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** SOLD **

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48  **A Labor of Love**  
Local experts share their innovative ideas and tasteful tips for renovating an antique home.

< 60  **Meet Joe Avellone**  
We sit down for a face-to-face interview with Wellesley resident Joe Avellone, who is running for Governor of Massachusetts.

72  **The Equestrians**  
For residents of Wellesley and Weston who love to ride, new adventures are only moments away.

84  **Connecting Two Worlds**  
Meet the members of the Wellesley Village Church Youth Group who spent their school break making an impact in the Dominican Republic.

94  **The Chance to Go to School**  

108  **The Wellesley Historical Society Walk Series**  
Take a walk back in time and discover the history behind familiar places in town.

118  **A Landmark in the Making**  
The Rose Kennedy Greenway Carousel, opening in Boston on Labor Day weekend, promises to bring smiles to the faces of young children and their families.

128  **On the Cutting Edge**  
Weston High School’s new science wing paves the way for a broader science curriculum now and in the future.
Although they may be visually pleasing, invasive plants threaten the native species in our gardens. Ruth Furman tells why we should be wary of the invaders.

Follow these tips on how to learn more about the history of your home.

Four local women share their advice on how to make a successful mid-life career change.

Our experts weigh in on how to lose a lot of weight and keep it off.

The Lone Tree Institute expands opportunities for kids in rural Nicaragua.

Kids are spending an alarming amount of time engaged with technology. What are parents to do?

The Tremont School in Weston and its project-based learning environment provides local children with an alternative to the traditional educational experience.

Wellesley artist Deborah L. Friedman draws inspiration from nature.

Fall is tailgate picnic time and our ideas and recipes are a winning combination for your next game day.

Wellesley and Weston residents attending noteworthy events throughout Greater Boston.

This page gives our readers the opportunity to express themselves creatively with writing, art, and photography. In this issue, Amy Dwyer shares her thoughts on how to find grace in our daily lives.
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contributors fall 2013

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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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i have a feeling that many of you returned home from your last hurrah of the summer season to find a huge stack of mail, much of it unwanted. Hopefully, your copy of WellesleyWeston Magazine was right on top of the pile to provide some enjoyment before the bills took over and you’re now reading and relaxing a bit before heading into the fall frenzy.

This issue provides plenty of inspiration for those of you wanting to try something new. In our Business article, “Just Go For It,” writer Jennifer Blecher interviewed four local women who experienced career changes, and Maura Wayman, who took the photos that accompany the article, also changed careers later in life. All of the women shared similar stories and their advice followed common themes: Trust your instincts. Take risks. Find your passion. I applaud them for having the courage to go out on a limb to invest the time and energy necessary for making a dream job a reality. Their stories remind me of my own career change when I started this magazine in 2005.

Following one's passion also played a role for the Gladstone family who established the Lone Tree Institute in rural Nicaragua that is featured in Calvin Hennick's article in our Good Works department. It was Richard Gladstone's dream to build a library in Palo Solo, a small town in Nicaragua where his daughter lived. Sadly, he was killed in an automobile accident before he had the chance to achieve this goal. Thanks to his loving family and the generosity of many friends and his former employer, Houghton Mifflin Harcourt, today there is a library that bears his name. And that's not all. The Lone Tree Institute enriches the lives of the children in this rural village in many ways by providing learning opportunities, tutoring, and even sponsoring local sports teams.

For families living in this part of the world, the problems are very different. For many parents, the amount of time their children spend texting, e-mailing, and staying connected online is truly alarming. In our Family Matters article, “Always Connected,” Lisa Henderson visits the subject of kids and technology and reports what experts have to say regarding how much technology is too much. I think you will find some of the data surprising and the advice helpful.

I hope you enjoyed a relaxing summer and are ready to embrace the fabulous fall season with open arms. Here's to cooler temperatures, vibrant colors, and an easy transition back into the work and school routines. Enjoy!

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 and Inbox 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.
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Many thanks for including “Type 1 Diabetes Update” in your Summer 2013 issue. Once again, Steve Maas did a tremendous job, because he makes every effort to understand his topic and subjects. It’s a complex disease with complex ramifications, but Steve guides readers through it smoothly.

The timing of your release happened to be perfect; this week, our parents used the article to help our state senators understand why it is so important that they restore funding to the environmental health account, at the level Governor Patrick had proposed. Parents contacted their legislators on Tuesday, preceding the start of the budget debate on Wednesday. We appreciated having the recent publication to use as a reference.

Ann Marie Kreft
Weston

I’d like to thank WellesleyWeston Magazine for your continuing coverage of the Type 1 diabetes cluster in our local community. On Friday, February 25, 2011, at 6:00 pm I learned that my husband was on his way to Children’s Hospital in Boston with my younger son. Type 1 diabetes had struck him from seemingly out of the blue. And then I remembered your magazine. Through my tears and disbelief, I rummaged through a basket of past issues and found the article [from the 2009/10 Winter issue]. Reality set in. We were part of the cluster. We were the “other people.”

In learning all we could about this disease, it was comforting to know there was a strong community of Type 1 families, led by the indomitable Ann Marie Kreft. This community was there for us in our time of need and continues to advocate for our children.

Thank you Steve Maas and WellesleyWeston Magazine for reporting on our Type 1 diabetes cluster in a publication that derives so much advertising revenue from local realtors, architects, landscape designers, and builders. I appreciate the dissonance between this story and the picture-perfect homes that so beautifully grace your magazine.

We hope to have a better understanding some day of the root cause of the high prevalence of Type 1 diabetes in three contiguous U.S. Census tracts in Wellesley and Weston. In the meantime, we’re planning to be here for the long haul. My now 12-year old son, whose courage inspires us all, once said, “I’d rather have diabetes than not live in Wellesley.”

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there are approximately 2,300 species of wild plants growing in Massachusetts, of which 45 percent were introduced from elsewhere in the world. Some of these “exotics” were brought here accidentally as ballast on ships, in packing materials, or even in some cases stuck to travelers’ shoes or clothing. Others came intentionally via plant hunters (keen horticulturists) and were sold by nurseries, while some were deliberately imported for agricultural purposes or for soil stabilization. These non-natives eventually spread and kept spreading. Without the natural predators from their native lands there was nothing to keep them in check, and their ability to thrive in a variety of habitats has compromised our native flora and fauna, impoverishing the biodiversity of local ecosystems.

Massachusetts has taken steps to prohibit the sale, propagation, and importation of approximately 66 species considered invasive. (For a full list go to www.mnla.com and click on “invasive plants.”) While it is illegal to sell these plants in Massachusetts, they are present in many gardens where they continue to multiply and invade surrounding areas. Nurseries regularly get requests for some of the more striking invasives like the Norway maple, *Acer platanoides*, particularly the red-leafed cultivars. It was commonly planted as a street tree in the mid-twentieth century as a replacement for American elms which were wiped out by Dutch elm disease. Seeds can be carried along by the wind up to 100 feet and with its ability to tolerate shade it is commonly found in urban woodlands.
will spread via underground rhizomes and, like burning bush, it is now found in the woodland understory. An herbaceous perennial, introduced for its ornamental attributes, is purple loosestrife, Lythrum salicaria, and its purple-pink flowers are a striking feature of the summer landscape. But it is best avoided despite its spectacular presence. Its seeds remain viable for years and it’s a vigorous colonizer, forming a dense mass particularly in moist, wet sites where it eventually overwhelms native species.

Many of these exotics have visually pleasing elements but there are many alternative plants which provide similar aesthetic features. While you might think that picking bittersweet vines will help reduce its presence, you are just encouraging it to grow more vigorously. The berries contain the seeds which will pop out en route to your front door; the seeds will germinate and a whole new colony of bittersweet is then established. Help prevent invasive species from spreading by carefully removing all traces of them from your garden and replace with a beautiful native species. Spread the word, not the weeds!

The Oriental bittersweet vine, Celastrus orbiculatus, is perhaps the most notorious of the invasives when the yellow seed pods split open in the fall to expose its bright orange-red seeds. Who hasn’t collected them for autumnal tabletop decorations or made wreaths from the twining woody stems? But these same stems will envelop a “host” plant, eventually strangling it. Seeds are dispersed by birds and, as anyone who has tried to remove bittersweet knows, it is a nearly impossible task; the merest stem left near soil will root and re-grow.

A top selling shrub prior to its “banned-in-Boston” status was burning bush, Euonymus alata. A ball of fiery red in the autumnal landscape, it was introduced as an ornamental in the mid-nineteenth century when it was featured as a low-maintenance plant, readily adapting to a range of growing conditions. The small fall fruits are dispersed by birds and, aside from the many backyards it inhabits, it is commonly found in the understory of newer woodlands.

Another introduced ornamental now on the invasive list is Japanese barberry, Berberis thunbergii, popular for its colored foliage. It produces showy fruits which the birds disperse, while established plants

RUTH FURMAN is a Massachusetts Certified Horticulturist (MCH). She trained in horticulture in England and spent many happy years working and gardening there. To reach Ms. Furman, email her at: Ruth@wellesleywestonmagazine.com.
62 REASONS TO LIST YOUR HOME WITH US:

Jessica Allain | Debi Benoit | Jennifer Blake | Andrew Boles | Stephanie Burns | Jose Carrillo | January Checkovich | Pam Dennehy
Kristen D’Chiaro | Lynn Donahue | Pam Donahue | Ellen Dudley | Melissa Ellison | Kelly First | Wyndham Flaherty | Michelle Garfinkel
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Sheryl Simon | Cynthia Tamburro | Dana Tanimoto | Tanya Tanimoto | Traci Topalis | Nan Vandervelde | Michelle Walsh
Ilene Wigetman | Jared Wilk | Mary Wilson | Senlin Zhang

10 tips for... (How to Research Your Home at the Wellesley Historical Society)

You can learn more about the history of your home with a variety of resources available at the Wellesley Historical Society.

**One** Consult Historical Commission surveys
Volunteers from the Wellesley Historical Commission have documented the history of selected homes in cooperation with the Massachusetts Historical Commission (MHC). Over 400 homes in Wellesley were surveyed, and if your home is one of them, you’ve hit the jackpot! These surveys are available at the Wellesley Historical Society or look online at the MHC database at www.mhc-macris.net/index.htm.

**Two** Discover who used to live in your home
Have you ever wondered who used to live in your house? Knowing the name of past property owners is an important step in researching your home, as it can help you utilize other historic resources.

The Society owns a complete set of the Wellesley List of Residents so you can quickly locate the name, age, and occupation of past owners.

**Three** View a plan of your house
If your house was built by a local developer or designed by a local architect, make an appointment to see if a plan of your house or subdivision is in the Wellesley Historical Society’s extensive Maps and Plans Collection. Many architects did not include street addresses on their plans.

about the Wellesley Historical Society
The Wellesley Historical Society is a nonprofit organization dedicated to preserving and sharing the history of Wellesley. The office is open on Tuesdays and Thursdays from 10:00 am to 4:00 pm and Wednesdays from 1:00 pm to 4:00 pm. Please call Kathleen Fahey, Curator, to make an appointment to research your home at 781.235.6690 or via e-mail at kfahey@wellesleyhistoricalsociety.org. Due to the staff time involved in searching various resources, there is a file-search fee of $30 for non-members and realtor inquiries.

so having the name of a previous property owner is vital to your search.

**four** Map it out
A historic atlas is a series of hand-drawn maps that are bound together. The atlases in the Society’s collection provide a birds-eye view of entire neighborhoods and contain detailed information such as property owners, building sizes, and materials. The 1947 Sanborn Fire Insurance Atlas of Wellesley is color coded to reveal different building materials such as wood, stone, and brick.

**five** Get the picture
The Society has over 1,000 images of Wellesley homes in its archives so a picture of your house may be available. Early images can help identify renovations and additions as well as provide clues about original details. If an image is not available, you may want to consider submitting a recent photo of your home – a future owner will benefit from your forethought!

**six** Consult the street name index
Have you ever wondered how your street got its name? The Society’s street name index explains the origin of over 500 streets in Wellesley. Some names are descriptive, others memorialize fallen war heroes, and some are just fanciful. A few streets in Wellesley have even changed names over the years. Weston Road, for example, was known for a brief period as Blossom Road.

**seven** Learn the assessed value of your property
The Assessors List of Real and Personal Property allows you to find out the assessed value of a property for a given year and often lists outbuildings and garden structures. Early Assessors Lists in the Wellesley Historical Society’s collection identify property owners with livestock by documenting outbuildings such as barns, henhouses, and goat houses.

**eight** Dig deeper
If your home was built, bought, or sold in Wellesley between 1895 and 1955, there is a very good chance that Clarence A. Bunker served as the lawyer for the transaction. The Society is home to Bunker’s professional papers and these files reveal information pertaining to deeds, titles, and mortgages and often include blue prints and maps.

**nine** Tap an unexplored resource
Albion Clapp owned and developed large areas of Wellesley in the Cliff Road area between 1885 and 1926, and his personal and business papers are part of the Wellesley Historical Society collection. Details about your house may be available in these extensive files. This collection is largely unprocessed, so get ready for some real detective work if you want to tap this unexplored resource!

**ten** Read a book
The Wellesley Historical Society Library Collection features books on different topics related to Wellesley history, many with information about historic houses. The Society’s collection includes published books such as Joseph E. Fiske’s *History of the Town of Wellesley* and rare volumes such as William H. Hollis’s *History of Old Houses, Families and Land in Wellesley and Lower Falls*.

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**other local resources:**
- **WELLESLEY TOWN HALL**
  Various departments
  www.wellesleyma.gov
- **WELLESLEY FREE PUBLIC LIBRARY**
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- **WELLESLEY HISTORICAL COMMISSION**
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by roche bobois
For the second consecutive year, the Wellesley Award Program has selected **Mollie Johnson Interiors** for the 2013 "Best of Wellesley" award in the Interior Design Services category. The Wellesley-based firm has designed interiors in the Boston area and beyond for over 20 years. Mollie Johnson works closely with clients to create personalized spaces ranging from newly-constructed, high-end residential projects to large scale renovations. Visit [www.MollieJohnsonInteriors.com](http://www.MollieJohnsonInteriors.com) or call 781.431.2289 for more information.

**Future Shapes** is collecting slightly worn athletic shoes of all sizes for Big Brothers Big Sisters. Stop by during the months of September and October between 6:00 am and 9:00 pm to drop off your sneakers and enter the drawing for a complimentary personal training session. And see the Fitness and Health article on page 153 to re-start your fitness program. Visit Jill Blondek in Wellesley at The Fitness Club for Women, 200 Linden Street, or DD Antonelli at 56 Winchester Street in Newton Highlands to get proper training goals and nutritional tips. Stop by anytime for a visit of their facilities and to meet the trainers. For more information, call 781.237.9785.

**Krauss Dermatology** in Wellesley Hills is proud to announce that Dr. Emily Wise will be joining the practice in September. Dr. Wise completed both her medical school and residency training at Boston University, where she served as Chief Dermatology Resident. She graduated magna cum laude from the University of Pennsylvania. Her special interests include skin cancer, acne, cosmetic dermatology, and hair disorders. Visit [www.kraussderm.com](http://www.kraussderm.com) for more information about Dr. Wise and Krauss Dermatology.

**Amy Reich Weil** has been awarded the Cruickshank Alumni Leadership Award from Babson College. This award is presented to an alumnus for outstanding commitment and contributions to Babson over time. Ms. Weil, a 1987 graduate, is a founding partner of Kertzman & Weil, LLP, a real estate law firm in Wellesley. She is an overseer and member of the adjunct faculty at Babson and has been an active volunteer for more than 20 years.

**Theo and Isabella Design Group** just launched a new website, [www.TheoandIsabella.com](http://www.TheoandIsabella.com). Known for a signature style that mixes the old with the new, Theo and Isabella’s collaborative, client-focused approach creates rooms that reflect their clients’ individuality. Art, family heirlooms, and objects with personal meaning are incorporated with modern details to create rooms bespoke with elegance and style. The company will celebrate its two year anniversary in April. Visit them on Facebook and see their ad on page 63.

**Stephanie Burns** and Alyson Karpowicz have joined forces at **Benoit Mizner Simon & Co. (BMS)**, to create one of Wellesley’s most powerful real estate teams. Winners of numerous sales awards, this dynamic team has over 20 years of experience and over 120 million dollars in sales volume. The Team is further enhanced by the addition of Julianne Ivey, a Wellesley Town Meeting member, who brings over 20 years of investment marketing experience.

Wellesley architect and resident **Jan Gleysteen** AIA was recently recognized as “Best of Houzz 2013” by Houzz.com, an online community focused on architecture, interior design, and home improvement. Houzz features thousands of inspirational images from top design professionals across the country. Only their top three percent received the honor of being named “Best of Houzz” for 2013. For more information, please visit [www.jangleysteen-inc.com](http://www.jangleysteen-inc.com) or contact Jan Gleysteen Architects, Inc. at 781.431.0080.
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Dr. Mark Rounds, Medical Director of Massachusetts Eye and Ear, Newton, was selected as a “Top Doc” by Boston magazine for the third year in a row. Located in Suite 668 at Newton-Wellesley Hospital, the center provides general ear, nose, and throat care for children and adults and is covered by Pediatric ENT specialists 24 hours a day, seven days a week. Dr. Rounds performs facial plastic and reconstructive surgery. To learn more, visit www.MassEyeAndEar.org/Newton.

Dr. Margaret Manion of Weston, a pediatrician at Longwood Pediatrics in Boston, was recently honored by Boston Children’s Hospital with its Community Pediatrics Award, the highest honor it bestows to physicians practicing outside the hospital. The award of Service to Pediatricians and the Community is presented annually to recognize outstanding work on behalf of children in the community, on behalf of pediatric residents learning about primary care, and on the advancement of primary care within the hospital.

Wellesley resident Peter D. Stoner has started STONER & Company to guide employers, insurance brokers, and individuals through the Medicare maze. He has directed Medicare sales departments for local health plans, including Tufts Health Plan and Fallon. Peter hosts educational seminars and is available for free personal consultations. He helps those new to Medicare decipher which plans are best for them. For more information about STONER & Company, visit www.stoner-medicare.com or call 781.431.7550.

uVisualize, a boutique travel consulting firm based in Needham, is proud to celebrate their first anniversary. Fundraising trips are their main focus for this coming year. It’s a win-win. The nonprofit benefits from the donations, and the donor community benefits from the joy of contributing to their favorite charity and spending fun, quality time with like-minded individuals. If you know of an organization that might like to consider a fundraising trip, please call uVisualize at 781.898.2014 or visit www.uvisualize.com.

Long’s Jewelers in Natick is excited to launch the Fall 2013 collections from elite designers including Roberto Coin, Marco Bicego, and Gurhan. Come in and see the Pois et Mois collection from Roberto Coin featuring bold, modern gold cuffs with polka-dot-like details, new styles from the Siviglia and Murano collections by Marco Bicego, and Gurhan’s latest collections featuring emerald green. Long’s has all the latest trends plus favorite classics.

Wellesley Bank will open a Boston office at One Federal Street in the fourth quarter of 2013. The company currently has three branch offices in Wellesley, where it has been providing financial services to individuals and businesses for over 100 years. Wellesley Bank provides comprehensive premier banking and wealth management services to successful people, families, businesses, and nonprofit organizations. Wellesley Bank and its wholly owned wealth management company, Wellesley Investment Partners, LLC are subsidiaries of Wellesley Bancorp, Inc. (NASDAQ:WEBK).

Benoit Mizner Simon & Co. (BMS) announced the winners of the real estate company’s first annual B.O.L.D. (Building our Legacy Daily) Achievements. Top honors included: Traci Shulkin, Top Sales Associate; Tanya Tanimoto, #1 Broker Town of Wayland; and the Lynn Donahue and Donna Maley Team #1 Team Town of Wellesley. For the seventh consecutive year, Debi Benoit secured #1 Broker status in the Town of Wellesley and Amy Mizner and Sheryl Simon were ranked as the #1 Team in Weston, a title they shared in prior years. Visit www.benoitmiznersimon.com.
YE A N A F R E Y  
W E L L E S L E Y’ S # 1 B R O K E R 2 0 1 2 
2 0 1 1, 2 0 1 0, 2 0 0 9, 2 0 0 8, 2 0 0 7, 2 0 0 6* 

Debi is a 4-time proud recipient of 
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OVER $87 MILLION TOTAL SALES IN 2012 

WAYLAND  
$11,800,000  

WELLESLEY  
$5,395,000  

WELLESLEY  
$4,595,000  

WELLESLEY  
$4,350,000  

WELLESLEY  
$3,495,000  

WELLESLEY  
$3,250,000  

WELLESLEY  
$2,650,000  

NEEDHAM  
$2,500,000  

WELLESLEY  
$2,490,000  

WELLESLEY  
$1,850,000  

WELLESLEY  
$1,695,000  

WAYLAND  
$1,450,000  

WAYLAND  
$475,000  

PENDING WELLESLEY  
$2,695,000  

PENDING WELLESLEY  
$2,450,000  

PENDING WELLESLEY  
$2,150,000  

PENDING WAYLAND  
$1,550,000  

PENDING WELLESLEY  
$1,395,000  

PENDING WELLESLEY  
$1,349,000  

PENDING WAYLAND  
$1,295,000  

PENDING WELLESLEY  
$1,220,000  

PENDING WELLESLEY  
$739,000  

PENDING WELLESLEY  
$1,235,000  

PENDING WELLESLEY  
$1,139,000  

PENDING WELLESLEY  
$1,299,000  

PENDING WELLESLEY  
$759,000  

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$875,000  

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*Debi Benoit’s agent market share as per MLS data since 2006. **MLS listings representing buyers and sellers.
Noble and Greenough School in Dedham will be hosting two open houses this fall for prospective students and their families. The public is invited to tour the campus and/or join panel discussions covering a myriad of subjects regarding admission, academics, community service, athletics, the arts, and financial assistance. Please visit www.nobles.edu/fallopenhouse for further information. Open House dates are: Saturday, October 19 from 9:00 am to 12:00 pm and Tuesday, December 10 from 6:00 pm to 9:00 pm.

UBS Wealth Management Americas (WMA) announced that Jonathan Penta, Senior Vice President–Wealth Advisor, has been named to their exclusive “Top 35 Under 35” program. The financial advisors recognized for this program have shown an outstanding level of dedication to their clients, our firm and the industry, “said Bob McCann, CEO, UBS Wealth Management Americas. Penta, who joined the firm in 2007, is a senior partner of his wealth management practice based in Wellesley.

The Visiting Nurse Association of Boston’s signature benefit, Heroes in Health Care Gala, is Friday, October 25, at the Mandarin Oriental Hotel, Boston. Led by Honorary Gala Co-Chairs Ron and Shawnda Walker and Gala Co-Chairs Weston resident Lorian Meagher and Linda Hope-Springer, the event will honor the following individuals with Hero awards: Dr. Joshua Boger, Alkeus Pharmaceuticals & Founder of Vertex Pharmaceuticals; Kate Walsh, Boston Medical Center; and Sonia L. Alleyne, Sovereign/Santander. For more information, visit www.bostonvna.org/gala.

On Saturday evening, October 26, the Sisters of Charity will host a Harvest Festival at Wellesley Country Club. The event will feature specialty wines and beer, cocktails, delicious food, raffles, and live and silent auctions. All proceeds will benefit renovations at Mount St. Vincent, Wellesley – home to both Elizabeth Seton and Marillac Residences. Attend this great event and support the Sisters of Charity’s ongoing service to the community’s elder members. For more information, call 800.247.6509 or e-mail rprevite@schalifax.org.

Morgan Stanley announced that Andrew Zimmerman of Weston and Edward G. Nabhan of Wellesley, Managing Directors in the firm’s Boston Wealth Management office, have been named to Barron’s annual list of America’s Top 1000 Advisors. The Barron’s Top 1000 Advisors is a select group of individuals who are screened on a number of criteria. Among factors the survey considers are assets under management, revenue produced for the firm, and quality of service provided to clients.

Mary Ellen Fillo of Fillo Financial LLC and her husband Joe recently attended the Member Social for the Boston Chapter of Financial Executives International at the Harvard Club of.

Wellesley Bank, a premier bank and wealth management company, announced that Henry M. Connors, Vice President of Retail Banking, has been promoted to Senior Vice President – Office Manager of their newest location at One Federal Street in Boston.

In this new role, Mr. Connors will lead the development and operations of the Boston office, located in the heart of the city’s financial district. Connors is a banking industry veteran and has been with Wellesley Bank for 15 years.

One 2 One Bodyscapes is celebrating thirteen years in Wellesley. Join co-owner and Wellesley resident Jeff Dodsall or one of the other personal trainers who will create an individualized workout session to help you lose weight, get strong, prevent injury, stay toned, or train for sports. Jump start your workout by taking advantage of the “2 for $89.00” offer for the fall season. Call the Wellesley location at 781.235.2262 and see the ad on page 137 for other locations.

beautiful lasting eyebrows, eyeliner, lips, and more. See photos and get more information at www.angelbare.com. Call 781.235.0111 for a demonstration and consultation.

The 32nd Annual Healthcare Heroes Gala takes place on October 25 at the Mandarin Oriental Hotel, Boston. The event will honor local medical heroes and raise additional funds for the VNA. For more information, visit www.bostonvna.org/gala.

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Boston Business Journal Top 100 Women-Led Businesses, Growth Award 2012

Weston | $16,250,000
Wayland | $11,800,000
Weston | $5,375,000
Weston | $4,695,000

Weston | $3,695,000
Weston | $3,595,000
Weston | $3,150,000
Weston | $2,950,000

Weston | $2,595,000
Wayland | $2,400,000
Wellesley | $2,295,000
Weston | $2,095,000

Weston | $1,680,000
Weston | $1,595,000
Wayland | $1,160,000
Wayland | $899,000

Benoit Mizner Simon & Co.
real estate

Boston. Ronan Tynan of The Irish Tenors was the featured entertainment.

Nicole Carol Hair Studio in Wellesley (141 Linden Street – rear entrance) would like to welcome Griselda Dion to their team. Griselda has been a stylist for 23 years, beginning her career on Newbury Street, then moving to Wellesley 3 years ago. Griselda is a senior colorist who specializes in Keratin treatments. She is now offering 20 percent off any service for first time clients only. Please call 781.237.6470 for an appointment.

Health and Beauty Dental at One Hollis Street, Suite 140 in Wellesley, specializes in cosmetic and general dentistry. Using the latest technology in dental care, Dr. Sherman and his team provide the highest attention and quality care to their patients. The office is offering a new patient special which includes all necessary radiographs, cleaning, and polishing, as well as a comprehensive exam and treatment plan. For more information, please visit www.healthandbeautydental.com or call 781.235.6616 to schedule an appointment.

The Room to Dream Foundation, dedicated to creating healing environments for children and adolescents facing chronic and debilitating illnesses, is pleased to announce it will be hosting its sixth annual Golf Invitational at the Salem Country Club of Peabody. Sponsored by Shawmut Design and Construction, this year’s event will be held on Monday, September 16. This is the foundation’s most successful fundraiser, having raised over $80,000 at last year’s event. For more information, visit www.roomtodreamfoundation.org.

Albert DePrisco, owner of A.M. DePrisco, Inc., designer and appraiser of fine diamond jewelry in Wellesley for over 35 years, has expanded his Wellesley business to Boca Raton, Florida and Beverly Hills, California. DePrisco continues to surpass his tradition of excellence as a personal jeweler and pursue his charitable endeavors. He is currently designing a unique diamond creation for the

Sue McDonough has been named one of Banker & Tradesman’s Women of FIRE, an annual award honoring the key female players in the local FIRE (Finance, Insurance and Real Estate) sector. The third annual Women of FIRE award celebrates the best and the brightest women in the Massachusetts FIRE Industry and this year 15 brilliant, innovative leaders were recognized. Sue McDonough is the Senior Sales Manager of the Wellesley and South Natick Offices of William Raveis Real Estate.

Priyanka Behl is pleased to announce the opening of her new custom fabric studio at 945 Concord Street in Framingham. Ruana Designs specializes in meticulously crafted custom fabrics from India that range from luxurious silks, linens, and blends to hand embroidery, hand bead work, and hand painted, block printed, and screen prints. These fabrics can be customized for pillows, drapes, shades, quilts, and table linens. She offers design expertise and personalized consultations. For more information, visit www.ruanadesigns.com, call 508.620.4747 or see ad on page 107.

Weston resident Tricia Tilford was appointed to the Girl Scouts of Eastern Massachusetts Board of Directors and Girl Scout Ashley Rohall, also of Weston and a student at Dana Hall School in Wellesley, was appointed as a girl member of the board where she will help determine the future of Girl Scouts of Eastern Massachusetts. Tilford serves on the boards of the World Foundation for Girl Guides and Girl Scouts, Inc. and Family Service of Greater Boston.

Dorset Café, celebrating its seventh year, is Gluten-Free Certified and their desserts are offered in local Whole Food Markets and in specialty stores, including Wilson Farms. This fall, Dorset is expanding its sales to Wellesley College and Babson College. Dorset Café is an active member of Healthy Vili Organization’s Wellesley Chapter, Beth Israel Hospital Celiac Center, and Boston Children’s Hospital Celiac Center. Visit Dorset Café at 352 Washington Street in Wellesley, online at www.dorsetcafe.com, and call 781.239.8988.

Drs. Ali & Ali of Wellesley Dental Group want to thank the community for their participation in their whitening fundraiser for the One Fund Boston. Inspired by the phrase “Boston Strong,” they wanted to give the community a way to show strength through smiling. As “Smile Ambassadors” their mission was quite clear: give supporters a beautiful smile when they do good for the community. They donated 100 percent of all proceeds from teeth whitening treatments.

Design New England magazine recently hosted a Design Salon at Shafer O’Neil Interior Design in Wellesley. The Design Salon series brings experts in their fields together with the community to discuss what is relevant in design today. The evening’s speakers were architect Mike Collins, builder Oliver Bouchier, interior designer Judy O’Neil Labins, and landscape architect Matthew Cunningham. More than 50 people enjoyed an evening that was both entertaining and informative.
Kyle and Leslie Mann of Gibson Sotheby’s International Realty (www.positiverelocation.com) are hosting a Downton Abbey-inspired Garden Party Fundraiser at Elm Bank in Wellesley to support the Massachusetts Horticultural Society’s Garden to Table program (www.masshort.org). The Garden to Table program gives the community an opportunity to come together in a beautiful and welcoming setting to learn about growing, cooking, and preserving healthy food. The event will be held on Sunday afternoon, September 15. For more information, contact leslie.mann@gibsonsir.com or 508.904.4967.

First Commons Bank has appointed Jana Abramson as Vice President, Branch Manager, of its Wellesley office. “Jana joins us with more than a decade of business development and client relationship experience. We are pleased to have her as part of our team,” said Tony Nuzzo, Chairman, President, and Chief Executive Officer. Previously, Ms. Abramson was with Automatic Data Processing in Waltham for 13 years.

The Attias Group Real Estate is sponsoring a new continuing education series geared towards the seasoned buyer and seller, as well as first time homebuyers. The goal of the series is to teach consumers how to use information to make sound investment-level home buying and selling decisions. Visit http://theattiasgroup.com/community-calendar.php for class times or call 978.371.1234 for more information. All classes are free and will be held at 48 Thoreau Street in Concord.

Gail Bogle, Manager of Hammond Residential’s offices in Wellesley and Weston, congratulated Senior Sales Associate Deborah Bernat on her recent appearance as a panelist on the Wellesley Community Channel program The Learning Tree to discuss diversity in real estate. This twelve-part series invited professionals across a wide range of industries to share their thoughts on diversity and inclusion within the workplace and community.

After more than three decades in business, Bob and Phyllis Totaro are inviting inquiries from
Twenty Two Liberty at Fan Pier Boston
Luxury condominium residences launching in 2013

Inquiries 617.261.4500

The condominium residences at Twenty Two Liberty at Fan Pier Boston will be offered for sale subject to prior compliance with applicable real estate registration requirements. At present, no residences at Twenty Two Liberty are being offered for sale. Many of the residences at Twenty Two Liberty will have views of both the harbor and the city. Views to the harbor, the city or both are not available in all of the residences. The view shown above is not representative of the view available in all of the homes at Twenty Two Liberty. All prospective improvements at Twenty Two Liberty are currently proposed and not yet constructed. Any current concepts of the residences at Twenty Two Liberty and the Fan Pier development are subject to change.
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qualified prospects who might like to acquire their Wellesley operations and gradually take over the reins over the following year or so. The multi-faceted, full-service art business enjoys a national reputation and a well-known regional brand across New England. Bob Totaro will welcome serious inquiries at gallery-inquiry@aol.com or 617.435.3434.

**Forever Young Laser and Skin Center**, located at 204 Worcester Street (Route 9) in Wellesley, is pleased to announce that Kathryn Russo, MS, APRN-BC, Aesthetic Nurse Practitioner, has joined the practice. Kathryn has over ten years experience as a nurse practitioner. She has built a loyal following based on her treatments, advice, and overall approach to aesthetic dermatology. She specializes in injectables such as Botox, Juvederm, Radiesse, Sculptra, and Artefill. To schedule an appointment, call 781.974.9284.

Mark your calendars for daytime and evening events hosted by **IMPULSE** benefitting Boston Children’s Hospital League on Thursday, October 3. With school back in session and routines back in order, join IMPULSE for an exciting adventure while supporting a great cause. For details visit www.trustyourimpulse.com. The Children’s Hospital League raises funds to provide hope, miracles, and health to children and their families through patient services, medical research, and community programs, to name a few.

The **West Newton Hearing Center** is holding an Open House September 18 and September 19. 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.

In recognition of **Wellesley Bank’s** first year as a public company, **Tom Fontaine**, President and CEO, and **Gary Culyer**, Senior VP and CFO, were invited by NASDAQ to view the Opening Bell Ceremony on Friday, June 14. Each morning, the NASDAQ Stock Market hosts a Market Open to kick off the trading day. The Market Open, broadcasted live both nationally and internationally, has become a symbolic occurrence, which affords its listed companies and organizations exposure each weekday morning.
The Sage School of Foxboro invites all Wellesley and Weston families to attend an Admission Open House on Thursday, October 3 or Saturday, November 2 from 9:00 am to 11:00 am. The Sage School provides a full day, PreK-8 academic program where academically gifted students are exposed to a nurturing faculty, engaging curriculum, and opportunities to develop friendships with intellectual peers. Please visit www.sageschool.org for more detail.

Maura Wayman Photography recently revealed a new logo and website which includes a growing, extensive, and dynamic portfolio. Wellesley resident and studio owner Maura Wayman has a rising reputation for her compelling images of families, corporate, event, and headshot photography. Maura can be found photographing on mountaintops and beaches as well as downtown office buildings. She is also frequently hired to shoot weddings in Boston, Newport, and Cape Cod. Visit www.maurawayman.com or call 617.308.1963.

Body in Motion now offers over 40 classes a week including Barre, Pilates, Cardio/Bootcamp, Yoga, and personal training. Wellesley’s premier fitness studio welcomes Tanya Lowe, a master trainer who has been in the health and wellness industry for six years. Stay tuned for health and wellness workshops and community yoga classes. Located in the new Linden Square, Body in Motion is proud to celebrate 13 years of business. No membership required. New client special: $99 unlimited classes for the month.

Debi Benoit, Amy Mizner, and Sheryl Simon, principals of Benoit Mizner Simon & Co. (BMS), recently announced the addition of eleven new sales associates, bringing their agent count to 60. The two-and-a-half-year-old real estate firm, with offices in Wellesley and Weston, has grown by nearly 200

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percent, and was recently honored with a “Growth Award” from the Boston Business Journal, based on its rapid business growth. For more information, visit www.benoitmiznersimon.com.

First Commons Bank is a 2013 season sponsor of the Wellesley Theatre Project.

Pine Straw will be celebrating its second anniversary on October 1. Owner Tracy Cranley is back from the New York City and Atlanta shows with fabulous hostess gift ideas as well as beautiful fall apparel from Johnny Was, Chan Luu, CP Shades, Allen Allen, Wooden Ships, Michael Stars, and now Sanctuary. Let Pine Straw help you prepare for the cooler months ahead. Stop in and see the fall merchandise at 466 Washington Street in Wellesley and visit www.pinestrawshopwellesley.com.

Glass artist Nancy E. Burke recently joined the Clever Hand Gallery in Wellesley. Specializing in kiln-formed glass, Ms. Burke crafts pieces with textural effects that are unusual in the medium. Her semi-abstract landscapes include trees, sometimes flameworked, with visibly textured leaves; as well as works with rippled water. Bowls and platters often feature sandblasted patterns or embossed fabric-like textures. Ms. Burke established her studio, Quicksilver Glass, in 2004 after a 20-year career in the computer industry.

Please send your interesting news items to jill@wellesleywestonmagazine.com. E-mail submissions only please; jpeg photos are welcome at 300dpi.
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5 Sabrina Rd, Wellesley | List Price: $3,195,000
39 Nobscot Rd, Weston* | List Price 3,900,000

WELLESLEY | $3,195,000
NEEDHAM | $2,795,000
WELLESLEY | $1,875,000

WELLESLEY | $1,395,000
WELLESLEY | $1,275,000
WELLESLEY | $965,000

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133 Walnut St, Wellesley | Sale Price: $500,000
25 Benvenue St, Wellesley* | Sale Price: $971,000
92 Livingston Rd, Wellesley | Sale Price: $1,925,000

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A Reflection Upon Doing Business in Wellesley

It was the middle of the night, and I had kept my wife Phyllis awake for about the one hundredth time grumbling about my job. “One of these days, I’m going to resign and open an art gallery,” I said. Having heard this on too many occasions, she finally called my bluff, forced me out of bed, and insisted, “So, then let’s get up, get dressed, and go find a location for your new venture!” I apologized for keeping her up and promised to be quiet and let her sleep. But she couldn’t have been more serious and within a half hour we were cruising through Wellesley Square at 3:00 in the morning. That trip to Wellesley was the beginning of what has been (so far) a 31-year-long “ride.”

The only open retail space in town at the time was what is now our front showroom. We learned later that the tenant, a clock shop owner, had abandoned the space just two hours earlier. The next day I contacted the landlord, who promptly turned me away as he didn’t want to sign on a brand-new business. I met with him again and yet again and was still unsuccessful at winning him over. I begged for one more meeting and showed up at his office with a full year’s rent in a stack of $100 bills, which I counted out aggressively on his desktop. I finally had his attention, and we were off and running.

Today we occupy the spaces that had previously been held by five separate businesses and we are one of the longest-term tenants in our building. We opened the doors on August 2, 1982 with just 43 pieces in inventory, numbered 1 through 43. Today our inventory numbers are well past 45,000. Our “ride” to Wellesley has been wonderful indeed!

As much as Phyllis and I loved art and had collected it actively in the twelve years prior to opening the gallery, we knew little or nothing about the art business. So for the first year, we held onto our day jobs and hired two women with art history backgrounds. We spent every evening and weekend working with them, without them, around them, beside them, and behind them as Phyllis and I put in a solid year of 100-hour work weeks.

Our two instructions to our co-workers were simple: Listen carefully to the customers, and don’t turn down any request. Our idea was to learn everything we could and to stretch our capabilities as much as possible. I can honestly report that today we are still listening and learning and stretching and growing.

In the early days, our Wellesley and Weston customers asked for goods and services that we didn’t offer. Thanks to their ideas and encouragement, we gradually expanded our repertoire to include art restoration, appraisal, more complex picture framing services, estate liquidations, and a full line of corporate art consultation services.

As we now interview prospective new owners of the business, and we explain the evolution that has occurred, a couple of things have become crystal clear to us. First, we’re realizing just how important the
Wellesley-Weston community has been to our growth. Had we opened the business elsewhere, it probably wouldn’t have grown in the way that it did, or to the extent that it did. Secondly, our enthusiasm for the business has largely been a result of the people in the community who have cheered us on, showered us with loyalty and friendship, and shared their ideas and exciting lives with us. Yes, the business has grown and flourished as a result of a lot of hard work, but it is really much more than that: it is a product of this wonderful community. And, as a by-product, our personal lives have been incredibly enriched by the people here, too. Inventors and investors, developers and dancers, educators and environmentalists, publishers and publicists, researchers and recyclers, physicians and physicists, lawyers and linguists, and plenty of other great folks from all walks of life. They are the people who encouraged us to have multiple gallery locations, to approach new artists, and to expand our offerings, giving us our regional reach. And their influence crossed over into our personal lives, where we’ve purchased new homes, undertaken several major renovation projects, traveled more extensively, become more involved with charities, and generally lived more enriched lives. And the rewards keep coming. The young parents coming through the door today, pushing a stroller, were riding in strollers when we first met them! Their families have become our great friends. Their parents and grandparents are the very folks who welcomed us over 30 years ago, and drew us into this wonderful community. But this generation, like all those before it, will be different. They have new ideas, new needs, and new tastes. We know what advice to give our successors. Listen and learn. Stretch and grow.

Bob Totaro and his wife Phyllis own J. Todd Galleries in Wellesley and Chatham. For more information, please call 781.237.3434, email bobtotaro@aol.com, or visit www.jtodd.com.
whether you call it old, older, or historic, there’s something magical about a time-tested American house. Beneath the ancient oaks, the layers of paint, and the greened copper hides another, intangible patina. A haunted aura, mysteriousness, a soul, if you will, that can almost be sensed. “I believe when you walk in a home it has an energy — I won’t go so far as saying ghosts, I don’t believe in that sort of thing. But I think a house feels friendly, lived well in, or happy,” says interior designer Judy O’Neil Labins of Shafer O’Neil in Wellesley.

It’s a lofty concept that turns an ordinary renovation job into a labor of love. D. Scott Bell’s centuries-old New Hampshire farmhouse returned the sentiment. An interior designer, Bell found cans of old love letters from the forties secreted away in the walls. Whether the letters were saved unsent or saved by the sweetheart remains a mystery.
But for Bell, and other homeowners, the possibility of treasure in the attic, the absorbed memories of generations past, and the challenge of a restoration or renovation prove too much to resist. They become next in line on a centuries-long continuum and initiated into the world of the old house.

**Tear Down or Restore?**

An evocative house alone isn’t *necessarily* worth saving. “If you have to replace all of the home’s systems, like the electrical, the heating and air conditioning, the plumbing, the roofing, the insulation, and all the windows, at the end of the day you’re saving some old studs,” says architect Jan Gleysteen. But, he adds, historical significance changes the game. Certainly, if you can document that Kennedy popped in for iced tea or that Washington spent the night, save the house. But even local lore can add to the historical intrigue and render the property priceless, at least in terms of storytelling.

Gleysteen recently completed restorations on one of Wellesley’s cornerstone estates. The Queen Anne-style structure, rumored to be the first of its kind in the United States, was in a state of genteel neglect. “It was really quite interesting working on it,” says Gleysteen. The owners, a spinster aunt and bachelor uncle, rambled around the property well into their nineties, until their deaths about six years ago. “We did a number of minor repairs to the existing home. We added some lighting, renovated the basement, added a two-story porch addition, and expanded the basement rec room.” The addition, looking something like a Victorian conservatory, seamlessly brought the focus from out the front windows to the forgotten arroyo around back.

Not counting those secrets hidden under loose floorboards or behind plaster walls, an old home may have no immediate historical significance or sentimental value. “Some of the disadvantages of older homes that are not particularly distinguished are that they have low ceilings, small rooms, and servants’ quarters that are teeny. They’ll have...
this tiny backstairs and at the top, there’s the world’s smallest bathroom,” says Gleysteen. In such cases, a teardown is often more viable.

Interior designer Laura Brooks Meyer of Meyer & Meyer Architecture and Interiors says that emotion plays an important part in the decision. “Some people say, ‘absolutely tear down and build everything new.’ [Others] will say, ‘I love the historic features of the home and I just want to restore them.’ Every case will be client specific and site specific,” she says. “In other words I don’t think there really is a formula. People are very emotional about their homes and they often have a sense of, ‘this is where I belong and what I want my home to feel like.’” If she has a rule, it’s to only renovate to the point that is equal to the value of the home. If there is nothing worth saving, historically or in terms of quality, you may be better off fiscally to tear it down and start from scratch.

A Matter of Preference

Interior designer Judy O’Neil Labins lives in a home that was built around 1780. “What I think people need to respect about old houses is the imperfection. You will spend a minor fortune if you try to get an old house within striking distance of the amenities that a new house has,” she says. “But what you get in return is that age-worn patina that can’t be duplicated.” Put a marble on Labins’ floor, she says, and it will

A custom window seat maximizes space without minimizing old world charm in this renovation by Jan Gleysteen Architects, Inc.
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Check with the local historical society. Labins discovered a bassinet that originated from her home in a local museum. Photos, historical records, and old newspapers can give you the language you need for what Gleysteen terms, “sympathetic planning.”

The correct vernacular and understanding the context of your home will make additions snug and blend renovations seamlessly into the surroundings so that the house doesn’t stand out like a gilded front tooth.

In the case of a historically accurate restoration, that may mean scouring lumber yards for repurposed old growth wood. While that’s a perfectly viable and ecological option, today’s artisans and craftsmen can create new products that match the old. Labins used soft pine that she painted with milk paint for her new kitchen floor. While a marble might not roll on its own, the patina matches the older portions. Bell matched the window trim and baseboards in his addition using new materials made to look old. The only indications of modernity are the vaulted ceilings in the kitchen and family rooms.

**Speak the Right Language**

Before hiring an architect, a builder, or even a painter, spend some time unraveling the mysteries of your house’s past. Study similar homes. Research the culture at the time of its building. What materials were available? What paint colors were popular, or even possible?

roll the other way. But those floors are worn in “all the right places,” from centuries of being walked upon. “I prefer it that way,” she says. She buttons her windows with felt lined drapes on chilly nights in order to keep the single-pane wavy glass that’s done the job so far. She did, however, insulate the roof and bump the upstairs ceilings for a little extra headroom.

For Bell, it was almost as if the house was waiting for him. The walls, floors, and foundation were plumb. “The bones were great,” he says. He tore out and rebuilt two fire-ravaged thirds of the house, but renovated on the original footprint. “It worked out perfectly. In other words I was able to get the best of both worlds.”
John Travolta is not only an exceptional pilot with over 7,000 flight hours behind him and qualifications on ten different aircraft types. He is also passionately interested in everything embodying the authentic aeronautical spirit — such as Breitling instruments for professionals. On his wrist is a Navitimer chronograph with its famous aviation slide rule, a cult-watch for all devotees of the conquest of the skies, and equipped like all Breitling models with a movement chronometer-certified by the COSC — the highest official benchmark in terms of reliability and precision. Welcome to the Breitling world.
In the Case of a Serious Restoration

Match paint colors, harmonize architecture, and, in the case of a serious restoration, talk to a preservation consultant. “Preservation consultants educate a person on what they have and what’s significant and also provide advice on how to proceed with an historic property,” says Gleysteen. If you want to restore your home to landmark status, you’ll have to be prepared to rebuild it exactly as it was once built. “They don’t make windows like that anymore so there are specialists that can re-create windows with the winching,” he says. “Restoration is not undertaken by the uninitiated — you need experienced craftsmen.”

Meyer & Meyer recently restored a home originally built in 1894 for Gardner Greene Hubbard, one of the founders of the Bell Telephone Company and the first president of the National Geographic Society. The house was later owned by Woodrow Wilson’s daughter who added onto the house, including the living room. Meyer & Meyer refinished the Depression-era woodwork in the living room’s window seat, bookcases, and ceiling beams, but kept the design, layout, and period details that enhance the home’s unique historical significance. Soft accent lights were added to showcase the current homeowner’s artwork.

Laura Meyer says that there are amazing artisans out there who can match any texture and any paint color. These skilled artists can re-create glass and wood work exactly as they once were made.

The Ravages of Time

Anyone who remembers the old movie, The Money Pit, knows what’s coming next — horror stories about digging out the foundation only to find a water main on the verge of bursting. There could be undiscovered fire damage in the attic or an old chimney that’s lounging on memories and a little sand. Meyer says you never know what you’re
going to run into: “It was the 1800s. They were building without plans. They’d say, ‘hey, I think we need a beam here.’ This isn’t a bad thing, by itself. But it’s important to hire a scrupulous and meticulous [home] inspector who’s trained to look for any sign of damage.”

Gleysteen says, “You run into the ravages of time: termite damage; the settling of the structure.” You might have old knob and tube wiring that will need to be removed before a house can be sold to comply with today’s building codes. There may be asbestos insulation wrapped around the plumbing, lead paint, or an old boiler that won’t be able to support an addition. There are many grandfathered issues that must be dealt with before you can safely occupy your home. Meyer says, “You never want to restore something or just make something work if the system itself is outdated or if it’s going to fail.”

More Pitfalls
Linda Efstratoudakis of Stefco Builders also remembers The Money Pit. As the owner of an old home herself, Efstratoudakis says to budget and plan for about one major project a year. There will always be plenty of work to do. She also advises that, before buying an old home, the homeowner must be completely comfortable with elements that can’t be changed, like downstairs ceiling height, for example, or the amount of east/west sunlight the house receives during the day. Bell advises to allow for going about ten percent over

Making Headlines for All the Right Reasons

In May 2011, SmartMoney named Raymond James the best full-service broker in its 2011 Annual Broker Survey, for the third time in four years.

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budget and be prepared for uncertainties that can drag the renovation on. Keep in mind that living on site during construction can tax relationships, but living away from the hubbub can tax your purse.

How to Dress it Up

Once the home is restored to its original magnificence, it’s time to dress it up. In a recent kitchen renovation, Laura Meyer used stained glass accented with fleur-de-lis to reflect the homeowner’s French heritage and leaded glass windows in the kitchen to maintain the home’s historical integrity. But there is nothing antique about the state-of-the-art appliances and a custom-built hideaway garage for the floor cleaning robot that provide ultramodern conveniences for the busy family who lives in the house today.

When it comes to decorating, Labins says not to be afraid to bring modern furnishings into a historic house. “In my own home I have modern art and Asian pieces mixed with Victorian pieces. Modern art is an unexpected thing that works really well with an antique home.”

D. Scott Bell agrees. Fixed items like the fireplace mantle or built-in shelving bring in the history. He also likes a more classic, traditional sofa. Those pieces “reflect the house,” he says. But then he likes to play with art and accessories to keep the house from feeling too much like a museum. Pairing a contemporary rug, chairs, or end tables alongside the
classics results in an energy that brings the interior to life.

It’s a Lifestyle
In Labins’ opinion, owning a historic home turns her into a bit of an existentialist, and she believes that all old homes are worth saving and protecting. She takes it very seriously. “You have to respect [the home] because it’s been sitting all of those years, it’s now yours, and you’re the next in line to take care of it,” she says. “I couldn’t put in cheap aluminum windows to save my life because it would ruin the provenance of the home. It’s my job to be the next one in line to take care of this beautiful piece of art.”

In a way, taking on the challenge of renovating a historic home is admitting a hope for the future. It’s a responsibility and it’s not for everyone. “It’s a lifestyle,” says Labins. “You’re never going to convince somebody who is worried about care and maintenance that it’s a good idea, and you’re never going to convince somebody who loves quirkiness and diversity to pick the builders special.” As the renovations commence, keep in mind that someday some stranger who isn’t even born yet will likely knock down one of your walls. It’s up to you to decide what they find inside.
No One Markets Wellesley and Weston Like A Hammond Agent

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Wellesley, March 2013

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“Our Hammond agent was great to work with! She helped me assess and refine what I was looking for and helped me understand the trade-offs of various properties. She was creative in identifying properties—suggesting several things to consider and properties I might not have looked at—one of which ended up being my home. She was a great negotiator and really followed through on every detail to help make my purchase as smooth as possible.”

Wellesley, May 2013

“I have to tell you (and I have told everyone who inquires about my home sale) what a great job you did for me. You certainly know the real estate business, especially in Wellesley, and the sale of my home would not have gone off without a hitch without your attention to detail, your personal interest in my success and your professionalism. Your quick response to my questions whether by e-mail or telephone was gratifying and comforting and I quickly gained full confidence in your knowledge of the business, the Wellesley market and your expertise. Because of the confidence you inspired in me I was always comfortable with your recommendations and decisions.”

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some people might think Joe Avellone should get his head examined.

If you’re asking, “Joe who?,” then that’s part of the reason.

After achieving success in both the medical and business worlds – built on decades of long hours in the pressure-cooker environment of the operating room and the corporate board room – why is Avellone spending his mid 60s and a chunk of his savings trying to outrun a pack of largely better-known candidates to be the Democratic nominee for governor?

Why has this man, who by nature is reserved, plunged himself into 18 months of nonstop campaigning to achieve four years of life in a fishbowl?

“This is my time, and I think it’s the right time for the state,” says Avellone. “We have to think about a new economy and how to control health care costs, and that really plays to my strengths.”

Yes, it takes a pretty big ego to proclaim yourself the state’s white knight. But then ego is as essential a characteristic for a surgeon as it is a politician.

What sets Avellone apart is that when you sit down with him, you quickly forget that he is an aspiring politician. He speaks in paragraphs, not sound bites. He answers questions with thought and specifics, rather than rerouting them to serve a campaign talking point. Yes, he’ll slip in a mention of his successes, but he won’t shy away from discussing his failures. “I’ve learned as much or more from failing as succeeding,” he says.

Sandy-haired and trim, Avellone turns 65 this fall, but looks a decade a younger. Hiking, kayaking, tennis, and skiing have helped keep him in shape – though who knows how he managed to fit those pur-
suits into a career that has ranged from wielding a surgeon’s knife to running day-to-day operations as number two man at Blue Cross/Blue Shield of Massachusetts.

But to the oldest of his three children, Joseph Jr., Avellone seemed like any other dad. “I think I only realized in retrospect when I began to make a career for myself exactly who he was at Blue Cross,” the younger Avellone says. And it wasn’t until years later that his mother, Sandy, told him that his father passed up a White House invitation to watch young Joe debut with the Wellesley High varsity basketball team.

For most of the past 30 years, the Avellones have lived in a 1929 vintage house on a quiet street not far from the Wellesley Hills library. They expanded it to include a spacious family room, with facing walls of bookcases. On one side, the shelves are filled with family pictures, and on the other side with books, many of them biographies.

Avellone cites among his favorite leaders Franklin D. Roosevelt, Harry S. Truman, and Winston Churchill. He admires how they adapted to changing circumstances, rallied their citizens, and made tough decisions.

Indeed, Avellone says, among the appeals of being governor is that tough decisions are a big part of the job. “I think I gravitate towards this and others avoid it like the plague,” he says, citing both his work as a doctor and a corporate executive. “You can never really have all the facts,” he adds. “Somebody has to say whether we’re going to go right or left.”
One of his biggest supporters says Avellone has the unusual quality of being decisive but not dictatorial. “What I recall most about Joe is his calm, quiet leadership,” says Massachusetts State Representative Alice Hanlon Peisch (D-Wellesley), who served in town government when Avellone was a selectman from 1990 to 1996. “This isn’t someone who gets up and makes a fiery speech or is browbeating someone into agreement. It’s just a calm persuasion based on the facts.” Peisch is co-chairing the campaign with her husband, Thomas, who attended Dartmouth with Avellone.

The rookie gubernatorial candidate has a long track record behind the scenes in politics. Avellone worked on the presidential campaigns of the late Edward M. Kennedy (1980), Gary Hart (1984), the late Paul Tsongas (1992), and John Kerry (2004).

During his two terms with the selectmen, including a stint as chair, Avellone helped oversee the remaking of Washington Street, thorny negotiations over ambulance service, and the town’s crash course in racial relations. That third matter put Wellesley in the national spotlight after police mistook Dee Brown—then new to the Celtics and to the town—for a bank robbery suspect, forcing the basketball player to the ground.

Avellone knew something about diversity from attending Cleveland’s Saint Ignatius High School, where fellow students came “from all areas and all walks of life.” He commuted to the school, which was also his father’s alma mater, from Lakewood, a suburb just west of the city.

My interest is health policy, public policy. I wasn’t so enthralled in just chasing market share.
The son and grandson of doctors, Avellone was the oldest of six children. His father was a surgeon and his mother a nurse anesthetist. Trading the shore of Lake Erie for the foothills of New Hampshire’s White Mountains, Avellone attended Dartmouth College. He then went on to Harvard Medical School, the only one of his siblings to become a doctor.

Avellone completed his surgical residency at Brigham and Women’s Hospital in Boston. While other residents would take a year off to conduct medical research, Avellone spent his break earning a master’s degree in public administration at Harvard’s Kennedy School of Government. That experience whetted his appetite for health care management and politics, but he wasn’t interested in sitting behind a desk writing policy papers.

Along with Sandy, whom he married in 1975, Avellone moved up to Concord, New Hampshire, and joined a multi-specialty group as a general surgeon. He says surgery appealed to him because he could achieve immediate, tangible results. While his day job was practicing medicine, Avellone plunged into the choppy waters of health care policy by serving on state study commissions. He eventually came to realize that while he would miss the excitement of healing people, he could have more impact and find even greater challenges outside the surgical ward. “Surgery is a lot of the same,” he says. “The reason it’s safe is because you try to do it the same way the best you can every time; whereas management and policy is different, it’s ever changing.”

Hooking up with a partner and venture capitalist, he launched a half-dozen freestanding health clinics in Greater Boston. They hoped this would be the start of a chain of clinics that would offer primary and preventive care as well as a cost-effective alternative to the hospital emergency room. But after a few years, the clinics were just breaking even. It was tough to lure patients away from the area’s prestigious hospitals and to manage on insurance reimbursements for primary care. “I had a flawed business model and learned it the hard way,” Avellone says. “That taught me to be much more careful analyzing things before jumping in with the enthusiasm that I did.” Perhaps, he says, the idea was just ahead of its time.

Timing wasn’t particularly propitious for Avellone during his seven years at Blue Cross/Blue Shield of Massachusetts, where he rose to chief operating officer at a time when the insurer was squeezed by higher medical costs and increased competition. He says he decided to leave at the end of 1996, frustrated that the company was shifting its focus away from managed care and toward more flexible, but ultimately more costly plans. “My interest is health policy, public policy,” he says. “I wasn’t so enthralled in just chasing market share.”
Since August 2010, Avellone has been a senior vice president for Paraxel, a Waltham-based company that helps biopharmaceutical firms bring drugs to market. His position overseeing clinical trials, he says, has given him a global perspective to the Massachusetts economy. “We have 15,000 employees across the world,” he says. “I know why we hire the people we hire. A lot of it is where the workforce is.”

As governor, he says, he would corral the state’s 24 semi-autonomous public colleges into giving higher priority to “the middle skills that are required for the new kinds of industries and services.” He cites, for example, a certificate program that Paraxel developed with Salem State to teach students how to monitor clinical trials.

As far as his other big issue, health care, Avellone advocates moving away from the fee-for-service payment system and toward collaborative care organizations that are paid annual amounts for a patient’s overall care. That provides a strong incentive for specialists to coordinate treatment and emphasize preventative care. “We’ve all probably experienced being referred from one doctor to another doctor to another. The records aren’t there, the tests get repeated,” Avellone says of traditional health care.

The collaborative approach was tried with mixed results in the 1990s under the unfortunate name of capitation. “Today,” Avellone says, “with the ability to use real
clinical data from electronic medical records, it is much more possible to establish a budget that would be realistic for a population of certain characteristics.” Transforming health care would face stiff opposition from vested interests, he acknowledges, “but at this point it’s hard to defend a system that nobody’s happy with. The patients don’t necessarily get good care, even though we’re in a wonderful environment for medicine, [and doctors] feel they’re being pushed to just turn the crank faster.”

Avellone also cites the negotiating skills he has honed in business. “I feel that I can distill the issues and drive us toward a solution,” he says. “You really can’t have a big winner and a big loser in a $500 million-plus relationship. It just won’t last. It will fall apart.” While noting that the Legislature last year strengthened the state’s power to curb excessive medical costs, Avellone says he prefers persuasion before resorting to penalties.

For now, Avellone faces the daunting task of persuading the state’s voters to back him over such better known potential rivals as state Treasury Secretary Steve Grossman. Avellone says his strategy is “a little out of the [Deval] Patrick playbook,” pointing out that the incumbent, too, seemingly came out of nowhere.

Since announcing his candidacy in January, 18 months before the state Democratic convention, Avellone has been attending political events weeknights and house parties each weekend. “Reaching out the way he has with people has been an eye-opener for me,” says his wife Sandy, who accompanies him to the parties. “I’m surprised that he can go to these affairs not knowing many people and work his way around the room. It shows me how sincere he is about this.”

Besides wooing voters, Avellone has to raise money for what he expects to be a $5 million effort. He vows to stick with it through the convention, where he’ll need 15 percent of the vote to appear on the primary ballot. “Nobody is going to work harder.”
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Kathryn Richlen and Paige Yates, award-winning sales associates with the Coldwell Banker Residential Brokerage office in Weston, recently attended the Elite Retreat, a conference held at The Breakers Palm Beach in Florida for top-performing Coldwell Banker sales professionals. Kathryn & Paige both ranked among the top 20 sales associates out 3,000 associates at Coldwell Banker Residential Brokerage in New England.

**SOLD and UNDER AGREEMENT in 2013**

by Kathryn Richlen & Paige Yates**

**SOLD in 2013**
- 46 Cedar Road, Weston  $6,250,000
- 500 Atlantic Avenue, Boston  $2,600,000
- 141 Meadowbrook Road, Weston  $1,799,000
- 101 Buckskin Road, Weston  $1,707,500
- 170 Newton Street, Weston  $1,655,000
- 12 Bayberry Lane, Weston  $1,560,000
- 37 Beechwood Road, Wellesley  $1,420,000
- 10 Sherburn Circle, Weston  $1,244,630
- 48 Forest Ridge Road, Weston  $1,192,000
- 32 Hallett Hill Road, Weston  $1,010,000
- 680 South Avenue, Weston  $800,000
- 21 Chiltern Road, Weston  $725,000
- 27 Rolling Lane, Weston  $690,000
- 87 Gainsborough Street, Boston  $534,900

**UNDER AGREEMENT in 2013**
- 253 Meadowbrook Road, Weston  $8,000,000
- 13 R Burnell Road, Nantucket  $4,250,000
- 36 Walnut Road, Weston  $3,999,000
- 9 Wynnewood Road, Wellesley  $2,850,000
- 13 Gypsy Trail, Weston  $2,499,000
- 13 Pigeon Hill, Weston  $2,495,000
- 211 Newton Street, Weston  $1,875,000
- 29 Stony Brook Road, Weston  $1,699,000
- 58 Oakdale Road, Weston  $849,000
- 79 Westland Road, Weston  $829,000
- 103 Conant Road, Weston  $799,000
- 7 Loring Road, Weston  $599,000
- 42 Plain Road, Wayland  $585,000

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Currently For Sale

- 1 Green Lane, Weston $6,000,000
- 451 Wellesley Street, Weston $3,999,999
- 25 Bridle Path, Weston $3,995,000
- 70 Loring Road, Weston $3,695,000
- 555 Concord Road, Sudbury $3,495,000
- 78 Merriam Street, Weston $2,599,000
- 415 Concord Road, Weston $2,499,000
- 45 Cliff Road, Weston $2,199,000
- 153 Church Street, Weston $1,895,000
- 51 Bogle Street, Weston $1,799,000
- 20 Laxfield Road, Weston $1,795,000
- 61 Parker Road, Wellesley $1,779,000
- 47 Westerly Road, Weston $1,595,000
- 141 Montvale Road, Weston $1,595,000
- 4 Raynor Road, Weston $1,285,000
- 261 Merriam Street, Weston $1,195,000
- 46 Hillcrest Road, Weston $1,079,000
- 14 Warren Place, Weston $699,000
Mia Foley, a member of the Norfolk Hunt, guides her mare Xena over a jump.
For residents of Wellesley and Weston, new adventures are only moments away

PETER GOLDEN writer

it’s simple: Just get the kids up early, jump in the car, and head down Weston Road until you’re in Wellesley Center. Pick up Route 16 and drive west for a few miles, then turn south at the bridge across the Charles in Natick. Hopefully, you’ve already stopped by Smart Pac on Route 9 or Dover Saddlery on Washington Street and you’re dressed appropriately.

You know exactly where you’re going, and you’re right on time, because you’re headed for horse country in Dover, Medfield, or Millis and one does not keep a riding teacher or Master of Hounds waiting. Whether your schedule includes riding lessons for the kids or mounting up for the Norfolk Hunt, you’re on track for some fabulous fun.

Horn and hounds

On a fine, sparkling day in horse country in spring or fall you may hear a hunter’s horn in the distance accompanied by the baying of hounds. The Norfolk Hunt Club, a century-old organization, partners with local landowners and towns to ensure the continuity of the sport. But while
hunters must be expert riders, equestrian sports offer any number of other options.

Should you be headed for Sage Farm or any of another dozen “barns” in the area, the sight of your son or daughter posting confidently around a riding ring should inspire the kind of pride that can take parenthood into the realm of joy.

And if you ride (or aspire to), might there be even greater rewards in an easy canter along a scenic Weston trail or gallop in hot pursuit of a pack of hounds across a Sherborn meadow? (Not to worry, no one hunts real foxes any more; the hounds are trained to the smell of licorice laid down by human “drags” equipped with atomizers.)

While the pleasures of the day may quicken your pulse, a certain sangfroid is de rigueur on such outings. From your turnout (the way you dress) to your carriage (the way you ride, not what you ride in), you’re about to participate in a sport for which rules that govern equine sports written centuries ago are still very much in force, today.

Thank the English (whose preference for hunting on horseback is said to have begun with William the Conqueror) for giving the sport a boost. In 19th-century America, that translated into an elite pastime.

Economy and pleasure

But that’s hardly the case today. While the cost of well-buffed saddles, board, and feed can be a burden, riding camps for the kids or adult lessons are surprisingly affordable—and more than one experienced equestrian in Wellesley or Weston keeps a mount at home for economy as well as pleasure.

Fact is, there’s something special about horse people, wherever they live—folks like Dottie Morkis from Dover, an Olympic champion and the mistress of dressage (the fine art of coaxing horses into doing the most amazing things based on a set of mandatory exercises she compares to figure skating in its complexity). Or Cookie DeSimone, whose teaching skills and high expectations have so well formed generations of young women riders at Wellesley’s Dana Hall School.

Then there’s Stephanie Baer of Weston, who, with a scarf drawn up around her neck against the chill of a surprisingly cool spring day, stands monitoring her students at a jumping trial staged by the Norfolk Hunt Club in Medfield. Her hands are roughened from reining in rambunctious steeds, and her skin is burned nut brown from endless days of teaching in a lifetime devoted to riding. “I guess I would have done bet-
ter without loving horses,” she says, voicing a bit of self-deprecating regret. But her legendary ability to jump mounts over impossible barriers and her abiding devotion to her students confirms her quiet self-assurance and pride.

Think for a moment: Who wouldn’t thrill at the chance to master a magnificent steed, to run unimpeded wherever the trail might lead, and to leave one’s cares behind and enter into the spirit of the ride? How fine to master the fickle passions of a powerful creature that in one moment may be the soul of obedience and in another something else altogether.

The champion’s barn

Dottie Morgis sits tall and regal upon a feed sack, one long leg thrown over the other, paid court by two magnificent steeds in nearby stalls. Dottie commands respect with her very presence, but not because she demands it or won a Bronze Medal in the 1976 Olympics. With the look of a dowager queen—she is regally tall and whip sharp—she teaches dressage in her Dover riding ring to some of the most talented riders in the region.
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But Morgis has seen the passing of an era. “It used to be there were all sorts of horse people around here,” she says. You’d go down to grab a cup of coffee in Dover Center and there were all sorts of people in riding boots with horse trailers parked outside. Now it’s all gone and they’re building big houses everywhere.” We could all do worse than to heed her words.

Four acres of heaven

The Sage Farm sign on Dedham Street in Dover marks the entry into a horse-centric wonderland of pet animals, sustainable environmental practices, and a wonderful summer riding camp. Any boy or girl (starting at age seven) will adore the place, as do more mature riders who board their horses there.

A large pen holds a mama turkey and a brood of poulters plus an inquisitive goat with a baleful eye; a south-facing greenhouse (complete with rock-lined Koi pond) feeds solar heat to an enormous stable complex and indoor riding ring. Miles of trails in the adjacent Hale Reservation, only add to the idyllic scene.

Wellesley and Weston families have been sending their children to camp at Sage Farm for over a decade. There Brian Russell has created an equestrian wonderland for young and old alike.

Cupcakes

“The outside of a horse is what’s good for the inside of a woman,” says Susu Aylward, paraphrasing a remark once made by Winston Churchill. Susu, the proprietor of the eponymously named Susu Bakery Boutique in Wellesley, works just down the block from her friend Trisha Larson, manager of Dover Saddlery. That gives the two a chance to hang out during the workweek and go riding whenever time allows. Trisha is a self-described “recovering rider,” while Susu is so deeply
enamored of the sport she bakes special cupcakes emblazoned with equestrian images. How sweet it is!

Ride to class

While the grounds at Dana Hall School in Wellesley are largely given over to classroom and administrative buildings, stables and an indoor riding ring maintain their own pride of place on campus. Dana Hall students often bring their horses to school with them, in large part because of the presence of Cookie DeSimone, who has been at the center of Dana Hall’s equestrian programs for almost three decades. Under Cookie’s watchful eye students learn to count strides and assume a good “hunter seat.” By any other name that means riding with grace and assurance.

But what Cookie’s teaching is really all about, says Sarah Summers, director of the school’s riding programs, is “creating sound values, recognizing that we need the ability to give as well as take, to learn compassion and what we should all care about in life.”

Toward that end, Dana Hall co-sponsors a “Best Buddies,” riding program every summer with Natick’s Bina Farm. Dedicated to serving the needs of kids with physical and developmental disabilities, Bina Farm brings upwards of a dozen children to Dana Hall to pair with riding students. The result is a life-affirming experience for all involved and a chance to extend the values so wonderfully expressed by the school.
And long ago

How soon we forget: in the not-so-distant past there were as many horses in America as people. They pulled plows and wagons, were raced, went to war, and carried Pony Soldiers and Indian braves into battle. Near the end of their reign in the early 20th century they still pulled the plows, wagons, and carriages upon which Wellesley and Weston relied for farming and transportation.

And then, in the blink of an eye, they were gone – or almost so. In their continuing presence in Wellesley (at Hunnewell Farm), Weston (at Gateway Farm), and in numerous private barns, they connect us to an agricultural past that still lives on in places like Land’s Sake Farm in Weston and other community gardens in the area.

Open space commands an ever-increasing premium these days, but thanks to the efforts of the Norfolk Hunt Club, whose stables, trial fields, and riding programs are the epicenter of an equestrian culture engaging hundreds of local riders, open-space preservation initiatives are working miracles. Supported by generous landowners and self-aware communities, the hunt goes on.

Without large, contiguous parcels of field and forest through which to hack (the ride from one part of the hunt to another), foxhunters and their mounts are reduced to venturing into distant areas in pursuit of their sport. Ensuring that Dover, Sherborn, Medfield, and Millis stay green is an imperative that many equestrians support with as much care as they give their mounts.

The real deal

At the end of the day, of course, there is more – much more – to horses and riding than meets the eye. Trips to the veterinarian can quickly add up to a small fortune. Feed (horses are very particular) and boarding costs do not come cheap. And the unending business of mucking out stalls, dragging an unwieldy trailer from place to place, and grooming mounts and maintaining tack (everything that goes on the horse) require a dedication known only to those who genuinely care about the sport.

But to that lucky few who relish the rewards of stirrup and saddle, such burdens are often borne lightly. And should you, too, wish to roam free, to course along sylvan trails, to canter up to a fence and in one breathless moment of release leap free of the earth, well perhaps now is the time, if you have not already.

PETER GOLDEN writes about communities, culture, and history.
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CONNECTING
take 42 teenagers out of their comfort zone for a week and a lot of things can happen. Cut them off from all things electronic—iPods, smart phones, TV, and the Internet—and you could invite rebellion. Far from home, in a place where they are outsiders expected to do hard physical labor, some might sulk day and night. But what if the point of the trip is community service? Can the insecurities and drama characteristic of young adults their age be put aside? Can one week make a difference not only in the lives of others, but also in their own?

When members of the Wellesley Village Church Youth Group traveled to the Dominican Republic last April, their destination was not one of the Caribbean island’s beautiful beach resorts. Every year, group members devote school vacation week to service projects outside greater Boston. In New York City, they worked in a soup kitchen and sorted furniture donated for people who were recently homeless. In Appalachia, they built homes with Habitat for Humanity. Last year, in Santa Fe, New Mexico, they worked with Native Americans and AmeriCorps volunteers on organic and sustainable farming projects.
Connecting Two Worlds

and hand-made adobe bricks for restoration of a historically significant trading post. They’ll return to Santa Fe in 2014.

This year they focused on Two Worlds-One Bird, an alliance of private, public, and nonprofit groups in the Dominican Republic developing a sustainable business partnership to protect biodiversity and wildlife habitat on both ends of the migratory route of Bicknell’s Thrush. The songbird summers in the northeast US and southeast Canada, and flies south to winter in the DR.

Sounds lofty, doesn’t it? But what the Wellesley group contributed was both immediately tangible and designed to foster long-term economic growth in the Dominican Republic.

On the northeast coast of Hispaniola, the island shared by the Dominican Republic and Haiti, the teens worked alongside alliance members near San Francisco de Macoris. In one week, they planted more than 750 trees, helping to reforest 2,000 native species for ecological restoration and carbon sequestration. They painted the office of the nonprofit Quita Espuela Foundation to improve working conditions. And they constructed a model hiking trail, as well as trailside benches, to improve eco-tourism opportunities for the Loma Quita Espuela Scientific Reserve, a rainforest refuge for endangered species.

Participants included 42 high school students, ages 15 to 18, and 8 adults from the Wellesley Village Church. Associate Pastor Pam Emslie planned the trip along with her husband, Dave Emslie, and former Peace Corps volunteer Charles Kerchner, project coordinator for Two Worlds-One Bird, who has lifelong ties to the Wellesley congregation.

According to Kerchner, although much of Hispaniola’s primary forest habitat is protected, a buffer zone is needed that will sustain the
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 region’s rich biodiversity and endangered species while encouraging development of eco-friendly businesses, including cacao (chocolate) and macadamia production.

Kerchner said his life changed permanently when he went to Guatemala while in college. In the Peace Corps, he was sent to the Dominican Republic where he helped La RED (the network), a cooperative of small-scale farmers, improve their agricultural production and attain organic certification. Later, he studied agroforestry and chocolate making. Then, he founded Vermont-based Kerchner Artisan Chocolate, working with La RED’s 185 organic cacao growers.

“Exposing students from Wellesley to development work and agricultural production can have a profound effect,” says Kerchner. “I think it can open doors they never knew existed. Not to sound cliché, but if the project influenced one person’s life, then we have made an impact.”

Moreover, he said the youth group’s recent trip indirectly helped the local nonprofit Quíta Espuela Foundation, which organized logistics and budgeting. The experience prepared the Dominicans to receive other groups that want to visit or work in the region.

“It was a fantastic cultural exchange,” Kerchner says. “We ate together, worked together, and created long-lasting relationships. Dominicans practiced English and the students practiced Spanish.”

Pam Emslie said the annual trip teaches the students to be curious. “We want them to observe and learn how to be helpful. Americans are quick to want to fix things but this is about letting the people there lead the way. They know what will work in their culture.”
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“As a religious community, we are always seeking reflection,” she says. “Where do we see and seek God in this? How can we come closer to our relationship with God, the larger family of humanity, and with ourselves? This is the pinnacle of their religious education. It is about finding out who we are called to be. We put judgments aside and make ourselves vulnerable. The kids just thrive in this.”

“What is so stunning about the whole experience is that the world seems so small in these moments,” she continues. “It offers all of us, the kids in particular, an experience of what it is like to build community across large divides and how quickly that can happen when you approach it with open hearts and open minds.”

To prepare, the students learned what to expect when going into another culture; Dominicans wear pants, so their visitors wore pants, not shorts. But the biggest adjustment may have been Emslie’s insistence on no electronics, no music through headphones. Not even on the long bus trip to Newark International Airport, the flight to the Caribbean, another three-and-a-half hour bus ride to their destination, and back.

“I cannot overstate what an impact this made on our trip,” she says. “I had kids complain until we got on the bus. Why did I insist? All the social pressures that come with being a teenager can really bog them down. They’re so plugged in. But when they have a
flavor of their lives without it, they get a sense of freedom. It helps them focus on what they’re doing. They can’t let off steam with friends elsewhere. They have to bring it to the group. It was part of learning to deal with each other directly and respectfully. They let go and they loved it.”

For Rebecca Smith, 17, the service project provided opportunities to get to know the Dominican people. Her Spanish improved while speaking with several 12-year-old boys who were learning to speak English. A 7-year-old boy taught her group how to swing an unfamiliar type of axe properly. “I learned how satisfying it is when you can communicate with people you thought you couldn’t.”

Traveling to and from work sites, Pam Emslie told jokes. “We’d all be laughing together,” says Smith. “Then the Dominicans would tell jokes in Spanish and it worked the same way. We all shared the same sense of humor. It goes back to the bird connecting two worlds, that we’re not so different from them.”

Smith said a particularly memorable experience occurred when they attended Sunday mass at the Catholic Church in town. “It was all in Spanish. We couldn’t really understand what was going on but could feel the energy. There were guitars and lively music. In the middle of the service, a man with no shoes on, his clothes all torn, entered the church. He got down on his knees in front of the cross and moved his hands in the signs of the
cross, over and over, for a solid two or three minutes. Then he got up and walked out. You could tell they weren’t saying, ‘what is he doing here?’ They were cheering for this man in ripped, dirty clothes, welcoming him. That wouldn’t happen around Wellesley.”

Lauren Wetherbee, 29, joined the trip as an advisor because she remembers how much fun the trips were as a teen, and what she learned. “They showed me that non-profit work exists, that your career can help make a difference, that there are possibilities outside the business and finance tracks my compatriots in high school entered.” Today, Wetherbee manages a holistic farm to school program for urban kindergartners in Worcester with the Massachusetts Farm to School Project.

Allie Fuller, 16, admitted she was initially skeptical about the trip. “I’ve planted trees in Santa Fe. It was no big deal. But after a long day working, one of the Dominicans had us turn around at the top of a hill to see all the baby trees we planted. She said, ‘in 20 years, this will be a forest.’ It made me feel proud, that you’re not just here because your mom told you to go. Without us, it would have taken them weeks. These trees are where they will get their livelihood. I’m honored to play a part in their lives.”

Fuller was surprised by the poverty level because she had heard about the DR’s plush beach resorts from vacationing friends. Then she saw where people lived.

“Tiny cement and aluminum shacks on hillsides,” she says. “An entire family living in what we would consider a single room. They didn’t have doors or floors. There were people living in nice homes, too, but if you put those homes here, they wouldn’t match up. It made me see how blessed I am to live this life, go to school, go to college, and have all the little luxuries I take for granted, like a toothbrush and running water.”

“What characterized the trip for me,” says Fuller, “was one day when it was raining really hard. It was so muddy you couldn’t see the road. The vans couldn’t drive through it. We were walking in the mud, our clothes were soaked. A woman and her husband saw us walking and waved us in. They must be at least 80. She had no teeth and lived in a tiny little hut on the road. She was the friendliest old lady I ever met. She gave us all hugs. We were a bunch of strangers and she was doing her best to make us all happy and warm. She pulled out enough plastic chairs for the 16 of us, all crammed together, and she stood in the corner. She may have had some knowledge why we were there so maybe it was gratitude but she was a really kind person. That was true of all the people there. They were a really warm and welcoming community. I want to be more like her.”
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Photography by Ralph Mercer
The Chance to Go to School
as the long days of summer come to a close, beach towels are packed up, calculators and backpacks resurface, and a combined sense of excitement about what is ahead and sadness about what is being left behind is palpable. Although returning to school can be riddled with mixed feelings, imagine for a moment what it might be like to never have the chance to go to school.

Razia, a young girl from Afghanistan, longs to go to school like her brothers. A girls' school is being built in Razia's town and she is determined to attend; however, this process is not as straightforward as it might seem. Like most girls in Afghanistan, Razia has very little control over her life. She is considered the property of the male members of her family: her grandfather, father, and brother. Before she can enroll, she must receive their permission. Razia has the support of her grandfather, who makes the case for her to attend:

*Some of you are too young to remember, and some of you were not even born, but before the occupation of our country, before the civil wars and before the Taliban, women in Afghanistan were educated. They were doctors, government workers and journalists. It is time to give our daughters... the chance to read and write. Our family and our country will be stronger for it.*
The men of the family remain unconvinced as they worry about the loss of income associated with Razia no longer helping with the harvest of almonds and peaches, with what she will be learning, and whether she will be safe — in this country girls have been burned and poisoned for pursuing an education. Razia’s father expresses concern that if girls are allowed to attend school, they will also want to go into town to shop on their own or shed their burqas in public.

A visit from the head of the school, Razia Jan, does not change their minds. She gently explains why educating Razia is good for her family and country. “I ask for your tolerance, if not support for Razia’s education,” Jan says. “Please consider, if men are the backbone of Afghanistan, then women are the eyes of our country. Without an education, we will all be blind.” It is only after they see how Razia’s limited ability to read can help the family that they allow her to attend — she intentionally listened to her brothers studying to learn the basics.

This is the storyline of Wellesley author Liz Suneby’s latest book, Razia’s Ray of Hope. Part of the Citizen Kid series published by Kids Can Press, the beautifully illustrated book provides children and
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The Chance to Go to School

adults with a glimpse into the lives of girls living more than 6,500 miles away, and in some respects several centuries away, from Boston. Although Razia is a fictional character, her inspirational story is based on the accounts of students who attend the Zabuli Educational Center for Girls in the Afghan village of Deh’Subz. Located just north of Kabul in a conservative rural area that remains free of Taliban influence, the school draws students from seven villages, many of whom walk significant distances to attend. Built at no cost to the community and offering free tuition to students, the school provides educational access to girls who have not previously had the opportunity.
Formal learning opportunities for girls have been scarce in Afghanistan since the Taliban outlawed female education in 1996. Although the government has since changed and schools have been reopened, strong cultural biases against girls’ education linger. Only 14 percent of school-aged girls actually attend school and, of those, only 18 percent complete primary school. Consequently, only 13 percent of women in Afghanistan are literate. This compares with 43 percent of men.

Razia Jan, an Afghan native and former resident of Duxbury, started the Zabuli Educational Center for Girls in 2008 with the hope of improving the lives of women and children. “We opened a school for girls in Afghanistan to help break the cycle of poverty through access to an education in a very poor area,” Jan explains. In addition, Jan was intent on breaking the cycle of powerlessness, creating a school environment where girls could slowly, over years, develop a sense of self and voice that would ultimately benefit their families and communities.

To be successful among these challenging circumstances, the school needed Jan’s grit, ability, perspective, and influence on the ground; for these reasons she moved back to Afghanistan in 2007. Her first priorities were to build a strong foundation in the form of a physical building, a program, and community support. Running the school takes constant negotiation, fortitude, and enthusiasm. As in
the case of the fictional Razia, having to convince potential students' families to allow the girls to come, and, more importantly, to stay, is not uncommon.

But Razia’s strategy is working. When the school opened its doors, 80 percent of its 160 students could not read. Today there are 400 students, all of whom are literate or well on their way. Initially the school went through fourth grade; today it extends through 9th grade; the hope is that it will eventually go through 12th grade so that graduates will be prepared to attend university. One prominent Afghan family recently moved from the capital city of Kabul to Deh’Subz so their daughters could enroll. Knowing that the Zabuli Educational Center offers the best education around, a local boys school asked Jan to take over their management; she declined, as her heart is with the young girls, however, she does, wisely, provide them with supplies to improve their program.

One of the first things Jan has the girls learn is how to write their fathers’ names. Many of the students’ fathers are illiterate and this simple exercise helps them see their daughters’ education as an asset to their families. Formal studies include Dari, Pashto, English, math, health and hygiene, geography, science, history, and how to read the Koran. As part of their learning about the history of their country, Jan plans field trips for the girls to visit some historic sites in nearby Kabul. For most of the girls this is the first time they have ever ventured outside their village. On the first trip she planned, only 20 parents out of 200 permitted their daughters' attendance. This last trip, 26 percent agreed. Many of the girls say that their day in Kabul was the best day of their entire lives.

“We are watching a miracle unfold in front of our eyes,” Jan explains. “It is a real journey that these girls are going through: from ignorance to knowledge, from repression to freedom, from darkness to hope.”

Like any journey of significance, there are bumps along the way. The oldest students are at a point where their education may rub up against strong cultural traditions, like arranged marriages, which often means getting married young. One ninth grader was recently betrothed to a 70-year-old man — it was part of a transaction; her father wanted to marry the older man’s 16-year-old daughter.
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The daughter refused. Although her father beat her several times, she did not give up; eventually he acquiesced. “She saved her life,” Jan says. Not all girls are as successful at influencing their futures, but Jan is reassured by the fact they have at least said their piece. “Each quarrel is a victory,” Jan believes.

“Even when Razia is gone her name will always be a part of this school…”

> Deh’Subz community member

That being said, Jan teaches the girls to pick their battles. A couple of her students who were used to the freedom of wearing uniforms without burqas during the school day wanted to stop wearing the head-to-foot veils to and from school. Jan acknowledged their feelings, but suggested that doing so would make it impossible for them to continue school. They compromised. Recently Jan did give permission for an entire class of girls to travel together on a school bus in uniforms, without burqas, to pay respects to a family whose grandmother had died. She wondered if she had pushed too hard; but in the end, not one of the hundreds of men or women that attended complained. Small wins, but Jan reassures the girls that, “Like a fire, it will grow.”

For her work with these girls, Jan was recently named a CNN Hero. Over 40,000 people are considered annually for this award, which ultimately recognizes the achievements of ten “everyday” people who are changing the world. Jan is quick to share the honor, citing many — including Wellesley and Weston residents — for their immense support. Jan is emphatic that the school would not exist without Wellesley’s Patti Quigley, the Executive Director of Razia’s Ray of Hope Foundation.

Jan and Quigley met during the aftermath of September 11. Patti’s husband died on one of the planes and she shortly thereafter began working with Afghan widows who shared her plight, though they received much less support and fewer resources. “I have tried to turn this into something other than hatred,” Quigley says. “I didn’t want to live that day the rest of my life. I wanted to move beyond it.” Jan, who was living in Duxbury at the time, was a tour de force in providing aid to US troops in Afghanistan. “I wanted Americans to know that Muslims are not terrorists,” Jan says. They talked often of Jan’s dream to start a school for girls in Afghanistan; when it became clear that Jan needed to be on the ground in Afghanistan, she asked Quigley to be her US partner. “We are a good combination,” Quigley says. “She keeps me moving and I keep her in line.”
Quigley and Jan are working hard to make the school sustainable so that one day it will continue independent of their help. “Razia’s name will be here for thousands of years,” one Deh’Subz community member respectfully remarks. “Even when Razia is gone her name will always be a part of this school and she will be known as the Mother of Deh’Subz.”

Jan and Quigley know that while hope is essential, more time is needed to ensure that the school remains viable. “I hope and pray for support,” Jan says. “Women’s lives are still not valued here. I fear for these brave girls.”

After hearing Jan describe the challenges that girls who want education in Afghanistan face, Suneby was both inspired and determined. “I knew right then that I needed to share these stories with grown-ups and kids living in developed countries who, understandably, take education for granted.” Razia’s Ray of Hope, a great end-of-the summer read, will get anyone fired-up about going back to school.

For more information about Razia’s Ray of Hope see www.raziasrayofhope.org, follow them at twitter.com/raziasrayofhope and connect with them on Facebook at www.facebook.com/RaziasRayofHope.
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being in a place where history unfolded is as close to time travel as we can get. Think: The Old North Bridge. Antietam. The Alamo. Wellesley’s history may not have shaken the world, but the same principle applies. While searching for a way to make our town’s history come alive, Barbara Stedman, head of a new education initiative at the Wellesley Historical Society, made the connection. How about a series of Historic Walking Tours?
The idea was so appealing I immediately signed on to help. It would be uncharted territory for both Stedman and me, but no worries: the project promised to be sweet and short. Sweet, because it is the kind of work that seems like play: walking, talking, and delving into history. And short, because the job was, in a sense, already done. In 1968 the Society had published a booklet, “Four Tours of Historic Wellesley.” All we needed to do was review and renew.

Several weeks later, on a cold January day, Stedman and I, with the help of Wellesley teacher Chad Harris, met to scope out the first route from the old booklet. At this rate, our tours could be on the road by the spring thaw, four months — max.

But there were problems. On the plus side, the booklet was organized by neighborhood and held fascinating nuggets of information. The tours meandered through picturesque areas of Wellesley that, on a few occasions, none of us — despite decades-long residency — ever knew existed: recommendation in itself. But there were major downsides. The tours were not designed for walking. One was over ten miles long; one followed busy Route 9; all of them started and ended at different spots. Worse, even to me, a history buff, the booklet tours were boring. Still, we all figured they could provide a skeleton on which to build new tours.

By this time Stedman had attracted another committee member, who, as inexperienced in creating tours as the rest of us, pushed to consult an expert: her friend Patty Sullivan, a Boston-By-Foot guide.

Good move. Right off the bat, Sullivan brought up issues we didn't even know we needed to think about: parking, street-crossing, traffic noise, participants’ physical conditions, on-the-fly questions, and fee setting, to name only a few. But Sullivan's most significant contribution addressed content. We needed to organize our material around specific subjects — be they architectural periods, particular events, or famous people. Without that, the tours would be just like the booklets, a string of disparate facts. We were immediately persuaded, yet, at the same time, doubtful. Would such an idea work in spread-out Wellesley as well as it does in compact Boston? And what kinds of subjects could we find?
Looking at our old booklet again, this time from a new perspective, a few ideas presented themselves. We could consider talking about the *early industry* clustered around the water power along the Lower Falls, the *transportation* corridors that centered on the Worcester Turnpike and Washington Street, or the hidden story of the *town’s poor*. Would these themes work? Would they interest other people as much as they did us? And could we connect the dots of history into a physical line?

By this time, three months and hours of work into the project, it seemed we had gotten nowhere. One sign of progress, if it could be called that, was that we now had a full committee of seven willing men...
and women of varying ages and talents who coalesced as a group at first sight. It was time to choose our first subject.

We identified an obvious route for the Early Industry walk. We’d pass over the footbridge near the fish ladder, walk among the old mill buildings of Lower Falls, then follow the Charles River, where the forerunner of the Crane paper company and a paint factory (resulting in the name of “Ledyard” for a street) were located. On the other hand, Higher Education was a tempting subject. Wellesley College, now world-known, was founded by a town father, Henry Fowle Durant, and his wife Pauline in 1870 when the idea of an all-woman’s institution was revolutionary; plus there was Babson and Mass Bay. Also in the running was The Development of the Center.

How it came to be the center would be one aspect of the tale and how radically and recently it changed—since 1900 to now—a second aspect.

In the end, How Transportation Shaped Wellesley won out. The story was universal, yet specific. Travel by horseback, horse-drawn carriage, train, car, and trolley, one after the other, was common all over the U.S.—but here a well-trod Indian path became Washington Street, the privately owned Worcester Turnpike, built to speed coach travel, was opened and then abandoned 31 years later. (In the process an elegant Inn at the Elm tree lined intersection of Route 16 with Route 9 was built, torn down, and became the clock-tower triangle.) And here, the crux of the story was the rails. It was the rails that put the turnpike out of business, that attracted wealthy industrialists who set the town’s upscale character and that brought hard-working immigrants to town. The rails even brought tramps, giving us a color-
As Adele David got more grandchildren she continued to move them to Wellesley...

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ful side story to tell. Our story would include the widening of the old turnpike, its controversial by-pass of Route 16, the trolley lines that came and went, their replacement by buses, which themselves left—and may come again.

Here was the place to start. We divvied up tasks; finally, it felt like the end of the beginning.

Joshua Dorin, 30 years old, who grew up in Wellesley, volunteered to document much of what he already knew. Within weeks he sent out a 12-page email of raw material along with a rough route. Trouble was, the town’s layout did not conform to a chronological story. Something significant that happened in 1640 might be right next to something that happened in 1938, and, just a ways down the road, events of 1810 and 1898 butted up against each other. How could we possibly tell a coherent story?

Three of us, successively, tried to create a story from Dorin’s material, but too many cooks were spoiling the broth. We needed a single viewpoint. Peggy Heffernan, a busy mom with endless energy and insight, prodded Dorin to shape his own material. Once he did, it almost seemed as if the streets of Wellesley re-arranged themselves to fit his narrative. Finally, we were on our way.

By now, we had been at it for nearly nine months. Our working committee had shrunk to four worker bees—Stedman, Heffernan, Dorin, and me. Additionally, we had the advice and attention of
Kathleen Fahey, curator at the Historical Society. Increasingly though, we relied on Dorin. He amassed the information, rearranged and edited it, and, as it turned out, was our best guide: presenting information with gusto and at the same time (from everyone’s viewpoint except his own) a certain ease. After tweaking the material during four test walks, we felt ready to present our work to the Historical Society’s Board of Directors.

But wait! In the interim, the Society had welcomed a new Executive Director, Bob Damon, who, fortunately, embraced our project with open arms and with his own innovative and organizational ideas. But with a full schedule, a new job, and meetings on every front, our project got stuck in a holding pattern until Damon could give us the benefit of his experience. We were over ten months in by then.

Following Damon’s input, we realized we needed an objective audience to critique our first offering. Racing against winter, we settled on a late November date to invite fourteen people to take our first two-hour, 2.3-mile walk. The group consisted of Boston-By-Foot guides and other folks interested in history, in Wellesley, or in both.

When the day came, we were nervous—and with good reason. After all, we’d been our own, very appreciative audience until then. To our relief, the tour passed muster. But our critics reinforced what we’d suspected—the tour was too long. Additionally,
the Boston-By-Foot guides came up with many other practical suggestions. We took notes and parted for a month-long holiday break, knowing we had more work ahead.

When we reconvened in January, 13 months since Stedman’s idea was born, our to-do list looked as long as ever:

We had to:

- **Determine** the length of the tour.
- **Identify** the steps needed to complete our first walk.
- Once the steps are identified, **split the tasks**.

It was time to choose between perpetual perfecting and committing to a date.

We committed. Our first public tour would be in April, one year and five months after we’d begun, and we’d use the months before then to modify the tour’s length while squeezing in a demonstration for our Society’s Board. By now, it was clear our walks would be an organic thing: changing in response to comments, questions and participant energy.

Plus, we needed to choose Walk #2. Mulling over our original possibilities, we reasoned that the “Center” and “Wellesley” were often used interchangeably. Tour #2, therefore, chose itself: Wellesley Square: Then and Now.

After assigning tasks, someone amongst us wondered aloud if we couldn’t pull off a launch date of September, nine full months away. We all agreed, “of course we can.”
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A Landmark in the Making

The Rose Kennedy Greenway Carousel

Liz Suneyb writer
photos courtesy of Rose Kennedy Greenway Conservancy

what’s a visit to Boston without a ride on the Swan Boats…and on the new Rose Kennedy Greenway Carousel?

Wellesley resident Jesse Brackenbury, the Chief Operating Officer of the Rose Fitzgerald Kennedy Greenway Conservancy, hopes the Greenway’s custom-designed carousel soon becomes as iconic a part of the city as the revered boats in the Public Gardens. “Our goal is that the uniquely Boston carousel draws families downtown and then, after a ride, they stay and enjoy the Greenway and its many gateways into the diverse neighborhoods of our city,” explains Brackenbury.

The one-of-a-kind carousel includes 14 creatures indigenous to Massachusetts. Choose a seat on a grasshopper, peregrine falcon, sea turtle, Atlantic cod, lobster, harbor seal, fox, skunk, rabbit, squirrel, whale, barn owl, butterfly, or even a sea serpent. (Sea serpents in Massachusetts? Legend has it that several locals reported a sighting of a sea serpent in Gloucester Harbor in 1817. What they actually saw was a giant oarfish, a strange-looking fish that can grow up to 50 feet in length. You’ll find this huge creature on the carousel wrapped around a rocking ship vessel.)

Enjoy a spin with the oarfish or upon any of the carousel’s 33 fantastic characters, including the harbor seals riding along a chariot that can accommodate a rider in a wheelchair or those just wanting to
The Conservancy worked closely with the Institute of Human Centered Design, the Boston-based nonprofit organization known internationally for its work in expanding experiences of people of all ages and abilities through excellence in design. The Greenway Carousel is the only accessible carousel in New England.

Opening Labor Day weekend, the new carousel will operate daily through October and on weekends in November and December. For $3.00 a ride, the magical sights and sounds of animals in motion surround you. The fox gazes into the eyes of its rider, the falcon soars, the whale blows water out of its spout.

The carousel will be put to bed for the winter from January through March before it opens again in April for the 2014 park season. During the winter months you’ll find it wrapped in translucent panels for weather protection while the animals “hibernate” inside a softly glowing jewel box.

To find inspiration for the carousel’s design, the Conservancy turned to expert advisors: third and fourth grade students. Children from the Boston Public Schools, including the Roger Clap Innovation School in Dorchester, James F. Condon Elementary School in South Boston, the Eliot K-8 Innovation School in the North End, and The Advent School in Beacon Hill participated in carousel workshops and together they drew 120 colorful pictures of creatures they would like to ride.
A Landmark in the Making

Other Greenway Parks Beyond Carousel Park

After an extensive search, the Conservancy found a nationally recognized carousel designer and sculptor in its own backyard. Newburyport artist Jeff Briggs used the children’s drawings as muses for sculpting characters from the air, land, and sea of Boston Harbor instead of the horses that typically ride on carousels. This 25-year veteran of carousel making carefully blended the students’ creative visions with meticulous details gleaned from multiple photographs. Haverhill artist William Rogers relied on the same sources to bring each of Briggs’ sculptures to life. Rogers painted by hand, with airbrushes and with sponges, using many vibrant colors and intricate shading. The two men’s masterpieces are life-like yet fanciful, comfortable yet fully functional. The carousel’s programmable, interactive sound system and LED theatrical light display enhance the excitement of riding on any of the characters.

Greenway Carousel Park is located within the Greenway’s 15-acre, one-and-a-half mile ribbon of contemporary and distinctive urban parks. It sits across from the Faneuil Hall Marketplace and Christopher

Mission

The Rose Fitzgerald Kennedy Greenway Conservancy

The Rose Fitzgerald Kennedy Greenway Conservancy is a private, nonprofit corporation dedicated to raising broad-based support to ensure standards of excellence in the design, sustainability, and use of the Rose Fitzgerald Kennedy Greenway.
Columbus Park in the North End, close to the site of a rented carousel that operated for the four previous summers before construction of Carousel Park began.

The carousel is a gift to the children of Boston and beyond from many individual, corporate, and foundation donors. The lead donor and visionary behind the custom carousel is a generous philanthropist, Amalie Kass, a historian and teacher born in 1928 and educated at Wellesley College and Boston University. The Tiffany & Co. Foundation
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funded Greenway Carousel Park’s hearty landscaping — complete with 25 new shade trees, four-season gardens, and comfortable seating.

Thanks to the “Big Dig,” what once was an elevated highway is now an urban park destination for all to enjoy. In addition to the one-of-a-kind carousel, the string of Greenway parks offers free Wi-Fi, children’s activities, water fountains, mobile food trucks, local food and craft markets, beautiful landscaping, public art displays, and more.

Visitors from near and far can enjoy the Rings Fountain from May to October, relaxing alongside or right in the cool water spraying out of 64 nozzles. They can sample delicious and healthy cuisines beyond the typical park fare from food trucks serving options such as crepes, tacos, seafood, and fresh-fruit popsicles. There’s even a solar-powered hot dog cart. And families can picnic and play on the organically maintained grounds.

The Greenway is Boston’s only organically maintained public park and one of a handful of organically maintained urban parks in the United States. “Our organic landscape care allows everyone, including children and pets, to freely and safely play on our park lawns without the worry of harmful chemicals or pesticides. Moreover, our plants are healthier, and run-off from the Greenway does not pollute our groundwater or Boston Harbor,” explains Steve Anderson, the Greenway’s Director of Park Operations. All organic debris generated in the park is collected for composting and applied back in the Greenway to nourish the soil. The Conservancy’s horti-
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cultural staff even brews its own “compost tea” from fish emulsion, humates, molasses, oats, worm castings, and organic vegetable and fruit scraps from the Dewey Square Farmer’s Market. The tea provides a rich brew of nutrients for the plants and grass along the mile-long corridor. Water conservation is an important goal and the staff relies on rain sensors to reduce water consumption. The Conservancy’s operations vehicles include bicycles, plug-in electric and small fuel-efficient cars, as well as quiet, fuel-efficient gas-powered backpack blowers, generators, and other tools. In the summer of 2012, the Greenway was named a National Wildlife Federation Certified Wildlife Habitat®, recognized for providing food, water, cover, and a place for wildlife to raise their young.
Not surprisingly, in 2013 the Conservancy received further recognition for its commitment to sustainability. The Greenway earned Mayor Menino’s “Greenovate” Boston Business Award and also the “GreatNonprofits” Top Rating. Here’s how one of the crowd-sourced GreatNonprofits reviewers describes the benefit the Greenway provides to the community: “In the midst of the hurly-burly of the Boston Waterfront, a beautiful, serene, flowing 15-acre space creates an environment for family activities that we think are unparalleled anywhere.”

The Greenway connects people and the city by providing beauty, fun, food, gardens, fountains, public programs, and a sense of community in Boston. The new urban park space contributes to the city’s cultural and green revitalization; encourages partnerships with local arts, educational, and cultural organizations; and offers free events to all.

Jesse Brackenbury joined the Conservancy in December 2009 as its Chief Operating Officer and is responsible for oversight of park operations, programming, planning/design, finance, and administration, as well revenue-generation initiatives including the carousel. Before working at the Greenway, Jesse was with The Boston Consulting Group. He also held management roles at the World Food Programme — the food assistance branch of the United Nations — and at the City of New York Department of Parks and Recreation.

The Rose Fitzgerald Greenway Conservancy offers Brackenbury a chance to combine his interest in city planning with his commitment to sustainability and his expertise in business management. With the opening of the Greenway Carousel Park, Brackenbury and his colleagues offer the community a chance to experience a new, joyful urban activity. The Rose Fitzgerald Kennedy Greenway unites a diverse group of Boston residents, visitors, tourists, and even their carousel creature friends.
last spring, biology students at Weston High School had the rare experience of watching a live knee surgery via teleconference. From their high school campus, they tuned in to an operation taking place at a hospital in the Midwest. In their new, technologically rich multimedia room known as the Global Education Center (GEC), the students were able to ask questions of the surgeons during the procedure, and learned about the process of knee replacements, prosthetics, and recovery in real time.

“It was quite extraordinary,” says Anthony Parker, principal of Weston High. “Our science teachers and students clearly have opportunities to do creative things with our curriculum.”

September 2012 marked the opening of Weston High School’s new science wing, a 23,000-square-foot, $10 million addition that paves the way for a broader science curriculum now and into the future. One year after its debut, both staff and students are singing its praises, from roomy laboratories and airy hallways, to advanced science equipment and spacious storage areas.

“The construction has benefited the entire school, not just the science faculty,” Parker notes. “It allows other space across the campus to be used in new ways.” The addition, combined with the renovation of two existing science labs, offers seven new labs, the aforementioned multimedia conference room, a greenhouse, an outdoor classroom, and ample space for materials storage and preparation.

“We are very happy with the facility,” enthuses Superintendent Cheryl Maloney. “These are state-of-the-art science labs capable of supporting a challenging and varied curriculum, and all of the rooms were built so they can be repurposed from one science discipline to another.”
Prior to the addition, Weston High’s science classrooms were visibly crowded, as computers were balanced precariously on windowsills, wires protruded in spaghetti-like arrangements, and labs didn’t meet state size requirements. “I feel like we understand the point of our lessons better,” confirms WHS senior Kate Silberberg. “Because everyone now has access to their own materials, we can be more hands-on, as opposed to just watching one group do a lab.”

“It’s true—we’ve been teaching for years in non-science rooms that were retrofitted,” says Larry Murphy, science chair at the high school. “We now can do a lot of lab work, and kids aren’t tripping over each other, which is a significant change from the past. Just this year, we conducted a dissection of a three-foot long shark, which would have been difficult in the tiny space we had before.”

Innovative tools are now part of the mix. “I took a DNA class last year, and we were able to use new equipment such as a thermocycler,” says Tom Chen, a member of the class of 2014. Likewise, Vernier probes, which ensure precise accuracy, are employed with computer-interfaced data collections. Students use these probes for biology and physics coursework.

The Greenhouse Effect

The science wing project was a united effort among the town of Weston, School Committee, the general contractor, and even students, who had a say in the type of ergonomically-correct furniture chosen for the labs. In addition, the facility was constructed to the standards of the Leadership in Energy and Environmental Design’s (LEED) silver level, as required by the Town of Weston.

Another highlight of the wing is a combination heated greenhouse and solarium. “Last year, we set up experiments relating to a tenth-grade biology project,” Murphy explains. “We experimented with different colors of light on plant growth.” Murphy says the greatest benefit to the greenhouse-solarium is that it fits an entire class at once. “In the old facility, only three students at a time could enter,” he recalls.

Similarly, science teacher Christine Chiodo enthuses, “We can do more experiments with our environmental science and biology curriculum. Recently, some of our students conducted research on how to grow a sustainable salad in this space.”

Meanwhile, there’s a strong allure to an outdoor classroom situated behind the science wing. Subtle landscaping and stone benches
arranged in a semi-circle have become a destination for students, whether it’s an al fresco lecture, lunch, or informal study group. “What we’ve noticed is that even if students don’t have science class, they go to that part of the campus to hang out in the open space, both indoors and out,” Murphy observes. “It’s been really nice to see.”

Amazingly, Murphy and other faculty agree that the science wing hasn’t been fully leveraged yet. “In the next few years, we hope to really expand on engineering electives,” he says. “Not just robotics, but through a fabrication shop that helps solve engineering problems.”

Parker seconds that emotion. “This new wing really opens up lots of possibilities, so we can entertain the idea of increased STEM (science, technology, engineering, and mathematics) coursework.”

It’s All About Connections

The aforementioned GEC was modeled after a college lecture hall — it’s laid out in an amphitheater style, with each tier of seating slightly elevated. “This particular room was championed by our superintendent,” says Lee McCanne, director of technology and school
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libraries for the Weston Public Schools. “It was Cheryl Maloney’s idea to include this kind of resource into the science wing, and she was instrumental in moving this room forward.”

It was also thanks to a generous anonymous donor that many aspects of the science wing came to pass. “I was in a wonderful facility at Harvard University for a superintendent seminar, and I thought that Weston should have such a facility to support our global outreach, as well as our goal of integrating technology into teaching and learning,” says Maloney. “The donor, with whom I had been meeting, wanted to make a contribution, and agreed with the idea of an outdoor classroom and the GEC.” The total donation from the large-hearted donor for the wing is in the half-million-dollar range.

As for the GEC, “We almost called this a distance education room, but we decided to call it ‘Global’ to reflect that fact,” says McCanne. “Weston High has sister schools throughout the world [in France, China, Uganda, and Brazil], and that reflects our value in global education and cultures. This room helps us maintain those connections and make new ones throughout the world.”
“That’s the best asset,” agrees Parker. “If someone renowned holds a lecture from afar, we can participate via the technology in this room. We can communicate with anyone on the planet.” In fact, it seems that the room could go off-planet as well. According to McCanne, if a spacecraft such as the US space shuttles or International Space Station offered the opportunity for a live, two-way video connection, Weston High could easily link up. “We can also connect to programs offered by museums and environmental organizations,” he says.
Even elementary-aged pupils have benefitted from the technology in the high school’s science wing. “A second-grade class visited the GEC to engage in a videoconference with a mariner’s museum in Virginia,” says McCanne. “The topic was the shipping trade in the 1800s, to support lessons about the development and growth of the United States at that time.”

Another novel way the school is leveraging the power of technology is through the “flipped classroom model,” as McCanne calls it. “The teacher provides introduction to a lesson for the kids to view before coming to class, so when they arrive, they can get right down to the activity,” he explains. “The lecture portion of an instructional unit is viewed as homework, so students can be more engaged in the active part of the lesson during classroom time. It’s a very powerful notion.”

Technology isn’t limited to the science wing, however. According to McCanne, the wing features integrated video aspects that benefit the entire school. “We introduced the idea of video signage via 55-inch flatscreen LCD TVs in the science wing, and we’ve added seven more throughout campus,” McCann says. “They’re mounted at entryways in strategic locations including the cafeteria and auditorium, where we push content like schedule announcements and changes, and students’ short video work.”

Thanks to the anonymous donor, there is also a video storage and distribution system. Lectures and interactive videoconferences can be recorded and stored for future use on a private, YouTube-like site for WHS students and faculty.

“The student feedback we’ve heard is so positive – they really love the new wing,” Parker enthuses. “And our science faculty is in heaven.”
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Just Go For It
Local women discover rewarding new careers

JENNIFER BLECHER writer

just go for it is the resounding advice of four local women to anyone who is considering making a mid-life career change, to anyone who has that tiny feeling deep inside that there is something else they’re meant to be doing, to anyone who has a long-stifled talent they can no longer ignore. Sound a little naive and new-agey? Not when you’ve got the experience to back it up. Judy O’Neil Labins, Laurie Grossman, Joan Murray, and Cynthia Curtis all took big risks, investing time, energy, and resources to turn a hunch that there was something else they were meant to be doing into a rewarding new career. They don’t look back often, but when they do it’s with no regrets about the paths that led them to where they are. Because there’s one more thing they all agree on: changing careers involves taking on new challenges, but also incorporating what you’ve learned in the past in unexpected ways.

Trusting Your Instincts

Judy O’Neil Labins, owner of Shafer O’Neil Interior Design in Wellesley, is not afraid to follow her instincts. Her career-launching job began with a knock on the door of a broken-down warehouse in Waltham. Labins, at the time a recent college graduate with a degree in painting, had seen an advertisement in the local newspaper for an importing company called Boston Warehouse that was looking for its first professional hire. The company’s owner was eccentric and the surroundings were dim, but Labins immediately liked the energy and realized that it was a place where she could make a difference. Twenty-three years later, Labins was executive...
vice president of the company, in charge of product development and marketing, having travelled the world developing roughly 3,000 retail products a year. “It was a fabulous ride,” says Labins, but it was also an incredibly demanding job and eventually the travel and lifestyle began to take a toll.

In 2006, Labins retired from Boston Warehouse and began to do her own product development through an Asian trading company that she had previously established, eventually winding that down a few years later. A self-described “doer,” Labins was faced with the question of what to do next. “I had such a macro world,” says Labins, “I said ‘What can I do that is more personal?’ Still design, but a much more personal expression of design.” She remembered that as a child she loved filling scrapbooks with floor plans and drawings of mini-houses and decided to enroll in an interior design course. She did a full renovation of her own home that was featured in New England Home Magazine and televised on NECN as a dream house. Clients came calling. A retail store followed shortly.

Labins has had a smooth transition between careers; she can easily point out how her past experience in product development strengthens her interior design skills, but she still faced challenges when starting her own business. First, there were the financial realities of starting something new and entrepreneurial. “If you’re going to make a dramatic change,” advises Labins, “you better put your ducks in order first and have a little bit of a cushion to get you over the hump while you are building because it doesn’t come free.” And there was also the personal reconciliation that came with losing a long-held career identity. But all the sacrifices paid off. “People don’t hear their own joy,” says Labins. “They don’t hear their own messages very loudly...If you really have enthusiasm for something, that enthusiasm will carry you through the doubtful moments and you should pursue it.”

While Labins enjoys her current career so much that she views it as almost a reward for all her prior hard work, there’s still that ever-present inner voice wondering what’s next. “I love to build from nothing,” she says. “I love visions.”

Scratching the Itch

Weston resident Laurie Grossman, owner of Ox Bow Decor, spent over three decades working as an art consultant, scouting artists and visiting their studios on behalf of her corporate clients, before she realized that she wanted to be on the other end of the transaction. “I kept saying to my husband how much I missed having my own studio and working and getting my hands dirty and doing that whole creative venture,” says Grossman. “And he finally said, ‘Enough complaining. Go back and do your own work.’” Grossman, who has a degree in art
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education and previously worked in fabric design, followed her husband’s advice and soon began designing a line of framed prints based on vintage botanicals. But the prints were expensive and at the time the economy was floundering. Grossman quickly realized she needed an alternate, more affordable product.

Grossman cannot recall how she landed on the idea of pillows, never having been a particular pillow collector, but she began printing her botanicals on pillows and, sure enough, they started to sell. Out of this, Ox Bow Decor, named after the street she lives on, came to be. Several other print themes followed and today Grossman’s pillows are sold in over 300 stores around the world. Not that her path has been an easy one. “When you work for yourself, you work many more hours than you would for any other employer,” says Grossman. “I typically take on more than I maybe should, but I find a way to balance it.” No small feat given that Grossman does all the designing and business management from the third floor of her home, oversees factory production and distribution (she’s committed to manufacturing everything in Massachusetts), and attends all major trade shows herself.

It’s a lot, but Grossman seems to thrive on that. “I always need new kinds of stimulus,” she says. “I think it has something to do with having an artistic, creative make-up. You always need to be refueling that.” For people considering taking on a similar challenge, Grossman recommends giving strong consideration to one’s family life, particularly in terms of financial flexibility and available time. But if the urge to make a switch is there, Grossman thinks that if you can find a way, do it. “You never want to get to a point in your life where you say: I should have, I could have, I didn’t,” she says.

Hearing the Call
In 1993 Wellesley resident Joan Murray was happily settled at her job helping companies customize complex computer accounting systems when she took a trip to Nicaragua that changed her life forever. The trip was organized by the Wellesley Congregational Church and Murray signed up simply to share something of herself and her resources. But her response to the experience was greater than she could have ever imagined. “I was blown away by the graciousness of
Chrissie Lawrence

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the people and struck by the fact that their faith seemed to sustain them,” Murray recalls. In fact, she was so moved by what she had seen that when she walked into Roche Brothers upon her return and saw the abundant displays of food and merchandise, she immediately broke into tears and had to leave the store. The disparity between the two worlds was just too much.

Murray returned to her job, but she didn’t last long. She cut back to part-time work, taking time to pray, speak with trusted friends and spiritual leaders, and reflect on what she was meant to be doing. Eighteen months later, Murray enrolled in divinity school.

Although faith had always been a part of her life, entering seminary was not something Murray ever saw coming. “I had ten years of experience, I knew a lot of people in my field,” says Murray. “I thought, ‘It’s time for me to be the wise one. What am I doing starting over?’” But along with doubt and frustration came great joy in going back to school and studying something so personally meaningful. She took her new path one step at a time, constantly asking herself: “What am I called to do now?”

After a series of ministry jobs, including preaching on Boston Common every week for five years, the answer to that question eventually led Murray to found Chaplains on the Way, a nonprofit organization that provides chaplaincy services to the homeless of Waltham in the hopes of increasing their circle of care. Although her current field is dramatically different from her prior one, Murray draws on the business skills that she acquired in her prior career every single day. “You think everything’s disjointed,” says Murray. “But as you move into what makes your
heart sing...you realize that you draw on all of your experiences and that it’s all of value.” Murray was 54 when she graduated from seminary school and she believes that it’s never too late to start something new. “I think it’s healthy for everyone to think of their work as vocational,” says Murray. “It doesn’t matter what your field is. If you can see your work as connecting with your core values and sense of who you are...I can’t imagine that’s not a good thing.”

**Networking, Networking, Networking (And Passion, Too)**

When Cynthia Curtis set out to build Wellesley’s first LEED-certified home, she had no idea that doing so would also help her find a new career. The year was 2008, Al Gore’s *An Inconvenient Truth* had recently come out, and Curtis was growing more and more concerned about the direction the environment was heading. She had long been involved in local environmental awareness groups, but she decided that it was time to do more. After purchasing an empty lot near town, Curtis threw herself into the world of solar panels, geothermal heat, and renewable materials, working hand in hand with an architect and builder to meet the exacting LEED-certification standards. Around this same time, the software company where Curtis was working as the Chief Marketing Officer was acquired and she found herself with the opportunity to make a career switch.
It was a sign, Curtis decided, that she should fully commit herself to working in the “green” arena.

Curtis’ first thought was to stay in the marketing field, but at a clean tech company. So she started networking through local environmental and professional groups and took many people out for many cups of coffee. “The biggest surprise and the most amazing thing,” says Curtis, “was the generosity of people in terms of their time and willingness to talk with me...It was astonishing.”

Many months of networking paid off when someone she had previously reached out to mentioned a potential job opening. It was not a marketing job, but a position in the sustainability department of CA Technologies. With the construction of her LEED-certified house on her résumé, Curtis started the interview process. “It wasn’t like my experience said I’m the perfect person for this job,” Curtis recalls, “but [my home] showed that I was committed...and it was a great discussion point because at that time it was very novel.” Curtis got the job and is now the Chief Sustainability Officer at CA Technologies, responsible for reducing the huge company’s environmental impact.

Her advice to anyone considering switching careers is to network, network, network. “You never know where the conversation is going to go or who you will meet,” she says. “This is a great city for a lot of different creative fields...there’s a lot out there that is free or of limited cost.” Curtis also advises putting pen to paper to really lay out what you define as success, what you enjoy doing, and what you don’t enjoy. And one more important thing: “There’s a lot to be said for passion,” says Curtis. “That can make all the difference.”
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toni seeker had her “ah-ha” moment when she was walking past the store fronts in Wellesley Center. At first she thought, “Why is this window distorting my body shape?” And then she realized all the windows were reflecting the same image. Seeker—who ultimately lost over 50 pounds—knew that it was time to lose weight.

That “ah-ha” moment is something most people who lose weight need to experience, says Jill Blondek, who co-owns Future Shapes in Wellesley, before they take the steps needed to slim down. Typical examples include when your doctor tells you that unless you shed some pounds you could injure your health or even die, when you can’t play outside with your kids, you realize that none of your clothes fit anymore, or you see a photo of your overweight self.

People like Seeker are by no means alone. According to WebMD, more than “30 percent of the US adult population is obese, with a body mass index (BMI)—a measure of fat based on height and weight—of 30 or more (healthy BMIs are between 18.5 and 25).” And many more are overweight. WebMD says, “The health risks that come from being overweight or obese include high blood pressure, arthritis, diabetes, heart disease, and cancer.”

These numbers may be a bit lower for residents of the Wellesley and Weston area, where people tend to be more educated about healthy diets and have the income to shop at stores such as Whole Foods and sign up for trainers or health clubs. Still, obesity is an issue here as well. So what does it take to lose a lot of weight and keep it off?
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It's definitely not easy, but one thing is for certain, says Blondek: “It's 100 percent mental.” She adds that to lose weight you “need to make an inner commitment to yourself. You have to change how you think about food and exercise.”

That's exactly what Seeker, a Wellesley resident, did when she realized it was time to lose weight. Seeker has lost 57 pounds since she started at Wellesley Get In Shape for Women (GISFW) about two years ago. However, over a 12-week period last spring, as part of the franchise’s “Biggest Loser” contest, she lost 23 pounds of that weight.

She says she loves competition and that the contest really gave her weight loss a jump start. Still, the real thing that made a difference for her was having cheerleaders at GISFW and at home right from the start of her weight loss program. She notes that her husband, Ed, also lost 30 pounds during the 12-week “Biggest Loser” program.

Another Wellesley resident, Suzanne Fontaine, says joining Train Boston Sports Center in Wellesley was the “start of my being fabulous.” Fontaine, who has lost 47 pounds since starting at the fitness club about one year ago, says her advice for people who want to lose a lot of weight is to “go to a professional to help guide you. And, secondly, to focus on [both] movement and health, instead of just going on a diet. That puts you in a different frame of mind.” She adds that when she started talking about the scale and pounds it just seemed daunting.

When she first began working out, she says her trainer, Emily Carusone, said “let’s not focus on weight. Let’s get your body moving,” which was just the right approach for her. Terry Sherman, manager of Train Boston Sports Center, says it was a “combination of a very motivated trainer and a very motivated client that made the difference.”

Fontaine says she has struggled with losing weight over the past 15 years and that she has tried many diet programs, even hypnosis. She notes that because of her recent weight loss she has been able to come off her blood pressure medicines.

Both Seeker and Fontaine say that it was a combination of diet and exercise that got them in shape. Jeff Dosdall of One2One Bodyscapes in Wellesley agrees and says that sustained weight loss involves permanent lifestyle changes in diet and exercise. “Exercise without diet doesn’t work real well,” he says. “Walk an hour every day and burn around 300 calories. Eat one Boston Kreme Donut and put all 300 calories back.”

But not all obese and overweight people can lose weight as successfully as Seeker and Fontaine. Linda Nikolakopoulos, a bariatric dietitian at Newton Wellesley Hospital’s Center for Weight Loss Surgery, says many of the patients she sees have tried every diet.
under the sun. As a last resort, some patients need to consider gastric bypass surgery in order to lose weight. To qualify for this, they must be at least 100 pounds overweight and have a BMI of 40 or more.

“Morbid obesity,” she stresses, “is a disease state with a genetic component and problems with hormone imbalances. It is also impacted by behavioral and environmental factors...It’s not as simple as just eating less.”

That said, the nutrition and fitness professionals we spoke to for this story had a number of suggestions for losing a substantial amount of weight — 25, 50, or 75 pounds. Importantly, they all said losing a large amount of weight and keeping it off was a lifestyle choice, requiring major behavioral changes. Here are some of their common-sense suggestions:

**TALK TO YOUR DOCTOR** and get a referral to a dietitian and/or a fitness facility. If your doctor does not make a recommendation about losing weight, push for a referral. In general, if you’re overweight but are in good shape otherwise and have no medical conditions, a doctor may be less likely to refer you to a professional. If you do have a medical condition, however, such as diabetes or heart disease, that changes the equation.

**KEEP A DETAILED FOOD JOURNAL.** Write down everything you eat and drink for at least seven days, says Blondek. You can do this in a journal or use one of the new apps, such as Lose It! and My Fitness Pal. This is a
perfect tool to show to a dietitian or trainer so they understand your eating habits.

**START A NUTRITION PLAN** plan either with a nutritionist or a fitness facility. All the experts recommended eating a nutrient-rich diet, loaded with veggies and fruit, lean protein, and avoiding sugary or processed foods. In fact, Nikolakopoulos says, half of your plate should be made up of vegetables. According to Peertrainer, in its online article entitled “How to Lose A Lot of Weight,” you should eat a “nutrient-dense” diet, which will keep you full and not tempted to eat foods that are bad for you. Also, understand portion size. Blondek says you can cut 500 calories a day—which equals losing a pound per week—by cutting out 250 calories of food and losing another 250 in exercise. She also stresses avoiding takeout food and suggests taking the time to get back into the kitchen.

**STOP DRINKING ALCOHOL AND LIQUID CALORIES IN GENERAL.** According to an article in *Fox News Magazine*, the first place you should look to cut calories is your pre-dinner cocktail, which is highly caloric. In addition, experts strongly urge people to cut out soft drinks and even fruit juice, which are loaded with sugar and calories. Instead, consider sparkling water or unsweetened tea or coffee.

**FIND A TRAINER OR A GYM.** “You initially need someone to hold your hand,” says Sarah Mularz, former manager of the Wellesly Get In Shape for Women location. She stresses that exercise is a great thing for many reasons—mental and physical. If you can’t spend the money for a trainer, she says that there are gym memberships for a low as $10 a month. Remember you can take baby steps. Instead of jumping into a high-impact cardio workout, start by just walking.

**AVOID FAD DIETS OR PLANS THAT PROMISE FAST RESULTS.** Dosdall says you should look for “sustainable lifestyle changes that allow you to lose weight on a slow and steady basis.” He recommends consulting a nutritionist to put together a nutritionally balanced plan that can be followed for a lifetime. “One of the worst things someone can do,” he says, is “yo-yo weight loss or gain where you lose weight and then put it back on again. Every time you do that it makes it harder to lose the next time.” Most of the experts we talked to say you should think in terms of losing weight over a six- to twelve-month period.

Seeker, whose advice to people who want to lose weight is to be kind to themselves, says her world is a different place since she’s lost so much weight. “I feel better about myself, and I can physically do so many things I couldn’t do before. And it’s little things that I notice, like now I wear a lot of color. In the past, I only wore black.”

“I used to be the one who always said ‘let me take the photo’ when I was out with a group,” she says. “Now I’m in all the pictures.”
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More Than Just a Library  The Lone Tree Institute expands opportunities for kids in rural Nicaragua

CALVIN HENNICK writer

**when** Richard Gladstone came to Nicaragua for the first time in the 1980s to visit his daughter Sally, he flew in from London in the winter, and his airline lost his luggage.

“So he got off the plane in this sweltering suit, and we had to take him right away to try to buy some clothes,” remembers Sally Gladstone, who grew up in Wellesley but has lived in Central America for more than two decades. “We got him some sort of wild, Hawaiian print shirt. It was completely out of character for him.”

Despite the clothes—and his total lack of Spanish skills—Richard Gladstone was determined to be a traveler, not a tourist. He rented a car and explored the Nicaraguan capital of Managua on his own. “He didn’t want me to take him around and show him stuff,” says Sally Gladstone. “He was quite adventurous.”
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There’s no such thing as an insignificant detail
Richard Gladstone kept coming back to Nicaragua, and over time he developed affection for the country and its people. So when Hurricane Mitch devastated Central America in 1998, he asked family members to donate to the relief effort instead of buying Christmas presents. He raised more than $10,000.

“In his mind, the idea that they would be up there celebrating Christmas as though nothing else was happening didn’t seem right to him,” Sally Gladstone says.

After the hurricane relief effort, Richard Gladstone had the idea to get Houghton Mifflin Harcourt – where he retired as a vice president – to donate books to Nicaragua. But he was killed in an automobile accident in 2001, before he could bring the project to fruition.

Following the example he set at Christmas three years earlier, family members asked mourners to skip flowers and instead donate money to help carry out the literacy work Richard Gladstone had envisioned. The family raised around $40,000 – enough to build a library bearing
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his name in the small rural community of Palo Solo, where Sally Gladstone’s family owns a coffee farm. Houghton Mifflin Harcourt also donated 7,000 books to be placed in libraries and schools across Nicaragua.

“We just liked the people, and the kids were always so nice and unspoiled,” explains Kitty Gladstone, Richard’s widow, who still lives in Wellesley. “It just seemed like a natural thing, when he died, to do something like that.”

The library opened in 2005, and it has changed the educational prospects for the children of Palo Solo’s 39 families. In addition to lending books, the facility offers remedial tutoring, along with classes ranging from folkloric dance to computers to painting and drawing. Dubbed the Lone Tree Institute (“Lone Tree” is an English translation of “Palo Solo”), the organization also sponsors youth and community baseball teams, a nod to Richard Gladstone’s passion for the Boston Red Sox.

“The impact has really been tremendous,” says Alixe Huete, a Wellesley native and a Lone Tree Institute board member. “It increases their self-esteem beyond imagination. Watching the little girls and boys dance, and seeing the gleam in their eyes when they look at their parents in the audience, it’s so rewarding.”

“Books mean so little to most kids in this country, but they just mean so much to them,” says Kitty Gladstone. “I went down there thinking I would feel sorry for them, and I ended up feeling sorry for the people here who have so much and don’t even know what they have.”

The library buzzes in the morning, when school kids come over during recess, and again in the afternoon when classes are held. In a recent survey, 100 percent of Palo Solo families said they utilized the library in some way. “It’s not like the Wellesley Public Library, or a library in the United States,” says Sally.
SUSAN PICKING

Sue is uniquely equipped to be an invaluable asset to both buyers and sellers. Not only has she been actively involved with her community, she has also designed and built new homes in Wellesley since 1998. Her success springs from hard work, persistence to excellence and a high level of professionalism. Her experience as a developer has provided her with an enhanced knowledge of the market and an ability to envision a property to its fullest potential. She resides in Wellesley with her husband and three boys, who have attended both public and private schools.

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Gladstone. “It’s not quiet. It’s not quiet at all. There will be music, and kids talking and playing with the cats. It’s more a multi-purpose building. It’s very Latin American.”

When the library opened, hardly anybody from Palo Solo had attended high school. “Now,” says Sally Gladstone, “we have a lot of people going to high school, and we have four people that are in college, and that’s a huge change from 2005.” She attributes some of the increase to the local school’s decision to add a teacher for the upper elementary grades, a move that paves a path for kids interested in moving on to the high school, which is located in another town. But also, she says, the library programs have shifted kids’ attitudes about their own abilities.

“It gives them confidence, even though they come from these extremely poor families. If they can do well, and they can dance and paint like nobody’s business, it gives them the sense they can do something in life other than swing a machete,” Sally Gladstone explains. “They can be a farmer if they want to be. But it’s not as though they’re going to only be able to swing a machete, especially on somebody else’s farm.”

Peggy Calkins, Sally Gladstone’s sister, says that Sally’s familiarity with Palo Solo has helped ensure that the Lone Tree Institute provides services the community really needs. For example, funds were spent on helping to make sure everyone had access to potable water before the library was built.
“It’s hard to think about reading a book if you don’t have a roof over your head, or you don’t have light, or you don’t have water,” Calkins says.

Kitty Gladstone praises her daughter’s efforts, noting that Sally designed the library—even though she’s not a trained architect—gathering scrap wood and recycled material, and using wagon wheels for windows. “She’s put the whole thing together,” Kitty Gladstone says. “It could never have existed without her. My husband was the inspiration, but she’s the one who deserves the credit.”

“It really is beautiful,” says Huete. “It has lots of sunlight, fresh air, a very nice layout, and it has an incredible view. I don’t know if that means much to the kids in the area, but for all the foreigners who come to look at it, it’s just unbelievable. It’s the perfect environment for kids to come and sit and read.”

The library operates with a staff of four, all of whom are from nearby communities and serve as role models to the kids in Palo Solo. The Lone Tree Institute has also begun to attract Nicaraguan college students who want to volunteer, part of an effort to make the library’s operations more sustainable.

For now, the Lone Tree Institute relies largely on donations from Gladstone family members and friends to fund its $15,000 annual budget.

Gary Smith, a Wellesley resident and former colleague of Richard Gladstone, says he and his wife Lynne continue to give to the library both because they believe in its mission and because they want to continue to honor the memory of their friend.

“Dick was just a very special man,” Gary Smith says. “He was a wonderful guy, very smart, very kind and gentle.”

“For the kids to carry on the tradition, it’s just a nice thing,” says Lynne Smith, “so we try to stay involved.”

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Important Decisions Require Quality Legal Advice
while strolling along the bank of the Vltava River in Central Prague, you cannot help but come across three enormous sculptures of crawling babies designed by Czech artist David Černý. These gentle yet massive figures evoke feelings of parental bliss (especially if you happen to be there on vacation without children), until you glance upon their faces. In the place of round eyes, a turned-up nose, a sweet smile, and perhaps a dimple or two, there is a large, sterile-looking computer chip. The shock challenges you to consider the impact of ever-present technology on our children’s lives right then and there, and for some time after.

Černý is not alone in contemplating the impact of this hyper-connection; parents of toddlers to teens all over the world are asking the same question. So are businesses, think tanks, educators, neurologists, and policy makers, among others. It is still early in the hyper-connected research game, but already it seems clear that “always being connected” has consequences; we are just not sure of what they are yet.

Here’s what we do know: kids of all ages are spending a growing portion of their waking hours engaged with technology. A sampling of related statistics reveals that 90 percent of children under the age of two use some form of electronic media. Children between the ages of 8
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and 10 spend 5 ½ hours each day with media outside of school; when you consider that they use media simultaneously (texting while watching TV, for example), the number expands to 8 hours a day. Teenagers essentially live with technology. Eighty percent of American teens own a computer, while 78 percent own a cellphone and 23 percent a tablet.

They use these devices to communicate frequently — 60 texts a day for the median teen text user — with a variety of important people in their lives including friends, parents, teachers, coaches, and bosses.

We also know that kids’ brains are highly sensitive to stimuli and what they do impacts the wiring of their brains. “Experiences leave imprints on our neural pathways,” explains Barbara Fredrickson, a professor of psychology at the University of North Carolina at Chapel Hill. “Any habit molds the very structure of your brain in ways that strengthen your proclivity for that habit.” Studies already show that our children’s brains, specifically the frontal lobe, are developing differently from ours. The question remains: Are these new neural pathways beneficial?

Is Multi-tasking Making Us More Efficient?
Ring tones and vibrations are constantly summoning us from work, play, and sleep. Are these little interruptions increasing our ability to get things done? Sadly, no. The research is clear; this distraction reduces our productivity. Neuroscientists explain that we actually practice “rapid toggling” when we think we are multitasking, which means that our brains are shifting quickly back and forth between topics. Each switch requires re-immersion time and effort, which diminishes our capability. What is more, this toggling prohibits deep concentration, without which it is difficult for information to transfer from the brain’s short-term to long-term memory. There are a few exceptions. When doing tasks that are completely automatic, like folding laundry, it is possible to watch TV or talk on the phone. But when it comes to texting while listening to a lecture, something is getting lost along the way.

family matters  “an unhealthy thirst for instant gratification”
The Pew Research Center recently released its Teens and Technology report, in which they queried technology experts as to the net positive or net negative influence of hyper-connectivity on children. The result was a fairly even split: 55 percent were positive, 42 percent negative. Several respondents said the most realistic outcome would be a combination of both scenarios.

Respondents who were generally positive cited young people’s ability to be nimble, quick-acting multitaskers, who can learn information fast, and use the Internet to find answers to questions efficiently. Participants who were more negative cited an unhealthy thirst for instant gratification, shallow consumption of information and superficial thinking capabilities, a dearth of face-to-face social skills, a lack of patience, and short attention spans.

The study also asked respondents to list what they thought will be essential life skills for our children in 2020. The list included several skills that appear to be both enabled and thwarted by hyper-connected lives. Among them were: problem-solving through cooperative work; searching and vetting information online effectively; synthesizing details from multiple sources; future-oriented, strategic thinking; finding valuable insights among plenty of noise; and having the ability to concentrate.

In the face of so much divergence of opinion, what are parents to do? Are we to use our pre-digital brains, our well-developed critical thinking, and face-to-face social skills to actively manage the influence of technology in our entire family’s lives?

Most of the negatives associated with being “always connected” stem from a perceived over-use of technology. How much is too much? The American Academy of Pediatrics recommends that children under two avoid all screen time, and that parents limit the screen time of older children to no more than two hours a day. By all accounts, our children’s media consumption is
a bit out of balance. Technology’s lure will only continue to grow as
digital experiences become more personalized and coordinated—
games and trivia delivered via phone that relate to the show you are
watching on your TV or tablet—so developing an awareness of our
relationship with the screens in our lives is an important first step in
choosing where we put our time and attention going forward.

We can start with ourselves. What kind of role models are we? How
much time are we spending engaging with the world through our
screens? When and where are we when we connect? Why? And we can
ask this of our children, paying close attention to what is deemed
appropriate for their age. Keeping a simple log over the course of a few
days—on your device of choice—can be quite useful. If it becomes
clear that our families can benefit from being a little less connected,
consider creating technology-free zones. These spaces can be physical
or temporal—bedrooms or during dinner, while kids are studying, or
in the evenings after a certain time.

It is also useful to consider the quality of the media experiences that
our children are getting. What are they doing on their devices? How
might their screen activity be positively or negatively affecting their
development, learning, and skills? Talking with our kids to see how
being on Facebook or Instagram feels to them and playing their video
games with them can be helpful points of reference.

A third question to consider is what we are not doing as a result of
our constant digital engagement. We know technology can make our
lives better. Might a tech break do similarly? The best way to answer
this question is to just do it. Take a walk, build a go-cart, read a book,
connect with friends, or go to bed a bit earlier. See how it feels.

Finally, stay on top of the research. Discussing the findings together
as a family and comparing it to our personal experiences can help each
of us be thoughtful about technology and take charge of how we
engage with it. It can keep the computer chips in our devices and not
in the center of our faces as Černý depicted.
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it’s community skills class at the Tremont School, a small middle school currently housed at St. Demetrius church in Weston. Nine middle schoolers are listening to teacher Nina Alberg facilitate a discussion of the seasons. Ms. Alberg is patient and articulate, with a chestnut-colored pixie haircut and whimsical dress. Her emphasis at this point in the class seems to be less on the topic than on developing and supporting analytical thought and classroom participation. The children are free to move and fidget as conversation digresses to a father with allergies, a backyard sledding hill, and why these middle school students feel they’ve outgrown the term “play-date,” preferring to use the phrase “hang-out” instead. When a child makes a relevant observation, Ms. Alberg encourages follow-up. “Who has a where,
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what, when, why, or how?” she asks. Students are quick to respond, one playing with a stop watch, another eating a yogurt, and a third knitting in sunglasses as she responds. As the conversation somehow seamlessly shifts to the executive function skills of the brain, Ms. Alberg suggests students take a quick stretch, roll their heads, and, after asking them to return to their seats, invites a student to step up to the board to help diagram the frontal lobe.

According to Tremont School founder David Vaughn, this community skills class helps students develop important 21st-century skills that include effective communicating, working in diverse groups, organization, and planning. It’s an integral part of the Tremont School’s project-based curriculum which, according to school literature, aims “to support the social, emotional, and academic development of an inclusive community of students.”

That social piece is one of the driving forces behind the school’s founding, an idea that first took seed when Vaughn and his wife, Janice, as well as Natick residents Ed and Jill Walker, began to consider the academic future of their children Emily and Gus, then second-graders. The families had tried special-education programs in the public schools but did not find the individualized support they needed until sending their children to the Tobin School in Natick. Though a good fit, the Tobin School ended in the fifth grade, compelling the families to craft their own solution.

“We wanted a different academic setting,” says Jill Walker, “one that was socially more diverse than a lot of the private schools around here. We wanted a school that paid attention to the social piece, where kids could be successful as opposed to getting by.”

So they began putting together the Tremont School, a school built around the Collaborative Learning Project, a curriculum development initiative they also formed that puts the focus on each student’s learning, with instruction in academic and life skills.

School informational material calls the school’s multi-disciplinary, project-based model The Living Curriculum. “The Living Curriculum takes a highly personalized approach to education that focuses on our students’ strengths, interests, and individual learning styles. The primary goal of the curriculum is to promote the intrinsic understanding of the material through a guided discovery process that is interdisciplinary in nature and hands-on in approach. Collaborative exercises are woven into the daily schedule for each student, encouraging exploration, engaged participation, and problem solving.”

The school opened with fifth and sixth grade in 2011 and will continue to add a grade each year until the twelfth grade is complete. Housed these first few years in a church that is under construction,
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Tremont does not present as a traditional private school. Classes are comprised of mixed grades. Meetings are called in makeshift rooms. Children chat freely to adults in the halls and work unfettered in class. Absent are the large playing fields and state-of-the-art facilities of a well-endowed, traditional school.

But that same small, make-do environment is part of what makes Tremont unique, creating what founder David Vaughn calls the experiential, project-based learning environment that is a defining characteristic of the school. Small classes — 12 to 15 per grade — and low teacher-student ratios not only allow for individualized instruction but also facilitate collaborative problem-solving. Integral to that is the way students organize their weekly work schedules based on contracts they’ve created. Those contracts are tailored plans that students develop with a teacher. During daily contract time, students decide which assignments they tackle when and with whom, giving students ownership of their schedule and how they allot their time.

That autonomy is one of the reasons Beth Doyle Bean, parent to a sixth grader, is so enthusiastic about the school. “She has ownership of what she does with the contracts,” Doyle Bean explains. “She likes to be able to choose when she does the easy work and when she does the tough stuff. She said to me last night that she needs to figure out a better way to do her math homework because she
had left it too late. The fact that she came to
that on her own is very powerful.”

The school, at its inception, attracted
many children in need of social skills sup-
port, some of whom present as being on
the autism spectrum. But as the school has
grown, it has continued to attract children far
outside the spectrum—extroverted students
with strong interpersonal skills. That di-
versity, says Tremont Head of School Bill
Wilmot, is one of the school’s strongest
assets and, he believes, will help its students
succeed in the modern world.

“A diverse student body is an important
part of a learning environment. People with
different neurological profiles approach the
world in different ways,” he says. And learn-
ing to work with a diverse range of students
in a collaborative environment, he maintains,
is a critical 21st-century skill. Once more, he
says, Tremont’s social and emotional curricu-
lum addresses one of the challenges he sees
in many middle and high schools: under-
standing one’s identity and role within a
social environment.

“Other schools are focused on helping
students but these schools approach students
with the assumption that kids have all of the
interpersonal skills they need. We don’t begin
from that assumption. No one begins with
the assumption that students have all of the
math skills they will need, why would we do
that with the essential 21st- century skills of
communication and collaboration?”

Parents suggest that one of the results of that focus is a kinder, more inclusive school. Jodi
Daniels, mother to sixth-grader Michael, says that she sees in Tremont a social acceptance
absent at other schools. “What has surprised me most about Tremont is how incredibly kind the
students are,” she says. “Michael considers every student his friend and sees wonderful qualities
in each kid. Tremont is clearly creating a very caring, welcoming environment that seems differ-
ent from any school community I’ve seen before.”
For Wilmot, parent enthusiasm like that of Daniels is crucial to the school’s success. “Parents are very involved,” he explains, pointing to the role they take in helping to develop and support their child’s learning, in setting goals, and in participating in assessments. “Our goal is to have regular and ongoing communication with parents rather than to wait for good or bad things to happen.”

To encourage that involvement, the school actively tries to engage parents in the school, as well. Recently, it established a Tremont Forum for parents as well as a parents group.

“Keeping parents at arm’s length is not a solution. Understanding parents’ concerns and being clear about our concerns and expectations is our goal. It’s just as much a collaborative approach with parents as it is with students,” says Wilmot.

Parent Beth Doyle Bean agrees. “The school is very committed to parents being involved fully. I am very involved with the planning of the high school. I definitely feel we are a very important component of the school. I feel like what I have to say is important and valued.”

The school, however, is not without its hurdles. One is money. “Funding has been our biggest challenge,” says Walker. But, in remarking on that challenge, she references David Vaughn’s frequent reminder: “If money is the only thing you have to worry about, you don’t have any problems.”

Another hurdle is growth. Physically, St. Demetrius Church does not have the capacity to house a high school as well as a middle school, so soon the school will have to identify a new location. And given the school’s approach to learning is so tightly bound to a small class size, maintaining a small population with a low student-teacher ratio is paramount. And yet, small also means less revenue, fewer athletic teams, less capacity for administrative functions, and fewer extracurricular opportunities. Wilmot suggests these hurdles are surmountable, in part through joining small school networks that can help field teams and share resources.
The limitations created by a small population do not seem to bother many current parents who point to the individual attention that a small school affords, as well as the capacity for interdisciplinary instruction and the freedom to integrate creative expression through arts offerings and core academic curricula. By way of example, Daniels points to the Election unit that her son Michael recently completed. “He learned to write persuasively by developing a campaign speech, learned about propaganda in art by creating a campaign poster, learned statistics by studying election patterns by demographics, read literature with an election-based plot, and even had spelling words with a government theme.”

But as the school continues to strive to create a diversity of learning profiles within its small population, admission, too, may present some challenges. Spots are limited and deciding against a candidate based on his or her learning profile runs counter to the school’s overall mission.

Wilmot suggests that as a result, the decision as to whether a student and school are a fit will rest as much with the school as with the student and parent. As a non-traditional school with strong parent involvement and fewer sport offerings, Tremont will not appeal to everyone.

“We try to be clear about who we are,” says Wilmot. “If parents and kids are really excited about the school, that’s a pretty good indication that it’s the right fit.”
Deborah L. Friedman has garnered international acclaim for her recent series of colored pencil drawings exploring beach stones and the interplay of light, water, and composition. One enthusiastic colleague went so far as to suggest she had found her voice and could produce works within that niche for years to come.

Friedman agrees that she’s fascinated with the subject matter right now – she finds it both meditative and technically challenging – but can’t imagine she would stop evolving as an artist. “If you’d told me six years ago that I’d be doing a series of stone drawings, I wouldn’t have believed it. I was into birds,” she says.

Before colored pencil drawings of birds, it was graphite drawings (black and white) and further back still, lithography, the process of printing from a flat surface treated so as to repel
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Friedman can trace her journey as an artist all the way back to when she was a four-year-old in Southern California and drawing with crayons was a favorite activity.

“I never drew stick figures,” Friedman says of her earliest memories of creating art. Rather, her ample figures of men and women were always dancing, or dusting, she laughs, but were always in some kind of motion. Her parents encouraged her interest and enrolled her in a variety of art classes at the Los Angeles County Museum and then later at the deCordova Sculpture Park and Museum in Lincoln when the family relocated to Massachusetts.

Friedman credits her mother in particular with instilling in her a strong love of the natural world. She spent summers enjoying the abundant wildlife on her grandparents’ wheat farm in Texas that included close-up looks at bats, armadillos, horned lizards, and rattlesnakes.

She chose to study art at the University of Massachusetts at Amherst, but was not drawn to its painting classes. At that time, painting was taught in a loose and experimental way and Friedman understood herself as a “more exacting” artist. Lithography and etching suited her temperament. She was inspired by the work of her instructor Fred Wessel, a printmaker who has gone on to international acclaim and is represented by Arden Gallery in Boston.

Friedman’s Bachelor of Fine Arts thesis project was a series of lithographic portraits and pencil drawings inspired by Dante Gabriel Rossetti and the Pre-Raphaelites. Work from that series was entered in a juried show and not only won the Berkshire Art Association Award, but was purchased by the Berkshire Art Museum in Pittsfield, Massachusetts.

The medium of lithography, however, was too expensive to support on her post-college wages from an art workshop, so Friedman began experimenting more with graphite pencils. Her portfolio grew and she earned grants from the Ford Foundation and was offered residencies...
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Friedman was very active in the elementary school PTO and other volunteer activities throughout the community. When the new Sprague School opened in September 2002, Friedman was asked to be one of its PTO co-presidents. Friedman speaks highly of the continuing emphasis Wellesley Public Schools place on teaching and promoting arts in the classroom. She was honored to be asked to participate in a parent-led Art Appreciation program sponsored by the PTO that featured her portfolio of work and life as an artist.

Friedman has also been a long-time member of the Wellesley Society of Artists and has won numerous awards in its shows over the years. She earned first place for her piece “Counterpoint in Green” in the 2013 Spring Exhibition that was on display at the Wellesley Community Center.

The camaraderie and support of local artists has led to other opportunities for Friedman to share her art with the community. In May 2012, she was invited to participate in a series of artists’ talks sponsored by the Friends of the Wellesley College Botanic Gardens. She spoke about her journey as an artist and the inspiration she draws from nature and in doing botanical art.

Her talk was well received and Friedman was asked to lead a one-day workshop. The first section filled up and a second was added. This workshop, in turn, led to a five-week course offered through the Wellesley College Botanic Gardens this past spring.

“I try to push [my students] out of their comfort zone,” Friedman says of her teaching style. She encourages her students, both those in group classes as well as the private lessons she offers out of her home studio, to be willing to end up with something that’s “not actually good enough to hang on the wall.”

Rather, it’s about the freedom to experiment and find new subject areas, Friedman says, as well as new media that keep their interest in art fresh and alive. While she sees herself as an artist first, the role of teaching and mentoring emerging artists is important to her. She named
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artists Scott Prior and the late Frances Cohen Gillespie (wife of the artist Gregory Gillespie) as mentors important in her own career. “They have continued to influence my work in one way or another to this day.”

The Colored Pencil Society of America

The Colored Pencil Society of America (CPSA) is a nonprofit founded in 1990 that is dedicated exclusively to artists working with colored pencil. It has some 1,600 members worldwide and more than 25 district chapters in the United States. Friedman is currently vice president of the New England chapter. When the chapter visited the Davis Museum on the Wellesley College campus last year, Friedman invited members back to her house for a potluck and tour of her studio.

“Some artists hold their skills and expertise close to the vest,” Friedman says. But CPSA members tend to be very open about sharing techniques and new challenges they are exploring as artists, both in person and through the CPSA magazine and website. Friedman’s Spirit Stones won the CPSA-sponsored “Great Explorations Award for Exceptional Achievement,” an online exhibition that will be displayed through January 31, 2014 at www.cpsa.org/view-explore-this-9.

The publicity surrounding the award captured the attention of the British pencil company Derwert who liked her very first foray into drawing stones and commissioned a work. She was delighted, and a bit surprised, when her images later became the cover art on the tin box in which the artist pencils are sold.

Friedman will continue with her study of the beach stones—in fact has piles of them in her studio—but is also looking forward to using oils again. She imagines undertaking large canvases, a recent luxury in terms of the huge time commitment required. This fall, her younger son enters his senior year at Wellesley High School and not long thereafter, like his brother before him, will leave the nest.

Friedman said her own journey as an artist will continue to take shape. She imagines the future holds an ongoing relationship with a commercial gallery, one that both supports her vision as an artist and lightens the administrative load of scheduling shows and selling her work. “I look forward to being able to spend even more of my time creating artwork.”

To view the artist’s work, visit www.dlfriedman.com.
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who said  tailgating is only for football games? Staged only in parking lots? Enjoyed only from the back of a car? Or held only prior to a sporting competition?

Think beyond the stereotype of a bunch of men in crimson at the Harvard Stadium two hours before the iconic Harvard-Yale game, seated in folding chairs in their reserved spot in the lot by Gate 8 enjoying a beer and a burger as they reminisce about the good old days. Picture instead women college lacrosse players and their families enjoying a post-game potluck feast, high school rowers and their families milling in and out of their crew team’s tent along the banks of the Merrimack River, or West Point cadets after the parade and game at the famed Michie Stadium talking up a storm between mouthfuls of homemade specialties.

While the motivations for tailgating prevail—enjoying the company of family and friends, good food, and team spirit—the specifics are varied and keeping pace with changing times.

Tailgating – Women’s Lacrosse Style

Cathy Daniel wouldn’t consider missing her daughter Midge play in a Trinity College lacrosse game, and she also wouldn’t consider going to a home or an away game without participating in a post-game tailgate. Trinity’s championship team — winners of the 2013 New England Small College Athletic Conference (NESCAC) title as well as the 2012 National Collegiate
Athletic Association (NCAA) Division 3 title — enjoy a long-standing tailgating tradition.

The parents of the team captains take on responsibility for organizing tailgate menus. Recently they graduated from group e-mails requiring an inefficient flurry of “reply all” messages to SignUpGenius.com, a free online tool for creating and managing group sign-up lists. Home games are typically the most elaborate, with ribs, chicken, hot dogs, and kielbasa cooked on the lacrosse team’s tailgate grill kept at the college. Taco salad, pasta, and whoopie pies are a few of the other favorites of teammates and their families who feast on tables under tents after each game. “Tailgates have been a great way to get to know the girls on the team, their parents, families, and even grandparents,” explains Cathy.

When the Daniel family travels to the lacrosse team’s championship games, they go in style – in a rented RV emblazoned with a “Go Trinity” message in yellow and blue. The first time Midge got wind of the RV, she pleaded with her mom saying, “Please, tell me it’s not true. Why can’t we be a normal family and stay in a hotel?”

---

**TRINITY LACROSSE TACO SALAD**

This easy-to-make salad is a hit with college girls. Just mix ingredients in a large serving container and watch it disappear. Best if mixed just before serving.

- 3 to 4 bags of American-style lettuce
- 1½ to 2 lbs. ground beef, browned and then mixed with one package of taco seasoning
- 4 to 6 plum tomatoes, chopped
- 1 bag of Doritos, crushed
- 1 large bag of shredded Mexican cheese
- Ranch dressing

**TRINITY LACROSSE WHOOPIE PIES**

Makes 12

Serves 14

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisco</td>
<td>6 Tbsp.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Flour</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

**Filling**

- ¾ cup Crisco
- 6 Tbsp. Marshmallow Fluff
- 1 tsp. vanilla
- 1 cup milk
- 5 Tbsp. cocoa
- 1¼ tsp. baking soda
- ¼ tsp. salt

Preheat oven to 350°.

1. Cream Crisco, sugar, egg, and vanilla. Sift dry ingredients in separate bowl. Add flour mixture to creamed sugar mixture, alternating with milk.
2. Drop by tablespoon and bake on ungreased cookie sheet (2 inches apart) 14 to 18 minutes.
3. For filling, beat Crisco, confectioners sugar, Fluff, and vanilla until consistency of whipped cream.
4. Allow pies to cool completely before filling.
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Tailgating – Co-ed Crew Style

Deborah Haley, the “food” tent coordinator for the Wayland-Weston crew team, organizes nutritious meals for 106 rowers (including her daughter Sophia), 6 coaches, and about 40 family members. Feeding 150 people at about 15 fall and spring regattas is a daunting task. Fortunately, Deborah has a degree in culinary arts and professional experience as a caterer and chef. During the day, she is busy developing tube foods for high altitude reconnaissance missions in her job for the US Army. While in the evenings, she is busy developing healthy options to fuel over a hundred rowers.

Thanks to Deborah’s expert orchestration, the crew tent is stocked with fruit, vegetables, granola, and peanut butter and bagels. It is a community effort of many parents who shop, cook, and work shifts in the tent to serve. No matter their race times, rowers can stop by the tent to refuel, and their families to grab a snack. In the morning, Deborah and other parents cook omelets-to-order for the rowers, and later in the day serve lunch dishes, as well. “You really appreciate a teammate whose parents are good at cooking hot soups when you

DEBORAH HALEY’S CHICKEN GREEN CHILI WITH WHITE BEANS

- 1 Tbsp. canola oil
- 3½ lbs. chicken, cooked and diced
- 1½ cup diced onion
- 4 cloves garlic, minced
- 4 cups fat-free reduced sodium chicken broth
- 1 cup water
- 1 jar (16-oz.) green salsa, salsa verde, or tomatillo salsa
- 1½ tsp. ground cumin
- 2 cans (15.5-oz.) small white beans (Navy beans) or 1 can white and 1 can black beans
- 1 to 2 tsp. salt or to taste
- 1 tsp. black pepper or to taste
- Reduced-fat sour cream, for garnish
- Shredded Mexican blend cheese, for garnish
- Cooked rice, optional

- Heat oil in large pot or Dutch oven over medium high heat. Add onion and garlic, and sauté 6 minutes or until browned. Add chicken, broth, water, and cumin; bring to a simmer. Stir in beans and salsa. Bring to a simmer and cook for 15 minutes. Stir in salt and pepper to taste.
- Serve in bowls with cheese and sour cream. For a heartier dish, spoon chili over rice, then garnish with cheese and sour cream.

Serves 8 to 10

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FOOD TENT OMELETS TO ORDER

Omelets made with Egg Beaters or equivalent are a low-fat, high protein way to fuel the rowers.

Suggested Ingredients:
- Egg Beaters or equivalent
- Tomatoes, diced
- Onions, diced
- Herbes de Provence
- Mushrooms, chopped
- Salt and pepper
- Ham, diced
- Shredded cheese
- Cooked bacon bits (not imitation)
- (Mexican blend or cheddar)
- Broccoli, blanched (chopped frozen)
- Canola oil
- Broccoli, thawed, works well
- Sour cream
- Red bell peppers, diced
- Salsa
- Spinach

- Place small sauté pan on burner over low heat and add 1 to 2 tsp. canola oil.
- Add omelet-topping choices in following order: onions, mushrooms, ham, bacon, broccoli, peppers, tomatoes, spinach, Herbes de Provence, and pepper.
- Sauté omelet toppings for 2 to 3 minutes or until lightly browned.
- Add Egg Beaters or equivalent to cover toppings. Cook over low to medium heat while moving and stirring egg mixture with heat-resistant spatula. This creates a fluffier omelet.
- When eggs are almost set and spread across bottom of pan, lightly cover with shredded cheese and allow cheese to melt slightly.
- Roll omelet onto plate.
- Serve with sour cream and salsa if desired.
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Less than two hours by car from Boston
are rowing on a cold day in New Hampshire,” comments a grateful mom of a rower. The focus on lean, protein-rich food is especially important for the athletes rowing in the lightweight boats who must weigh in before their races. The nutritional menu appears to be working perfectly. In 2013, the team won the New England regional championship, and four boats qualified for Nationals. Easy to assemble tents, complete with team logos, can be ordered online.

Securing a good tent space along the banks, however, is also no easy feat. With space at a premium, parents even visit venues before race day to check out potential locations and figure out what time to arrive to snag a good spot. For the big regattas, staking out a tent spot is its own competitive sport. At the recent Massachusetts Public School Rowing Association (MPSRA) state championship regatta, another team even poached the tent space reserved and paid for by the Wayland/Weston team. Nonetheless, walking around all the tents to find other parents you know is a favorite pastime between races. Deborah recognizes the social value the tent provides, “Beyond a place to feed the athletes, it offers a community gathering space for the rowers’ families to get to know one another.”

Tailgating – Men’s Football Style

During football season, Renee Curtin spends her precious Fridays off from her development job at the Foundation for MetroWest shopping and cooking for a tailgate spread for twenty. Renee’s son Michael attends the United States Military Academy at West Point, and she and her husband Bill travel to New York for all the home games. Game days start early for the Curtins. Up and out before the sun rises, they arrive at their reserved tailgate spot on the street along the reservoir about 7:30 am. They set up the

**RENEE CURTIN’S CHICKEN STEW**

3 lbs. boneless, skinless chicken breasts, cut into ¼-inch cubes
2 lbs. of boneless, skinless chicken thighs, cut into ¼-inch cubes
5 celery stalks, finely diced
3 carrots, peeled and finely diced
1 large onion or 3 large shallots, finely diced
(Renee uses a food processor to dice vegetables)
2 tsp. thyme
6 Tbsp. butter
Olive oil
5 Tbsp. flour
4 to 5 cups chicken broth
½ cup light cream

- Simmer over low heat for 40 minutes. Serve over rice. Chill up to 3 days or freeze up to 3 months.

Serves 10 to 12
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ontents, tables, chairs, cooking equipment, and even a portable fire pit on cold days before heading off to breakfast at the Officer’s Club. After breakfast, they enjoy a time-honored West Point tradition, the full-dress cadet parade, before walking over to Michie Stadium to watch another festive tradition: cadets jumping from a helicopter onto the field as they parachute in the official game ball and flags, approximately ten minutes before kickoff.

Renee doesn’t stay for the entire football game. At the end of the third quarter she leaves the stadium for her tailgate spot to heat up the portable gas stove and grill and get the feast ready. Several cadets, a few staff members from the Army Club, as well as miscellaneous other guests will soon descend hungry and ready to eat. Renee prepares each tailgate meal from scratch. Fan favorites include sliders with all the fixings; ziti, sausage, and peppers; home-fried chicken, chili, and coleslaw; and on cold days, a Curtin family favorite – chicken stew and rice hits the spot.

“I always cook extra to leave behind, especially desserts, including Michael’s favorite, Heath Bar chocolate chip cake,” explains Renee of her labor of love.

Tailgating Any Style – Recipes

Whether you are cooking for a tailgate party or just interested in recipes fit for a group, Renee, Kathy, and Deborah offer crowd-pleasers. Enjoy with the company of family and friends from the back of your car, under a tent, on your porch, in your backyard, or simply in the kitchen or dining room.

RENEE CURTIN’S HEATH BAR CHOCOLATE CHIP CAKE

- 1 ½ cups butter
- 6 eggs
- 3 cups all-purpose flour
- 1 ½ tsp. baking powder
- 1 ½ cups sugar
- 1 ½ tsp. vanilla
- 1 cup Heath English Toffee Bits
- 1 cup Nestlé semi-sweet morsels

| Bring butter and eggs to room temperature. In a mixing bowl stir together flour and baking powder. In another bowl beat butter with an electric mixer on medium speed about 30 seconds. |
| Gradually add sugar to butter, beating on medium to high speed about 6 minutes total, or until very light and fluffy. Add vanilla. Add eggs, one at a time, beating 1 minute after each addition, scraping bowl often. Gradually add flour mixture to butter mixture, beating on low to medium speed just until combined. Stir in toffee bits and chocolate chips. |
| Pour into a greased (Renee uses Bakers Joy spray) and floured 10-inch fluted tube pan. Bake in a 325 degree oven for about 55 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack for 10 minutes. Remove from pan. Cool thoroughly on rack. |

Serves 12 to 14
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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.

Friends of Children – Boston Friend Raiser

Design New England Design Salon at Shafer O’Neil

The Finale to Celebrate Parmenter Community Health Care

1 Carolyn and Eric Harthun, Keith Gubbay, and John Simon
2 Rachel Gubbay, Tracy Foreman, Michelle Arbeely, and Carie Capossela

1 Rob Henry, Laurie Gorelick, Budd Kelley, and Dennis Lawlor
2 Alicia Bouchier, Oliver Bouchier, and guest

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about town  (CONTINUED FROM PAGE 194)

McGlynn, Clinton & Hall “Cosmetics for a Cause” at The Candy Bar

1 Larry McGlynn, Michelle Meltzer, Alan Meltzer, and Patti McGlynn
2 Liz Gilbard, Ashley Gilbard, and Candace Evans Lucas

AccesSport America at The Art of Tile & Stone

1 Joe DiMare, guest, Don Tellalian, Barbara Tellalian, and Mark Scheier, Esq.
2 Cheryl Scaparrotta, Ross Lilley, and Jill Nilsen; (front) a couple of young guests

St. Jude’s Dress for a Cause

1 Monique Barkett, Shani Defina, Christine Mizzi, Cynthia Flynn, and Carolyn Burnham
2 Guest, Amy Papavassilou, Mary Ellen Behrend, Kristen Whittaker, and Diane Conway
3 Katherine Chapman and Sara Campbell
4 Jill Workman and Susan Wornick
5 Amy Papavassilou and Teri Adler
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1 Linda Sloane Kay, Rick Hirschen, and Elyse Marsh 2 Peter D. Stoner, Anne M Stoner, and Maura O’Brien 3 Barry Sloane, Alice Edwards, and Dale Hobbs

1 Laura Van Zandt, Wendy Schoenfeld, Beata Pearson, Becky Cole, Heather Shanahan, Sarah Williams, Kelley Tuthill, Donna Paglia, Dana Brennan, Kat Bannish, Danae Foley, and Chrissy Cassa 2 Bianca de la Garza and Elisha Daniels 3 Mary Winters and Donna Fessler
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IMPULSE by Adamas JDRF Event

Sheila Rafter, Veronica Sagherian, and Beth Furman

The Art Gallery at North Hill Opening Reception

1 Irene Wright, Beth Wells, Ilana Manolson, Helen Myerowitz, and Sandy Boyd
2 Denise Meyers, Kevin Burke, Carol Holt, and Lee Pledger
3 John and Susie McConchie

Wellesley Free Library 10th Anniversary

1 Lee Carpenter (right) and library patrons
2 Megan Statza and Donna Murphy
3 Jennifer Siedman and Darcey Bartel
4 Elise MacLennan and Helen Charbonneau

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about town  (CONTINUED FROM PAGE 200)

Foundation for MetroWest Professional Women's Luncheon

1 Femina Ali, DMD, Christine Douville, Mary Beth Mahoney, Renée Curtin
2 Holly Ritchie, Stephanie Berberian, Gail Bogle, and Denise Mosher
3 Judy Salerno, Amy Axelrod, and Julie O’Neill

Mahi Gold at EA Davis

1 Brian Gorman, Becky Gorman Voekel, and Rob Skolnick
2 Annie Hughto and Caroline Quirk

Natick VNA Fresh Taste

1 Vicky Lamont and Sue Khudairi
2 Judy and Terry Harrington
about town (CONTINUED FROM PAGE 202)

Wellesley Historical Society Walk

Bob Damon, John G. Celi, Susan Sabin, Josh Dorin, and Peggy Heffernan

An Evening with Jill Boudreau and Shark Tank’s Barbara Corcoran

1 Robin Allen, Carole Milott, Barbara Corcoran, and Rosemary McCreary
2 Barbara Corcoran and Jill Boudreau
3 Kathy Kelly and Gail Lockberg

Lyn Evans and The Candy Bar Appreciation Night

1 Lyn Evans Shotkus and Candace Evans Lucas
2 Guest and Cindy McLaughlin
3 Lauren Santucci, Priscilla Galbers, and Diane Gerth
4 Lyn Evans Shotkus, Georgia Jenkins, and Brittany Pierce

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it was unusual for him to call me this early in the morning. “What’s wrong?!” I said alarmingly, checking the clock. 8:10 am. “Well, I’ve been in an accident…but, don’t worry. I’m fine,” he replied. “What do you mean?!” I said nervously. “Well,” he said sheepishly, “I have the feeling the woman who owns the white minivan I hit isn’t going to be too pleased with me.” “Wait a minute,” I paused, “Did you say white minivan?”

Yes, that’s right. My husband ran his Jeep directly into the back of our white minivan’s tailgate, in our very own driveway, one cold and blurry winter day. Additionally, he admitted that he was only halfway into the vehicle at the time of the “accident,” as he had been scraping ice and snow off of the windshield before realizing that the manual transmission was not properly secured.

Did I get angry? Well, of course, I was not pleased! My husband is normally an extremely meticulous and careful individual, who is also very doting and usually scrapes my windshield off before his own. I am not a terribly patient person by nature, less so in the mornings. I’ll admit that on any other day, I likely would have retorted something harsh in nature to my husband, in a condescending tone. Instead, my thoughts reflected on a recent posting I’d read on one of the blogs I occasionally follow. It discussed a frustrating incident the writer had experienced with her son over an incident of spilled milk on a freshly mopped floor. Frustration begged for her to scream and instill a sense of shame in the child over this careless mistake, but instead, on this day, she chose to show her child grace by saying, “It’s okay,” with a smile, as she wiped up the spill.

It’s often hard to see grace in our day to day and put oneself in the place of another to understand why someone might be addressing you in a gruff manner, or not giving you the respect you feel you deserve. It’s easy to respond in anger, to encourage shame instead of grace especially with those we love the most. On this day, I took a moment to catch my breath and reflect upon my husband before I opened my mouth. I recalled that he had been under great stress and pressure at work recently, in addition to the demands of family life with three small children. As I recalled these factors, I found my anger dissolving into empathy. I told my husband it was okay, and I was glad that no one was hurt.

I can’t say that I succeed in choosing grace every day, but in the future, I will try to do so. I try to when my husband and I feel our tempers flare, after our children push our boundaries, the dog tracks mud over the clean floor for the umpteenth time, or we blame each other for our lost keys. Choosing grace, over shame of the other partner, shows mutual respect and admiration. As for that tailgate? Perhaps we’ll keep it that way to remind us to choose grace going forward in our lives. WW

AMY DWYER is a pediatric nurse and freelance writer. She lives in Wellesley with her husband and three children.
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