses who participate must be in existence for at least two years, employ a minimum of four people, and have room to grow. Already the graduates of this program are reporting positive growth—they have been adding jobs and seeing increased profits. Greene’s role is to train the faculties at the community colleges, where the courses are being administered, on how to deliver the course. They currently
have seven sites: New York, New Orleans, Houston, Los Angeles, Long Beach, Chicago, and Cleveland.

Greene is also serving as an advisor to another Goldman Sachs program, 10,000 Women. This program has a focus on economic development opportunities for women in developing countries. There are 14 sites internationally from Brazil to China. Greene works with these sites to develop curriculum guidelines as part of their continuous improvement process.

Both of these programs get to the heart of Greene’s real passion: women and entrepreneurship. She co-founded the Diana Project, a program that focuses on how women obtain capital to fund businesses. Greene feels that it is important not only to focus on women starting businesses but on growing these businesses as well. Named after Diana, the goddess of the hunt, the Diana Project is focused on research, but also connects with the business owners.

“Overall, whether dealing with women business owners or small businesses in general, it is important to combine research, practice, and policy,” says Greene, who testified before the Senate Small Business and Entrepreneurship Roundtable in April. There, she talked about different types of resource providers and the different means of providing capital. The Senate committee is now reviewing the research to decide what role, if any, the government should play.
Dr. Joe Weintraub

The impact that these professors are having is not only on a national or international scale. Professors at these local colleges are involving the local communities when and where they can. Dr. Joe Weintraub is an organizational psychologist and faculty director at Babson Executive Education. He has created a coaching program for all undergraduate business students—where students receive coaching in their freshman year and then again in their junior or senior year.

“People need more than IQ to be successful…they need EQ, or emotional intelligence,” states Weintraub, “and the coaching program is established to help with just that.”

Wellesley and Weston residents, as well as alumni, often volunteer to participate as coaches. The coaches come for a day of training, usually on a Saturday from 9:00 am until 4:30 pm, and then return for one of four dates in the semester to observe a small group talk about case studies. The coaching is done on a one-to-one ratio. Once the case study is completed, the coaches discuss the meeting amongst themselves, and then sit down with their assigned student to give confidential feedback. The coaches will discuss six different areas of competency including ethics, leadership, teamwork, world communication skills, listening, and decision making. It is these six skills that form EQ for Babson.
“The coaching training is beneficial to both the student and the coach, who can then take back their experience and share it at their corporations,” says Weintraub, who has written two books on coaching.

**Enriching the Community**

H. Kim Bottomly, President of Wellesley College and a renowned immunobiologist, similarly takes pride in how her faculty and student body are enriching the community. She cites the new Sustainability Certificate Program launched by the Three-College Consortium (a co-sponsored program between Wellesley, Babson, and Olin College) which evaluated the sustainability of a city block near Wellesley College. The students...
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studied different factors, such as transportation, water use, and building materials. The project culminated in a presentation to the Wellesley town officials last fall.

She also points to Neuroscience professor, Marc Tetel, who runs STEM (Science, Technology, Engineering, Math) tutoring for METCO students from Wellesley Public Schools. As part of this program, fourth and fifth graders receive tutoring from Wellesley College students in mathematics and have the opportunity to tour other science programs on campus.

President Bottomly concluded her interview in welcoming residents to take advantage of the college: to run on the college paths; visit Davis, one of the nation’s finest academic art museums; attend the public stargazing nights at Whitlin Observatory; and visit the Wellesley Botanical Gardens. In fact, all the professors encouraged further participation with the towns’ residents. The towns of Wellesley and Weston have strong suburban communities and culture, but they also have an amazing diversity that the four colleges provide.

Look for profiles of more members of Wellesley and Weston’s “Brain Trust” in future issues of Wellesley/Weston Magazine.
Tom Aaron Celebrates Anniversary with Coldwell Banker

On May 15, 2012, Tom Aaron celebrated 22 years at Coldwell Banker, formerly known as Hunneman & Company – Coldwell Banker. In 2001, Tom was appointed Vice President and has been a consistent top producer with an impressive record of success practicing residential brokerage. For the past 21 years, the Coldwell Banker Wellesley office has been recognized as Wellesley’s #1 residential real estate firm under the leadership of Senior Vice President & Manager, Susan Ausiello.

Tom Aaron Featured in Boston Magazine’s Upcoming “Best of Boston” August Issue

A select group of 40 Coldwell Banker Previews International® Property Specialists were recently selected to be included in an upcoming 2-page photo spread in the upcoming “Best of Boston” August Issue of Boston Magazine. The group photo, including Vice President, Tom Aaron, includes 28 of the company’s most prominent and accomplished Coldwell Banker Previews International® luxury property specialists. Founded in 1933, Previews® is a marketing division of Coldwell Banker recognized as the world leader in the sale of distinctive, high-end and luxury properties. Coldwell Banker Previews International® maintains offices in North America, Central America, South America, Africa, Asia, Australia, Caribbean, Europe, Middle East & South Pacific.

Wellesley Resident, Lauri Maney Joins Tom Aaron’s Brokerage Team as a New Broker/Assistant

A native of California and a recent transplant to the Cliff Estates from Winnetka, IL, Lauri Maney joins Tom Aaron with a diverse professional background. Most recently, Lauri worked as a controller for a worldwide advertising agency in Chicago, as a regional manager of employee benefits in San Francisco and as an international lease analyst for a leasing company in San Francisco. In addition, Lauri is actively involved in community service, higher education and supporting her three children’s passion for the performing arts. Lauri has a BA in Business Administration & Art History from the University of California, Berkley. Lauri Maney can be reached directly at 847-431-9592 or lauri maney@NEMoves.com.

Tom Aaron Serves as Corporate Trustee for The Trustees of Reservations

Since 2000, Tom Aaron has served as a Corporate Trustee & Steering Committee Member for the Historic Resources Committee for the Trustees of Reservations. A Corporate Trustee is a voting shareholder of the organization and the Historic Resources Committee is comprised of individuals whom oversee the Historic Properties and other cultural resources held in trust by the Trustees Of Reservations. Founded in 1891 by Charles Elliot, TTOR is Massachusetts’s oldest land conservation organization. TTOR recently celebrated the restoration of the Grand Allée at Castle Hill in Ipswich. On June 14th, supporters Corporate Trustees & Board Members were invited to an elegant evening of cocktails, dinner and dessert at Castle Hill also known as the Crane Estate. More than ½ mile long to the Atlantic Ocean, the Grand Allée’s garden sculptures were lit for the first time since the historic home was built in 1913. To learn more or to support The Trustees of Reservations, visit www.ttor.org.

Tom Aaron Hosts 50th Anniversary Celebration for the Bill & Bo Winiker Orchestra

On June 20, 2012 more than 200 guest came to Scullers Jazz Club in Boston to hear a memorable music performance celebrating the 50th Anniversary of Winiker Music. Winiker Music, under the leadership of brothers, Bill & Bo Winiker have long been regarded as Boston’s pre-eminent society band. The Winikers began playing with their father, Ed Winiker in the early 1960’s and have continued the tradition of Winiker music ever since. Whether its playing a trio at the launch of one of Tom Aaron’s broker open house cocktail parties, a Wedding at The Taj Hotel or playing at President Bill Clinton’s Inaugural Ball, the Winiker band happily accommodates any venue. Following their 50th Anniversary performance, Tom Aaron hosted a reception for guests at Scullers Jazz Club and the Winikers introduced their new CD titled, “Getting A Kick Out Of Life”. Bill & Bo Winiker can be reached at www.winikermusic.com.

Bill & Bo Winiker Band Perform at the Launch of a New Property Listing for Tom Aaron

Brokers from surrounding communities enjoyed a catered evening cocktail party with the music of the Bill & Bo Winiker Band at the launch of one of Tom Aaron’s new property listings. Red Sox tickets, a signed & framed limited edition print of Fenway Park by artist Thomas R. Dunlay and a gift certificate to Blue Ginger Restaurant were raffled off. The property was custom built in 1999 and is a replica of a 1930’s William Lawrence Bottomly lodge once owned by Red Sox owner’s Tom & Jane Yawkey. The house was commissioned and is owned by Yawkey Foundation Trustee, William B. Gutfarb and his wife, Wendy. Comprised of 9 Rooms, 5 Bedrooms and 4,000 sf, this distinctive home is privately set on 3.9 acres in a secluded country setting. For additional information, please contact: Tom Aaron at tom.aaron@NEMoves.com.
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in the old graveyards in Wellesley Center or Weston, tombstones give clues to the lives of those who lived, died, and left their mark on both towns. Looking at gravestones, you can guess at the tragedy that killed three siblings in a week, note stillbirths, and deaths resulting from childbirth. You can sense the sentiments of those who survived.

But other cemeteries say more about the society that did the burying than they do about the dead. Three nearby burying grounds, as different from one another as from our town-center churchyards, tell shameful chapters from our past. They speak of the fates of Native Americans, delinquent women, and the mentally ill. And of how we treated them.

The closest cemetery, on soil that was once part of Wellesley, is in South Natick; the farthest one is in Medfield, only ten and a half miles from our two-town boundary. (See directions in sidebar on page 94.)
Chances are, you have passed the intersection of Route 16 and Pleasant Street in South Natick center without ever knowing you were driving over an Indian burial ground. It is, after all, a paved thoroughfare.

It is also on the Indian trail, now known as Washington Street, that led from what is now Wellesley to a village of Christian praying Indians who settled on land granted them by the colonials around 1650. Despite their cooperation with the British, the Natick tribe, along with all other natives the British could round up, was moved to the Boston Harbor islands during the 1675 King Philip War. Decimated by starvation and disease, only a fraction lived to return.

A plaque at the corner of the Bacon library grounds notes that the Indian burial grounds stretches under the library’s lawns and reaches all the way to the nearby intersection. If that fact has since been forgotten, we know it was known in 1780. In William Biglow’s History of Natick, written in 1830, Biglow claims that old people told him 50 years earlier [1780] that skeletal remains had frequently been disturbed. “Many have been disinterred in digging graves for others [presumably, other Native Americans], in procuring sand for mason’s work, or moving gravel for repairing highways. In two or three instances black and white beads called wampum have been found, a small junk bot-
tle was discovered with a skeleton, nearly half full of some kind of li-
uid, but the lad who dug it up emptied it before the quality of its con-
tents were discovered.”

Despite this cavalier disregard for the burial ground, no one seemed
to think they were doing anything untoward.

The digging continued, as did the removal of objects. But at least
another historian, Samuel Adams Drake writing in 1880, seemed to
understand the travesty. “We daily ride and walk over the bones of
Natick’s earlier inhabitants,” he wrote. “In laying pipes for the water-
works [1877] a number of skeletons were exhumed.”

Finally, in 1983, three centuries after the Native American popula-
tion was banished from its own land, a law to protect unmarked graves
grew into effect. Thus, when workers shutting off an old water main in
the square in 1987 accidentally stumbled across a fragment of an
Indian skull, all work ceased and archeologists were called in. A burial
shaft was discovered and workers immediately covered the spot and
routed the necessary piping elsewhere.

Today, true-to-size photos of the unearthed Indian artifacts can be
seen at the Natick Historical Society’s headquarters. The artifacts
themselves were returned to the State Bureau of Indian Affairs. The
only Indian gravestone in the square is that of Takamwampbait, the
first Native American minister. Moved at least once, today it is located
in front of the rebuilt meeting house in which he preached, now the
Eliot Church. Takamwampbait’s footstone is across the intersection,
set into the foundation of the Bacon Library, the one meaningful
stone amongst a slew of decorative ones.

The Twin Burial Grounds of the Sherborn Reformatory for Women

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around, a large orchard, and a horse farm nearby. An old cemetery, tombstones mossy and askew, sits behind a stone wall. But that isn’t the cemetery we’ve come to see.

Another lies right next to it, and across from that, a third. Curiously, only women and young children are buried in both. Why?

It turns out one was the burial grounds for the Massachusetts Reformatory for Women, the other for the Massachusetts Correctional Institute (MCI). When the reformatory opened in 1877, it sought to “reform fallen women and restore their natural qualities of piety and purity.” By 1955, both the institute’s name and goals had changed: it had become a prison.

In the Reformatory years, 40 percent of the inmates were charged with lewdness (i.e., sexual delinquency), idleness, or stubbornness;
According to a 1928 study. Fourteen percent more were jailed for fornication. Almost all were poor. It angered Miriam Van Waters, the progressive superintendent from 1932 to 1957, that women who acknowledged an illegitimate birth by seeking parental support could then be charged for lewdness or fornication, often by their partners. But Van Waters drew comfort from the fact the institute could provide medical and social services for them, including some burials. During some of those years, inmate’s children could live at a separate nursery on the institute’s campus: hence the children’s graves.

Only three stones still stand in the reformatory burial ground. One is engraved back and front with names and dates of women. The other two, which also have multiple names and dates, are graves of young children or babies. The cemetery may have another burial: a circle of small rocks surrounds a mound of earth with a large rock in the center marked with traces of paint. It looks both deliberate and hand-done, like an early mass grave. But no one either at the prison, or at the local historical societies, knows anything about it. Whatever that mound represents is thus far lost to history.

Both graveyards belong to the state, although only the more recent one is labeled. Its dark wooden portal, which blends with nearby tree trunks, reads: Clara Barton Cemetery, Commonwealth of Massachusetts. Barton’s name honors her service to the
Reformatory in 1883, although the nine burials here date from the MCI years. The infants buried in this section are unnamed and probably stillbirths. The latest burial is dated 1963.

Small pine trees have begun to reclaim each of the two lots. An iron chain lies on the ground at the entry to one, and the wire fencing hanging from the rusted iron stakes surrounding the second is largely missing.

Cemetery at Medfield State, a Retired Mental Hospital

The campus of the retired state mental hospital in Medfield is quite large and surprisingly bucolic. Its cemetery was located as far from the hospital buildings as possible: at least a mile.

Placed on a rolling hillside that stretches to the Charles River and bordered by stands of conifers and oaks, the burial grounds could not be prettier. Even the grave markers, flush with the ground, do not spoil the pastoral effect. But for many years, says Ann Thompson, a Medfield selectwoman, the area was overgrown and littered with dead trees, branches, and weeds. No one went there.

Medfield State Hospital opened in 1896 and closed in 2003. Anthony Calo, the acting superintendent from 1975 until 1982, relates that many patients didn’t have any visitors for the 30 or more years of their stays. They were just dropped off. It was a shame. Calo explained that upon death, some bodies were donated to medical schools as needed but, despite great efforts to locate next of kin, 1,761 were buried in pauper’s graves by the institution.

When the hospital buried those unclaimed souls, they placed a cobblestone-sized marker engraved only with four numbers: a patient identifier. No name. Who, after all, would ever visit those graves?

The last such burial was as recent as 1988. Only eleven years later, a group of former
inmates and families of inmates formed a committee to dignify the burials. When the committee and local Boy Scout troops started the project, the grave area was so overgrown that they had no idea what the perimeters might be. And, because they did not want to damage any stone, the clearing was done completely by hand. Two and a half acres later, they found the boundaries.

Today, a large boulder in front of a wrought iron gate marks the entrance to this cemetery. It is inscribed: *Remember us, for we too have lived and loved and laughed.* And today, each grave is marked by two stones. The new ones, placed next to the originals, give a name and date of birth and death. After the research was complete, the committee realized the burials were segregated by religion: Catholics in one section, Protestants in another. “No Jews are there,” says Thompson, “they all claimed their own.”

At the 2005 ceremony dedicating the restoration work, Elizabeth Childs, then commissioner of the Massachusetts Department of Mental Health, acknowledged, “There is profound meaning in reclaiming this cemetery and restoring [the patients] memory. It is essential to correcting the years of stigma.”

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*Tom Howard. Summer Shade. Oil on panel, 13.75” x 13.75”*
today five-year-old Susie, twisting her blond pigtail and clutching Dr. Seuss’ *The Cat in the Hat*, is scheduled to go first. Susie’s straight-backed grandmother, standing beside her, says nervously, “I hope you don’t mind, I’d like to come in with her because she’ll miss some of the words.” As part of a volunteer team with my black Labrador retriever Luna in the Wellesley Free Library’s *Read to a Dog* program, I tell the grandmother not to worry. “This is not school, this is not any kind of test,” I say. “The whole point of reading to dogs is to encourage kids to gain confidence by having fun in the library with books and dogs.”

Not just any dogs—these are trained certified Therapy Dogs who, with their owners, have had to pass a strict test in order to be allowed into hospitals, life care centers, old-age homes, schools, and libraries, anywhere people need affection, comfort, and the nonjudgmental warmth of canine kindness. “You know how in the real estate business, they say ‘location, location, location?’ says Sherri Hebert, an experienced volunteer who comes to the library with her Welsh corgi, Katie Bear. “Well, with Therapy Dogs it’s temperament, temperament, temperament. Therapy Dogs are born, not made.” They can be any size or shape, but they must be calm, easy going, and utterly accepting of strangers: from old people sitting in wheel chairs or bumping along on their walkers, to bouncy little kids who need confidence about learning how to read.

In January 2011, when Farouqua Abuzeit became Supervisor of the Wellesley Library’s Children’s room, she invited Brittany DeLorme to be the coordinator of their *Read to a Dog* program. Brittany says, “I jumped at the chance—magic happens with kids and dogs.” One Saturday morning a month any child from Kindergarten through fourth grade may read to a dog in a fifteen-minute slot. They may sign up in advance or just show up.
Therapy dog Luna at work with a young friend
Kids, Dogs, and Books

This morning Susie, reluctant to leave her grandmother, but motivated by her desire to play with Luna, follows us to a bright room with pillows on the floor. When we’re both seated, Luna snuggles up next to Susie and nudges her head onto Susie’s lap. Susie giggles and pats Luna’s silky ears. Then she opens the Dr. Seuss book and turns it so Luna can see the pictures. She stumbles at first, looks up at Luna, who thumps her tail in response to Susie’s attention and rolls over hoping to be scratched. No one corrects Susie. She strokes Luna’s ears again, gets a smile from me, and continues to read. This time with a little more confidence.

Amy Benjamin and her Rhodesian ridgeback, Thabo, another team at the library, had just the opposite experience. She describes a small six-year-old girl named Emily with straight dark hair, who came into the library for the reading program clutching three books. But the minute she got there, it became clear she’d decided this was a bad idea. She hid behind her mother’s legs saying, “This is too many books.” In that particular case, Amy made a flash decision to invite Emily’s mother and her younger brother to join them—the general rule is to leave parents and siblings outside, but there are always exceptions. With the mother’s urging, all three of them trooped in and sat down on the puffy pillows. Emily started flipping though one of the books, and then snuggled her body up against Thabo, who was lying peacefully on the floor. When Emily put down the first book she said, “I’m going to read another one.” Then when Emily picked up her third book, she started reading without hesitation. As they all got up to leave, the mother, wide eyed, whispered to Amy, “I’ve never seen her read like that.”

It’s no secret that dogs have been helping people for centuries, guarding flocks, tracking, hunting, doing search-and-rescue missions, leading the blind, as well as assisting the deaf and physically challenged. But recent studies show that dogs actually contribute to the emotional health of humans. A 2010 Wall Street Journal article reports that “a few minutes of stroking a pet dog decreases cortisol, the stress hormone in both the human and the dog. It also increases prolactin and oxytocin, hormones that govern nurturing and security, as well as serotonin and norepinephrine, neurotransmitters that boost mood.”

Apparently even Sigmund Freud sometimes kept a Chinese Chow named Jofi in his office during his sessions because he noticed “that patients would respond more openly and candidly when Jofi was present.” Jofi, he said, “had a calming effect, particularly on children.”

Professor Rebecca Johnson, of the University of Missouri, points out in the same article that a dog’s effect on people is chemical, not
Kids, Dogs, and Books

Therapy dogs Luna (left) and Katie Bear (right) with young readers

magical. We library volunteers would insist that it is both. Amy says, “The magic that happens with dogs and children is greater than the sum of its parts.” Anne Stoma, another Wellesley Library volunteer who comes in with her elderly golden retriever Mariah, also agrees. She tells a story about Sam, a blond second grader, who plunked himself down on the pillow while Mariah moved over and sat right by him. He picked up his book Leonardo the Terrible Monster, and started reading. As he continued, Mariah leaned in even closer, pushing her whole body into his. Sam stopped reading, put his arm around Mariah and said, “Don’t worry, Mariah, it’s not a scary monster.” Anne laughs, telling me that neither the boy nor her dog knew she was there.

Gian Schauer, who volunteers with her small, soft, grey and black rescue, a cockapoo named Mira, says, “I like to take the mystery out of dogs for the kids. Why does the dog bark, why is she licking her feet? I show them her paws.” She tells the story of Charlie, a cute but high-strung freckle-faced boy who was trying way too hard. He got annoyed when Mira started moving around. “I told him ‘Mira’s just enjoying
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the story’ and after that Charlie settled back to read—he stopped rushing and trying to perform.”

The official use of the term Therapy Dog is attributed to Elaine Smith, an American registered nurse who, when working in England, noticed how well her patients responded whenever a visiting chaplain came into the hospital with his Golden Retriever. In 1976, back in this country, she started an organization called Therapy Dogs International (TDI). TDI, whose motto is Paws Awhile for Love, confirms that “holding or petting an animal will cause a lowering of blood pressure, the release of strain and tension, and can draw out a person from loneliness and depression.”

Brittany, the library program co-coordinator, sometimes invites our volunteer teams into Wellesley’s Elementary Schools to give demonstrations in their children’s libraries. One Friday Katie Bear, Sherri, Luna, and I spent several hours together sitting on the floor of the Bates School Library, as class after class of first graders paraded in and swarmed around us and our dogs. For each class, Liz Rey, the school librarian, asked for silence and then introduced Brittany who told them a little bit about her Read to a Dog program. She then proceeded to read Harry the Dirty Dog out loud, telling the children that this was one of her favorite books. One little blond girl named Catherine, who hadn’t brushed her hair that morning but had held it at bay with a dozen multicolored barrettes, just couldn’t stay still. She kept jumping up and down and interrupting. Then she crawled over several children to get to Luna and curled up beside her. First she patted her ears, then slipped her arms around Luna’s wide Labrador retriever.

(Continued on page 112)
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Kids, Dogs, and Books

(CONTINUED FROM PAGE 108)

neck, and laid her head next to Luna’s. Neither one of them moved for twenty minutes. One of the librarians told me she’d never seen that little girl so able to concentrate.

Although renowned scientists like E. O. Wilson and Richard Dawkins have recently been battling over the origin of altruism in humans, we Therapy Dog volunteers think we have an inside track: working with dogs and people of any age feeds our souls and brings us a deep happiness we cannot describe. An explanation can be found in a May 28, 2007 Washington Post article. Neuroscientists Moll and Jordan Grafman at the National Institute of Health have scanned brains of volunteers. The results showed that when the volunteers put the interests of others before their own, their generosity “activated a primitive part of the brain that usually lights up in response to food or sex. Altruism, the experiment suggested, was not a superior moral faculty…but…was basic to the brain, hard wired and pleasurable.”

WELLESLEY FREE LIBRARY’S Read to a Dog program is available from 10:30 am to noon one Saturday a month. Children in Kindergarten through fourth grade may sign up for a 15-minute session to read to a dog. Bring your own book or borrow one from the library. LIBRARY VOLUNTEERS are certified by TDI, www.tdi-dogs.org. DogB.O.N.E.S, wwwdogbonestherapydogs@comcast.net, or Caring Canines, www.caringcanines.org. THERAPY DOG ORGANIZATIONS are cropping up everywhere, including Pets and People, Inc. in Weston.
this is one of those stories that must rely on discretion because it’s about real people. So if I cast “the cloak of anonymity” across it in the telling, I hope you’ll understand.

Recently, I met an elderly French woman who had lived through the German occupation in Vichy France during the Second World War. After interviewing her for an article, she asked casually if I had ever heard of something called “Sages & Seekers.” I had no inkling of what motivated her question, thinking she was talking about a variation on “Dungeons & Dragons,” which was fine, but not my cup of tea.

She went on to explain that through her local community center she had become part of a group of senior citizens that had been paired with a group of high school sophomores. The general idea was to help older people reclaim their sense of self by breaking down the isolation that builds up around so many of them as the years go by, and to introduce the kids to people they might not otherwise encounter.

For many of these older people, it meant reconnecting with a younger generation they’d last seen when their offspring left home decades ago. For the kids’ part, it was a chance to do some serious questioning about the life of a total stranger; to gain some insights that otherwise might never have been made accessible to them.

Time passed, and then, when I had practically forgotten all about my French lady and her Sages & Seekers, my phone rang.

A Personal Effort

At the other end of the line was Elly Katz, a resident of Natick, and she too had a story to tell.
One day, a few years ago, as she related, while driving along Route 9 in Wellesley, she found herself listening to National Public Radio. And on some show, she can’t remember which one, she heard an author’s interview that included the plausible if somewhat unsettling assertion that the world was rapidly heading toward an apocalypse.

Katz, who in a previous life was a serious businesswoman not easily persuaded by hyperbole or sensationalism, found herself transfixed by the conversation. As the interview continued, however, an element of redemption crept into the discussion. There just might be a way, the author allowed, to avoid a disaster of global proportions, if only through the actions of individuals. The idea, it was suggested, was for people of good will to launch a personal campaign to make the world a better place.

“At that point,” says Katz, a diminutive 62-year-old possessed of a wry sense of humor and ingratiating manner, “I had a kind of epiphany. I realized that I myself had to do something, and that there really was one thing in my life I cared about that could make a difference.

“I’ve always really enjoyed the company of older people,” she went on. “But if there’s one thing I’ve learned from them it’s that the passage of time, changing circumstances, and social conventions have left many of them struggling with isolation. The nurturing relationships and sense of engagement that sustain most of us get away from them as friends pass on, their children go off to live their lives, and so on.

When older people and high school sophomores begin to share their lives, all sorts of insights come to light.
Sages & Seekers

“I can’t believe I’m saying this,” she said to me as we concluded our first conversation (after I had promised to consider joining her program), “I think I started to channel something out of thin air right then and there.”

A Brilliant Program

That “something” became Sages & Seekers. In breaking down the barriers age tends to erect around elders, it enriches their sense of self-esteem through a better understanding of their lives. Meanwhile, teens build empathy toward older people and learn how to relate to them as peers.

And how to put this simply? The kids get a good, hard dose of what it’s like to have made a life over the course of seven or eight decades. That’s a commodity that tends to be scarce during the teenage years.
Katz has created a means to push back against a phenomenon called “ageism,” which is really no more than a tendency to stereotype seniors as out of touch and marginal. Not necessarily a total formula for stopping an apocalypse, but every little bit helps, right?

By the time I concluded my conversation with Katz, we both agreed that, despite my being one year shy of eligibility, I was a candidate for the program.

This past spring, Katz ran one of her Sages & Seekers programs at the Rivers School in Weston with the assistance of English teacher Mary Mertsch. Having no idea what to expect, I settled somewhat uneasily into the group. The program, I discovered, had already been successfully introduced at other area private schools besides Rivers, including Walnut Hill, Dana Hall, Concord Academy, and Noble and Greenough.

Who Am I?

So why would a school like Rivers take precious instructional time to introduce its students to a guy like me and fourteen of my peers?

“Our learning process addresses two central questions for ninth and tenth graders in their English studies,” says Mary Mertsch, whose youthful appearance and nurturing style is accompanied by a no-nonsense approach to teaching and learning. “Who am I and how do the
choices I make define me in my relations to others are central themes around which we build learning experiences. Sages & Seekers speaks to those issues with special facility,” she adds during a chat in her office one morning before class time.

Typically engaging up to thirty participants evenly divided between senior citizens (Sages) and sophomores (Seekers), the program operates at a number of levels. After a series of once a week, one-on-one meetings with their Sages (a mix of men and women), Seekers are required to write a polished essay to share with their Sage and the larger group at the conclusion of the program.

Meanwhile, what transpires as the weeks go by is an ongoing process of self-appraisal and relationship building.

Ever wonder what it would be like for you, a friend, or relative to become a Sage?
To learn more, visit www.sagesandseekers.org.
“Someone once told me you just can’t teach empathy,” says Elly Katz, “but that Sages & Seekers represents a way for kids to begin to learn it.”

As our weekly meetings progressed, I found myself paired with a young man from Lincoln who, at first, was somewhat skeptical but then became more and more intent on learning about my own life. I had to ask myself: “When had I ever had an opportunity to sum myself up?” At the same time, fourteen other Sages were addressing that very same question while working to establish a comfort level with their Seekers.

As the weeks went by (there were eight sessions in all) the atmosphere in the meeting room on the second floor of Rivers’ MacDowell Center took on an air of growing excitement. Sharing a life takes time and energy, but it quickly became a means to self-affirmation for us Sages, just as Elly Katz had intended.

Imogene Fish, a 50-year resident of Weston and former Olympic skier shared her life story with Seeker Sal Spofera. Were I to pitch her story as a movie scenario, it might read like this: ‘Young woman escapes
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the depredations of Nazi Germany, comes to the US and grows up in the mountains of New Hampshire, then learns to ski like a bolt of lightning and is selected for the US Olympic Team. Subsequently she marries well and lives happily ever after.

“In the telling, I opened up and shared some personal things with Sal I had never really even understood about myself,” says Fish, now a gracious older woman who lives at North Hill in Needham after half a century in Weston. “And I was so impressed that he got it,” she adds.

“With Imogene, I never learned that much about someone else’s life,” says Spofera.
Florence Maddix, the widow of a distinguished surgeon and, like Imogene, also a resident of North Hill after decades of living in Wellesley, was able to deal frankly with her Seeker, Shaun O’Hare, in discussing an issue that had distressed her from childhood. Bullied by a group of classmates who could not relate to her interests in art and music, she became sad and withdrawn. “Eventually, I went to a private school,” says Maddix. “Then things got a lot better.”

**The Cloak**

During the final session of Sages & Seekers the kids stood up to read their essays (or “tributes,” as they called them) for their Sages. That’s when we got down to the real nitty-gritty. Frankly, I was a bit taken aback by what I heard – but also proud of the candor and even bravery displayed by my fellow Sages.

What we all shared in was a good, strong dose of a form of reality that involves raising kids, some of whom had special needs; of marriages that didn’t really work out at all (and second tries that really did); of substance abuse (and conquering it); and a couple of delightful success stories. One included a self-described Cherokee woman who made some serious money after college re-branding rural radio stations and then went on to become the first female drill instructor in the United States Marines.

And even I have told my life story to a fine young man from Lincoln, from whom I get the sense that he actually heard a lot of what I had to say.

Will we be reading about Sages & Seekers in *The New York Times* someday soon? I’d like to think so. I think we’d all be the better for it as a people and nation. But think about this: Could you be a Sage? Or would you like your kid to be a Seeker? Consider the possibilities!
Summer is a time for reading, and so when a friend sent us this eclectic list of favorite children’s books, we delved right in. More than a list, 121 Books is an e-book containing quirky reviews written by the family behind Dinner: A Love Story, and featuring recommendations from George Saunders, Lemony Snicket, David Sedaris, and others.

Brainy and fun, the list is unapologetically subjective. I was happy to find favorites by William Joyce and Richard Scarry, but thrilled with the very idea of important books, books that people now find, like the Olympic series by George, you know, beloved they become part of our family history, too. And then there are the things that make their list, but the thought of Williams words going down in history. I mean, oh, what a thought.

Smooth Operators

CHERYL B. SCAPARROTTA writer
how does one react when neighborhood parents brag about their child’s accomplishments? What does one do when a three-year-old habitually greets you by your first name, with the smiling approval of her parents? And how does one respond when rude children terrorize your home?

Navigating these sticky social parenting dilemmas is the raison d’être of the blog “Manners for Modern Mothers” (www.mannersformothers.com). It’s a Web site that stands out as a beacon of sensibility from the glut of online parenting resources, thanks to its thoughtful insight, good taste, and restraint in an age of let-it-all-hang-out.

“We tackle perplexing suburban situations, especially since parenthood adds a whole new dimension,” explains Elizabeth Baxter Butcher, a Wellesley resident and mother of two young children. She is a co-founder and contributor to the blog, which is updated an average of twice per week. “The blog centers on how to deal with new, yet recurring circumstances with grace and decorum.”

“Parenthood places you into new social situations, and presents new challenges,” agrees Elizabeth Hammond Pyle, a mother of four children under the age of twelve, and the site’s co-creator and electronic scribe. “For example, the first time you attend or host a play date, you’re not entirely sure how that works. The same is true of serving on a school or volunteer committee.”

But if you visit “Manners for Modern Mothers,” don’t expect to find a primer on which fork to use at an elegant social gathering. “It’s more about manners in the Jane Austen sense, and maintaining your equanimity,” says Butcher. “We’re more interested in the bigger picture.”

The popular blog, which was founded in 2009, isn’t heavy-handed or preachy. “We aim to be light and ironic, and we’re lacking in
earnestness,” Butcher explains. “Raising a child is challenging, but we need more levity—we like to be able to laugh at ourselves.” Which gets back to what the duo terms the “perplexity” of suburban situations. “We’ve all experienced nearly being run over by a mother on a mission to get her child to Tae Kwon Do on time,” laughs Pyle. “So we’re asking, ‘Are we missing something here?’”

Charm School

Sometimes, the simplest of social interactions don’t run so smoothly. Many parents in the Wellesley and Weston area, for example, are highly accomplished professionally and academically. Pyle and Butcher have observed the use of language that can unintentionally be exclusionary—especially in the context of modest activities like an elementary school fundraiser. “Did that mom just say ‘net-net’ about the bake sale?” posits Butcher. “While we’re lucky to live in such an enriching community, sometimes we need a gentle reminder that we’re not building the next Facebook.”

Saying that their Web site speaks for the “silent majority,” the two fast friends say they see the humor in the suburban motherhood track, where, at times, matters such as costumes for the school play seem of utmost importance.

Innocent comments from small children can raise larger issues. For example, how does an adult woman graciously reply to the salutation, “Hi Betty!” from the neighborhood preschooler? “It’s a mystery as to how greetings from children to adults changed from Mr. and Mrs. to a first-name basis,” says Butcher. “It doesn’t seem quite right to me.”

Pyle says she prefers to be known as “Mrs. Pyle” among her children’s peers. “But, some parents do prefer to be called by their first names,” she points out. “So you need to respect their wishes, but likewise, they should respect that you would like to be called Mrs. In fact, we just completed a home renovation, and I instructed my children to call the contractors ‘Mr.’ I feel they owe respect to adults.”

The two women have known each other since they attended high school together in Delaware. Coincidentally, they both landed in Boston for their careers; Butcher’s background is in sales and marketing for financial services, while Pyle spent twelve years working as a researcher at Harvard.

They lived downtown during their professional years, and they both encountered the new spheres of play dates and volunteer activities after a transition to the suburbs as stay-at-home moms. “Manners for Modern Mothers” is their outlet to explore those dimensions. “Blogging didn’t come naturally to us, though, because we were both raised in traditional environments where talking about yourself wasn’t emphasized,” says Pyle. “It took awhile before we started writing in the first person.”

A Primer for Handling Delicate Situations

When Parents Brag About their Child’s Palate

“Little Billy just loves sashimi,” a mother might say smugly to anyone within earshot. The modern mannered mother might simply nod, utter “How interesting,” and then quietly note that tomorrow Billy’s eating habits may change entirely.

When Your Children Don’t Play Well with Your Friend’s Kids

Less successful is telling your dear friend what is wrong with her offspring. Or forcing the tots to be BFFs. More successful is planning adult dinners to which children are not invited. Maintain your friendships, despite the tykes.

Why We Have Trouble With Saying Thank You

The mannered mother who insists on table manners and thank you notes sometimes feels alone in a culture of indifference. But reinforcing these behaviors gives children a bit of humility and respect. And research bears out that well-mannered people are more successful in every aspect of life.
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Something else they have encountered along their journey is kids with bad manners. “This is an interesting time in which we live—most everything is relative,” muses Butcher. “It’s up to you to set your own standards that you’re comfortable with, such as telling your own children that there are certain words that aren’t used in the house, though they might hear other kids using them.”

Pyle handles the question of proper conduct by holding a confab with her children in private. “If we’ve been somewhere and we see a youngster behaving in a certain manner, I tell them at home, ‘If I see you acting like that, it’s not okay. Just because you see your peers doing that, it doesn’t mean you can.’

Both agree that while you can’t parent other people’s offspring, you can at least maintain rules in your own home. “If the mother isn’t there and something happens under your roof, it’s perfectly fine to say, ‘We don’t do that in our house,” Pyle notes.

Another contemporary peril that is regularly challenged by “Manners for Modern Mothers” is the glut of parenting books that become instant darlings of the mainstream media. Last year’s favorite was Battle Hymn of the Tiger Mother, by Amy Chua. The book chronicles the results of the author’s decision to raise her two daughters in a strict, Old World Chinese way.

‘Tiger Mom’ was so shocking,” says Pyle. “The only point I found interesting was that the idea that the Asian mother assumes strength in her child. While I do like the idea of believing in your child’s strength, I don’t think you should be so hard on children. You can demand more and more out of your child, or you can trust them to succeed on their own.”

Butcher adds, “Our philosophy is that a child’s independence is very valuable when it comes to sticky subjects like homework. So standing over your child demanding that they do their homework isn’t helping him or her develop a life skill.”
This year’s literary sensation is “Bringing Up Bébé,” in which an American mother living in France admires the good behavior of French children and casts aspersions on U.S. youth. “I was offended that the author assumed there’s not one kid in America who can sit still at the dinner table,” Butcher points out. “It’s important in our family that we demonstrate good table manners and not complain about the food. I think that’s another life skill.

In 2010, New York magazine published an article entitled, “All Joy and No Fun: Why Parents Hate Parenting,” a pessimistic view of child rearing. “I really objected to that,” says Pyle. “I think they took everyone on their worst day and quoted them in that story. The truth is somewhere in the middle.”

Another common media myth is the phenomenon of mothers who constantly judge each another about their parenting choices. “Sometimes these portrayals make us all out to be hyper-crazy people who undercut each other, but we say it isn’t true,” says Pyle. “I think the reality is that parents are generally pretty supportive of each other.”

Ultimately, the women say, their goal in tackling the media’s constant parenting buzz is to reassure their own readers that we’re all doing just fine, thank you. “We don’t want mothers feeling bad if their kid isn’t supposedly up to snuff, just because the child wasn’t a prodigy by age five,” Pyle says.

“All in all, our blog is simply about maintaining perspective,” Butcher concludes.
two local longtime favorites, The Gifted Hand and the Clever Hand Gallery, are gift galleries in Wellesley Center. Both sell handmade, wearable art and treasures for the home. But despite similar names, each has its own allure and behind each is a different story.

The Gifted Hand

It’s easy to relate when Georgie Hotchkiss tells how window shopping changed her profession. “When I moved to Wellesley in 1993, I quit my commercial real estate career in Boston to stay home and raise my two daughters. One day, I stumbled upon The Gifted Hand and fell in love with it. I wanted all these things to decorate my new home, and myself.” The store, located at 32 Church Street, opened in the same location in 1972. For 40 years, its owners have crisscrossed the country, seeking the best of contemporary handicrafts by American artists and craftsmen. It’s the kind of place that makes one lust for its beautiful things.

“I became a customer,” says Hotchkiss. “I got to know the owner, Anita Hausafus. Eventually she asked me to work there seasonally, which I began doing for Christmas in 1996. When my family moved to Weston, and my daughters were older, I started working here one or two days a week. And I began thinking about what might be my next career. In 1998, I told Anita if she ever was interested in selling the store, I wanted it.”

Fast forward a decade to 2008. After 17 years as its third proprietor, Hausafus and her husband decided to retire in Santa Fe and Georgie Hotchkiss got her wish. But her fledgling experience as an owner in retail didn’t go exactly as planned. “Two weeks after I bought the business, the economy collapsed. I had many sleepless nights wondering, ‘What have I done?’”

Retail ownership is still a struggle, she admits. Imports may have driven a number of artists out of the business but other talents have emerged. Today’s customers often look for lower-priced items than in the past so she offers them choices in a wider range. Nonetheless, Hotchkiss, who knows that people still want unusual and beautiful gifts, carries work by more than 300 artisans, including a few Canadians. And she is grateful for her loyal customer base.
“People in Wellesley and neighboring towns understand quality of workmanship and are willing to support a store like ours.”

While browsing amid ceramic bowls embedded with botanical images; jewel-toned woven throws and scarves; shapely wine bottle stoppers; artful candles; inlaid wood game boards; one-of-a-kind purses; period and contemporary silver and gold necklaces, bracelets, and rings; mesmerizing glass paperweights, wall sculpture, and elegant glassware, one can’t help but notice several of her bestsellers.

Among them is a collection of whimsical wood furniture and art objects made by Sticks, a design studio in Des Moines, Iowa. Sold here exclusively in the Boston area, the rustic, individually crafted pieces are made from birch, poplar, and driftwood. Sticks’ lamps may have copper poles and shades with nature scenes. Carved into their colorful accent tables, mirrors, bookcases, candlesticks, and lazy Susans are lighthearted or inspirational phrases. Many can be custom ordered with personal messages, names, and dates for special occasions.

Ugone and Thomas Lighting, in Easthampton, makes lamps and home accessories that combine an engineer’s precision with an artist’s eye and hand. Brushed copper lamps in sculptural forms are capped by ceramic or parchment shades that are canvases for narrative paintings, botanical prints, and landscapes reflecting the studio’s Berkshire location. Some shades are pierced for sparkle. Designers Janna Ugone and her business partner, Justin Thomas, and their crew have expanded their lighting line to include sconces and have branched out from there. Mirrors and clocks are part of a diverse line, all handmade, that ranges from mission design to modern.

Georgie Hotchkiss, Marcia Kassler, and Martha Dudley of The Gifted Hand
Jewelry designer Maryann Englander in Cohasset crafts finely detailed silver and gold pieces that showcase gemstones, such as garnets or labradorite. Her signature is a tiny dragonfly dangling from the clasp. Her influences come through history, she says, from Celtic tribes, the Elizabethan era, or a mosque in Turkey. “My work is always evolving. I enjoy working with color and texture, and view designing as problem-solving, finding ways a knotted chain can be worn doubled for a different look. The Gifted Hand is one of the few places I sell my work because it has such a great mix of media—inlaid wood, glassware, Native American jewelry. As my influences change, Georgie goes with my evolution.”

And then there are deep wooden salad bowls and servers so sensuous one can’t resist running a finger across the surface. Hotchkiss won’t reveal her source. She’ll only say they are from an elderly couple in Montana. The wife handles the business side; her husband is the woodworker who elevates serving greens to a participatory art.

The Clever Hand Gallery
Ambiance is not the only way the Clever Hand Gallery at 52 Central Street differs from other shops in town. An artisans’ cooperative, the gallery is owned and operated by its members. Business decisions are made jointly at monthly meeting where they jury work by prospective new members. Everyone is required to pay rent and work part-time in the store.
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* Kathy worked for the buyer for this transaction
Jean Holtey, Ruth Treitman, and Ann Schunior of Clever Hand Gallery

“...It was easier to start a business when we began in Sudbury in 1973,” says Ann Schunior, a potter who joined the Clever Hand Gallery two years after it began. “About 50 people each put 20 dollars in the pot and the shop opened. It was probably exceedingly amateurish-looking. When we decided to move to Wellesley 18 years ago, we knew we’d have to make this a professional-looking store that Wellesley residents would respect. That was our challenge and we’re still here.”

Members come and go but at the core is a community of artists, many of whom have been together for 15 to 20 years. Like a large extended family watching out for its own, if life circumstances force some to cut back their hours in the store, their work may be kept on consignment.

“Consensus politics takes time and it’s not for everyone,” says Schunior. “But for all the insanity of a co-op, it’s the most sane way for an artist to do business. Otherwise, the artist has no control over how their work is displayed or priced. Most of us do craft fairs but they’re risky, subject to weather on limited dates and how well the event is promoted. But the Clever Hand is open all year.” In addition, their prices tend to be lower. It’s also a place where artists can bring experimental...
pieces and get direct feedback from customers on what they like and what they don’t.

“It’s really rare for someone to make a snarky remark,” says Schunior about shoppers who may not realize the store’s staff are also the craftspeople. “Most of the time they’re excited to be meeting the artist and learning more about the work.”

The narrow tri-level store features a wide array of wearable and functional art from infant knitwear to wall art, stained glass, and quilts, including such custom-ordered designs as a wood replica of your home, just right for the mantle, and name collages for a child’s bedroom wall. Schunior’s bowls and mugs reflect her interest in African art and animal imagery on petroglyphs, wood carvings, and fabrics of Native American and African cultures. She sometimes adds beads brought back from Ghana. Schunior is one of several Clever Hand potters collaborating for the second year with Wellesley High Visual Arts teacher Amie Giluffo Larson. The potters are guest instructors in the latter’s advanced ceramics classes.

Ruth Treitman met fellow Wellesley resident Linda Lutfy Clayton when they both taught mathematics at Dana Hall School. Their friendship grew when Treitman mentioned her interest in jewelry-making. Now retired from teaching, they have parallel second careers. Lutfy Clayton, a silversmith since 2002, says, “In our store, customers give you ideas. One asked for a bracelet like my earrings.”

“I always wished I were an artist,” says Treitman, who took her first jewelry class 20 years ago when she was close to age 60. Using techniques that originated in Mesopotamia, Treitman creates chains of loops or box weaves in silver or gold. Sometimes she adds recycled glass beads brought back from Africa, where she once lived. Her most recent work involves a new material, Precious Metal Clay, with which she make imprints of leaves in pure silver. All profits from her sales go to the Juvenile Diabetes Research Foundation, in honor of her granddaughter, Jo. IW

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it used to be as simple as “a spoonful of sugar helps the medicine go down.” Not anymore. Today, most physicians think that a spoonful of sugar is more likely to make you sick.

Sugar is a major cause for concern among doctors and nutritionists right now. Some national players such as Dr. Robert Lustig, a pediatric endocrinologist at the University of California, argue that eating a high amount of added sugars leads to obesity, diabetes, heart disease, and even cancer, and that sugar is the major dietary crisis in the United States. Local experts hold a variety of opinions on the topic, but one thing is clear: they all think that we need to cut down on our sugar consumption to improve our health.

The major problem is that, even though the average American eats approximately 130 pounds of added sugar per year, we often don’t realize it. “Added sugar is hidden in food. It’s in bread, condiments, and pasta sauces, as well as other processed foods. Therefore, the total amount of sugar we eat is higher than we think,” says Dr. Jeanne Steppel-Reznik, an endocrinologist and the Director of Diabetes Care at Newton-Wellesley Hospital. She says one major reason there’s so much added sugar in our food is that, during the late 1970s, food companies tried to cut down on
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fat, and they compensated for the loss of taste by adding more sugar in its many forms, including high fructose corn syrup.

Some of the worst offenders are soda and other sweet drinks. According to Dr. Lilian Cheung, the Director of Health Promotion and Communication for the Department of Nutrition at the Harvard School of Public Health, “There is strong evidence that consuming sugary drinks – the largest source of added sugar in American diets – is not good for health. Prospective studies, for example, have found that high intakes of sugar-sweetened beverages are associated with increased risk of obesity, diabetes, and heart disease.” She adds that on a typical day, half of Americans consume some type of sugared beverage.

The American Heart Association recommends that women get no more than 100 calories from added sugar, and men 150. To keep that in perspective, one 20-ounce bottle of Coca Cola contains 240 calories. To make it worse, sugar in liquid form doesn’t satisfy hunger like eating solid food, and that can lead people to consume even more calories.

Dr. Steppel-Reznik says that higher levels of sugar in the bloodstream can predispose a person to heart disease by causing an increase in dangerous cholesterol particles. This opinion is in keeping with a recent 60 Minutes segment entitled “Is Sugar Toxic?” which featured a nationally known researcher who has been looking at the connection between sugar and heart disease. She found that after giving
healthy test subjects sweet drinks as part of their diet, there was an increase in the type of cholesterol that can clog arteries.

Another local researcher who believes the amount of sugar we eat can cause major health concerns is Dr. Lewis Cantley, a professor at Harvard Medical School and the Director of the Beth Israel Deaconess Cancer Center. More than 20 years ago, he discovered a gene called P13K that regulates the ability of cancer cells to use sugar for tumor growth. Recently, drugs that target P13K have entered clinical trials, and some responses in early phase clinical trials have been very encouraging.

A nationally recognized expert in his field, Dr. Cantley says that his extensive research shows that eating sugar can impact cancer two ways. Sugar stimulates the production of insulin, and some common cancers, including breast, endometrial, and colon cancers, have tumors with insulin receptors on their surfaces. An increase in insulin triggers these receptors and, by activating P13K, signals the tumor to start consuming the sugar glucose, which causes a tumor to grow. So, the more sugar we eat, the more insulin we produce, and the more we can cause an existing tumor to grow.

Basically, says Dr. Cantley, “If you’re consuming a lot of sugar over a day, your insulin levels would be much higher than someone who didn’t. This could drive an early stage progression of cancer cells.”
Despite these studies, some local experts think the focus on sugar is overplayed. Dr. Cheung notes that being overweight in itself – which can be caused by eating foods such as refined grains (white bread and white rice), potatoes, red meat, and processed meat, as well as sugar – can lead to the diseases just noted. In fact, Dr. Cheung, who lives in Wellesley and collaborated with Vietnamese Buddhist monk Thich Nhat Hanh to write *Savor: Mindful Eating, Mindful Life* (Harper Collins, 2010), says that obesity, not sugar, is the major dietary crisis in America.

According to the Centers for Disease Control and Prevention, more than one-third of U.S. adults and seventeen percent of children and adolescents aged two to nineteen are obese.

Linda Nikolakopoulos, a dietitian at the Newton-Wellesley Hospital Center for General and Weight Loss Surgery, also believes that obesity is the major dietary crisis in America right now. While she definitely thinks that sugar contributes to obesity and that consumers should avoid added sugars, she says, “One food is not responsible. To blame one additive is to disregard what leads to obesity,” which she says often is the trio of fat, salt, and sugar.

“We start paying closer attention to what we are eating and buying at the grocery store, we’re taking a good first step.”

–Dr. Lilian Cheung

So, what can we do to avoid sugar? As Wellesley-based nutritionist Julie Freeman notes, “Anything is better than what people are eating now.” She notes, however, that it’s not always that easy to give up sugar. Like some national researchers, she believes that refined sweeteners can be addictive. She says that, along with refined carbohydrates, fat, salt, and caffeine, sugar can “create an envi-
vironment in which [people] lose control over the ability to regulate intake."

Freeman recommends that consumers look closely at labels for added sugars, which can hide in food under a variety of names. Watch for words such as high fructose corn syrup, white sugar, brown sugar, corn syrup, corn syrup solids, raw sugar, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, anhydrous dextrose, crystal dextrose, and agave nectar.

Here are some other tips to cutting down the sugar in your diet:

■ **PROBABLY MOST IMPORTANT**, stay away from sugary drinks, which are the major sources of sugar in American’s diets. These include soda, sports drinks, and sweetened iced tea. Instead try club soda or sparkling water.

■ **STICK WITH** naturally occurring sugars, such as those found in fruit and dairy products, to satisfy your sweet tooth. For a sweeter natural choice pick unsweetened dried fruit.

■ **AVOID** fat-free or low-fat foods, which tend to contain a lot of sugar.

■ **SHOP ON THE PERIMETER** of the grocery store to buy foods such as fresh vegetables, fruit, fish, eggs, and dairy. More processed foods tend to be in the center of the store, says Dr. Steppel-Reznik.

■ **FOLLOW THE 90/10 RULE**, says Nikolakopoulos. Try to make healthy choices 90 percent of the time and allow yourself to cheat the other 10 percent of the time.

■ **ACCORDING TO FREEMAN**, if you are going to eat a sweet, try to accompany it with a protein. For example, have nuts on ice cream.

Getting rid of or lowering sugar in our diets may not be easy. However, according to Dr. Cheung, who has written a book on mindful eating, if we start paying closer attention to what we are eating and buying at the grocery store, we’re taking a good first step. [WWW]
four days after the 2010 earthquake that ravaged Haiti, Dr. Lawrence Kaplan found himself sleeping along with 200 strangers on a cement floor next to a drained hotel swimming pool in the country’s capital of Port-au-Prince, a very long way from his home in Wellesley. Dr. Kaplan, a retired physician, was in Haiti to provide post-disaster medical support, something he has been doing for over thirty years in countries like Cambodia, India, and Honduras. What he never could have foreseen was that, over two years later, he would still be intimately involved with the country not only as a doctor, but as the founder and president of a non-profit community building organization called the Cite Soleil Opportunity Council (CSOC).

Cite Soleil is a neighborhood of Port-au-Prince that has the unfortunate distinction of being rated one of the most impoverished and dangerous areas in all of Latin America. It was there that Dr. Kaplan found a volunteer medical opportunity on his first trip to Haiti immediately after the earthquake. On that trip he treated approximately 1,200 patients in eight days. While Dr. Kaplan remains involved with the medical clinic in Cite Soleil (he’s currently the clinic’s president), it was on his second trip to the area that Dr. Kaplan had an idea that would provide lasting relief long after the residents’ physical injuries were healed.

Dr. Kaplan was walking through the streets of Cite Soleil when he noticed artisans making decorative works of art out of scraps of tin and recycled oil drums. Large, colorful pieces that are primarily used as wall decoration, this style of art was originally developed in Haiti in the early 1950s by a blacksmith who made simple metal crosses for a local cemetery. Today, artists use
hammers, chisels, and heat to shape metal into intricate objects that they then paint with bright hues or leave with the original patina. While the earthquake left these artists in bad shape, the reality is that the demand for their work had been declining for years prior as the tourist industry slowly abandoned Haiti. But that day in 2010, as Dr. Kaplan wandered through the city, he came up with an idea that would change the course of the artists’ luck. If buyers weren’t coming to Haiti to buy art, he would bring Haitian art directly to buyers. The proceeds could then be funneled back into the community that so desperately needed help.

Dr. Kaplan knew that he couldn’t do this alone. One of his first steps was to call Jane Lord, teacher of the global marketing class at Wellesley High School (WHS). “I said I have this product that you could consider using as part of your class,” recalls Dr. Kaplan. “I thought it would provide an educational experience for [the students] and give them the opportunity to learn about global marketing in real time. We’d talk not only about the economics, but also about the history and social policy of Haiti.” Ms. Lord loved the idea and soon the global marketing class was off and running, learning how to strategically sell the Haitian art to maximize profits. In between lectures by Dr. Kaplan, Gerald Murphy, a retired WHS history teacher, and Peter Adler, an accomplished businessman, the students worked to develop an e-commerce Web site, brainstormed new product ideas for the artisans, and planned fundraisers to help generate capital for future business endeavors.

“It’s been wonderful to take the academic concepts that we’re studying and see them applied to a real world situation,” says Ms. Lord. “And the students have such a good feeling about giving back. Ninety eight percent of the money we earn goes directly to Haiti and Dr. Kaplan tells the students exactly what that money is going towards.” Dr. Kaplan remains in such close contact with the students not because he’s focused on their sales, although every dollar helps, but because he really believes in their learning experience. “The students have a chance to learn about another culture; that’s what’s important to me,” says Dr. Kaplan. “Making them aware of issues of poverty, but also giving a human side to this in terms of talking about...the resilience of the Haitian people and their willingness to work in spite of all the tragedies that happened there.”
Meanwhile, with the students at WHS working and learning, Dr. Kaplan was making repeated trips to Haiti, each time returning home with huge suitcases full of tin art. Over the past two years, he estimates having sold roughly $18,000 worth of art through channels like overstock.com, his own Web site, and, of course, the WHS global marketing students. The Haitian artists are paid directly for their art and this cash infusion has a multiplier effect such that Dr. Kaplan estimates that the payments to the artists have resulted in approximately $35,000 being distributed back into the community. No small feat in an area where most residents live on one to two dollars a day.

But it’s what Dr. Kaplan has been able to do with the profits from the sale of the art, as well as other charitable donations, that really gets him excited. Unlike many of the non-governmental organizations that flooded Haiti after the earthquake—organizations that came in, dictated what needed to be done, and then exited, leaving behind little lasting impact—Dr. Kaplan has formed a continuing community run organization that he sees as an entirely different model for what can and should be done in Haiti.

He affectionately refers to his organization as “The Cite Soleil Rotary Club.” It’s a group of about fifty people, mostly men, who meet monthly with Dr. Kaplan to decide how the money that’s been raised should be distributed. “I ask them how they would like the
money spent to develop their community,” explains Dr. Kaplan. “And this is really very significant because this is not an American or an American group coming down and telling the community what they need and providing it for them. I ask the community what they want and then work with them, if it’s financially feasible, to obtain this. And the goal of this whole project is that when we leave, what we’ve done down there will continue.”

What they’ve done so far with an operating budget of roughly $40,000 and almost no overhead has been tremendous. Ten men who have never in their lives held a job were sent to trade school to learn skills like electrical wiring, plastering, and plumbing. When funds became available to send ten more men, Dr. Kaplan assumed the group would jump on the opportunity, but instead they decided that it was time to send ten women to school. So, in a traditionally male-dominated community, ten women are now in school studying nursing, sewing, and cosmetology. Loans have been given to artists to repair their studios and houses, and some of these artists are now starting a children’s art program. Money was provided to buy brooms, shovels, trash barrels, and trash bags so the streets could be made more livable. Electricity has been hooked up to about 1,400 homes. After a twenty-five member band was given new instruments, the group completed their first CD, won first place in a national radio contest, and bolstered community spirit by giving free concerts. A water tank to provide fresh water and a supplemental feeding program are both in the works, a community center where children can play and study has been repaired, and micro-loans have been given to start grocery and clothing stores.

There’s endless work to be done, but that doesn’t seem to deter Dr. Kaplan or the WHS students. “Once you know that whether or not you make that sale impacts a person’s life, you can’t just drop it,” says WHS student Alannah Higgins. And that’s exactly what Dr. Kaplan is hoping.

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as this year’s college seniors head off for their final year of school, their parents are no doubt hoping that the education their children have been receiving has prepared their young adults for both the current job market and for real life. One of the most important skills that they will need throughout their lives they may not have learned in school, however. That skill is handling money.

“The impact our finances have on us throughout our lives is so large that parents need to begin to teach children about money early,” explains Marcel Quiroga, Chief Relationship Officer at Capital Formation Group, an investment management firm in Wellesley. “The cost of financial literacy is high; without experience, young adults will often mismanage their money through no fault of their own.” Marcel should know. As a financial planner, she has observed what has worked and what has not across multiple families and generations.

Teaching kids about money is certainly a loaded subject. An informal survey of practices of families throughout Wellesley and Weston reveals a variety of different approaches and plenty of mixed feelings among parents about whether they have done that job well. Some parents, recognizing the pace of kids’ lives today and the expectations upon them from their schools and for getting into college, do not want their children to think about money at this stage of their
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lives. They take pleasure in being able to provide for their kids and to be able to simplify their lives. Others have hoped to teach their children, but have not been able to find time to make it happen. Some choose to model financial responsibility themselves rather than instruct their children outright. Still others have made a strong commitment to teaching children to manage expenses, earn income, save a portion of their income and, in many cases, to engage in philanthropic behavior.

Whether we parents are intentional about teaching our kids about money or not, it turns out that they learn most of what they know about money from us. The Charles Schwab 2011 Teens & Money Survey found that 82 percent of teens surveyed learned what they know about money from their parents. The survey also uncovered an opportunity: seventy-five percent of teens say that learning more about money management, including budgeting, saving, and investing, is one of their top priorities.

Here are a few critical financial concepts that every young adult should understand:

1. **Money does not grow on trees, but where does it in fact come from?**

   In general there are three sources of income: earned income from completing household chores or from working outside the home, investment income from assets, and financial gifts. Many of us got our first experience with income in the form of a gift from the tooth fairy or grandparents. Sometimes we spent that money; other times we put it in a savings account where it could earn interest—albeit not much in recent years—resulting in investment income. Gradually we experienced the connection between work and earned income by completing jobs around the house or working outside the home.

   Traditionally, after finishing college, young adults’ financial goal has been to generate enough income to be able to cover their living expenses and save some portion of their income to be able to accumulate assets. The sooner that saving begins, the longer the period of time there is for those assets to grow.

2. **There is a difference between assets and liabilities.**

   Robert Kiyosaki, the author of *Rich Dad, Poor Dad* explains the difference between assets and liabilities quite simply, “An asset is something...”
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that puts money in my pocket. A liability is something that takes money out of my pocket. If you want to be well off, Kiyosaki advises buying assets, not liabilities. While this makes intuitive sense, what isn’t always clear is the difference between assets and liabilities. Is a house an asset? Or a car? Or an iPod? While each of these things can be wonderful—even essential—they are not considered assets according to Kiyosaki’s definition, as they are taking money out of your pocket. To build a solid foundation, young people need to be buying real income-producing assets—stocks, bonds, mutual funds, CDs, and other securities—not liabilities.

3. Live your own lifestyle—not that of your parents or the Joneses.
Many of our kids have grown up with rather gracious lifestyles. And while we think we are doing our kids a favor by providing them with so many opportunities and items, we may be setting them up with expectations they may not be able to afford on their own, at least initially. Learning to create and live within a budget is one of those essentials that can empower kids to live free from the anxiety of debt. It can also help them distinguish between needs and wants and manage the desire for more that can get them into a financial bind. A recent poll conducted by ForbesWomen and the National Endowment for Financial Education found that a majority of young persons have not been able to live within their means: Fifty-nine percent of parents are providing financial support to their adult children who are no longer in school.

4. Good credit makes the world go round.
Establishing a good credit rating is important to being able to secure a lease or funding for a future home or business. Opening a credit card with rather strict limits on balances is a good place to start. This“it is important to realize that a credit card is not a debit card. It is a loan, plain and simple.”
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family matters  “each of us is our own financial planner”

can be a catch-22, however, as many banks will not provide credit to a young person without a good credit history! Parents can be helpful, assuming they have a good credit history, by guaranteeing their young adult’s card. Since the card is in the young person’s name, it builds their credit history, and gives them practice paying bills in a timely manner. (Applicants must be 18 years of age or older.)

It is important to realize that a credit card is not a debit card. It is a loan, plain and simple.

Words of Wisdom from Wellesley and Weston Parents

“WE LOVED Chore Charts when the kids were little, especially in the summer when they could earn money by doing chores. The amount of money earned depended on the size of the job. Not all of the chores were opportunities to earn money, however. Some chores you do ‘cuz you live here.”

“OUR KIDS WERE ALWAYS Expected to work and were often hired to mow their neighbor’s lawn or babysit younger children on the block. To help our kids reach their savings goals faster, we would match their earnings.”

“The Best Thing we Did was to have our children save their coins and dollars. We explained that the ATM is not a money machine, that it requires savings. They each opened their bank account with their own saved money and then watched it grow. Small increments of ‘interest’ is still a good teacher.”

“When my kids were little and we would go on trips, they would always be bugging me at every gift shop we went to for stuff. I gave them 10 dollars at the beginning of each day and they would be allowed to spend it any way they wanted. The net result was that they stopped bugging me and they got much more selective about what they were going to spend their money on.”

“Our kids are responsible for ‘funding their own fun’ beginning in seventh grade—lunch out on half days, ice cream, dinners with friends, Starbucks and Dunkin’. We cover a basic wardrobe, entry-level sports equipment, lessons, and unlimited books. If they want something more, I look for a financial contribution from them.”

“Our daughters have been on clothing budgets for years, ever since they began asking for $175 jeans. As they have gone off to college, this budget has expanded to include most of their expenses. Although we still provide the majority of funds that support these budgets while they are in college, the girls have a solid understanding of what their lifestyle costs and are responsible for making sure that they pay the associated bills—on time.”

“We pay our bills and make charitable donations together as a family. We can all see the impact of our choices.”

“We try to lead by example. We often delay a purchase because there are other more pressing needs. We’re constantly telling the kids that you have to make tradeoffs in your purchases, that you often save up to buy something, and we point out that material goods are nice, but aren’t critical to joy in life.”
Unlike an ATM or debit card, there are no associated funds to pay off the balance. What’s more, that loan has a very high interest rate and needs to be paid off completely on time, every month. While it is possible to carry balances from month to month, consider the following. If you charge $2,000 on a card with an 18.9 percent interest rate, by paying $100 a month it will take 25 months to pay that balance off, assuming no more debt is added onto the card. That $2,000 will end up costing $2,421.

5. **You will always have at least two jobs.**

In addition to a day job, each of us is our own financial planner. We have to pay bills, invest money, create budgets, calculate and pay taxes, and determine where we will make charitable contributions. The world of online and mobile banking makes managing finances relatively easy. Personal finance software like Quicken can consolidate digital financial statements from many sources and generate reports regularly. But, like a day job, this job needs time and attention. Setting aside a regular time to go over the details and glean the bigger financial picture is time well spent.

Successful money management creates freedom, unlocks opportunities, and builds a sense of personal accomplishment. But in and of itself, it is not necessarily enough to make people happy. Figuring out what and who does, well that is what the rest of life is all about. \*TW
from the tender age of seven Elizabeth Cohen saw her true calling as artist. But like many artists, her route from youthful art lover to professional artist took twists and turns. In college Elizabeth majored in English and minored in Japanese studies, not studio art. She entered graduate school to earn a master’s degree in teaching, and then landed in Western Massachusetts teaching high-school English for six years before assuming her cherished role as wife and “full-time” mother. Here’s how Elizabeth describes her path to becoming a potter:

*The pottery spark had been flickering within me since childhood, when I had taken a pottery class and had an epiphany that this was what I wanted to do for the rest of my life. It was*
The
Elements
of
Excellence
quiet but powerful, and it never left me. I studied at a liberal arts college, earned a master’s degree, and taught in a small public school. I married and had three children. My life was interesting and full, and I had achieved most of my goals. However, I had a deep longing, an unfulfilled love for the feel of the clay between my hands. I dabbled with some polymer clay at the kitchen table while I was working full time and having babies. But my creative spirit, that childhood spark, was demanding to be let free.

Elizabeth sunk her hands back into a mound of clay when she moved to Wellesley, twenty-seven years after her first pottery class. This self-taught potter spent hours at the Potter’s School and Shop in Needham (now the Gorse Mill Studios) throwing pots on the wheel. “It’s like riding a bike; muscle memory from my days on the wheel at Meadowbrook Day Camp in Weston and at rec center art classes took over,” Elizabeth says of her venture back into pottery.

Twenty-eight years after the fateful pottery class, Elizabeth created a studio as part of her Japanese-inspired home renovation. Her home studio enables her to live her values—joyfully creating art while raising a family. It also eliminates the hassles of commuting and enhances her ability to achieve work-life balance. “If I have just an hour, I can walk into my studio and mix a batch of glaze or trim a bowl.” And thanks to the Internet, Elizabeth has been able to build a network of peer artists without sharing studio space—the typical way artists build community.

Elizabeth creates functional and sculptural work in porcelain clay, mostly on the potter’s wheel. She alters the forms while still pliable, creating organic and sensual pieces that express her dedication to family, nature, simplicity, and spirituality. Her functional pieces are designed for daily rituals such as eating favorite foods, displaying flowers, or savoring a cup of coffee or tea. As a busy mother, she creates pieces that are dishwasher-safe and practical for everyday use.
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And she makes sure that all her pieces feel good in the hand.

“Organic elements in nature such as flowers, fruits, seeds, shells, and plants inform my work. I am interested in the play of shadow and light and the contrast of soft and hard in clay forms. The metaphorical nuances in nesting sets, such as family, security, and comfort intrigue me as well,” explains Elizabeth. She glazes all her creations in a warm white satin palette to show off purity of form and shadows, as well as the food that the pieces will eventually hold. To achieve a wet glowing surface on the hard fixed porcelain, Elizabeth formulates a glaze that forms microcrystals as she controls the rate of cooling during the firing cycle.

“I am involved in Wellesley in many ways, including as an advisory board member of Human Relations Service (HRS) and a volunteer at the Wellesley RDF Take and Leave area, but I am honored to also be involved as an artist.”

– Elizabeth Cohen

*top: Ripple Vase, Wheel Thrown and Altered Porcelain, 7” high x 5” long x 2.5” wide
bottom: Sculptural Wall Series*
Elizabeth’s glowing wall sculptures on display last winter as part of the Wellesley Community Art Project caught the eye of one of the co-chairs of the Tenacres Country Day School Artist-in-Residence program. From late October until early January, Elizabeth will be the school’s artist-in-residence, leading workshops, teaching students, and displaying her sculptures in the school’s gallery. This position merges Elizabeth’s experience as a teacher, artist, and active community member. “I am involved in Wellesley in many ways, including as an advisory board member of Human Relations Service (HRS) and a volunteer at the Wellesley RDF Take and Leave area, but I am honored to also be involved as an artist. I love teaching and can’t wait to show kids that clay can be made into so much more than a pinch pot.”

Elizabeth can certainly teach the Tenacres community another important lesson — how the process of making art has the power to shed a positive light on failure. In her article entitled “Befriending Failure” in Studio Potter Magazine, she credits failure as one of her most cherished resources. “If I make fifty glaze tests, aiming to achieve a certain effect, and none of the fifty achieve this goal, have I failed? …Failure is a vital petri dish of inspiration. For instance, it might result in a new glaze direction, a new handle form, or a method of working with the finicky porcelain I favor…Failure is useful as a catalyst for growth.”

Elizabeth’s work is for sale by commission and at the Muddy River Gallery, located at 320A Harvard Street in Brookline, and at the Society of Arts and Crafts, located at 175 Newbury Street (between Dartmouth and Exeter Streets), in Boston. You can also order Elizabeth’s work online at www.etsy.com or from her website www.elizabethcohenpottery.com. Or visit her studio at 56 Yarmouth Road in Wellesley. She will host a Seasonal Open Studio there on Friday, December 7th from 5:00 to 9:00 pm and on Saturday, December 8th from 10:00 am to 5:00 pm.
talk about frustration. You happily devote 55 minutes to a television show that focuses on reinventing a subject—a home, a fashion, a person, or a recipe. The process is fascinating, but then at the program’s end, you’re left with only a quick, five-minute snapshot of the outcome. Weeks later, you’re still wondering what really happened during that show that made the stories so compelling.

With their book *The Best Homes from This Old House* (Stewart, Tabori & Chang, 2011), Wellesley photographer Michael Casey and Kevin O’Connor, Casey’s long-time friend and an Emmy-nominated host of *This Old House*, finally satisfy our need to see what happens next. They take snapshots of some of the favorite homes that were transformed on the famous show and turn them into a compilation of riveting stories and glorious photos.

“Kevin found that as he traveled around, airports, trade shows, people asked whatever happened to that house they liked. People really wanted to know more about the finished projects,” says Casey. “The book picks up where the show leaves off.”

As part of America’s longest-running home-improvement show, airing on PBS since 1979, the duo chronicles ten of the decade’s finest transformations. The book, a labor of love that took three and a half years to complete, is rich with more than 200 stunning photographs of before-and-after interiors and exteriors, along with unique insights and stories.

According to O’Connor, the homes had to meet two criteria—they had to be from within the ten years he has served as host of the show, and he had to consider the transformations “remarkable.” From finials to fireplaces, patios to porticos, Casey then turned these evolu-
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tions into mini-scrapbooks of the process, his lens capturing finished details forsaken by the show.

“A lot of architectural stuff tends to be cold and overdressed. I treated these more as portraits of homes,” he says. “I studied the spaces and walked through them with [Kevin] to understand what made each house special. Collectively they’re all very warm. I wanted it to feel that the homeowner has just stood up and walked out of the shot.”

Think of the Shingle style of an 1897 Victorian in Newton or an Austin bungalow with go-green aspirations. Imagine the western flare of a Weston timber frame or a Brooklyn brownstone with a 1940s boardinghouse history. These and others are finally getting their place in the spotlight or, should we say, in the natural light.
An important aspect of my photography is to use as much natural light as possible. It helps create a beautiful look and genuine feel to the room,” says Casey. “I worked hard to use [strobe] subtly to give a kiss of light or a nice fill light to bring up important features in a room.”

Complementing each photo, O’Connor weaves individual stories of everything from house hunting chaos to the discovery of a foreclosed diamond in the rough. These conversational leads give each house its own story of evolution into the final glorious renovation.

From Advertising to Aperture

Casey’s career had its own evolution, beginning with a degree in Fine Arts from the College of the Holy Cross. With sights set on a photography job upon graduation, his life took a few turns before settling behind the camera.

Casey moved to Santa Fe right after college to teach at a Native American school, where he enjoyed the Southwestern culture and rich art. By way of a brief stint in the exciting world of
Senator Bob Kerrey’s presidential campaign, he returned to Boston a year later to a life in advertising. He spent 12 years working at agencies on the account and strategy side for clients like Reebok, Titleist, and McDonald’s.

That didn’t mean he had hung up his camera, however. Casey always had a place on his shoulder for his Nikon D3 or Nikon D3s.

“I was always shooting pictures,” says Casey. “I knew I was good at it and wanted to make the move eventually.” Armed with his intuitive understanding of relationships, branding strategies, and communication skills, he left the advertising world to start Casey Photography in 2005. “Understanding brand training from advertising has carried over beautifully to my photography. I ask the right questions to make sure we’re getting the right thing. Having the ability to translate what a client wants visually is a skill.”

Today his photos grace feature stories in magazines, as well as film premieres for HBO, business executive portraits, and portfolios for clients like Titleist, the Massachusetts Office of Tourism, Harvard, and TJX. Although selective on personal portraits, he’ll always pick up a camera for family and friends to capture an important time on film.

The Best of the Best

The houses for The Best Homes from This Old House stand as Casey’s favorite things he’s photographed. “I still love looking through the book. It’s great to see this long-
term project that actually happened. It’s beautifully published. It was quite a feat.”

An accomplishment that began as a friend helping a friend.

When O’Connor accepted the job with *This Old House*, Casey offered to help create a branding strategy for what he knew would become celebrity status for his long-time college friend. Casey didn’t realize that the next chapter in this friendship would be a book collaboration.

“I had just started my photography business,” he remembers. “Kevin finally had perspective on what he wanted the book to be…to showcase the finished homes.”

To make this idea come alive, the book needed to coordinate the work of dozens of experts in several fields over the course of years.

“I needed more than just a photographer and 250 photographs,” says O’Connor. “I needed a partner who could help me bring the idea to life, create the product, and market it successfully. Mike has a rare combination of skills that made all that possible. He was part of the entire process, from the pitch to publication. He was a collaborator, not just the photographer. When it came to the photography, he nailed it.”

“The creative process is hard and suffers from a lack of candor,” he continues. “Mike and I were completely candid with each other, as I suspect most people are with those who they’ve known and shared so much with since they were 18 years old.”

When Casey shared the book with the American Society of Media Photographers (ASMP), he received his own candid response—a recommendation to submit it to their Best of 2012. He is proud to announce that the book was selected as one of the winners this past July.

**Bringing His Work Home**

The Casey family has been renovating their own home since moving there in 2011. And in this case, Casey is happy to quite literally bring his work home.

“Lisa and I have had the luxury of having ten great homes to refer to. We’ve even borrowed ideas from the book to use in our own home,” he says. A Cambridge home in chapter ten gave them the idea to open up the back of their Colonial home to a more contemporary feel, with six-foot-tall window walls for a better view of a backyard reservation. This house also proves to be his favorite in the book.

“I was never a big fan of contemporary-style homes because I found them boxy and cold. The Cambridge home changed all that,” says Casey, applauding the homeowner’s thoughtful design process that involved seven different full-scale 3-D models. “The flow of the space, the materials used throughout the home, the generous use of glass on the back. I loved the light that came through, and really got an appreciation of what beautiful contemporary design was all about. This place was just so well done.”

One other thing has changed for the better—the relationship between two college buddies.

“I’d say this [book] took our friendship to a new level,” says Casey. Proof that although a foundation is strong, sometimes it takes a new undertaking to make it remarkable.

*The Best Homes from This Old House* is available at **WELLESLEY BOOKS**.
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as the mother of four children who range in age from nine to seventeen, Carol Chaoui has packed hundreds of peanut butter sandwiches for school lunches – but that’s only the beginning. One child brings the same menu every day. Another eats in the school cafeteria. Two others want variety that might include turkey slices with pickles, guacamole and chips, small bags of Cheerios, or even a portion of a sandwich from Tutto Italiano.

“It takes a lot of time and energy,” Chaoui admits. Yet finding healthy foods that satisfy her children is also a priority. “The worst thing is when they don’t eat what you give them. You think, ‘How did you make it through the day without eating?’”

What children eat for lunch has become more important than ever as childhood obesity increases. School cafeterias have come under scrutiny about what they serve, especially with First Lady Michelle Obama and Chef Jamie Oliver at the forefront of calling for school lunch
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reform. The United States Department of Agriculture (USDA) in 2012 made major changes to school lunch regulations for the first time in 15 years, directing schools to increase the availability of fresh fruits and vegetables, whole grains, and low-fat or fat-free milk. Public schools in Weston and Wellesley participate in the National School Lunch Program, which follows the USDA standards. Weston takes the extra step of buying produce from Land’s Sake farm in Weston as well as New England-raised meat from Graze, a service that delivers foods from Vermont farmers and other small producers to the Boston area. The Wellesley school lunch program is in transition, as the vendor Chartwells did not have its contract renewed for the 2012-13 school year.

Even though public school lunch standards have become healthier, many parents and children still want to control what they eat, so that means packing lunch each day. As Chaoui and other parents can attest, preparing a healthy menu demands equal measures of creativity, flexibility, and patience. Along with what a child likes to eat, there are social considerations. Food must not be too weird or embarrassing, or take too long to eat at a table filled with chattering children. Add to that finicky appetites and it can be quite a challenge to send kids off with food they will eat. Yet parents and nutrition experts agree that a bit of planning goes a long way.

Before parents begin mixing tuna fish into a salad or portioning baby carrots into snack bags, Ashley Bade, a pediatric dietician at Newton-Wellesley Hospital, advises reviewing nutritional basics. The USDA has identified five food groups: fruits, vegetables, grains, protein, and dairy. “I think the best rule of thumb to use for balancing the diet is to be sure you’re including at least three food groups per meal. It’s often that I see children with the majority of their diet coming from two to three food groups (usually starch and dairy, sometimes meats). This can lead to an unbalanced diet,” she says. A good balance, she adds, would be to pack a lunch with two sources of fiber (from

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These sample menus from Ashley Bade, a pediatric dietician at Newton-Wellesley Hospital, offer different options for balanced lunches.

- **THREE OUNCES LIGHT CHUNK TUNA** mixed with two teaspoons light mayonnaise and 1/2 cup chopped celery on one whole wheat pita. Baby carrots and a low-fat yogurt on the side
- **SLICED TURKEY AND LOW-FAT CHEDDAR CHEESE** with lettuce and tomato on a wheat wrap with grapes on the side
- **HOMEMADE PASTA SALAD**: wheat pasta with vegetables, low-fat cheese, and one tablespoon dressing with one cup berries on the side
- **ONE CUP NON-FAT PLAIN GREEK YOGURT** mixed with one chopped peach plus a half sandwich on one slice of wheat bread with one tablespoon natural peanut butter and one teaspoon no sugar added jam
- **LOW-FAT CHEDDAR CHEESE** with one serving whole grain crackers and one cup reduced-sodium vegetable soup
PAM DONAHUE
Pam moved to Wellesley in 1986 and currently resides in Needham with her husband and three children. Pam originally worked in marketing for a consulting firm and later in retail sales and management. Moving to real estate sales is a natural progression in her career path. Her knowledge of the area and involvement in the community make her a welcome addition to Benoit Mizner Simon & Co.

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fruits, vegetables, or whole grains) and a source of protein (such as meats, nuts, beans, or low-fat dairy products).

Kate Roosevelt, a Wellesley mother of children ages five and seven, also follows an informal rule of threes – though variety is her guiding principle. Fresh fruit is usually one of the components. When she has time, she might combine a few different fruits in a smoothie. Along with fruit, she might put in an egg salad sandwich, cherry tomatoes, crackers, or even avocado sushi.

“My daughter likes the process of preparing things. She can put soy sauce on the sushi and eat it with chop sticks,” Roosevelt says. She also likes to dip carrots into ranch dressing or spear tomatoes with toothpicks.

Using the principle that children like different components, Marcy Pomerance of Weston is part of a team at Graze that is developing a packaged lunch for children to be sold through retail stores as well as its delivery service. The lunchboxes will be built from items that Graze sources from producers. That might include cream cheese, cheddar cheese, bagel chips, salsa, turkey, maple-covered walnuts, and even pre-made pancakes to be dipped in maple syrup.

“You could choose a lunchbox or the different components to mix and match,” Pomerance says. “Kids like little packages that allow them to combine things in ways that the parents didn’t tell them to.”

Parents do need to take control in some ways, though, making sure the components balance each other. Bade warns against serving too many starches in one meal. “A classic lunch I see being packed is the sandwich with two cookies and a granola bar or chips and crackers. This can provide your child with up to five to six starch servings at one sitting. For most children, I would recommend choosing just one starch food to enjoy at lunch,” she says. For example, bread in a sandwich could provide the starch, and then be paired with fruits and vegetables or yogurt. Granola or crackers could be saved for an afternoon snack.

Roosevelt and Chaoui sometimes add small treats to the lunchbox, such as a piece of chocolate or a gummy candy. Chaoui’s children par-
YOGURT BERRY PARFAIT
This recipe combines fresh fruit and yogurt, with granola for a crunchy contrast. Make sure to send a spoon with this item.

1 cup blueberries or raspberries, or a mixture
1 cup low-fat vanilla yogurt
½ cup granola

- Place ¼ cup of yogurt in the bottom of a round container with a tight lid. Place ¼ cup berries on top. Repeat, alternating ¼ cup yogurt and ¼ cup of berries. Continue alternating yogurt and berries until you have created four layers.
- Pack the granola on the side to be mixed in at lunchtime.

Variations: Try layering other fruits, such as sliced bananas and strawberries. Or use plain yogurt and add a drizzle of honey to each layer.

Serves 1

particularly like her homemade madeleine cookies. Bade doesn’t view sweets as a specific no-no for lunchboxes. “I think foods such as desserts, flavored milks, juices, and high calorie snack foods are fine for anyone from time-to-time, but do not need to be making a regular appearance in a child’s lunch bag. I think it’s up to the parent to decide how often these foods are provided based on their child’s needs and the feeding values of the household,” she says.

Once menus are negotiated and re-negotiated according to children’s ever-changing palates, parents say that basic organization makes packing lunch run more smoothly. Small containers with tight lids and a thermos that doesn’t leak serve many purposes. They
keep fragile fruits, such as raspberries, from squashing, and create small, easy-to-eat portions. This approach also creates minimal waste. Foods that can spoil should be kept in an insulated bag with an ice pack. A frozen juice box or box of flavored milk can double as an ice pack – but both kinds of drinks contain a lot of sugar that should be balanced with other parts of the lunch.

Sarah Jensen of Weston likes to streamline the lunches she sends to school with her seventh grader and her fifth grader. She has learned to chop fresh fruits, such as melons or pineapples, on Sunday nights so these items will be easy to pack during the week. To save time in the mornings, she makes breakfast and lunch at the same time. A favorite lunch item for both kids is a Greek yogurt parfait layered with fresh fruit. They mix in granola at lunchtime.

“I enjoy the interaction. Over time, I see them getting more evolved about defining their tastes. I’m learning more about what they like – mustard on their bread, chopped pickle with their tuna,” she says. “It’s not a pain. If we don’t have time, they can buy the lunch at school and it’s a good option.”

---

HAWAIIAN PIZZA BREAD
This recipe from Ashley Bade makes a fun alternative to the typical sandwich and packs well in lunches. Since it contains pineapple, there’s no need to pack a serving of fruit on the side.

- 1 multigrain prepared pizza dough (from a grocery store)
- 2 cups chopped reduced-sodium deli ham
- 1½ cups diced fresh pineapple
- 2 medium tomatoes, diced
- 2 cups shredded part-skim mozzarella cheese
- 1-2 tbsp. olive oil (optional)
- Garlic salt or Italian seasoning, to taste (optional)

Preheat the oven to 375 degrees. Spray a 9x11 inch cookie sheet with non-stick spray.

Lightly flour a countertop or other flat surface and roll out the pizza dough into a large rectangle approximately 9 x 11 inches.

Starting about 2 inches from the edge closest to you, lay out half the chopped deli ham, half the pineapple and half the tomatoes in a line approximately 2 inches wide going the length of the dough. Sprinkle this layer with half the mozzarella cheese. Take the 2 inch margin and fold it over the filled layer, folding the dough by one third. Directly next to the folded edge, place another 2-inch-wide layer of the ham, pineapple, tomatoes, and cheese. Wet the far edge of the dough with water and bring it over the top of the folded layers to the edge closest to you. The filled layers should be directly on top of each other and the dough should be roughly 4-6 inches across. Seal all the edges by pressing the dough thoroughly with your fingers. Wet the ends of the dough as well and seal tightly.

Place the filled dough onto the cookie sheet. At this point you can drizzle the top with olive oil and sprinkle with garlic salt or Italian seasoning for flavor if you’d like.

Bake for 25 minutes and remove when browned and a toothpick comes out of the dough clean. Serve warm or allow to cool, slice, and refrigerate for later.

Makes 12-14 slices
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Ye Olde Cottage

BETSY LAWSON writer

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781.893.9810

price range: $5 to $10

hours:
Monday-Friday
6:00 am to 2:00 pm
Saturday
7:00 am to 2:00 pm
Closed Sunday

dress: Casual

liquor: No

parking: Free spots in front and along street

payment: Cash only, no credit cards

handicapped access: Yes

reservations: No

dick murray likens the role Ye Olde Cottage has played in the heart of Weston for 60 years – and counting – to a switchboard. It’s the neighborly hub through which news of events big and small travels quickly around the tight-knit community. And then he laughs that it’s getting harder and harder to find a working switchboard these days.

“Used to be, most towns had a mom-and-pop place like the Cottage,” Murray says. But with the proliferation of chain restaurants, owner-operator diners have been gradually disappearing from the American landscape. Murray ran the Cottage with his wife Marlene from 1967 to 1998. Marlene passed away in 2007. For the past three years, Murray has served as the town’s animal control officer, a position he describes as a great way to “retain my connection to the town.”

Running the diner for more than three decades, Murray says, was like raising an entire generation of Weston’s kids. “A baby would be born and the Cottage would be the first place they’d visit,” he says, “—a Cottage kid.”
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A good many of those kids grew up believing there was an alligator in the restaurant’s basement. The brave would dare to stand at the top of the stairs as Murray descended into the darkness below. He’d let out a shout and they’d squeal and rush back to the safety of their families – never more than just a few steps away in the cozy setting that hosts seven booths on one side and ten stools lining the counter on the other.

“It was a fun place to own, a fun place to work,” Murray says. The diner was open then from 6:00 am to 6:00 pm. But with an hour needed on each end to prep and close, the Murrays routinely put in fourteen-hour days, six days a week. “We never opened Sundays,” Murray says, “life is too short.”

Murray admits he didn’t start out as much of chef, “but I learned to be.” As he remembers it, Monday was meatloaf day and Wednesday was roast beef. Boiled ham dinner was a staple and all the soups were homemade. “It was that kind of place. We developed quite a rapport with our customers.”

And for many, that rapport meant being on the receiving end of a practical joke on occasion and putting up with a good-natured amount of ribbing. “Everybody was treated the same; it didn’t matter who you were.”

It was not uncommon, Murray recalls, seeing the president of Raytheon sitting on the stool next to a trash collector and talking town politics. “A lot of issues got resolved over a cup of coffee,” especially during the years he served as selectman from 1982-93.

“People would come in and we’d talk things over.” Residents may have held different points of view on an issue, but there was the general sense at the Cottage that everyone had the best interest of the town at heart. All day long, says Murray, customers would be making connections with one another, from hiring a babysitter for New Year’s Eve to convincing a venture capitalist to invest millions to launch a new business.

Former Harvard Business School professor Walter Kuemmerle was so taken with the ambiance of the place that he chose it as the setting for his 2001 case study “Term Sheet Negotiations for Trendsetters, Inc.” that is read by business students around the world. The case involves two entrepreneurs wrestling with a major business decision:

As the two sat across from each other for lunch at one of the tables of their “corporate dining room” (a local Weston restaurant called Ye Olde Cottage), they knew they should get a grasp of the relative merits of each proposal before they were finished with the day.
ANDREW J. BOLES
With more than 15 years of experience in the entertainment industry, and a background as a skilled carpenter and construction project manager, Andrew is leveraging his expertise in logistics, quality control, and cost management, as well as his hands-on knowledge of residential construction to meet and exceed clients’ expectations. Andrew’s myriad skills and experiences have uniquely positioned him to assist buyers and sellers in their important purchasing and sales transactions.

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Kuemmerle, who now runs Kuemmerle Research Group, Ltd. in Boston, says he was particularly struck by the diversity of the patrons and their congeniality, no matter whether someone was in a tailored business suit or a work uniform already muddied from an early morning job. “It has character,” Kuemmerle says. “I’d go back there any time.”

**A Morning Ritual**

Stefan Cunha works at SavATree in Lincoln and enjoys stopping at the Cottage any morning he has a job in the area. He’ll often pick up breakfast sandwiches for the crew as well. He joked that he initially found the diner “by smell” and has been coming back for the good coffee and morning conversation ever since. His menu favorite is “The Luke,” named for a young regular who struggled having to choose between French toast and a bacon, egg and cheese sandwich. So the kitchen whipped up a combination.

“The Luke” was a hit and earned a place on the menu alongside “The Lydia Shire Special” named for another Weston resident. The renowned chef’s namesake: two eggs over easy, two sausage patties, a small juice and coffee.

The cups of coffee are bottomless and fixed to your liking by Andy Kuncewicz, who has worked behind the counter for the past five years. Kuncewicz estimates around 75 percent of customers are regulars, most of whom he knows by name and how they take their coffee.

It used to be that after the morning coffee, patrons at Ye Olde Cottage could catch the bus out front that ran from Hudson to Boston during commuter hours, according to Local History Librarian Madeleine W. Mullin at the Weston Public Library. Mullin culled through a treasure trove of old news clippings, yearbooks, and reference materials in the Local History Room for images of the businesses that line that section of the Boston Post Road in the center of Weston. She found mention of a Ye Olde Cottage Two that used to operate where Theo’s Pizza is now.
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In the index to the book *Farm Town to Suburb: The History and Architecture of Weston, Massachusetts, 1830-1980* (Pamela W. Fox, author; and Sarah B. Gilman, photo editor), Mullin points out a Weston High School yearbook photo from 1955 taken from inside the Cottage facing the back wall. What’s notable is what’s missing: the now iconic landscape mural had not yet been painted.

**Maintaining the Tradition**

In 2007, Weston resident Dawn Rodowicz became the fourth owner in Ye Olde Cottage’s 60-year history and it still looks the way she remembers it as a high schooler. She would eat there with her mom, Reba Campbell, who worked as a clerk in the Assessor’s Office in Weston's Town Hall just down the street.

Rodowicz, who is also a licensed real estate agent, says her staging instincts tempted her to consider redecorating with a spiffy coat of white paint and new flooring. But she knows the knotty pine walls and chrome finishes can evoke fond memories of a couple’s first date or other rites of passage in a small town. So when she purchased the restaurant, she focused on replacing a lot of the original kitchen equipment, but left the dining area essentially untouched.

“There are parents who taught their children their letters on those jukeboxes, broken or not,” she says. “They’d be heartbroken if they were taken down.”

Now in her fifth year at the helm, she recognizes most customers who walk through the door. She enjoys engaging in conversation and catching up on their lives. “You meet wonderful people.”

Weston residents who have long since moved away will make a point to stop in the Cottage for old times’ sake. They’re delighted, Rodowicz says, to find the menu still offers classic American diner fare of pancakes, eggs, sandwiches, and more. The least expensive item is an English muffin for $1.50 all the way up to a cranberry walnut chicken salad or chicken parmesan plate with spaghetti that will set you back all of $9.50.
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fashion trends

FALL IS HERE and so are your favorite looks from our fabulous local stores. We asked store owners for some of their picks of the season and created these fashion pages to make shopping for fall styles fun and convenient. Enjoy!

1. Simona Barbieri Twin-Set Suede Shoes
Crossing Main, Wellesley

2. Veronica Beard Birdseye Blazer with Cable Zip Out Dickey
Gretta Luxe, Wellesley

3. Simona Barbieri Twin-Set Military Inspired Jacket
Crossing Main, Wellesley

4. Frank & Eileen Black Shirt Leather Jacket by “Jacket”
Clementine, Wellesley

5. Kimberly Ovitz Leather Motorcycle Jacket
Gretta Luxe, Wellesley

6. Warm Sand Moto Jacket with Elliott Lauren Cotton Stretch Blouse
Lyn Evans – Potpourri Designs, Wellesley

7. Proenza Schouler PSI Medium Bag
Gretta Luxe, Wellesley

8. Lanvin Sand Suede Invisible Wedge Knee-High Boots
Alan Bilzerian, Newton

9. Frances Dress
Wendy Wheeler, Sudbury

PHOTO CREDITS: 1 & 3) COURTESY OF SIMONA BARBIERI/CROSSING MAIN; 2) COURTESY OF VERONICA BEARD/GRETTA LUXE; 4-8) ERIC BARRY; 9) COURTESY OF FRANCES/WENDY WHEELER
fall fashion trends

1. Yoana Baraschi Ponte and Tweed Dress
   Lyn Evans – Potpourri Designs, Wellesley
2. Longchamp Bag
   Lyn Evans – Potpourri Designs, Wellesley
3. Urbania Coat
   Sooki, Boston
4. Sara Campbell Blazer, Pants, and Blouse
   Sara Campbell, Wellesley
5. Chan Luu Necklace
   Pine Straw, Wellesley
6. Simona Barbiera Twin-Set Shoes
   Crossing Main, Wellesley
7. Balenciaga Giant City Bag in Burgundy
   Gretta Luxe, Wellesley
8. Lanvin Black Calfskin Multi-Function Day Bag
   Alan Bilzerian, Newton
9. Me & Kashmiere Scarf
   Trove, Weston
10. Giade Forte Leather Blazer with RDM Silk T-shirt
    Clementine, Wellesley

PHOTO CREDITS: 1, 2, 5, 7-10) ERIC BARRY; 3) COURTESY OF URBANIA/SOOKI; 4) COURTESY OF SARA CAMPBELL; 6) COURTESY OF SIMONA BARBIERI/CROSSING MAIN
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fall fashion trends

1. NY77 Black Dress
Sooki, Boston

2. Init Design Necklace with Pave Diamonds (enlarged to show detail)
Clementine, Wellesley

3. Stacey Frasca Code Red Lipstick
Studio 28, Wellesley

Turtle, Boston

5. Michael Kors Lace Waist Sheath Dress
Gretta Luxe, Wellesley

6. Alexis Bittar Bracelets
Lyn Evans – Potpourri Designs, Wellesley

7. Burgundy Ring with Diamonds
Trove, Wellesley

8. Yigal Azrouel Burgundy Dress
Gretta Luxe, Wellesley

9. 525 America Rabbit Fur Scarf
Lyn Evans – Potpourri Designs, Wellesley

10. Jude Connally Dress
E.A. Davis, Wellesley

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Veronica Beard
Yigal Azrouel
about town

About Town is the place to find Wellesley and Weston residents at noteworthy events throughout Greater Boston. For more information on the events shown and to view additional photos, visit wwmblog.com.

WellesleyWeston Magazine’s blog is the talk of the towns with the latest event photos, calendar listings, and conversations for the people who make things happen in Wellesley and Weston. Log on today and you might see yourself in our expanded About Town section. Post a comment by going directly to wwmblog.com or visit our Web site at www.wellesleywestonmagazine.com and click on About Town or wwmblog.

Wellesley Chamber of Commerce Annual Meeting

1 Femina Ali, Rob Skolnick, Alice Lee, Lindsay Santini Moran, and Brian Lynch  
2 Lynn Hunter, Mary Ellen Fillo, and Cynthia Grant  
3 Susan Novins and Mary Beth Mahoney

“Spring Clean” Plan A at Lyn Evans Potpourri Designs

Handel and Haydn Society Ball

1 Nancy Haas, Debbie First, and Nicholas Gleysteen  
2 Jonathan Martin  
3 Anita Walker, Harry Christophers, and Rosamond Vaule

Heading Home Housewarming Event

1 Brian Kavoogian, Tom Lorello, Marc Margulies, and Andrew Maher  
2 Jack and Alissa Sebastian

PHOTOS BY GRETJEN HELENE PHOTOGRAPHY

PHOTOS BY BETHANY VERSOY PHOTOGRAPHY

PHOTOS BY BETHANY VERSOY/PHOTOGRAPHY
Sustainability

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Wellesley Hills Junior Women’s Club Kitchen Tour

1 Ingrid Houghton and Kerry Welch
2 Debra Haluska and Peter Fallon
3 Christy Cadigan and Barbara Neuberger

Lux Bond & Green – David Yurman

1 Sheryl Green, Johanna Bond, Jack Winer, and Shauna Gallagher
2 Debbie First (right) and guests

Newton-Wellesley Hospital Gala

1 Laura, John, Tracey and Amy Cannistraro
2 Carol and Sean Rush
3 Kevin McGrath, Anna Maria Costa, Hope Aldrich, and Vytas Simas

For more information on these events and additional photos, visit wwwmblog.com
There’s a lot happening with the Chamber this Fall…

Join us for the 2nd Annual
Race Wellesley First
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Saturday, September 15
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Register online at:
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about town  (C O N T I N U E D  F R O M  P A G E  1 9 6)

For more information on these events and additional photos, visit wwmblog.com

Art Show at Wellesley Community Children’s Center

Mosher’s – Zegna Trunk Show

Kelley for Ellie

Boys & Girls Clubs of Boston’s House Party

Chamber of Commerce After Hours at Gustare Oils & Vinegars

1 Bianca de la Garza, Kelley Tuthill, and Susan Wornick 2 Jordan McManama and Brittany Holiday 3 Bill and Gail Fine, Jeff Fine, and Ben Rawitz 4 Kelley Tuthill

1 John and Caroline Fletcher and Anne and Kevin Phelan 2 Donna and Chip Hazard

1 Ryne Johnson, Guest, Dick and Karen Pickett, and Mark Mullaney 2 Guest, Maura O’Brien, and Dave and Catherine Ferraresi 3 Lorri Seibert Woodscre and Maura O’Brien
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about town (CONTINUED FROM PAGE 200)

Emerald Necklace Conservancy

For more information on these events and additional photos, visit wwmblog.com

North Hill Boston Speaker Series

Debi Benoit’s 100 Fabulous Women Luncheon

Natick Visting Nurse Association Fresh Taste

International Furniture and Design Association (IFDA) Business Boot Camp

1 Jennifer Nobles, Susan Kingsley, Carolyn Carney, Sarah Smith, Caroline Stone, Kelly Barry, Julia Woodward, and Nancy Pelissier  2 SueAnn Sheehan and Tanya Capello  3 Dorene Higgon, Lara O’Rourke, Debi Benoit, and Michelle Walsh

1 Ted Joseph (right)  2 Prue Haye (left)  3 Mike Welch

1 Julie Hume Gordon, Janet Atkins, and Susan Poduska  2 Amy Harden and Page Wallace  3 Mary Renner and Margaret Boles Fitzgerald  4 Randi Cutler, Marcia Brown, and Karyn Taylor
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about town (CONTINUED FROM PAGE 202)

Dress for a Cause for St. Jude Children’s Research Hospital

For more information on these events and additional photos, visit wwmblog.com

Wellesley Free Library Foundation Advisory Board Gathering

Visit the WellesleyWeston Magazine Blog
To post a comment or view expanded coverage of these events, calendar listings, and conversations for the people who make things happen in Wellesley and Weston, visit wwmblog.com.

Do You Have An Event You Want Us To Showcase?
Please send your photos and descriptions to: jill@wellesleywestonmagazine.com. Email submissions only please; jpeg photos are welcome at a minimum size of 3” x 4.5” at 300dpi.

Friends of the Children – Boston’s Friend Raiser

Shafer O’Neil Triple Crown Celebration

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lifelong  Wellesley resident Trish Fenton Bradley fondly remembers the endless summer wiffle ball games she played with the kids in her Kenilworth Road neighborhood. Before her father’s house was sold this past June, Trish rounded up the old gang, along with their spouses and children, for one last backyard ballgame. Pictured in the 1976 photo in the back row from left to right are Paul Roberts, Brian Fenton, and Joe Roberts. Heather Cathcart (left) and Trish Fenton (right) are in the front row. Thirty-six years later, Brian Fenton, Joe Roberts, Heather Cathcart, and Trish Fenton Bradley reenact the original photo.

Be Creative  This page is designed to give our readers the opportunity to express themselves creatively. If you have a short piece of fiction (300-500 words), a poem, illustration, or photograph depicting life in Wellesley and Weston, we would love to hear from you. Please e-mail your submissions to jill@wellesleywestonmagazine.com.
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