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Weston | $1,800,000
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Weston | $1,490,000
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SOLD
WELLESLEY | $2,150,000

SOLD
WESTON | $2,068,000

SOLD
WESTON | $1,751,000

SOLD
WESTON | $1,725,000

SOLD
WELLESLEY | $1,725,000

SOLD
WESTON | $1,550,000

SOLD
WELLESLEY | $1,146,500

SOLD
WELLESLEY | $1,075,000

SOLD
WELLESLEY | $920,000

SOLD
WESTON | $912,000

SOLD
WESTON | $750,000

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WELLESLEY | $740,000

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WELLESLEY | $661,000

SOLD
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features fall 2014

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The Green Scene
Golden yellows lead the color parade to produce a pleasing fall landscape.

10 Tips for Welcoming Fall
Our tips will help you make the most of the fall season.

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

Forum
Readers speak out on issues of importance to them. In this issue, Laurel Lyle discusses the importance of volunteering and highlights opportunities to help others this fall and all year long.

Business
Wellesley resident Dave Peters is setting out to revolutionize French fries with Veggie Fries.

Fitness & Health
Is a gluten-free diet right for you? Local experts provide insight.

Family Matters
Discover why more and more local families are hiring au pairs to help care for their children.

Education
School traditions provide fun and wonderful memories for elementary school children and their parents.

Artist Profile
Wellesley artist Julia Bringhurst Blake paints with passion.

Books
Success marks the spot for Weston author Caroline Clarkson.

Excursions
Escape to Portland, Maine, a city that "gets it right."

Food & Wine
Whether you follow a strict vegan diet or are an occasional vegetarian, local resources help you enjoy delicious and innovative meals.

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

Last But Not Least
This page gives our readers the opportunity to express themselves creatively with writing, art, and photography. In this issue, Weston High School teacher Claire Schomp shares her thoughts on the beginning of a new school year.
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saying farewell to summer is bittersweet. While I will certainly miss the hot weather and laid back atmosphere, I look forward to crisp, cool fall days and a full calendar. There’s always a sense of excitement in the air when we return from our late summer vacation. Neighborhoods that were quiet a month ago are now filled with children’s voices as families prepare for the busy school year ahead. The hustle-bustle is invigorating, and while the increase in traffic is nothing to applaud, the opportunity to reunite with friends at business events and neighborhood get-togethers certainly is.

The fall season is short but glorious. If you’re looking for new ways to embrace and enjoy this fall, be sure to read our “Ten Tips for Welcoming Fall” at the beginning of this issue. I’m confident our tips will inspire you to try something new, whether it be a family outing or a recipe for a new favorite comfort food. In our Forum department, Laurel Lyle suggests a great way to feel invigorated this fall: volunteer. She highlights a number of ways to give back to the community this fall and all year long.

When I first read our “Halloween Season” feature story, I thought about my own childhood and fondly remembered some of my favorite costumes and trick-or-treat experiences. Today, Halloween has taken on a life of its own with superstores dedicated to the day open year ‘round and parents and children celebrating in imaginative and unique ways. You’ll meet some of our neighbors in the article who love Halloween and “scaring” us throughout the month of October. I also hope you like our cover photo as much as I do. From darling, sweet Dorothy to the wicked “Wellesley Witch,” Halloween brings out the child in all of us.

Another reason I welcome fall is because the cooler weather gets me back into the kitchen from a summer hiatus. I enjoy learning new ways to prepare healthy meals, and I know that many of you follow vegetarian or vegan diets. Even if you’re an occasional vegetarian, I know you’ll love the recipes in our Food and Wine department and will find it helpful to discover the multitude of resources in our area dedicated to healthy eating and living.

I hope you enjoy this issue and find it useful as you pursue what you love to do best this fall.
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last year I had the pleasure of touring the Neighborhood House Charter School (NHCS) in Dorchester. A friend of mine from Wellesley is on the Board of Trustees there, and she arranged for the tour so I could see firsthand why she is so enthusiastic and willing to commit so much of her time and energy to the school. Not knowing much about charter schools in general, I really didn’t know what to expect when I arrived at the Dorchester campus on a chilly February morning. When I left the school two hours later, I was filled with awe and appreciation for the students and their enthusiastic approach to learning. And I was genuinely impressed by the teachers whose dedication and innovative teaching methods make NHCS a truly special place.

Wellesley and Weston residents take great pride in education, and I think that’s why so many of us are committed to charter schools that help students in Boston realize the educational dreams that many of us take for granted. In “Closing the Opportunity Gap” you’ll learn more about NHCS and about Excel Academy, another charter school with a similar approach to providing high quality education to children.

The onset of fall and back-to-school activities go hand in hand and memories of my own children and their first days of school are still vivid for me. I recall many of the elementary school traditions that are highlighted in our Education article in this issue. I was pleased to read that the Hunnewell School Fun Fair lives on and the dunk tank is still popular (at least with the children who get to do the dunking). I still remember my waterlogged husband who reluctantly volunteered to be a “dunkee” and I believe won the award for being the wettest dad at the Fair.

Sending our older children to school presents new challenges and, unfortunately, we are often reminded that our communities are not immune to the problems of our larger cities. In “Bad Habits” we look at the rise of opiate use in Massachusetts and the impact this serious issue has on our own young people. I hope the article will be a catalyst for some meaningful and important conversations between parents and their teenage kids.

I hope that you enjoy all of the articles in this issue and that your back-to-school experiences are pleasurable and memorable.
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every season has a particular palette of color, starting with the greens of spring, a rainbow of colors in summer, and fall’s warmer tones. The brilliant reds and oranges of fall are striking but it is the golden yellows that lead the parade, and offset all the vibrant shades to produce autumn’s particularly pleasing landscape.

Now that annuals and many perennials are waning, which plants will provide interest in beds, borders, and other areas in the garden? Large gardens have the space for an autumnal bed or border but a smaller garden cannot sacrifice space for just one season’s worth of interest. By choosing plants carefully and looking for those with more than one season of interest, you can maintain seasonal appeal.

Autumnal yellows are warm and mellow, not screaming “look at me.” For example, crabapples probably bring to mind small red fruits, but there are cultivars that give golden yellow fruits. For the larger garden, Malus ‘Golden Raindrops’ produces an abundance of tiny yellow fruits adorning an upright vase-shaped tree. In smaller spaces, there are a couple of choices: one is the diminutive ‘Lollipop’ with slightly larger yellow fruits enhancing its round, compact habit. Its uniform shape makes it quite suitable for courtyards or patios. If you want a different look, try ‘Louisa,’ a weeping form with dangling yellow fruits more broad than tall. These crabapples provide more than one season of interest with a profusion of flowers in spring and a bounty of shiny yellow baubles in the fall. And of course there is
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the green scene  “bright gold foliage”

always crabapple jelly; but if it’s not your fancy, let the birds enjoy the fruit.

Most people do not think of flowering cherry trees in the fall, but many provide golden yellow foliage, such as the small graceful weeper, *Prunus x ‘Snow Fountains’*, which attains a 12-foot height. With a cascading habit and gold-toned fall foliage, it will shine. For larger spaces the Yoshino cherry, *P x yedoensis*, famous for its pink blossoms in spring, is a big yellow ball in the fall, as is the Okame cherry with yellow fall foliage tinged with a hint of orange.

If a tree isn’t in your plans then certainly a shrub might be right and what better shrub to brighten the fall border than our native sweet pepperbush, *Clethra alnifolia*, also called “summersweet” for its heavily perfumed flowers. It does well in light shade and rewards us with warm golden tones in the autumn, lighting up a dark space. Another woodland native with bright gold foliage is the autumn or common witch hazel, *Hamamelis virginiana*, considered a shrub as it is multi-stemmed, but it reaches a tree-like height of 30 feet. As a bonus, it blooms in October with clear yellow flowers. A much underused shrub that will also provide golden hues in the fall is the Chinese winter hazel, *Corylopsis spicata*.

In the herbaceous category there are golden yellow beauties that can be tucked into areas for a splash of autumn color. *Chrysanthemum rubellum ‘Mary Stoker’* has buttery yellow flowers that become peachy with maturity, and its upright habit means it won’t flop. This beauty isn’t easy to find in garden centers but it’s well worth searching out elsewhere. One of my favorite perennials and a native to New England is *Amsonia hubrichtii*, blue star. Its narrow foliage and mounding form create a lovely golden ball that glows in the landscape. And then there is goldenrod, often ignored as it is thought to aggravate hay fever, but the cultivated autumn goldenrod, *Solidago sphacelata ‘Golden Fleece,’* will literally cover the ground with its gold flowers. Go for gold this fall! 

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.
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As hard as it is to say goodbye to summer, there are so many things to cherish with the arrival of fall. Here are a few tips to help you make the most of the season.

one  Focus on a fresh start
Fall brings with it a newness that is felt in its crisp, cool, refreshing air. Gone are the wet beach towels, the piles of sand in your car, and the sticky humidity. Firewood is replenished, chimneys are cleaned, and bulbs are planted. Kids go off to school, and new seasons of your favorite network shows premiere on TV. Like a clean slate, autumn is a time for taking stock and starting anew.

two  Embrace fall fashion
There’s nothing quite like slipping on a pair of soft blue jeans, a lightweight sweater, and plush boots. You still have that warm summer glow, but you don’t yet need a winter coat, hat, or mittens. Plaids, corduroy, cashmere, leather, and suedes make their debut in an array of rich, saturated colors – from golden browns and bronzes, to oranges and ochers – leaving you looking fabulous for that homecoming parade.

three  Get ready for football!
Even if you’re not a die-hard fan, there’s no denying the joy of football season. For some, it’s all about huddling around the TV once a week to watch a favorite team battle for the ball. For others it’s about tailgating and bundling up in a stadium filled with screaming fans. And for others, still, it’s about chomping on chicken wings and enjoying a cold beer while checking the score every quarter. No matter what kind of spectator you are, there’s something undeniably special about fall football.

four  Feast your eyes on the foliage
People travel for miles to witness the brilliance of New England’s fall foliage – with its cranberry reds, sunburnt oranges, and golden yellows. You can take in the turning leaves on a hike in the woods, a long bike ride, and from a hammock on a warm day in your own backyard. Or hop in the car and head north for a leaf peeping day trip. But don’t take fall’s foliage for granted – it doesn’t last forever.

five  Fill up with comfort foods
With fall’s cool temperatures comes a yearning for hearty soups, casseroles, and all those delicious comfort foods. Think pumpkin, cinnamon, apple, and cranberry – signature fall flavors that tickle your taste buds. Fire up your oven and try your hand at homemade pumpkin pie or cinnamon French toast. Or try a simple butternut
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squash soup or roasted cauliflower. Fall foods are bursting with flavor, so get your fill.

six Spend the day at a local farm or festival
New England bustles with timeless traditions in the fall. Local farms offer hayrides, warm cider donuts, caramel apples, and pumpkin picking. There are haunted houses, corn mazes, hoedowns, and lots of festivals and fairs. Oktoberfest, Halloween, and Thanksgiving give everyone reasons to celebrate in the autumn.

seven Fire up
When the first cold snap arrives, it’s time to dust out that fireplace and stoke up a fire. Whether you’re cuddled by the hearth with a glass of red wine and a good book, or gathered around a fire pit toasting marshmallows, a roaring fire will bring a warm glow to chilly cheeks.

eight Carve out special family time
Fall is a great time for families with young children to come together. With the sunny days families can enjoy apple picking, biking, soccer games, and jumping in leaf piles. But the shorter days also bring families indoors for game nights, mulled cider, and movies – while snuggled on the couch with hot buttered popcorn.

nine Catch up with friends
With so many people heading out of town for the summer it’s wonderful to reconnect with them again in the fall. If you have kids, they’re dying to see their friends again and you’re eager to catch up with news from the summer. The fall brings candlelit dinner parties and fun-filled gatherings with old friends.

ten Return to routine
As much as we may love children, there’s something to be said for getting your freedom back in the fall. Kids return to school, the house and neighborhood are quiet again, and you get back to your routine. With shorter days and cooler nights you finally get a chance to slow down and take in the world around you. The quiet may be brief, but it’s long enough to give you a chance to pause, reflect, and appreciate what really matters to you.
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Wellesley Investment Partners, a wholly owned subsidiary of Wellesley Bank, announced that Wellesley resident Mary Beth Mahoney has been appointed as Director, Wealth Advisor. In this role, Mary Beth will be responsible for attracting and managing new relationships in support of the company’s expansion in the New England area. Ms. Mahoney has 16 years as an investment professional and 11 years as an executive in financial services. For more information, visit www.wellesleybank.com.

Marc Kaplan, president of Sanford Custom Builders, is featured in the latest edition of KITCHEN TRENDS magazine for his work in an expanded Weston home. The article states: “Subtle modern accents set off this refined, spacious kitchen,” and highlights Patrick Ahearn’s design and Sanford’s building of a primarily traditional kitchen with modern accents. The kitchen has a furniture-like island, commercial cooktop, and custom white painted cabinetry.

The Parlor Salon and Apothecary is celebrating five years in Wellesley and Nikki An-Levi has been the sole owner for the last year. Formerly with Bumble and Bumble in New York, Nikki’s unique approach to style has earned The Parlor Salon countless accolades and a devoted following. Located at 398-400 Washington Street, clients enjoy a truly special salon experience with services including hair cuts, color, Keratin, relaxer, texture perms, manicures, pedicures, massage, peels, waxing, and more. Call 781.237.2121 for an appointment and visit www.theparlorsalonandapothecary.com. Please see their ad on page 143.

On Sunday, September 28, 2014, the 5th annual HopeWalks will be held to benefit the Vernon Cancer Center at Newton-Wellesley Hospital. The 3.5 mile route will start and end at the hospital, and all ages are welcome. Walk as an individual, start a team, or join an existing team. Register today at www.nwh.org/hopewalks. For more information, contact 617.243.5915 or hopewalks@partners.org.
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Newton-Wellesley Hospital’s Annual Golf & Tennis Tournament will be held at Pine Brook Country Club in Weston on Monday, September 8. The event supports the NWH Fund, which directly supports the hospital’s most urgent operating budget needs. Anyone interested in participating or sponsoring should contact Maryann Zschau at 617.243.6712 or mzschau@partners.org or visit www.nwh.org/golf.

Mortgage Equity Partners is continuing to expand their reach in residential mortgage lending. In addition to their local territory of Massachusetts, New Hampshire, and Maine, they have now opened their first office in Florida. Mortgage Equity Partners is a local lender that specializes in residential loans – especially the larger jumbo loan amounts. Craig Tanny is one of the local partners of the organization and can be reached in his Newton office at ctanny@MEPlans.com or 781.330.1805.

Save the Date for the Visiting Nurse Association of Boston’s signature benefit, Heroes in Health Care Gala, honoring Jill Shah, SVP of MINDBODY Exchange, Dr. Kevin Tabb, President & CEO of BIDMC, and Henri A. Termee, Former Chairman, President & CEO of Genzyme Corporation on Saturday, November 8 at the Mandarin Oriental Hotel, Boston. For tickets and sponsorship opportunities, contact Laura Wise, Manager of Fund Development, at 617.886.6460.

Drs. Ali and Ali and the smile ambassadors at Wellesley Dental Group are going solar. They are excited to announce this next step as a part of their mission to go green. The first business in Wellesley to go solar, they look forward to promoting this sustainability-oriented initiative and reducing their impact on the environment. Now the sun can brighten up their office, while they brighten your smiles.

Join Saltbox Farm on Sunday September 14 for the 7th annual Stone Soup Dinner at Verrill Farm in Concord, an event that celebrates the area’s agricultural heritage with all proceeds benefiting young farmers. Information can be found at saltboxfarmconcord.com or stonesoupconcord.com.

Haberdashery of New England is a purveyor of fine Italian weekend wear for men and women made of lush cashmere, linen, and cotton. With locations in Osterville, Nantucket, and Palm Beach, the owners are very happy to finally be open in Wellesley at 22 Church Street. Please join the staff and owners for a casual get-together on September 23 from 4:00 to 7:00 pm. See their ad on page 5.

AJ Rose Carpets and Flooring has won the Armstrong 2013 Elite Retailer of the Year Silver Award. Armstrong Elite retailers represent more than 150 of the best Armstrong retailers throughout the country and AJ Rose was recognized out of this group for excellence. The award was given as a result of superior performance and excellence in customer service, showroom design, website design, and quality of installation. Visit 599 Worcester Road (Route 9W) in Natick or 136 Cambridge Street (Route 3A) in Burlington or www.ajrosecarpets.com.

Fan Xuehua’s fine hand-embroidered artwork can be seen at May’s Gallery, located at 1377 Main Street in Waltham (near Bear Hill Road). Traditional Chinese silk embroidery is an ancient and renowned art, and Ms. Fan is often at the gallery working on a piece and is delighted to demonstrate the technique of Su silk embroidery to visitors. She is a fourth-generation embroiderer and is proud to bring this centuries-old art form to American audiences. For more information, call 781.330.3519.

Wellesley’s Fells Market recently made history by becoming the first store in town to be awarded a license to sell beer and wine. Store owners Paul and Peter Katsikaris gathered input from their loyal cus-
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tomers and have developed a comprehensive selection of fine wines at reasonable prices. A great selection of domestic, imported, and craft beer is also now available. Long known for its quality meats, made-to-order sandwiches, and warm and personal service, Fells Market is conveniently located at 326 Weston Road in Wellesley, near the Weston border.

Half Crown Design specializes in the design and manufacture of made-to-order furniture and cabinetry of the highest quality. They work directly with clients to realize their vision and deliver pieces that are perfectly proportioned for the intended space. At their Huron Village showroom at 357 Huron Avenue in Cambridge, they also sell tasteful home accessories. On the first Thursday of every month, meet the owners, take in local and international artists, and enjoy refreshments.

Construction is well underway at River Trail Place, Brendon Homes’ newest signature community located in Wayland. Phase I of the condominium community is already over 50 percent sold and the first homeowners will be moving in during the coming weeks. New shops and restaurants are opening at Wayland Town Center and the nearby Sudbury River is beautiful this time of year, so new residents will be enjoying the best of both worlds. For more information, visit www.RiverTrailPlace.com.

Jeff Arcari recently traveled overseas to find exciting new rug and carpeting collections for Landry & Arcari’s new Framingham showroom. Designed and developed by Jeff Arcari and a longtime expert wool spinning partner, the Stone-Tuft Collection features rugs that are a powerful combination of extreme durability and refreshing modern design perfect for today’s lifestyles. Look for the Stone-Tuft Collection at Landry & Arcari’s new showroom located on Route 9.

The West Suburban Alliance of Gay, Lesbian, Bisexual, Transgender, and Queer Youth (WAGLY) will be honoring its past and celebrating its future with an evening of cocktails, dinner, and entertainment at Wellesley College on Saturday, September 27. Governor Deval Patrick, First Lady Diane Patrick, and daughter Katherine will serve as honorary chairs, and Congressman Barney Frank will be honored for his commitment to GLBTQ causes. For more information, email kathy.kaufmann@wagly.org or call 781.710.3225.
Pine Straw is geared up for fall with gift ideas for all those back-to-school parent parties. Tailgating? Pine Straw has you covered with Table-In-A-Bag and beautiful Pendleton blankets. Pine Straw is also bringing in a lovely sweater collection, Charleston Shoes, CP Shades, Only Hearts, les100ceils, Chan Luu, and much more. And don’t forget to check www.pinestrawwellesley.com frequently for news on upcoming events including a fashion show and wellness nights.

Chris Wyand, owner of Sir Grout of Greater Boston, was elected the recipient of the Above & Beyond - Outstanding Service Award for 2013. This took place during the assemblage of Sir Grout’s National and International franchises. Founded in 2004, Sir Grout is highly recognized as the go-to company for tile and grout cleaning and sealing and specializes in several premium hard surface restoration services. For more information, visit www.sirgroutboston.com or call 781.899.0388.

Following the overwhelming community support of The Attias Group’s charitable efforts and partnerships with Give 2 the Troops, Dress for Success, and Buddy Dog, The Attias Group is proud to announce their sponsorship of a Cradles to Crayons Children’s Donation Drive. Please stop by their office at 48 Thoreau Street in Concord to make a donation. New and like-new children’s clothing, seasonal coats, shoes, books, developmental toys, and school supplies are accepted.

Gann Academy, a college preparatory high school that educates and inspires students with a dual curriculum in secular and Jewish studies, is celebrating its second scientific patent issued by the US Patent and Trademark Office. Come to their Open House on November 2 to see students’ ground-breaking inventions: a weight-stabilizing rescue stretcher and magnetically supported therapeutic footwear. To learn more about the gift of a Gann education, contact Farrah Rubenstein at 781.642.6800 or visit www.gannacademy.org.

Benoit Mizner Simon & Co. (BMS) announced the award winners of the real estate company’s second annual B.O.L.D. (Building our Legacy Daily) Achievements. Top honors included: Tanya Tanimoto, #1 Broker in Wayland and realtor with the BMS Top Sales Volume; Traci Shulkin, #1

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Brother’s Marketplace features fresh foods, local products, delicious prepared meals, scratch baked goods, and grocery essentials in a convenient neighborhood market. Amongst hundreds of local offerings are produce from Lands Sake Farm in Weston and Dorset gluten-free desserts, Root Cellar pickles, Good Food Made Simple breakfasts, and Captain Marden entrees, all from Wellesley.

The Sage School is a community of advanced learners marked by high morale and deep engagement in an inspiring curriculum. In a nurturing environment, students are challenged to strive, allowed to stumble, and guided to realize their full potential. A leader in the field of gifted education, The Sage School offers an academic program rooted in rich content, depth of study, intellectual rigor, and skills acquisition. Sage students confidently apply their gifts, creativity, and curiosity to the world beyond Sage. Visit www.sageschool.org.

Hammond Residential Real Estate, with offices in Wellesley and Weston, has expanded to Westwood with the opening of a new office location at 100 High Street. Hammond’s experienced team looks forward to servicing Westwood and the surrounding communities of Dedham, Norwood, Medfield, and Walpole from the new location. Hammond President Saul Cohen said, “We are extremely pleased to expand our presence in Westwood and the surrounding communities. The area has experienced a significant uptick in development in recent years.”

Roy’s Recycling is celebrating twenty years of making it easier for local residents to recycle. Owner and former Wellesley resident Alan Roy’s mission is to divert recyclables that would end up in the waste stream and put them back into circulation. Roy’s Recycling picks up trash and recyclables from customers’ homes and delivers the materials to facilities dedicated to reusing materials. See their ad on page 179 and call 781.237.1147 for more information or to schedule service.

Abeles and Associates Architects, Inc. has a Wellesley project published in the spring issue of New England Home. They designed the first floor, including a fabulous kitchen, for the previous owner and were happy to come back for the current owner to design the master suite, including beautiful built-in cabinetry in the bedroom and dressing room. Please see their ad on page 164.

The Noble and Greenough School admission office will be hosting two open houses, Saturday, October 18 and Tuesday, December 9. All interested students and parents are invited to attend and learn more about the school’s program. Please visit www.nobles.edu for more information.

Lyn Evans, President of Lyn Evans Potpourri Designs, presented the scholarship award to recipients on behalf of the Wellesley Square Merchants.
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Association in June. The Wellesley Square Merchants Association is a local community group comprised of the many businesses located on Church Street, Central Street, and Washington Street. In addition to providing exciting local events, the merchants association gives back to the Wellesley community through various charitable events and donations including the Wellesley Scholarship Foundation each year.

Diana Chaplin, a sales associate affiliated with the Coldwell Banker Residential Brokerage office in Weston, is pleased to announce that nearly $29,000 was raised for the Service and Scholarship Fund through the 2013 Holiday House Tour hosted by the Women's Community League of Weston. Chaplin, an award-winning real estate professional, has served as chairperson of the Holiday House Tour for the past six years. Coldwell Banker Residential Brokerage is the largest residential real estate brokerage company in New England. For more information, visit www.NewEnglandMoves.com.

Jared Mardeuse has joined the law firm of Kertzman & Well LLP as an associate. Mr. Mardeuse was previously with a Newton law firm where his practice focused on both purchase transactions and residential refinancing. Mr. Mardeuse received his BA in History from the University of Massachusetts, Amherst and his JD from New England Law. Jared grew up in Holyoke and now makes his home in Medway with his wife and three children.

William Raveis Real Estate’s Wellesley office congratulates its outstanding agents: Christine Norcross, #1 Sales Team in Massachusetts; Nora Lynch Smith, Top Associate; The Walsh Team, #10 Sales Team in Massachusetts; Barbara Miller, #10 Sales Associate in Massachusetts; Barber Real Estate Group, Top Listing Team; and Ellen Curan Karassik, Top Producing Associate for Exceptional Properties. To contact one of these agents or to learn more about William Raveis Real Estate, visit www.raveis.com or call 781.235.5000.
Wellesley resident and attorney David Giangrasso announced a change in contact information and launched a new website for his firm, Giangrasso Law LLC, last January. Giangrasso Law focuses on commercial and residential real estate matters, corporate matters, and real estate litigation. With major law firm experience and a client-focused, boutique approach, Giangrasso Law offers a combination of skill and accessibility to serve both institutional clients and local residents with their legal needs. For more information, see their ad on page 89, and visit www.glaw-llc.com or call 781.328.9099.

Krauss Dermatology is pleased to offer the Fraxel® Dual laser, a treatment to help address skin discoloration, age spots, acne scars, fine lines, and textural irregularities of the face, neck, chest, and hands. After a series of treatments performed by their board-certified dermatologists, skin will feel softer, look brighter, and show more even tone. Schedule a complimentary consultation with their nurse to see if you are a candidate for this exciting procedure.

Berkshire Hathaway HomeServices Town and Country Real Estate joined forces with Prudential Advantage Real Estate in Needham. The brokerage, based in Wellesley, now has three offices located in Wellesley, Natick, and Needham, and is comprised of more than 70 full-time, award-winning brokers and sales agents. They are part of the Berkshire Hathaway HomeServices network, which was named “Real Estate Agency Brand of the Year” in the 26th annual Harris Poll EquiTrend® study.

a Blade of Grass is celebrating its 20th year in business. The staff would like to thank their clients, vendors, employees, families, and friends who have supported them over the last 20 years! In 1994, owner James Douthit was searching for inspiration to name his company. The following quote by Henry Miller fit his vision: “The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.”

Needham Bank just added another feature to its checking account in Wellesley. Along with market leading mobile technology and global ATM fee reimbursement, customers now receive the convenience of Instant Issue NB Debit Cards. Visit Branch Manager Steve Walls at 458 Washington Street and leave with your debit card in hand. An Instant Issue Debit Card is just one more way NB Checking makes it convenient to bank local with a neighbor supporting so many wonderful community organizations in Wellesley. Member FDIC.
Aesthetic Reconstructive Implant Dentistry (ARID) Newton-Wellesley has moved its operation to a state-of-the-art clinic in Wellesley at 180 Linden Street. Iva Taslakov is the chief hygienist and nutritional consultant practicing with a team of Board-certified prosthodontists and periodontists committed to providing a patient centered, minimally invasive, and scientific approach to dental care and patients’ overall health. The team also educates patients on the role of diet and nutrition in the etiology and prevention of oral diseases. For more information, call 781.237.1190 or visit www.ARIDNW.COM.

Get your health and body back at BODY IN MOTION. Wellesley’s premier Pilates and Barre fitness studio continues to grow and expand its programming with new instructors and more class offerings in both Pilates mat/equipment and mixed/advanced Barre classes. In celebration of their 13-year anniversary on Linden Street, you are cordially invited to experience FREE classes (both new and existing clients) and Bio-electrical Impedance Analysis (BIA) testing September 11 through September 13. Register at WELLESLEYBODYINMOTION.com starting September 8. Space is limited.

First Commons Bank, N.A., of Newton has announced the promotion of Oscar Moreno to Senior Vice President, Retail & Business Banking. Oscar has demonstrated very strong performance since he joined our bank in 2012, and we are pleased to have him as a member of the Bank’s leadership team,” said Tony Nuzzo, Chairman, President, and Chief Executive Officer.

First Commons Bank, N.A., is a nationally chartered, FDIC-insured full-service community bank, dedicated to serving the businesses and individuals of Newton, Wellesley, Waltham, and eastern Massachusetts. Visit www.firstcommonsbank.com.

One2One BodyScapes is pleased to welcome the newest member of the Wellesley clan, Michelle Boudreau. Michelle has a bachelor’s degree in exercise science and for the past two years she has been working with clients of various age groups and special populations. As a dance instructor, she also brings her love of dance to enhance her workout style. BodyScapes is located at 386 Washington Street in Wellesley.

Forever Young Laser & Skin Center is pleased to introduce its newest team member, Liz Luongo, LME. Liz is an established medical esthetician with over a decade of experience. She is expertly versed in everything from facials and laser hair removal to her specialty, body and facial contouring. Liz has spent the last year developing protocols to reduce fat and tighten skin for the newest generation of body contouring machines, The Reaction by Viora, now proudly offered by Forever Young Laser. To book an appointment, please call 781.431.2110.

Come to the Concord Kitchen Tour-2014 and see seven beautiful kitchens and dining rooms in historic Concord on September 27 from 10:30 am until 3:00 pm. Representing many different architectural styles and decorated by well-known designers, these homes will inspire your creativity. Whether you’re renovating, redecorating, or just dreaming, this tour is for you. Go to www.trinityconcord.org/KitchenTour for more information or to purchase tickets. Sponsored by Specialty Craftsmen and Dewing Schmidt Kears Architects.

Wellesley resident Jennifer Blecher is thrilled to announce the publication of her new children’s chapter book series, Star Sisters. Written for children ages four to eight-years old, Star Sisters follows the adventures of two girls who go on kindness spreading adventures. Each book is inspired by a modern cultural event, so parents enjoy the story line just as much as their children. Available at Wellesley Books and online at www.Star-Sisters.com.

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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144 EDMUNDS RD, WELLESLEY
$8,995,000

99 WESTCLIFF RD, WESTON
$7,795,000

56 WINDSOR RD, WELLESLEY
$4,150,000

3 STONEFIELD LN, WELLESLEY
$4,150,000

52 VALLEY RD, WELLESLEY
$3,775,000

21 LIVERMORE, WELLESLEY
$3,695,000

43 BRISTOL RD, WELLESLEY
$3,495,000

100 CLIFF RD, WELLESLEY
$3,250,000

500 SANDY VALLEY, WESTWOOD
$2,950,000

50 TEMPLE RD, WELLESLEY
$2,870,000

7 LINCOLN RD, WELLESLEY
$2,470,000

BELCLARE WELLESLEY
$1.9m / $1.975m

37 LONGMEADOW, WELLESLEY
$1,595,000

20 BOULDER, WELLESLEY
$1,525,000

55 PARK AVE, WELLESLEY
$1,450,000

12 GLEN RD, WELLESLEY
$1,395,000

3 WESTMINSTER, WELLESLEY
$1,395,000

76 OXBOB, WAYLAND
$1,350,000

63 GARDEN RD, WELLESLEY
$1,195,000

63 GREENWOOD, SHERBORN
$775,000

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14 Miller Hill Rd, Dover | $4,700,000

441 Glen Rd, Weston
$7,900,000

79 Nobscot Rd, Weston
$4,295,000

56 Chestnut St, Weston
$3,950,000

22 Sears Rd, Weston
$3,850,000

2 Cobblestone Circle, Wayland
$1,795,000

535 North Ave, Weston
$1,595,000

32 Forest Ridge Rd, Weston
$1,485,000

5 Wingate Rd, Wellesley
$1,245,000

12 Pelham Rd, Weston
$999,000

87 Lincoln Rd, Wayland
$995,000

3 Kings Grant Rd, Weston
$759,000

7 Lower Field Rd, Weston
$2,985,000 Pending

199 Country Dr, Weston
$1,575,000 Pending

245 Glen Rd, Weston
$1,595,000 Pending

37 Autumn Rd, Weston
$2,895,000 Pending

1 Holly Circle, Weston
$1,635,000 Pending
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167 Beaver Rd, Weston
$3,495,000

7 Audubon Rd, Weston
$3,290,000

105 Newton St, Weston
$2,495,000

40 Possum Rd, Weston
$2,150,000

11 Coburn Rd, Weston
$2,149,000

83 Loring Rd, Weston
$1,865,000

139 Buckskin Dr, Wayland
$1,790,000

50 Old Conn. Path, Wayland
$1,450,000

70 Bullard Rd, Weston
$1,395,000

21 Hidden Springs Ln, Wayland
$2,695,000 PENDING

15 Bittersweet Ln, Weston
$1,399,000 PENDING

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on Sunday, May 3, this year, about 100 volunteers of all ages took part in the first annual Wellesley Day of Service, coordinated by Wellesley Volunteers and entirely supported by a grant from The Fund for Wellesley. Volunteers cleared trails and cleaned up the beach at Morses Pond. Parents and children, working side by side with Wellesley firefighters, made care packages for Massachusetts soldiers serving overseas, which made it to their destinations just in time for Memorial Day. Hard-working volunteers at Wellesley Friendly Aid washed dozens of cars to raise money for the Wellesley Friendly Aid Camp Fund. Thousands of food items were collected and delivered by volunteers to the Wellesley Food Pantry, filling the shelves at a time of year when supplies are often short. Volunteers staffed the Wellesley Police Department’s Savage Road Race, helping to support the most successful event to date. An entire dumpster of out-of-date and damaged books were removed from the RDF’s Book Swap. Several groups worked with the Department of Public Works to survey the sidewalks of our town to improve safety for all.

The extraordinarily successful event involved nearly every town department, and many of Wellesley’s nonprofit organizations, schools, and houses of worship. What’s especially wonderful about this day is that the volunteers were young, old, working together in families, organized, last-minute, and everything in between. And that’s exactly what volunteerism should be about. Wellesley Volunteers was created because a diverse group of Wellesley residents wanted to find a better way to help volunteers find projects, and help organizations who needed volunteers find them. But more than that, Wellesley Volunteers was created to encourage people to think broadly and out of the box about ways to improve and strengthen our community.

Lots of volunteers think about serving at a soup kitchen. But what about the dozens of Wellesley residents who serve as Town Meeting representatives? Every single person who votes as a Town Meeting member effects change and strengthens our town as a volunteer. And how about the inexhaustible School Committee members? That’s a volunteer opportunity that provides unparalleled rewards to the town and benefits thousands of children. And then the scores of MetroWest nonprofits that exist only because there are volunteers willing to serve as board members, gala committee staff, and envelope stuffers.

Volunteerism has so many benefits – obviously for the recipient of volunteer services, but also for the volunteer and for the community at large. If fall is the time when your thoughts tend toward finding a new volunteer opportunity, there are many options.

Think about whether your skills and talents would be a benefit to the town as a Town Meeting member or a town board. Do you want a year-long commitment, and thus a deeper connection? How about becoming an ESL tutor? The ESL tutoring
program through the Wellesley Free Library is thriving, and a wonderful way to learn about other cultures, while helping newer residents improve their English. Do you need something with a minimal commitment, where you can bring your children? Why not become a volunteer driver for the Council on Aging – there is virtually no commitment – you drive when it fits your schedule, and you will meet the most interesting people! Yes, you’ll get seniors to their destinations, but that is just the tip of the iceberg. Keeping seniors active and involved in their community prevents isolation. It also creates connections between seniors and their younger (sometimes!) drivers, providing a real sense of belonging for both driver and rider. Do you want to sample different opportunities before deciding? There are several service organizations that will allow you to try out different kinds of volunteerism: Wellesley Hills Junior Women’s Club, Rotary, and the Wellesley Service League. Then there is the home-grown, grassroots variety – Neighbor Brigade. Run through Wellesley Friendly Aid, it provides help to families and individuals with short-term needs like grocery store runs or rides to chemotherapy. If you have a passion for culture, the Wellesley Symphony and The Wellesley Players always need volunteer ushers. Even if you don’t have grade school age kids, there is always a need for Little League coaches if sports are your thing. And don’t think that office work isn’t important – so many organizations need volunteers to help with mailings.

To explore what Wellesley (and beyond) has to offer for volunteers, you can visit www.wellesleyvolunteers.org. You’ll find specific volunteer opportunity listings, plus links to service organizations and other volunteer websites. You can also visit this fall’s Volunteer Fair at the main library on Sunday, October 19 from 1:00 to 4:00 pm. There is no downside to being a volunteer – it enriches our community and, more importantly, strengthens the bonds between all of us. WW
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when most of us were growing up, Halloween was celebrated on a single evening, October 31st. Kids everywhere would dress up, trick-or-treat, and maybe even bob for apples. But the next day, it would all be over.

Today, Halloween has become its own special season — beginning in early October and lasting the entire month — with many fun-filled activities for kids and for the kid in all of us.

Halloween, or "All Hallows’ Eve," originated in Celtic culture in the 16th century. According to the Druid religion, October 31st was the day before the New Year, the evening when the spirits of those who died that year would rise up and roam the earth.

Despite its humble roots, Halloween has grown into a $2.5 billion industry (second only to Christmas), with many fun-filled traditions that have become part of the beloved season.

GHOSTING

The Halloween season unofficially kicks off in early October with neighborhood “ghosting,” which is like a hand-delivered chain letter — except it’s actually fun. When it gets dark, kids sneak over to a neigh-
bor’s house and leave a bag of candy on the doorstep with a ghosting flyer. Next, they ring the doorbell, run, and hide. You can’t imagine the squeals of delight from the “ghosters,” as well as the “ghostees,” who are then expected to ghost two other neighbors. Sometimes the ghostees run out of their homes and chase after the ghosters. Sometimes the ghostees don’t realize what’s going on, especially if they’re new to town, but they quickly catch on.

Rylan Dean, age five, who moved to Wellesley from Boston in 2013, was introduced to ghosting for the first time last year. The first night he was ghosted, he called all his relatives to tell them how much fun it was. “This neighborhood is way cooler than my old one because I get to ghost people here,” Rylan told them. “Now he wants to do this for every holiday,” says his mom, Brandi Dean. “He came up with, ‘You’ve been kissed,’ for Valentine’s Day.”

Also known as “booing,” there are some unwritten ghosting rules to keep in mind. Only ghost houses with kids, or neighbors who are kid-friendly. No ghosting before October 1. No ghosting after 9:00 pm. No ghosting the same house twice. Always post your flyer in your front windows so people know you’ve been ghosted (although it won’t stop them from ghosting you again).

**HAUNTINGS**

While spookiness has always been at the heart of Halloween, it’s risen to a whole new level. In October there are haunted houses in just about every town — from Canobie Lake Park’s ScreemFest in Salem, New Hampshire, to haunted Hammond Castle in Gloucester, to SpookyWorlds all over. There are haunted corn mazes, train rides, and hay rides through woods filled with ghosts, werewolves, and zombies who chase after you with chainsaws. There’s a *Ghosts and Gravestones* tour in Boston, which takes you through old burial grounds and back to the time of the Boston Strangler. Or you can find some simpler
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frights right here at home. Weston High School and Bates Elementary School in Wellesley both have haunted houses that are built and run by their students and parents who emerge from caskets, become floating heads, and act as grim reapers.

Many locals get in on the spookiness as well, with fog machines, hanging skeletons, howling ghosts, mock graveyards, and giant spiders crawling on oversized webs. They also haunt their garages and their yards.

Lane and Jill Murphy, parents of two boys, ages seven and five, created their own “Terror in the Yard,” complete with live zombie kids who walk out of open graves, a screaming witch on a zip line, four smoke machines, and a mad scientist lab. Just for fun, of course. “When I was young I used to love putting on haunted houses for the families in my neighborhood,” Lane says. “I created ‘Terror in the Yard’ to share this Halloween fun with my boys, who fell in love with the holiday years before dressing up in costumes and trick-or-treating.”

It took Lane and his neighbor, John Hines, four days to hang the zip line for the Wellesley Witch 30 feet up in a tree and test various steel wires, cables, and pulleys before they perfected the motion of the
The night of the haunting, John was a crazy woodsman who guided more than 100 neighbors through the yard in groups. “Our reward for all our hard work was the reaction of the kids after they walked through the event,” says Lane. “We were so happy to see such a big turnout. Everyone had such a great experience.”

For five out of the past six years, Jim Thames, father of two girls, ages eleven and eight, has haunted the backyard of his Poet’s Corner home. “Jim has been passionate about Halloween ever since he was little,” his wife, Patricia, says.

It can take anywhere from a week to three weeks to set up the backyard and Jim recruits a handful of volunteers to help out, including his family. Burlap netting creates an element of surprise, and creepy music (such as John Williams’ theme song from the movie Jaws) establishes the right atmosphere. Jim runs the haunted backyard during the Halloween season on a weekend night, so kids can stay out later than usual, and the event attracts 100 to 250 people.

Jim says that between the vivid memories of playing hide-and-go-seek with his grandmother and the haunted house one of his neighbors used to have when he was growing up in Florida, he promised himself that he would try to share similar experiences with kids when he grew up. “Our girls are particularly proud of themselves when they scare teenagers that come through the haunted house,” says Jim. “It makes them feel like they’ve accomplished something.” And they have — lasting memories.
JACK-O'LANTEENS

The first known jack-o’-lanterns date back to 1866. The name comes from a term for the peculiar light that flickers over peat bogs, known as “will-o’-the-wisp,” meaning “foolish fire” in Old English Folklore.

For years, jack-o’-lanterns were carved from pumpkins with the traditional triangle eyes and nose, and lighted only on Halloween evening. But today, people have gotten a lot more creative. They carve gourds, squash, white pumpkins, and green pumpkins, basically anything that can be hollowed out. They use the pumpkin stem for a nose, or the seeds as part of the design, or they decorate their pumpkins with paint and glitter. Jack-o’-lantern contests — both for kids and adults — can be found all over New England during the Halloween season.

There are also lighted pumpkin festivals that are held weeks before the big day. On Boston Common, you can see thousands of hand-carved, glowing jack-o’-lanterns as you stroll through the park at night. Roger Williams Zoo, in Providence, has a jack-o’-lantern display that will take your breath away, and Drumlin Farm in Lincoln hosts its own family-friendly fright night.

Since jack-o’-lanterns are no longer reserved just for Halloween night, some people host pumpkin carving parties to get their
guests in the Halloween spirit. Friends arrive with a pumpkin, carve it, and leave with a jack-o’-lantern, some toasted pumpkin seeds, and quite possibly a prize.

**Parades and Parties**

Since Halloween is reserved for trick-or-treating, Halloween parties and parades are frequently held prior to the 31st. There are classroom and neighborhood parties for kids as well as more elaborate business and adult parties that often charge admission and offer prizes for the best costumes. You’ll always see lots of witches, devils, and ghosts, but people have gotten really creative these days with more topical costumes. They dance to Michael Jackson’s “Thriller.” They make caramel apples, wrap themselves with toilet paper for mummy competitions, eat mouthfuls of candy corn, and have an awful lot of fun pretending to be someone they’ve always wanted to be.

If you love Halloween and all it has to offer, you can enjoy endless festivities during the “Halloween Season.” If not, it’s best to leave the country until November 1st, when life, sadly, goes back to normal, for a few weeks at least, until the next holiday season begins.
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there’s good reason why Boston’s WBZ-TV news anchor and award-winning journalist Paula Ebben is welcomed into the kitchens and family rooms of so many households across Massachusetts.

“Paula is one of the warmest and most competent journalists around. She is a supremely talented storyteller,” comments WBUR news director Tom Melville, the professional who Paula credits with giving her a big break back when Tom was an executive at New England Cable News (NECN). A loyal viewer of Boston’s CBS news station concurs, speaking about Paula’s gifts this way: “Watching Paula it feels as if I am part of a conversation rather than a broadcast. It’s as if she is talking to me. She recounts versus reports, [and she’s] comfortable with her content and herself.”

A central Massachusetts native raised in Shrewsbury, Paula attended high school at Notre Dame Academy in Worcester and went on to earn a BA degree in English from Boston College. She married a BC graduate, worked in Boston for a couple of years, started a family, and stayed at home for the next ten years to raise her four children before navigating her way into broadcast journalism. Today, she co-anchors CBS Boston’s WBZ-TV News at 5:00 pm and noon, and reports across the newscasts, including her signature “Eye on Education” segments that focus on positive innovative initiatives and outcomes in education today.

WellesleyWeston Magazine: When and how did you decide that a career in TV news was for you?

Paula Ebben: I come from a family of “newsy” people. My maternal grandparents were both newspaper reporters for The Boston Post, one of the big eight papers of the day in Boston. My mother often told me that I had a “nose for news” just like my grandmother. My great grandfather immigrated to Massachusetts from Ireland and also was a newspaper reporter. In 1914, he traveled to Rome to cover Cardinal O’Connell’s participation in the papal conclave. Exactly 100 years later, I was in Rome to cover the canonization of Pope John Paul II and Pope John XXIII. What a wonderful coincidence.

I was twelve years old when I set my sights on a career in TV news. In fact, I distinctly remember thinking that my dream was not just TV news, but specifically TV news in Boston, for in my mind Boston was
AN INTERVIEW WITH

WBZ-TV'S PAULA EBBEN
the top market in the country. That’s what my dad told me, so it had to be true. As the youngest of 11 children, I always felt the last to know about anything, and that I would never know as much as my older siblings. But, in the 80s while watching breaking news coverage of the shootings of President Ronald Reagan, the Pope, and Anwar Sadat, I was riveted to the Special Reports and watching the work of network news people at the center of events, and realized news reporting was a perfect way for me to be the first in the know.

**WWM: Describe your journey to WBZ.**

**PE:** My first job in TV news was in Worcester at WGMC. I got up the courage to take a demo tape over to NECN, but knew that if I handed it to a receptionist, it would likely end up in a drawer, never to be seen. So I walked over to a group of photographers standing by the back door and asked if they would let me know the right person to show my work to. One nice gentleman walked me right into the office of the assistant news director, Tom Melville. Tom put my tape in, and an hour and a half later I walked out with a part-time freelance job, which ultimately led to stints on the NECN anchor desk. That’s how the news director at WBZ found me 11 years ago.

Fortunately for me, my husband Bill was and is completely supportive of my career. When I was the weekend anchor, he took over Saturday and Sunday evenings. When I assumed the morning anchor role, he got our four children up, dressed, fed, and off to school because I was long gone when they left in the morning, but I was able to be there to pick everyone up from school and oversee afternoon
PHOTOGRAPHY BY RICHARD MANDELCORN

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activities and homework. I’ve been so fortunate that the right opportunities that worked with my family life came along at the right time.

WWM: Please talk about a few highlights of your career.

PE: The first thing that comes to mind is not a highlight per se, but the most unforgettable news I have ever covered—the marathon bombings. I must mention that first. I was enormously proud that the entire staff at WBZ was awarded the DuPont Award and Peabody Award this last year because those are the highest honors in journalism, which recognize the outstanding work of every single person in the newsroom – in front of and behind the camera. At the most difficult moment in recent Boston history, my colleagues rose to the occasion and did such impressive work that entire week. It was a privilege to be a part of such a tremendous team effort.

As for highlights, I feel honored to have had the chance to cover incredibly varied news over the years. It was fascinating to be at both the 2004 Democratic National Convention in Boston where Barack Obama gave the keynote speech and then, a month later, the Republican Convention in New York. It was thrilling to be one of the first broadcasters to have the chance to say, “Good morning, the Red Sox have won the World Series!” in 2004 – since the final game ended after midnight. I feel fortunate to have been selected to travel to London, England for the royal wedding of Prince William to Catherine Middleton to handle morning coverage for all CBS stations and, of course, the Canonization of the Popes in Rome in March.
**WWM:** What would you like to share with readers about the business of TV news?

**PE:** Because viewers don’t see the sausage being made, it’s impossible to realize the extent to which TV news is a collaborative process. It takes the talents of producers who recognize great ideas, writers who can bring words to life, editors who put together video to shape a story, anchors who edit and improvise to make stories their own, directors who choreograph the show, camera people, engineers, and more. By the time a story airs, lots of eyeballs have seen it.

**WWM:** What are you most proud of?

**PE:** I always knew I wanted to raise a family and to have a career in TV. I am proud that I have been able to do both in a way that has served my family and my viewers. At least I hope I have.

**WWM:** What’s the biggest challenge you have faced in your career?

**PE:** Balancing work and family responsibilities; yes, the very thing I told you I was most proud of. And sleep. Getting enough of it is a challenge for morning anchors, as well as anyone who works overnight, such as nurses and doctors. Sleep is very important!

**WWM:** You have never lived anywhere outside of Massachusetts, why?

**PE:** Massachusetts is my home and I love Boston. Why live anywhere else? My husband
and I brought up our children in Wayland and Wellesley. I have been accused of being one of those hub-of-the universe people. I think I got it from my parents who got it from their parents, Irish immigrants who romanticized Boston and everything about it—the universities, the hospitals, the Boston Symphony Orchestra. If you forced me to move to another city, I would pick Washington, D.C. because I am fascinated with history, politics, and the goings on of Capitol Hill.

I once lived outside of Massachusetts, and that’s when I was a junior at Boston College and took a semester abroad in London and interned for a member of parliament in the House of Commons. It was won-
derful to be back for the royal wedding, a moment of national pride for England, and I was able to reunite with some of my friends there.

WWM: With so many worthy causes to support, please share which philanthropies you have chosen to support and why.

PE: Bridge Over Troubled Waters is an important organization to me. It provides life-changing services to help homeless and at-risk youth, such as medical care, substance-abuse services, GED courses, and career and college counseling. As a mother of teens, I am compelled to support kids who find themselves homeless through no fault of their own. No teen should be sleeping under the Zakim Bridge. I am pleased to help the organization with their annual fundraiser and serve as the master of ceremonies for their GED graduation ceremony. It is a perfect example of what started as a small idea in the 1960’s, and is now an essential resource in Boston.

My husband and I also feel strongly about supporting the schools our family has been associated with: Boston College, Newton Country Day School of the Sacred Heart, The Roxbury Latin School, and St. John School in Wellesley. For years our family has loved being a part of ‘Trees and Trimmings,’ the annual St. John’s Christmas fundraiser.

WWM: Please share one wish for yourself.

PE: My wish is to inherit the genes of my grandparents and of my dad to live a good long life.

WWM: And, please share one wish for the world.

PE: At the expense of sounding corny, I feel as if I am such a lucky person, and my wish is that everyone in the world could feel as loved and supported as I have felt my entire life.
HENRI DAUSSI

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The Weston Golf Club, founded in 1894 by local friends and neighbors, is one of the oldest golf clubs in the United States. It boasts a rich and interesting history tightly connected to the town of Weston. At the same time, the club has members from all over the Boston area, and caters to all ages, from its young member initiative, to young families with children, to long-time members, and the young at heart.

With 376 golf facilities in Massachusetts, there are courses to challenge every type of player at every level of the game. Some of these golf facilities offer championship-worthy courses, some are steeped in history, and some boast family-friendly facilities. At The Weston Golf Club, members and guests are fortunate to find all of the above and even more.

**105th Massachusetts State Open Golf Championship**

In June 2014, The Weston Golf Club’s scenic Donald Ross course was put to the test when 150 players descended upon the club to play three days of competitive golf during the 105th Massachusetts State Open Golf Championship, the most competitive golf event in New England.
One Part Sports, Three Parts People

LAURA LAMERE writer
Course Preparation

On day one of the championship, The Weston Golf course was in pristine condition. Trees had been trimmed, flowers added, grass cut to perfection. A little more than a month earlier, however, the club was struggling with the effects of a devastating and destructive winter. Members played on temporary tees while the grounds team replaced sod and, eventually, successfully nurtured its course back to health.

“Weston Golf Club always puts on a first class show and we thank them for all their efforts to get the course ready,” said Jesse Menachem, MGA Executive Director.

2013 MGA Open Champion, Evan Harmeling, adds, “Weston’s are the best greens I’ve played since being up north.”

Humble Beginnings

The Weston Golf Club probably didn’t boast beautiful greens in 1894, and wouldn’t have a dedicated grounds person until its second year. In 1894 Weston, the game was young and early players were true pioneers, playing amongst cattle and other obstacles that happily aren’t part of the game today.

“The Reverend Charles F. Russell returned from a visit to England with a set of clubs and began hitting balls into nearby pastures,” explains Pamela W. Fox, author of Farm to Suburb: The History and
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Architecture of Weston, Massachusetts 1830-1980, and president of the Weston Historical Society. “His infatuation quickly spread to friends and parishioners, and a club was organized within a year.”

The original Weston Golf Club provided a nine-hole course in the Kendal Green section of Weston on land leased from eight different owners, tennis courts in a different section of town, and a small clubhouse located near the Coburn barn on Church Street.

Tournament play was an early part of the club fabric and was organized by the Neighborhood Golf Association of Boston. Strong competition was an early objective. “It is hoped that the Weston Golf Club will produce players who can compete successfully with representatives from any club in the state.” (From: The Parish Calendar, April 15, 1895.)

In 1895, club directors hired one of the nation’s earliest professional greens keepers, John Harland from England, to maintain the
“Weston is a great course. You have to think a lot on this course. It has a great New England feel to it.”

Ben Spitz 2013 MGA Open Low Amateur
The Parish Calendar of May 15, 1895 noted that: “The club has engaged the services of a green keeper, who will not only look after the grounds, but will also give lessons to those who desire to improve their playing.”

By 1916 the land leases in Kendal Green expired and the owner of the land on the 8th hole decided to sell to a homeowner rather than renew the club’s lease. As a result, The Weston Golf Club moved across town to its current location on a 104-acre parcel of land on Meadowbrook Road owned by member Robert Winsor. Donald Ross, a renowned architect and member of the club for more than thirty years, was chosen to design the new course.

Ross designed the original 9 holes and the expanded par-71 layout, which opened in 1923. The two newest holes, 11 and 12, (designed by Geoffrey Cornish) were added in 1965. These replaced a very short par 3 and one par 4, and brought the course to its current par-72 layout. Improvements continued over the years and included holes 2, 8, 13, 16, and 17.

Weston Historical Society’s Pamela Fox explains that starting around the same time the course was developed, Winsor worked with the Olmsted Brothers to develop home lots surrounding the Weston course (their father, Frederick Law Olmsted, Sr. is known as “the father of American
“I can go out on a Saturday or Sunday and pick up a game with anyone.”

Peter Sykes
member of The Weston Golf Club

landscape architecture” and the creator of New York’s Central Park). The Meadowbrook Road neighborhood thus became one of the first examples of a neighborhood designed around a golf course.

Winsor and Coburn

Robert Winsor’s name is still spoken almost daily at The Weston Golf Club. One of the main function rooms in the clubhouse was named in his honor as a friend and benefactor of the club. When he died in 1930, Winsor was remembered by the board in this way: “His generous giving made possible, and his wise and tactful guidance fostered, this place of beauty and unique charm available to all his neighbors.”

Another well-used room at the club, the Coburn Room, is named for Arthur L. Coburn, Jr., son of Arthur L. Coburn, Sr. a founder of the original club and one of the original eight landowners who leased land for the club in Kendal Green. Coburn, Jr. was instrumental in the club’s survival and growth after the Depression.
Today, 120 years since its founding, The Weston Golf Club caters to the social and sporting needs of its membership, providing gourmet dining, tennis courts, paddle courts, swimming pool, bowling lanes, youth sports programs, and a summer kids club in addition to recreational and competitive golf.

Long gone are the days of dodging cattle. In fact, “members have great access to the course,” says Dr. Thomas Burke, Golf Committee Chairman.

This element of the golfing experience at Weston has remained the same over the years and is one of the priorities of the club directors.

“Today, all members have full golf privileges and new members can play golf right away.”

Peter Sykes, a Wellesley resident who has been a member of The Weston Golf Club since 1953, adds, “I can go out on a Saturday or Sunday and pick up a game with anyone.”
Is Golf Relevant?
With today’s overscheduled families, non-golfers may wonder if the game of golf is still relevant. The report, “The Massachusetts Golf Economy,” developed for the Alliance of Massachusetts Golf Organizations and Golf 20/20 by SRI International in 2014 showed that the number participating in the sport of golf in New England in 2012 was 1,258,000, while the total participation rate across the country was 25.3 million. In addition, Bay State golf facilities generated revenues comparable to all other spectator sports in the state combined, including football, baseball, basketball, hockey, and soccer. Golf contributes $2.7 billion in gross economic output, comparable to other significant Massachusetts industries such as medical equipment manufacturing ($3.5 billion).

More Than Golf
There is no question that golf is more than relevant at The Weston Golf Club. It was the love of the game that brought golf to Weston in 1894 and, with that love, the townspeople started a crudely assembled club and built it up over generations to become a picturesque haven for its members. And while it is the love of golf that continues to thrive at The Weston Golf Club, many family sporting activities such as tennis, paddle tennis, swimming, and bowling add to the club’s experience.

Even so, there is more to the club experience than activities and buildings and grounds. Golf clubs are one part sport and three parts people. In the words of the club’s president, Thomas R. Ferry, “the fiber of Weston Golf Club is neither in the condition of the course nor in the appearance of the Clubhouse, but rather in the friendly, family atmosphere that has been enjoyed by generations.”

For more information, visit: www.westongolfclub.com
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Incubating the next Instagram
this might sound like an apocryphal tale, but Shuttersong founder William Agush swears on his iPad that it’s true.

The longtime Wellesley resident devised the idea for his mobile app company two years ago while cleaning out his office and finding a 1995 photo of his then five-year-old son encased in a frame with a “play” button on it. Agush pressed the button and heard the barely audible sound of his son’s voice.

That unexpected nostalgic moment got Agush thinking that binding audio to some selection of the millions of photos taken daily around the world might be something others would like to do—something that might fill the “gray area” between the online sharing of photos and the slightly more difficult sharing of videos via smartphones and tablet computers. More of an ideas guy than a hands-on software coder, Agush, within months of hatching his concept, filed for a patent, conducted market research with more than 8,000 consumers, secured funding (now up to $2.2 million), and found a development firm in the South End to convert his vision into an app called Shuttersong. As of this past spring, the simple-to-use Shuttersong had been downloaded 60,000 times and was starting to be licensed to big name brands for marketing and branding purposes.

Agush acknowledges that at age 59 he’s not the typical founder and CEO of a mobile app company, though wearing dark, rectangular glasses and a zip-front sweater the day we met at Wellesley’s La Riviera Gourmet cafe, Agush could easily pass among the hipster set in Boston’s waterfront Innovation District where many an app has been born or nurtured.

“The way the mobile app world is structured, with a cheap or even free global distribution system supplied by companies like Apple and
Google, a good idea backed by a bit of capital can turn into a product,” says Agush, who studied photographic science at Rochester Institute of Technology before starting his career as a tech company marketer. “Almost anybody with a good idea can get into apps. And you don’t even need to be the first person to have your idea to make it work.”

While you might have it in your head that most mobile app developers are young entrepreneurial geeks like the teams of Stanford University grads who separately launched photo sharing apps Instagram and Snapchat, the reality is that all kinds of people are behind the addictive, useful, and sometimes just plain silly programs so many of us use on our phones and tablets. Not only are these digitally minded, modern-day artists doing this from the dorm rooms of Silicon Valley and labs of Cambridge, but they’re also among us in suburban communities like Wellesley and Weston.

And why wouldn’t they be? After all, the mobile apps market is a digital gold rush. Tech industry market watcher IDC of Framingham forecasts annual mobile application
downloads on smartphones, tablets, and other such mobile devices will increase from 87.8 billion in 2013 to 187 billion in 2017. Revenue associated with those downloads is expected to more than double from $10.3 billion in 2013 to $25.2 billion in 2017. Although, all this potential is tempered by long odds: Tech market research firm Gartner warns that less than 0.01% percent of consumer mobile apps will be considered financial successes by their developers by 2018.

While a good chunk of the apps market involves companies building software for other companies, as does Wellesley’s fast-growing Mobiquity, the more glamorous side involves individuals whose creativity, connections, or just plain toiling away can suddenly result in a hit. Take, for example, Dong Nguyen, the Vietnamese developer in his late 20s whose Flappy Bird game was discovered by the masses early this year, and at one point was reportedly racking up $50,000 a day from banner advertisements before Nguyen abruptly and controversially pulled the game from the market. Or closer to home, 1992 Wellesley High grad Biz Stone is looking to score big with Jelly, a social Q&A app that he can only hope is even half as popular as his earlier tech venture called Twitter.

“Queen of Apps”
Wellesley resident Jen Looper says that “for every [Dong Nguyen] there are thousands of other developers like me just dying for a few downloads…There are zillions of apps in the app stores and it’s extremely hard to get noticed.”

While Looper’s participation in the app development game might not come as a big surprise given her job as a mobile and web developer for World Singles, an online dating and matchmaking website, her path into this field wasn’t exactly predictable.

Hellbent on becoming a French teacher since age 16, Looper studied French literature at Wellesley College and then the University of California at Berkeley, but switched into the technology field around the year 2000 after realizing she was going to be making peanuts as a teacher and that job opportunities were scarce.
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"I saw a chance to catch onto the dot-com boom. I was interested in becoming a graphic designer or technical writer, and after learning to use Adobe software early on, one software program led to another," she says.

Looper’s entree into mobile apps started about three years ago after getting an iPhone and falling in love with it.

"I’m now the Queen of Apps," says Looper, who uses about ten apps regularly, but also is quick to try any hot new ones. She credits the locally designed RunKeeper app for getting her to run for exercise for the first time in her life.

Looper’s app obsession has also taken the form of teaching kids to code and a side-business called Ladeez First Media, through which she builds “killer apps.” This includes a diverse list such as: Practice Buddy, for encouraging kids to stick with their music lessons; Gabbler, for learning Chinese; and The Belly App, for learning to belly dance. And Looper’s latest masterpiece: An app dubbed the
Roomalyzer that lets you envision how a room in your home might look with different faux paint finishes.

“App development has always been a moonlighting situation for me,” says Looper, whose tech arsenal includes several iPhones, an iPad mini tablet, a Samsung Galaxy S II smartphone, and a Nook e-reader. “But I really enjoy it and would do it full-time if I could.”

As it is, Looper says she works on apps in her spare time—what her daughters call “mom’s hobby”—whenever she can. But she also takes a healthy approach to it, both in terms of the apps she designs (including a workout one called SevenMinutes) and by taking part in a growing movement among developers to embrace an active lifestyle. A slim woman who follows a diverse exercise regimen, Looper was an ambassador for the recent Hackfit Boston event that combined fitness, coding, entrepreneurship, and superfoods.

Helping Himself Help Others

Whereas Looper’s path into app development was perhaps unconventional, that of 2011 Weston High School graduate Frederick Lee was much less so.

The 20-year-old Lee, a self-described techie guy, learned Java programming as a high school student and took programming courses during the summer. He now studies electrical and computer systems engineering at Rensselaer Polytechnic Institute and builds apps in his spare time under the umbrella of his RedLeef Studios.

Lee is relatively new to mobile apps development, having taught himself how to create programs for devices running Google Android software at the start of 2013. He has no illusions of making a Flappy Bird-like $50,000 a day from the apps he builds.

“I got into it because there were some routines and tasks in my daily schedule that I thought could be shortened and simplified with the right app,” says Lee, whose programs for mobile
“I uploaded my apps on the Google Play store because I thought, ‘If this helped me, this could probably help other people too.’”

Lee’s app output includes one program called Self-Kept Debt, for tracking your own IOUs as well as money you owe to others, and another for gamers called League of Legends Sales. It can take days to months to create apps, depending upon how complex they are, says Lee, who does most of his coding during school breaks.

Whether or not Lee winds up with an apps-related job upon graduating remains to be seen, but it’s clear such opportunities are on the rise. Tech advocacy group TechNet found in a 2012 study that the App Economy resulted in some 466,000 jobs that year, up from zero in 2007, the year that the iPhone made its debut.

Shuttersong’s Agush says it doesn’t surprise him that the MetroWest area is producing more app makers, and he predicts it will only become more common as young developers move out of Boston and Cambridge to start families in the ‘burbs.

“Joked with one reporter during Shuttersong’s launch about the Wellesley Innovation District, which of course doesn’t really exist,” Agush says. “But in the future, why not?”
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Police Chief Terrence Cunningham knew some residents weren’t going to sleep very well on the night of March 12, 2014. That evening, in front of an audience of approximately 200 PTO parents, he began a Power Point presentation detailing the variety of drugs currently in use at the high school. At the start of the lecture, familiar images flew by: pot pipes, bags of marijuana, Adderall, and cocaine. Many parents had strong awareness around these substances, but the slides kept on coming. Soon the images were of opiates, and then finally of heroin and its sinister paraphernalia. Bags of heroin recently seized in town were shown. By now, Chief Cunningham had everyone’s full attention. “There has definitely been a shift,” he says. “For the first time in my career, we are starting to see heroin at the high school.”

The rise of opiate and heroin use in Massachusetts has had a long genesis. “I started seeing this coming on about ten to twelve years ago,” says Michael Furstenberg, a clinical psychologist at Human Relations Service in Wellesley and a specialist in addiction issues. “With the rise of Oxycontin, which has become much more of a destination drug, it engenders a whole new movement of abuse.” In fact, the latest data available shows that the Boston area has the dubious distinction of having the highest rates of emergency room visits related to illegal drugs among the 11 largest metropolitan areas in the country. And Massachusetts’s rate of illicit drug use among youths was higher than the national rate in 2011-12. “It’s everywhere,” says Linda Corridan, director of nursing at the Wellesley Public Schools. “I don’t think we are different than any other community. No school district is insulated from any issue.” In interviews for this article, there was no indication that heroin has found its way into Weston High School. “But just
because we haven’t seen it in our schools, doesn’t mean it isn’t there,” says Weston Police Chief Steven Shaw. “Like it or not, drugs have been there and will always be there.”

The emergence of opiates and heroin at Wellesley High School, however, has caught the administration’s attention. “To be clear, this is not in huge numbers,” says former Principal Andrew Keough (Keough was still principal at the time of this interview but is no longer at Wellesley High School), “but we definitely have had kids or have kids who have used opiates.” Students at Wellesley High School corroborate this sobering fact. A senior (who has since graduated) who asked not to be identified says that “a lot of harder drugs have come into the school recently; a lot of people are using heroin now.” When asked to come up with a precise number, the student knew of seven or eight people personally who were experimenting with heroin and many more who were using opiate-based prescription drugs. Another student who also asked not to be identified says that she thinks “every year the problem gets worse. Every day you hear of someone new [experimenting with opiates or heroin]. It is like that, especially at our school; people get pulled in.”

In affluent towns like Wellesley and Weston, experts blame the burgeoning drug problem on everything from macro targets like Big

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Pharma to micro targets like open medicine cabinets. “It has to do with the attitude towards drugs in our society. There is a culture of taking pills that wasn’t true 40 years ago, but it is now,” says Dr. Furstenberg. The ubiquity of prescribed medications for many common issues like ADD or athletic injuries means that many households have more pills and more access to pills than ever before. Fifty-four percent of non-medical users of prescription drugs say they got them free from a friend or relative. This is in sharp contrast to the image of the corner dealer to whom only four percent of users turn to when looking for a fix. “Because these drugs are FDA-approved and prescribed most of the time, they aren’t seen as dangerous,” says Vic DiGravio, president of the Association for Behavioral Healthcare, an organization that represents community-based mental health and addiction treatment organizations in Massachusetts. “But the reality of it is that they are incredibly dangerous and once someone is hooked, it’s really, really hard to stop using.”

Experts also point to the mixed messages kids receive about prescription drugs. “The doctor gave it to me,” says Andrew Keough, “how

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“I honestly hope this article can open parent’s eyes to make sure their kids aren’t practicing such scary habits.”
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bad can it be?” But the insidious hold these prescription opiates can exert cannot be overstated. “All opiates are addicting: Vicodin, Oxycontin, many of the prescription pain-killers,” says Chief Cunningham. “There is a new statistic that says that 80 percent of all heroin users came to heroin through painkillers.” But most users of harder drugs don’t start there. Dr. Joseph Strand is Medical Director of The Castle, a residential treatment center in Brockton for 13- to 18-year-olds who are struggling with substance abuse. “Ninety-nine point nine percent of my clients report using marijuana or alcohol, though mostly marijuana, before using opiates. For most young people, opiate prescription drugs are not the gateway, they are a stepping stone.”

According to some, the new, relaxed rules for marijuana possession only exacerbate the
problem. “We have sent a very complicated message to our kids,” says Norwood Police Chief William Brooks, who is also director of NORPAC, an anti-drug task force for Norfolk County. “Not only have we decriminalized it, we have rebranded it as medicinal.” Parents’ past recreational marijuana use can also inform their thinking about their child’s experimentation. This equivocation adds to the challenge for law enforcement. “People say ‘I used it when I was young and I am fine,’ ” says Chief Cunningham, “what they don’t know is that the potency of marijuana has gone way up. If much of the pot were sent to a lab nowadays, it would be classified as a Class C substance, the same as hashish and other hallucinogens.” For some students, smoking marijuana is considered as common as doing homework. “Everybody smokes weed,” says the Wellesley High senior quoted above, “it’s not considered a hard drug.”

But when it comes to opiate use, the denial among parents is concerning to many. “The thing is that parents are so oblivious,” says the other student interviewed. “I honestly hope this article can open parent’s eyes to make sure their kids aren’t practicing such scary habits.” The ignorance and disbelief among some parents may be due to the universal dread that heroin conjured up from their youth. “When we were growing up, heroin seemed so distant from us, it was not in our neighborhoods,” notes Dr. Keough. “I think we’ve become complacent because now it is right
here in front of us.” The terrifying visual images of junkies and needles in the 1960s and 70s put it firmly on the outside of most teenage drug experimentation. “In my generation, even those people who would consider doing drugs wouldn’t touch heroin,” says Chief Brooks.

Although the opiate problem is not as crippling in Wellesley or Weston as in other Massachusetts communities, the very existence of these drugs creates opportunity for in-depth drug intervention and education. “I think these anti-drug messages should start in middle school health classes,” says Massachusetts State Representative Alice Peisch, “and be repeated yearly during the course of their schooling.” Wellesley High School has myriad resources for students who may be in crisis due to substance abuse. “We have very good adjustment counselors and excellent school psychologists,” says Dr. Keough, “and we have support teams who try to identify students who might be in trouble before things get too serious. They might enact intervention strategies in partnership with parents.” Law enforcement also strives to preempt potential drug abuse by working with young people collaboratively with parents, schools, or friends. “We work with people,” says Chief Cunningham. “I have no desire to make a [drug abuse] arrest. The most important thing we try to do is to get them into treatment.”

Law enforcement’s shift from a historically punitive response to a more safety based one came on gradually. But in 1999, there was a tragic incident that changed the lives of one Wellesley family, propelling them to take more immediate action. Larry and Susan Sheehan, who currently live on the Cape, lost their daughter, Alison, to a heroin overdose in 1999. “Alison was left to die,” says Susan Sheehan. “The person she was with did not call 911 and when she did finally arrive at the hospital, it was too late and nothing could be done.” Alison’s use of heroin was a one-time event as far as her parents could tell. She had been diagnosed with chronic fatigue and fibromyalgia and was often seen by her doctor but no obvious drug use was evident. This horrific scenario galvanized the Sheehans to make sure that this senseless loss never branded another family. Realizing that the law at the time gave no cover to someone who might want to call 911 for an overdose of
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any kind, the Sheehans set out to change that loophole. First they
developed a wallet size card that listed all the warning signs of a possi-
ble overdose, which were distributed at various schools. They realized,
however, that no one would call 911 for fear of prosecution. Working
closely with State Representative Peisch and Chief Cunningham over a
ten-year period, the Sheehans crafted the Good Samaritan law, one of
the first in the nation. The law states that if someone in good faith calls
emergency services for a companion, even if the caller has been using a
controlled substance, or is in possession of illegal drugs or is underage,
that person is immune from prosecution. “They put a lot of time and
energy into attempting to effect change so no one would have to go
through what they did,” says Alice Peisch. “They chose to do some-
thing positive to correct what they saw as a flaw in our laws, instead of
just running away from the problem.” The law was passed in 2012 and
is already saving lives.

In addition to the Good Samaritan law, law enforcement now has
another powerful tool in its arsenal against accidental death due to
drugs. NARCAN, administered as nasal spray, has the potential to
reverse a potentially lethal overdose in minutes. Its availability has
saved hundreds of lives across the Commonwealth. The Wellesley and
Weston Police departments both have NARCAN available for use in
emergencies. “It’s a band aid,” says Vic DiGravio. “It is a powerful first
step, but a person still needs access to treatment.” And for those who
need rehab or addiction services, there is a large gap between supply
and demand. “There is a tremendous unmet need for more services,”
says DiGravio, “we still aren’t keeping up with demand.”

A drug problem is more than a family problem: it is a community
problem. But in towns like Wellesley or Weston, outward emblems of
success can mask real world problems embedded in families.
“Perfectionism is going to be the death of us,” says Andrew Keough
when pondering the unwillingness of some residents to share stories of
less than perfect kids, jobs, or marriages. Dr. Joseph Strand fears that
lingering prejudice and stigma imbues the topic of drug abuse with
shame. “The more we can move away from the idea that addiction is
tied up in morality,” he says, “the more likely we are to be able to help
those who need it the most. We need to learn as a society to be up
front about it, that it’s okay for people to talk about it, that it’s okay for
schools to admit that drugs are in their schools, that it’s okay for a
town to admit drugs are in their town. Hiding from it reinforces the
idea that it’s a moral issue and that reinforces the idea that drug users
are not us, the drug users are them.”
Surveying the New Landscape
so now it’s just the two of you in a five-bedroom house on a couple of acres of land. The
garden is still lovely, but pulling the weeds seems more of a strain with every new spring. It’s wonderful
having space for the grandkids, but is it worth cleaning all those rooms when they come just once a year?
The country is so peaceful, but for how long will you be able to drive the three miles to the grocery store?

Is it time to downsize?

If your answer is yes, you’re living in the right time and place. From over-55 housing to luxurious
continuing care facilities, options for senior living are proliferating as the baby boom generation enters
the retirement years.

Each new senior community – such as the two-year-old Waterstone at Wellesley – seems intent on
setting a new standard, offering gourmet dining, designer kitchens, sophisticated arts and cultural
programming, and personalized wellness and fitness assistance.

The challenge – assuming you have the resources – is deciding which one is right for you. If only
there were fairy godmothers to guide grandparents, life would be much easier.

To a large extent, though, your health and finances will narrow your choices.

* * *

Elder care specialist Marjorie Raskin says she was surprised when her own father decided to move into
the Shillman House in Framingham, where residents have their own apartments but are provided
housekeeping and meal services. The Shillman complex is run by Jewish Community Housing for the
Elderly, which also has properties in Newton and Brighton.

“My dad sold his house in Wayland really before he needed to,” says Raskin. “He’s just a really prac-
tical person. He had a sense that he just didn’t need to have to worry about the lawn, going away on a
trip and worrying if his driveway is plowed. He wanted to have a much simpler lifestyle.”
Now, she says, he can be as busy as he wants and know that when he comes home at 6:00, he can drop into the dining room for a meal.

“He didn’t identify himself by what sort of home he owned,” Raskin says. “My dad made a decision to move based on his own quality of life. He’s enjoying his life to the fullest and has a very comfortable place to live close to his family and friends.”

Raskin fields questions about elder needs for CJP SeniorDirect, a program sponsored by Combined Jewish Philanthropies and staffed by elder care professionals from Jewish Family & Children’s Service. It serves everyone, regardless of religious affiliation.

Before giving advice, Raskin says, she listens closely to how seniors are experiencing the aging process. Her father’s solution isn’t the answer for everyone.

For people who are just looking to scale down, Raskin may recommend consulting a real estate agent about condos and apartments laid out on a single level and close to public transportation and stores.

But for those looking for a more supportive environment, she may suggest they contact a certified geriatric care manager to help sort through their needs and options. The managers often have backgrounds
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in nursing, social work, or other clinical fields. Raskin strongly recommends finding one who knows area retirement communities firsthand.

The manager will ask about your lifestyle. Do you mostly enjoy solitary pursuits, like reading and hobbies, or would you prefer to be in an environment offering a variety of social activities? Do you like to prepare your own meals? Would you mind eating in the same community dining room daily? Do you want a gym and/or a pool nearby? Does it make you uncomfortable to be around frail people, such as those who rely on walkers or wheelchairs? Would you like to move into a community offering varying levels of care?

There are no right or wrong answers to such questions. Few decisions are more personal than deciding on the place you’re going to call home.
If you value independence and aren’t looking for a lot of extra amenities, consider a place like Brook School Apartments in Weston. By contrast, Birchwood Highlands Senior Apartments, also in Weston, is a community unto itself, with a fitness center, library/media center, lakeside views, and an array of educational, recreational, and culinary activities. In Newton, Lasell Village has recreated the feel of an old New England town on the campus of Lasell College; you can enroll in classes while skipping dorm life.

If you need help with the basics of daily living, such as cooking and bathing, assisted living may be the appropriate setting. You will be provided three meals a day, light housekeeping services, personal care help, and a variety of programs tailored to physical and memory issues. The cost can range from $4,000 to $7,000 a month – higher if specialized care is required. Nurses oversee care planning and medication, but generally don’t provide hands-on services as they do in a nursing home.

Thanks to increased home health and care services, people are able to remain longer in independent living. The nonprofit Springwell can help assess your needs, and arrange for services and subsidies for those on limited incomes.

Skilled nursing facilities offer the most intensive care. They range from the traditional hospital-like institution of long corri-
dors of rooms fanning off from a nursing station to settings that look almost like homes. Examples of the latter are NewBridge on the Charles in Dedham and North Hill in Needham, which is scheduled to finish its new skilled nursing center by the end of the year.

Going by such names as the Green House and Small House movements, this model of care breaks nursing homes into neighborhoods of a dozen or so residents. Their rooms are clustered around a homey central space that includes a kitchen for preparing breakfast and light meals, a family-style dining area, and a living room. The kitchen area doubles as a nursing station, but you wouldn’t know it at first glance. In both private and public spaces, medical apparatus and supplies are hidden behind mirrors and paintings or built into walls and furniture.

Beyond the cosmetics, these pioneering care approaches emphasize the needs and desires of the residents over institutional convenience. For example, residents eat breakfast when they want to, not when trays arrive from some far off kitchen.

* * *

If you’re independent now, but want the security of knowing you’ll be taken care of should you require increasing help as a result of physical
and/or mental impairment, continuing care facilities in effect offer one-stop shopping. While all share the basic concept, each offers its own mix of medical, social, and support offerings – and cost structure.

“The terminology gets confusing and some of the advertising is misleading,” says Raskin. You need to ask about the specific services offered at each level of care: Are the providers in-house or contracted? Are you guaranteed appropriate housing should your needs change? How sophisticated is the on-site care? Does the facility have particular specialties, such as memory support or physical rehabilitation?

Under North Hill’s Life Care Option, independent living residents pay a $40,000 upfront fee that guarantees that their basic monthly rates will not increase should they move into higher

Where to call or click for help

Here is just a sampling of local and national resources:

- WELLESLEY COUNCIL ON AGING
  781.235.3961 or www.wellesleyma.gov
  (click on Departments)

- WESTON COUNCIL ON AGING
  781.786.6280 or www.weston.govoffice.com
  (click on Town Departments)

- SPRINGWELL
  Provides eligible seniors in western suburbs with advice and home care through state subsidized programs.
  617.926.4100 or www.springwell.org

- CJP SENIORDIRECT
  Advice by phone or Internet on care for seniors in Greater Boston. The nonsectarian service is provided by Jewish Family & Children’s Service of Greater Boston through funding from Combined Jewish Philanthropies.
  800.980.1982 or www.cjpseniordirect.org

- MASSACHUSETTS OFFICE OF ELDER AFFAIRS
  Website offers consumer guides to all levels of senior housing. Besides those discussed in accompanying article, it includes lesser known options like supportive and congregate housing.
  www.mass.gov/elders/housing

- SNAPFORSENIORS
  Provides advice on selecting an appropriate settings and a database of senior facilities nationwide.
  www.seniorhousinglocator.org

- YOUR ELDER CARE EXPERTS
  Website provides a list of recommended articles and books, advisory services, housing options, financial help and advice for family discussions. Based in Waltham, the agency has a staff of geriatric care managers.
  866.924.9543 or info@yourelderexperts.com

- NATIONAL ASSOCIATION OF PROFESSIONAL GERIATRIC CARE MANAGERS
  Offers database for local and national care managers.
  www.caremanager.org
levels of care. Depending on your contract, part of the upfront payment is reimbursable to either you or your family. Eligibility for the Life Care Option is subject to a review of your medical history.

At NewBridge on the Charles, which is operated by Hebrew SeniorLife, residents in independent living purchase their apartments or townhouses. Prices range from $550,000 to $1,125,000. When the home is vacated, the residents or their estate generally receive 90 percent of the purchase price. In addition, residents pay a monthly fee. Independent living residents are guaranteed places in NewBridge’s assisted living and long-term care centers, but their monthly fees would increase.

Waterstone in Wellesley, which has onsite independent and assisted living, offers still another financial model. Residents pay a joining fee of $6,250 and then monthly rent. Should they require skilled nursing care, they are guaranteed placement in EPOCH of Weston or other EPOCH senior living centers. The rent varies with the size and location of the unit, and the level of care.

At all facilities, the monthly payments are subject to increase with inflation. They also vary with the amenities that are included. Independent living generally includes one daily meal. In contrast with the limited, bland institutional dining of the past, retirement communities today often tout upscale restaurants with multiple menu options.
You may want to have an elder law attorney look over the contract to help compare the continuing care facilities. And the facilities themselves will analyze your finances to make sure that, besides meeting the upfront costs, you’ll be able to manage the monthly fees.

A must do step before choosing a retirement home or community is visiting it. You will want to observe how the staff and residents interact with each other, taste the food, sample the activities, and check out how well the grounds and facilities are maintained. Seek out opportunities to chat informally with residents and their families. Get a sense of the personality of the place. Is it too formal or informal? Welcoming or somewhat clique-ish? Too sophisticated or not sophisticated enough?

Again, there are no rights or wrongs here. You’re making decisions about the people with whom you may well be spending the rest of your life.

This year the Wellesley Council on Aging began arranging tours of various senior communities in the region, from independent living to nursing homes. Each month, a different facility sends a bus over to Wellesley. Typically, the visit includes a tour, lunch, and a concert or other resident activity. “It’s turning out to be quite a popular offering; we’re running a waiting list on most of the tours,” says Linda Clifford, a licensed social worker who fields questions about services and housing options for the council. Register in advance for the tours, which are listed in the council’s newsletter.

While the options for the affluent have expanded, they have narrowed for those with limited means — especially if they want to remain in their hometowns. Some long-time Wellesley and Weston residents may be house rich, but income poor. All that equity can be quickly gobbled up by rent and monthly fees, especially in assisted living and nursing homes.

To qualify for public housing or rent subsidies, you must meet certain income standards. Even if your retirement income is as high as $50,000, you may qualify. Wellesley Housing Authority has 145 units for seniors in four complexes. Priority goes to town residents, but anyone can apply. Even if you’re just thinking about moving, sign up on the wait list; openings may take six months or much longer, depending on your preferences.

Subsidized housing is available through various private and nonprofit organizations. Glen Grove in Wellesley has 125 units, but the wait is two to five years. The Regional Housing Service Organization of Massachusetts serves as a clearinghouse for affordable housing in Weston, Acton, Bedford, Concord, Lexington, and Sudbury. As a result of the state’s affordable housing law, luxury complexes like Waterstone have below-mar-
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ket units. They go fast, so keep in regular touch with your local council on aging or other social service agencies.

For skilled nursing care, MassHealth, the state’s Medicaid program, will cover the costs, but only if you meet an income test and have exhausted most of your assets. Be forewarned: The application process includes a five year “lookback” at your financial records for suspiciously large transfers.

* * *

Wellesley is home to the headquarters of Benchmark Senior Living, which bills itself as the largest provider of senior housing in New England. Since its founding 17 years ago, Benchmark has built or acquired more than 50 properties. “We have three in Newton, one in Waltham,” says Chairman and CEO Tom Grape, a former Weston resident. “We’d love to have a place in Wellesley.”

Currently, it is expanding an independent living community in Lincoln, formerly known as the Groves, into continuing care by adding assisted living and skilled nursing. The new name is The Commons in Lincoln.

Grape says that Benchmark residents tend to be middle class and up, depending, in part, on the location. “We have a lot of communities which are retired teachers and firemen. We have others that are predominantly retired professionals, doctors, lawyers, and business people.”

He says Benchmark is continuing to look for new ways to meet the high expectations of the baby boom generation, adding wellness centers, spas, bistros, and, in some cases, onsite medical clinics. “We want people to come in and feel it’s current and not an old folks home,” Grape says. “We have dedicated Internet teachers in each of our communities. They help residents send emails, photos… That’s been a tremendous hit.”

Over the last 15 years, Grape has seen a rise in the average age of people moving into independent living. “We frequently hear, ‘I’m not ready,’” he says. “We hear people say things like, ‘I don’t want to live with the old folks,’ when the person saying it is over 90.”

But once some of those very same people make the move, they sound a very different tune within just a few months. “There’s a fresh bounce in their step, because all of a sudden they’ve gone from poor nutrition to now having good nutrition; they’ve gone from lonely… to a vibrant social life with new friends.”

For many people, it’s liberating, Grape says. “What they find in most cases is that the independence is more than they had before.”
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the National Center for Education Statistics reveals a disturbing fact. By the fourth grade, the majority of black and Latino students in the United States struggle to read a simple children’s book and are unlikely to go on to graduate from high school. The Postsecondary Education Opportunity Newsletter weighs in with another startling statistic. Only eight percent of ninth graders from low-income families go on to graduate from college with a Bachelor’s degree. Although every child deserves a quality education, unfortunately, race, family income, and zip codes often determine a student’s future.

Charter Schools: Agents of Educational Reform

Charter schools were conceived in the early 1990s as “education laboratories.” Although not all succeed in elevating academics and college readiness, Stanford University’s Center for Research on Education Outcomes (CREDO) asserts that charter schools serve a pivotal role in educational reform. CREDO — established to assess educational initiatives and inform educators and policymakers about successful programs, curricula, policies, and practices — conducted a National Charter School Study in 2013. The study analyzes schools in 27 states representing 95 percent of the charter school student population.
According to CREDO’s report, in the 2012-2013 school year approximately 6,000 charter schools served about 2.3 million students, with more than half of these students living in poverty. The study reveals that charter school students in 11 states, including Massachusetts, realized greater advances in reading and math than their public school counterparts. The good news is that several charter schools in Massachusetts are successfully closing the opportunity gap for inner city students.
It Takes a Village

Wellesley residents Sarah Maynard, Steve Mugford, Connie Walkingshaw, Tom Ellis, and Mark Taber all recognize the transformative power of an excellent education. Grateful for the profound impact education has had on their own lives, they not only support the schools their families are associated with, but also they support high-performing inner city charter schools in Boston, specifically the Neighborhood House Charter School (NHCS) in Dorchester or Excel Academy Charter Schools in East Boston, Chelsea, and Orient Heights. These advocates for quality education for all children stand behind these charter schools as they deliver a solid return on their investment of time and resources.

NHCS and Excel Academy both launch Boston youth on paths to earning high school and college degrees, higher incomes, and productive roles in society. Both combine high expectations, rigorous academics, personal attention, and data-driven operational systems to change the destinies of students. Both are tuition-free and select their students through blind public lotteries. And both schools have waiting lists.

Support for the Whole Child

The documentary film Waiting for Superman follows several students as they wait anxiously to learn if they win the lottery for a coveted spot in a prominent charter school, including Harlem Children’s Zone, known for its comprehensive approach to improving students’ lives with an integrated set of supports. NHCS Executive Director Kate Scott explains her school’s similar approach: “Many of our students come to us with considerable academic and behavioral challenges. We...”
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create rich and rigorous learning experiences and couple them with extensive social [and] emotional programming. Our goal is to ensure that our students are successful not only here at Neighborhood House, but are able to graduate from high school, pursue post-secondary education, and experience life success.” The CEO of Excel Academy, Owen Stearns, shares his school’s holistic approach: “Our mission is to put our students on a path to success through college. To do that our students need to be smart, yes, but they also have to have character, a sense of self, and the ability to persevere through challenge. That is what students also learn at Excel.”

The positive, inclusive atmosphere at NHCS inspired Sarah Maynard to become a supporter of the school. Sarah visited NHCS with her daughter, Elizabeth Maynard Chiu, a graduate of Columbia Teacher’s College and former kindergarten teacher at two lottery charter schools in New York City: Harlem Success Academy and Harlem Link. “We were struck by the upbeat energy and consider it to be a great environment for kids to learn and grow,” she explains.

Despite all the support, the transition to a demanding charter school environment is not always an easy one for students. One stu-
dent, Kevin, came to Excel East Boston reluctantly as a seventh grader, feeling as if he was the unluckiest person in the world. Kevin struggled academically and behaviorally and tried to get kicked out for most of that year. Excel wouldn’t let Kevin quit. Instead, they held him back to repeat seventh grade. He returned with a changed attitude and was on honor roll through graduation. By the end of his eighth grade year he had this to say:

“I thought going to Excel was going to be the WORST thing in my life. It turns out, even with all the detentions and suspensions, I’ve grown into a person I’m proud to be. When we go on to high school, we should always remember the struggles we had at Excel. Just like it was hard to transition INTO Excel, it may be hard to transition into high school, but we shouldn’t give up. Excel is unique and it makes you unique. It changed us all in so many ways. We learned that we are not alone; there are always others around who can pick us up when we fall down. We’ve learned to be independent learners and thinkers, to choose the right friends, and to be above negative influences. We’ve learned to talk about our feelings when something doesn’t feel right. Excel isn’t about being a follower, it is about being a leader and learning how to excel in the best way, and help others be on the same positive path as you.”
“Quality education shifts kids’ perspectives from disempowered concern about what the world will do to them to empowered confidence about the impact they can have on the world,” says Excel Academy supporter Steve Mugford of the life-changing benefits of education. “My dad was the first in his family to go to college and as a kid I saw firsthand the power of education to dramatically alter a person’s life path.” Steve points to Excel Academy’s combination of rigorous operating practices, data-driven systems, and passionate commitment of teachers as attributes of the three middle schools’ success. “The fact that Excel kids outperform the kids from every town in Massachusetts—including from our highly educated, affluent towns of Wellesley and Weston—on the eighth grade MCAS, demonstrates what is possible.”

Massachusetts State Representative Alice Peisch
Aims to Unite Fans and Foes of Charter Schools Behind Educational Reform

Massachusetts State Representative and House Education Chair Alice Peisch favors limited expansion of charter schools by proven providers in the lowest performing districts, as well as increasing flexibilities for these districts so they can improve performance more quickly. The bill she introduced—“H.4091: An Act Relative to Improving Student Achievement”—aims to bring on board charter school opponents by proposing a modest lift on the cap on charter schools specifically in the state’s lowest-performing districts. And it requires an opt-out lottery system or enrollment of a student body of which 75 percent are dropouts or at risk of dropping out. Representative Peisch explains her commitment to educational reform for underserved urban families, stating, “Bottom line, the goal is to increase the opportunities for all children to have access to a high quality public education. I agree with the US Secretary of Education, Arne Duncan, who states, ‘I do not care if it is a charter school or a district school as long as the students are well served.’”
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Helping Kids Beat the Odds

Connie Walkingshaw has been deeply involved in education over the past twenty years, including as PTO president of Hunnewell Elementary School, PTO representative for METCO, board member of the Wellesley Scholarship Foundation, as well as member of the Headmaster’s Council at Roxbury Latin School. Connie explains her decision to expand her philanthropic focus to include NHCS: “I went to a benefit at NHCS as a favor to a friend and, to my surprise, I became totally committed. The school is one of the best run elementary schools I have ever seen, serving the whole child and providing the families of Dorchester a chance to change the trajectory of their lives.”

Tom Ellis experienced a similar “you’ve got to see it to believe it” eureka when he visited Excel Academy. He encourages anyone interested in education to visit and witness for themselves how Excel transforms lives. By creating a controlled environment, Excel eliminates the chaos that undermines an environment where students feel safe to take risks and realize their potential. About five years ago, Mark Taber learned about Excel as he was studying the charter school movement,
drawn to the freedom to build educational models from the ground up. The youngest of six children born to a police officer and a stay-at-home mother, Mark appreciates the significant impact education has made on his life and is driven to replicate the benefits for others. Mark and his wife Evelina, who hails from Argentina, have chosen to support Excel’s student body of predominately Hispanic youth.

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much of the fun and growing reach of the area’s “underground music scene” has been fueled by the collegiality among local musicians and their creative “mix and matching” of players for any particular gig — be it a backyard barbecue, local bar, or “Fire Pit Friday” at the Wellesley home of Shira Doron and Don Czerniach.

The “fire pit” jams are held outdoors around an open flame during the good weather, but the colder months bring the eclectic group of successful “professionals by day, rockers by night” into the living room where they can simply let loose and make some noise.

New players are always welcome, says Shira Doron, the event’s host, lead singer, and founder of Off Label, a rip-roaring rock band made up mostly of medical professionals. Off Label plays block parties and house parties throughout Wellesley and, like many in the underground scene, offers live performances as an auction item at school fundraisers.

Wellesley resident Bob Bua didn’t think he’d know anyone when he showed up at his fire pit session with a second-hand guitar and notebook full of songs. But he recognized fellow guitarist Haig Tellalian, but only tangentially as “Owen’s dad” because their boys had been on the same basketball team.

Bua says that for many years his social life revolved around his children’s activities, be it sports, school functions, or other extra-curricular activities. He’d never imagined such a mild-mannered father on the basketball sidelines like Tellalian (a medical sales professional by day) had an alter ego as “a wild man of rock and roll energy” as the lead guitarist for the Wellesley band Grounds for Divorce aka GFD.

Tino DeLollis (left) and Haig Tellalian play in a number of different Wellesley-based bands that can be booked for local gigs via the underground music scene’s new website: www.WellesleyRocks.com
Scene

top: Grounds for Divorce (GFD) bass guitarist Karl Hammond of Wellesley and drummer Dan “Thunderfoot” Foote of Weston; middle: Haig Tellalian rocked with GFD in the Battle of the Bands last year hosted by the Needham nonprofit group Plugged In; bottom: Longtime friends Shira Doron (left) and Cathy “Cat” LaFave perform as Catalyst along with Patrick Hayden (not pictured).
The Underground Music Scene

The two joke with each other about their different playing styles. Bua is more of a one-man acoustic guitar act invited to play in living rooms and backyards of friends and neighbors, whereas Tellalian is booking gigs for GFD at venues like Angry Ham’s Garage in Framingham and rocking out on the Wellesley Town Hall Green.

Richie Oleson, Angry Ham’s manager, books all the talent for the sports bar and grill and likes giving new bands their moment in the limelight. He recognizes that locals don’t always want to trek to Boston or Worcester for a show, but will treat themselves to a fun night out with friends closer to home. So when bands like GFD have a strong set list of popular covers and can bring out their own loyal following, he’s more than happy to give them the stage.

Sometimes it’s hard to tell if the musicians or their “groupies” are having more fun, Bua says. He describes most of the musicians in the underground scene as being happily married, professionally successful, and at a stage of life when their kids are becoming more independent.

“So what’s a parent to do?” Bua joked about the classic set up for the proverbial mid-life crisis. “Start a band!”

His own involvement with the guitar happened quite by chance. He was watching his kids and those of a family friend one day when he learned the ten-year-old played guitar. He thought he’d humor him by asking for a song. “The kid played Dire Straits and I was blown away,” Bua says.

He gathered up kitchen pots and wooden spoons and set up an impromptu jam session. It was so much fun he decided to buy his very first guitar. Bua went to a second-hand music shop and joked that the owners must have thought they’d hit the jackpot: middle-age guy imagining himself a rock star — and the bankroll to fund such a fantasy. But rather than outfit himself with the most expensive equipment, Bua bought a beater guitar and gave himself three months to see if he could make music anyone else could stand to listen to.

Before those three months were up, a neighbor insisted he play a “living room set” at an upcoming cocktail party. “What makes music fun is getting to be a part of it,” Bua says, so he thought of ways to get others in on the act. He brings notebooks with the lyrics to popular songs and invites requests from the audience.

A highlight every summer of the underground music scene is “Wickerstock,” so named because it was founded by Allison Mills and Walter Wickersham of Wellesley.
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The Underground Music Scene

“The catch is, if you request it, you have to help me sing it,” Bua says. The audience loves it, and invitations to play in Wellesley homes keep coming. It was at one of these small events that he met Cat LaFave, back-up singer with Off Label and member of Catalyst, who invited him to his first fire pit Friday.

Like so many in the underground scene, LaFave enjoys being in a number of different bands. Catalyst is a trio with her long-time friend Doron as well as Patrick Hayden, a guitarist from Wellesley who has the reputation in the underground scene for being the go-to guy for booking

below: Roger Fielding is a well-known scientist studying nutrition by day and plays bass and guitar for Off Label in his free time. Most members of the band are in the medical profession.

facing page: Wellesley resident Bob Bua
He has played with Catalyst at Mick Morgan’s in Newton earlier this year, and has a second acoustic trio as well called MLB All-Stars. Playing a gig is a great evening out, Hayden says, but like most in the underground scene, he still gets up early for work the next day.

playing a gig is
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Website for Wellesley’s underground music scene:
www.WellesleyRocks.com
Professionals by day, rockers by night

Bob Bua – aka RipChord of Prom King Productions – has been continually amazed to find out how many musicians are out there, only they keep it a private part of their lives that are more visibly consumed with the obligations of work and family. He keeps talking about it though, and the underground network keeps growing, both in the number of musicians and their loyal fan base. There’s even a new website for the growing Wellesley underground music scene for viewing clips of local bands and booking gigs, www.WellesleyRocks.com.

“If we’re honest,” Bua says, “at this age, much of life’s free time can be spent watching the next generation have fun. How often do the kids envy the fun their parents are having?”

That was exactly the dynamic at play at the Memorial Day backyard barbeque a few summers back when Off Label played its first set to entertain friends and neighbors. When the grown-ups put the instruments down, the kids picked them up, and The Screaming Sushi kid rock band was born.

When your parents are in a band and learning the ropes of recording and getting gigs, there’s a trickle-down effect. Screaming Sushi has built quite a following. They’ve performed at local Wellesley school functions, and the band’s original Christmas song was broadcast on Fox News. The Christmas song broadcast can be viewed on the WellesleyRocks website.
“Music definitely brings families and people of different ages together,” says Marjorie Levin of Weston. Levin has two sons who’ve been playing music together in their basement for years and have a band, FalconsPrey, that’s just released its first original on iTunes called “Mockingbird.” Finding venues for youth bands can be quite a challenge, Levin says, because alcohol sales are what support most small clubs. She credits local outlets like The Natick Arts Center, Plugged In based in Needham, and Pavoh launched by Laura Lamere of Weston, with doing a lot in the local area to support budding musicians (see sidebar “Resources” for contact information on page 142).

Much of the early legwork falls on parents, be it providing practice space, paying for lessons, driving to various venues, or simply being a young musician’s biggest fan. “It’s so much more real when there’s an audience,” Levin says, “and much more fun for everyone.”

And no matter what your age, fun is ultimately what it’s all about says Tino DeLollis who plays in both Grounds for Divorce and MLB All-Stars along with his wife Heidi. It needs to be, he quipped, because none of the grown-up rockers are making any real money playing music. “Believe me, no one is quite ready to quit their day job.” At least not yet.

The Underground Music Scene

left: Sarah Bua on violin joins Patrick Hayden of Catalyst to surprise the crowd with an unplugged version of Led Zeppelin’s “Kashmir,” a version of which can be streamed via WellesleyRocks.com. below: Featured bands playing at “Wickerstock” over the years have included: Catalyst, MLB All Stars, Screaming Sushi, Off Label, Grounds for Divorce, The Grateful Dads, The Meanees, Burnt Orange, Permanent Vacation, and RipCHORD
A Veggie Tale

CALVIN HENNICK writer

Wellesley resident Dave Peters has worked on product launches ranging from the Mach3 disposable razor to a brand of sugar-free mini mints. Now he’s setting out on his own to revolutionize French fries – by stuffing them full of carrots and broccoli.

dave peters had his eureka moment at the oven door. Making roasted vegetables and French fries for his family, he thought, “Why not combine the two?”

It’s an idea so simple – mixing not just the starchy potatoes with their more nutrient-dense cousins, but also blending the convenience of processed food with the healthiness of veggies – that it seems impossible someone hasn’t thought of it before.

In fact, a couple of small companies do make similar products. And Peters likely isn’t the first dad to blend up potatoes with carrots and broccoli, mold the mush into shoestrings, and stick them in the oven until they resemble something that their children might be willing to eat. But he may be the first in a position to make real headway in the French fry market.

Peters has spent his entire career in the food industry, helping to launch products for companies like General Mills and Procter & Gamble, but he’s always wanted to start his own company. In early 2013, he quit his job as head of sales and marketing for Tribe Mediterranean Foods to start Veggie Fries, and the product hit store shelves in January this year.

Peters isn’t content to let his creation become a niche product, something that costs twice as much as “normal” fries and can only be purchased at specialty shops. Veggie Fries are already...
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on shelves at chains like Roche Bros. and Big Y, retailing at between $3.99 and $4.99, only slightly more than their all-potato competitors. Peters wants to snag a five percent share of the French fry market in each store that stocks the product within a year. Within two years, he wants Veggie Fries to achieve $10 million in sales. And five or so years from now, he hopes, he’ll be the founder and chief executive of a $100 million company.

In terms of making healthier fries, “I know there’s going to be a shift,” Peters says. “We hope to be a part of initiating that shift in this category.” He compares his product to sweet potato fries, which were once a non-factor but now account for about 20 percent of the French fry market.

The fries come in four flavors. Broccoli and Carrot are the top sellers, and were designed with the simpler palates of kids in mind. The more nuanced taste of the Tuscan Bean & Herb and Chickpea & Red Pepper varieties, Peters hopes, will appeal to adults.

Although Peters declined to share sales data, early reviews are promising. Peters paid to have all four flavors taste-tested through the Kid Kritics Approved program run by Family Food Experts, an organization that promotes healthy eating. Products have to meet certain baseline nutritional criteria to be tested, and kids are asked whether a product looks good, smells good, tastes good, and whether they would want to eat it at home. If a product gets at least 70 percent positive responses, it earns the kids’ seal of approval.

Not only did all four varieties of Veggie Fries make the cut, but the Carrot flavor was the first product ever to score 100 percent across the board.

### Fry Try
The writer brought home a bag of all four flavors of Veggie Fries for a taste test with his wife and three-year-old (veggie-loving) son. Here are the results:

**Carrot**
**ME:** Very good. Tastes almost like a sweet potato fry.
**WIFE:** It’s delicious.
**SON:** Yummy!

**Tuscan Bean & Herb**
**ME:** This is my least favorite of the four. The herb is a little overpowering.
**WIFE:** It’s good, but it’s different. I feel like the herb is almost too strong.
**SON:** I don’t like it.

**Chickpea & Red Pepper**
**ME:** A nice little kick from the red pepper.
**WIFE:** I like this one. I could see myself dipping these in hummus.
**SON:** (Wouldn’t try it. Ate the pasta and broccoli on his plate instead.)

**Broccoli**
**ME:** You can really taste the broccoli here. My favorite.
**WIFE:** It kind of reminds me of broccoli tempura.
**SON:** Good!

### Verdict
My wife and I were fans, but our son preferred plain vegetables to the fries. Still, we’ll be buying a couple more bags of the broccoli flavor next time we’re at Roche Bros.
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business “exceeded their expectations”

“What was so refreshing is that these measured at least as high as what kids expect French fries to taste like,” says Ellen Briggs, president of Family Food Experts. “It well exceeded their expectations. The crispy outside, fluffy texture on the inside, just completely took them to the moon and back.”

“Finally, here is a fry that you will not feel guilty about giving to your kids,” Briggs adds. “They have done a tremendous job with this product. I fully expect them to be hugely successful.”

The kids’ responses were even more complimentary (if a tad hyperbolic, with a tendency for amusingly tortured metaphors). “It tastes so good my taste buds had a party and my tongue fainted,” said one child. “It was so good that I could explode a rainbow,” said another. One kid wrote, “I LOVE IT,” followed by 39 exclamation points.

Peters and Briggs stress that Veggie Fries don’t just pay lip service to nutrition. Peters says he’s been disappointed in the past by snack chips and sticks that use “veggie” as part of their brand name, but only use a little bit of tomato or spinach powder for coloring. By contrast, around 30 percent of Veggie Fries are made up of vegetables or beans.

“That 30 percent threshold is what allowed us to get the three grams of fiber, the three or four grams of protein per serving,” Peters says. “So we’re real proud that we’re able to get that 30 percent into the product. It’s substantially more – up to ten times more – than you see in other products.”

“Is it something kids should eat on a daily basis, like apples, because they’re so healthy? No, they’re not like apples,” says Briggs. “But it’s a great side. It satisfies kids. I’d rather you have [Veggie Fries] than a baked potato with butter and sour cream and bacon bits, absolutely. I would even make them for breakfast, with some scrambled eggs. Why not?”

Briggs says that, while whole fruits and vegetables are essential to a healthy diet, it’s unrealistic to think that people won’t eat any processed foods, and so it’s important to make those foods healthier, as well. “You want fresh foods on the table, absolutely. But you can have some convenience foods too. What they’re doing is, they’re taking a traditionally loved food, and they’re making it healthier. I think it’s fantastic.”

On a recent Saturday afternoon, Peters watched on as shoppers at the West Roxbury Roche Bros. store sampled his product out of paper cones. “Hey guys!” he enthused as two young girls walked by with their mother. “You want to try some V eggie Fries?” One of the girls shook her head, and the mom explained that they weren’t very adventurous eaters, but the other girl stepped up and had a taste.

Later on, in the freezer aisle, Peters couldn’t help himself from pitching the product to shoppers who were buying other items. When one woman picked up a bag of Ore-Ida Extra Crispy Golden Crinkles, Peters asked her, “Did you try the Veggie Fries in the back?” Peters told one skeptical boy that he would buy the fries for him if the child tried them and liked them.

The boy did not return, but a few hours into the sampling, the store was in danger of running out of the product. Peters beamed as he watched a man pick one of the last bags of Veggie Fries out of the freezer and place it in his shopping basket. “For an entrepreneur,” he said, “there’s nothing more heart-warming than seeing that happen.”


courtesy of veggie fries

dave peters (right) with his wife cristina (left) and family
probably the biggest dietary trend out there right now is going gluten free. Large food companies have spent billions of dollars to get on the bandwagon and place gluten-free products in stores, and movie stars and other celebrities sing the praises of omitting gluten. Chances are you even know someone who has tried the diet. So, should you go gluten free?

Despite its popularity, most traditional doctors caution that starting a gluten-free diet is probably not a good idea for the general population. They say the diet may be lacking in essential nutrients, vitamins, and fiber and should probably be used only by the small percentage of people who really need it. Still, believers argue that a gluten-free diet is a healthy choice for anyone who has sensitivity to gluten and that it can help reduce or omit a number of health problems from stomach discomfort to muscle pain.

Gluten, a protein found in wheat and some other grains, including barley and rye, is a central ingredient in most breads, baked goods, and pasta. In fact, it’s what gives bread its structure and makes it chewy. Switching to gluten-free is a major lifestyle change for most people, not just a diet, because so many everyday foods – even things like salad dressing and ketchup – contain gluten.
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A gluten-free diet is essential for the approximately one percent of the population who have celiac disease, a serious autoimmune disease that causes significant damage to the small intestine when someone with the condition eats foods with gluten. This can result in diarrhea, anemia, bone pain, and sometimes a severe skin rash called dermatitis herpetiformis.

This diet is also used to treat people with what’s relatively recently been diagnosed as Non-Celiac Gluten Sensitivity (NCGS). People with this disorder don’t have celiac, but have a difficult time metabolizing gluten and can experience symptoms such as diarrhea, bloating, gas, and constipation. Dr. Rupa Mukherjee, a gastroenterologist at Beth Israel Deaconess Medical Center, says current studies indicate that approximately three to six percent of the population has this sensitivity.

Even though there is a relatively small group of people that clearly do benefit from going gluten-free, the Huffington Post estimates that gluten-free living appeals to about 30 percent of American adults. This diet is also popular locally. Sue Khudairi, co-owner of the Dorset Bakery and Café in Wellesley, started offering certified gluten-free baked goods five or six years ago. (This means that the restaurant has two separate kitchens to make sure the gluten-free products are not cross-contaminated with other baked items.) She estimates that 60 percent of her customers are interested in gluten-free baked goods.

Given all this interest, why are traditional health care providers cautious?

According to Web MD, “Gluten itself doesn’t offer special nutritional benefits. But many of the whole grains that contain gluten do. They’re rich in an array of vitamins and minerals, such as B vitamins and iron as well as fiber.” So by going on this diet you may be omitting nutrients your body needs.

In addition, Dr. Mukherjee stresses that eating gluten-free, processed foods can deprive your body of necessary nutrients, vitamins, and fiber. “That’s because a lot of gluten-free foods are not fortified with vitamins and minerals,” she says. “My advice is that if people decide to go on a gluten-free diet, they eat plenty of fruits and vegetables (naturally gluten-free), take fiber pills, plus take a gluten-free multi-vitamin.”

“Most importantly,” she says, don’t self diagnose. “People should not take the decision to follow a gluten-free diet lightly. They should discuss it with their doctor.”

Another local expert is more blunt. Linda Nikolakopoulos, a registered dietitian at Newton-Wellesley Hospital, notes: “If you don’t have celiac disease or NCGS, removing gluten from your diet is not going to benefit you.” And in fact, she adds, it can lead to vitamin deficiencies, especially with children.
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“I have definitely seen people lose weight on this diet,” says Keator, but it’s more likely because they are cutting out carbohydrates, not gluten.

Readers who responded to a HuffPost Healthy Living article entitled “Should You Go Gluten-Free?” were overwhelmingly positive about the diet. One reader wrote, “Quite honestly it’s getting a little boring listening to the supposed adverse effects of going gluten-free. Since cutting gluten from my diet, I actually eat more vegetables, fruits, and nuts since I choose not to substitute at all times with gluten-free products.”

Another reader noted, “Eliminating most gluten has greatly helped my immune system. I have also finally figured out the root of the chronic constipation that has plagued me my entire life … My naturopath is the one who convinced me to try going gluten-free and saved my life ultimately. Gluten sensitivities are not picked up by standard testing. It is only through eliminating it that one can tell if it helps them.”

A woman who identified herself as a certified holistic nutritionist touted the diet, saying she was more qualified to offer advice than the average dietitian “who often tends to recommend outdated dietary advice based on flawed ‘science’ as well as cookie-cutter advice.”

One thing is certain: If you have celiac disease or NCGS, you benefit from the increased number and variety of gluten-free foods you can find in local grocery stores. An advisory board member of the New England Celiac Organization and a celiac patient herself, Carla Carter was diagnosed when she was still in college. She is now 33 years old. She talks about feeling “out of place and isolated” because of her dietary restrictions. Now she’s grateful that a variety of products exist, and you can get them from Amazon and at Roche Bros., Whole Foods, and other stores.

Overall, local experts encourage you to think twice before making a major lifestyle change and switching to a gluten-free diet. They all that the decision is best made after talking with your doctor or a nutritionist.
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for a long time I could not decide whether hosting an au pair – a caretaker from another country who lives in a host family’s home in exchange for 45 hours of childcare – would be the right fit for my family. My normal remedy for such indecision, the classic list of pros and cons, was useless as the pros mirrored the cons. (Pro: an au pair speaks another language that she can teach my children. Con: an au pair speaks another language so may have trouble communicating with my children. Pro: an au pair lives in our home so is always available for childcare. Con: an au pair lives in our home so is always around.) Then we had one of those disastrous mornings that families with three children under the age of five occasionally have, and I tore up my list and faced reality: we needed a flexible and affordable source of childcare. Twelve weeks later, our au pair Alba arrived from Spain.
With Massachusetts currently ranking in the top five states nationwide for highest cost of childcare, more and more local families are making the same decision and hiring an au pair. Experienced nannies can easily command $20 or more per hour (coming out to roughly $46,800 per year for forty-five hours of childcare), making the $18,028 per year that it costs to host an au pair very appealing. “We’ve seen a thirty percent increase in inquiries from families this past year alone,” says Kerry Lavin, Local Development Director at Cultural Care Au Pair, a popular au pair placement agency. “When people are trying to find childcare that fits in their budget they are always pleasantly surprised at the cost of au pair, especially because they’re paying per family, not per child.” Families should be aware, however, that they are also responsible for providing an au pair’s room and board, specifically a private bedroom and all meals. Many families also choose to provide an au pair with a car and cell phone, although not required.

Dollars and cents aside, the primary concern of every parent is how hosting an au pair will impact their family. Au pairs enter the United States on a one year cultural exchange visa. The expectation is that they come not only to work, but to experience life in America and share their cultural backgrounds. For many families, this is a huge draw. “A big benefit of hosting an au pair is introducing a second language,” says Diane Swartz, Local Area Director for Au Pair Care, another popular au pair agency. “We have a lot of families that already speak a second language at home and they want to continue that. Also, most people that have au pairs have traveled themselves. They make the best host families because they’ve seen that there are many different ways of thinking about things and looking at the world.”

But along with these benefits, an au pair’s foreign status can bring some unique challenges, even from the very beginning. A potential host family’s first step in the au pair process is to review au pair profiles online. If a family reads about an au pair who seems like a potential fit, they can request to speak with that au pair, usually via Skype. This is where things can get dicey. While Skype is wonderful because it allows people continents away to see each other via computer and con-
verse for free, it does not compare to meeting someone face-to-face. Minor language barriers are exacerbated by poor internet connections, conflicting time zones create scheduling confusion, and internet connections are frequently lost.

My first Skype conversation with Alba, for example, took three tries because we kept losing sound. But through that experience I learned something important about Alba—that she keeps cool when things don’t go as planned. I couldn’t understand everything she was saying or exactly tell what she looked like due to a grainy video display, but I learned enough about her personality and energy level to feel excited about her as a good fit for my family. I clicked the “request a match” button on the au pair website and crossed my fingers that I had made the right decision. Twelve weeks later, we picked Alba up at Logan Airport.

Boston was not Alba’s first stop in the United States. Every au pair attends a multi-day training hosted by their particular au pair agency. This allows the au pair to adjust to the United States and receive training in cultural norms, childcare tips, and safety expectations. (Alba recalls 9-1-1 being repeated all day long!) Even after this training session ends, an au pair and his or her host family are never without support. Every month, local coordinators check in with families and au pairs attend group meetings. “Au pair programs are very highly regulated by the Department of State,” says Swartz. “Every au pair agency is required to have a staff member that lives within an hour of a host family and the guidelines are strictly adhered to.”

But the real heart of the au pair experience centers on what happens inside the home. Because everyone is living under the same roof and families are able to schedule the au pair’s 45 weekly hours of childcare in whatever fashion they need (as long as the au pair does not work more than ten hours per day and has at least one consecutive day and a half off per week), the relationship is different than that of a nanny who typically leaves when a parent arrives home. “An au pair inevitably sees you at your best and at your worst,” says a mother of three in Wellesley who has hosted several au pairs. “I do feel that hav-
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ing an au pair allows me to be a better, more engaged mom, but our au pair has seen me lose my temper with the kids, argue with my husband, snap at my mom — it’s family life, and it’s not always pretty!”

Experts recommend setting clear guidelines about household rules for everything from curfews, to car usage, to what kind of snacks are appropriate to serve the children. Families who have hosted multiple au pairs will often have a whole binder of information about their family and will schedule out-going au pairs to overlap with in-coming au pairs so they can assist in the new au pair’s training. But once the structure is in place, the relationship is not all rules and regulations. “An au pair is not just an employee,” says Katrina Ohl, a Local Childcare Consultant for Cultural Care Au Pair. “The best experiences are where the au pair becomes part of your family. A lot of people are very nervous about having someone living with them in their home, but the funny thing is that’s almost never an issue once the au pair arrives. If you chose the right person who you really get along with and is a great personality fit with your family, it never feels like an imposition.”

That’s partly because au pairs are not typically hanging around at home when they’re not working. They quickly learn where the best shopping is and what time the last commuter train leaves from Boston. Au pairs will often hop on a bus to go to New York City or Philadelphia for
the weekend. And since there are so many au pairs in the area and they all come via an organized program, they tend to make friends easily.

“The au pairs are very happy to be here,” says Swartz. “American culture has been exported to them since the time that they can remember... and to come here and experience it first hand is a terrific opportunity for them.”

Alba is now well settled into life with my family and I laugh thinking back to my list of pros and cons. Life with young children is not about organized lists, but about managing chaos and maximizing fun and the right au pair can help tremendously in both regards.
Elementary School Traditions

NAZ SIOSHANSI writer

traditions mark the passage of time, and at no point is the anticipation of getting older more exciting than during childhood. The Wellesley and Weston public school systems have plenty of traditions that foster this excitement, from welcoming a new kindergartner to the school or helping the sage, old fifth grader graduate on to middle school. Each tradition has a different purpose—connecting the school as a whole, the school to the community, or highlighting the education curriculum for parents. Most importantly, however, these traditions capture the exhilaration of growing up. After all, most people can nostalgically remember field days, school concerts, and receiving yearbooks.

One of the most anticipated days in childhood is the first day of kindergarten. To prepare children, the Country School in Weston (pre-K through third grade) has a visiting day the prior spring where incoming kindergartners visit the school. During this visit, the children will also ride the bus for the first time. “While it is just around the school campus, it is really
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fun to see the kids’ faces as they get on and off the bus for the first time,” shares Principal Christine Price.

In Wellesley, each school has a different welcoming event—for kindergartners and the larger student body. At Hunnewell, the kindergartners are welcomed by a kindergarten popsicle party the day before school. The entire school is then welcomed back with a larger ice cream social on a Friday night in early September.

“Everyone from the attending child’s family is welcome—older siblings, younger siblings. It’s a great event and way to reconnect with everyone after the summer,” says Beanie Spangler, Hunnewell’s 2013-14 PTO co-president.

At Schofield, the children are welcomed back with a flag-raising ceremony where the fifth grade girl scouts help raise the US and Schofield flags. All parents are welcome to attend this outdoor assembly that happens at drop-off and the principal will address the assembly.

The kickoff event for the Bates School is open to the whole community and happens the Saturday after Columbus Day. The Bates Pumpkin Fair is a large event, with an assortment of bouncy houses, games, a haunted house, food, and, yes, pumpkins.

“It is a wonderful tradition that the whole community looks forward to…grandparents to newborns can be seen at the event. I know people who wait until the fair to buy their pumpkins. It is a great way to support the school and welcome the fall,” says Lisa Foley, the Bates 2012 co-president.
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Similarly, the end of the school year is well celebrated at all the local schools. Many schools will honor their graduating class with a “clap out”, when the younger students and parents will line the halls and exit, clapping as the graduating class marches out.

“It is really a touching event. You see all the fifth graders marching out so proudly. For years, they have lined the path and now they are the ones marching,” says Spangler.

In Wellesley, where seven different elementary schools merge into one middle school, there is a big field trip for the fifth graders to help orient them to their larger sixth grade class.

“All the fifth graders go to Hale Reservation for two back-to-back days. There they will do a number of different team building activities, such as rope courses. There will be three to four different elementary schools there at a time, so it is a way for them to start getting to know each other. It’s a great bridge tradition,” says Amanda Kennedy, the Schofield 2013-14 PTO co-president.

“Throughout the school year, the fifth graders will have different events to fundraise for this event,” Kennedy continues. “At Schofield, for example, the fifth graders sell cupcakes at the back-to-school picnic.”

At Country School in Weston, the third graders are the graduating class and they celebrate their rite of passage by creating a leaf out of foil. The leaf is signed by each graduate and hung on the large steel tree displays in the front of the school. “These leaves are known as legacy leaves,” says Price.

For the graduating Weston fifth graders from the Field School (fourth and fifth grades), the last day of school is marked by a field day at the Rivers School campus.

“A video of their year is shown and there is a barbecue, but most graduates will remember the day as their opportunity to be the first ones in the town pool,” Principal Matt Lucey says with a laugh.

There are sprinklings of other traditions that happen throughout the year as well. Most of the Wellesley schools have large fairs, similar to the Bates Pumpkin Fair. The Hunnewell Fun Fair is held the Friday of the Wellesley Wonderful Weekend. At the fair, the dunk tank is typically manned by fifth grade fathers, who have been signed up by their kids.

Hunnewell also has a sock hop in November, where the PTO sponsors a DJ and root beer floats. “The funniest part is that the kids think a sock hop means dancing in their socks. All of the socks come home black,” laughs Spangler.

A new tradition that is widely popular at Schofield is the teacher/student basketball game. It is the fifth graders who go up against the teachers and the entire school is welcome.
It has become so well attended that it is now hosted at Babson.

Bates hosts a family movie night in the gym. Everyone comes in their pajamas with sleeping bags and stuffed animals. The fifth grade will run another concession stand for their spring trip.

Other traditions are connected to the community. All of the Weston schools work closely with Land’s Sake Farm. In kindergarten, the children are taught how to tap trees for maple syrup; they will also visit the sugar shacks outside the middle school and watch how the syrup is made.

Every year the Weston second graders at both the Woodland and Country schools will run a food drive for the Bristol Lodge, a soup kitchen in Waltham. The students are responsible for setting up collection bins in all the schools’ classrooms, creating momentum and tallying the donations.

“It’s great to see the kids graphing the donations and it’s important to teach them about giving back to the community, especially at this time of year. Bristol Lodge employees will come to the Thanksgiving assembly to accept the donations,” Price says.

And then there is the Thanksgiving tradition of a full turkey meal prepared by the director of food services and staff for the Field School, the only Weston school which does not have its own kitchen.

“Our food is lovingly made at the middle school and brought over daily throughout
the school year. But every year at Thanksgiving, the food staff goes out of their way to make this extra special meal just for us, the week before Thanksgiving,” says Lucey.

Traditions that are associated with the curriculum are also many in number. “When fifth graders are asked to remember a favorite activity for the yearbook, they often mention making their own Japanese kites in the second grade. That is when they study Japan. After the kites are made, they fly them on the hill behind Bates. It is a great site—all the kids running down the hill with their kites streaming behind them,” says Foley, smiling at the memory of it.

In the third grade, each school studies insects.

“We have a bug play, where kids learn how to project their voices and make their own costumes. The story is focused on diversity and democracy,” says Dr. Cindy Crimmin, principal of the Woodland school in Weston. At Hunnewell, the bug project is well known. “When my son made his bug diagram, it was displayed on the dining room table for weeks—as he refused to let us move it,” laughs Lisa Collins, the 2012 PTO co-president. “And it wasn’t a small model,” she sighs.

The fifth graders at the Field School will host a “wax museum” night for their parents. Each student is expected to research a revolutionary era character. On the night of the wax museum, the students will come dressed up as the character and will act as the person, telling the story of their lives to the parents.

Similarly, the fourth graders will have a young authors’ night where they will read their personal narratives to different groups of parents. An author in residence will help the children work on their narratives, along with the teachers.

In Wellesley, Hunnewell has hosted a popular science night the first Friday in April. This year it will be hosted town wide. Local colleges will participate in setting up different workshops, such as one on magnetism. Last year, students from Olin and Wellesley College participated. One of the most popular workshops was making flashlights in an assembly line. A few years back the most popular event was making ice cream.

The desire to grow up is driven, in part, by the desire to do what an older classmate has done. Traditions help systematize this process, and Wellesley and Weston residents are fortunate that their elementary schools have so many wonderful ones.
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it’s less than a week after Julia Bringhurst Blake’s first open studio. More than 100 paintings crowd the hallways, living room, and kitchen in her home, identifying tags still stuck to the walls. Each area has a theme: floral, figures, beach, trees, sky. Styles range from detailed representational work to vibrant free-form florals to sophisticated abstract landscapes.

Smack in the middle of the living room, a freshly completed canvas leans against the furniture. Its enormous surface is infused with energy: vivid color delineates the low horizon; huge brushstrokes trace clouds roaring across a massive sky.

The work expresses Blake’s personality: enthusiastic, open, confident, and strong. Untrained as an artist, in her three years of painting she has found a passion and pursues it with verve.

“I’m a bold person,” she says. “There’s nothing timid about me.”

A collector of vintage fabrics, Blake thought she might take up quilting when her youngest child, Cooper, started preschool three years ago. Not that she needed another interest or activ-
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ity: the Wellesley mother of six children, ages six though nineteen, has worked in real estate, run her own party-planning business, served as PTO president, and finds catering a meal for 250 people fun.

Painting wasn’t anything she expected to try. When a new acquaintance invited her to her studio for an open painting session, she accepted. On a freezing night in February, she grabbed a photograph of a pillow, the nearest thing she could find for inspiration, and drove to Sutton, Massachusetts. “It was the last thing I wanted to do, but I forced myself,” she says. “I felt compelled to go.” Her first creation was a small, square abstract work that vibrates with color. Blake appreciated the opportunity to work with an artist and gain a friendship, but, she says, “I did not enjoy painting at all.”

Three months later, she ventured out again to the studio, this time attempting a rendering of her former house on Mellon Road. The result was one she liked, although now she finds its simplicity quaint.

Blake says she first felt like an artist after she recreated another painter’s work for a friend. She had attempted to obtain a print of the work, but when that effort failed, she decided to try painting it herself. Telling the story, she laughs that she had the audacity to strive for such a goal. Yet, the effort led to an epiphany.

“It came so easily,” she says. “Being able to create something so beautiful became a springboard for me. I realized if I could paint that, I could paint other things. It just became my passion.”

That fearlessness and devotion to her new craft allowed Blake to create 100 paintings in 2012. She also won accolades, earning second prize in the first juried show she entered, for a painting titled Light in the Grove.

Blake paints 40 hours a week, mostly while her children are at school or asleep. Life has changed a bit for the Blakes: her husband does the grocery shopping; her children, even her eight-year-old, can handle their own laundry. “Initially, I would rather paint than sleep,” she says.

Her entrepreneurial side helped her sell almost 100 paintings in seventeen states the next year. Using Instagram, Facebook, and blogs, she has spread word of her work. Through the first half of this year, she sold more than 60 works and has several shows lined up through 2015. She organized the spring 2014 Wellesley Women Artisans studio tour as a way to bring attention to local art. Believing that more people should have access to original work, she often donates paintings to fundraisers. Her work has generated rising acclaim, and has been
artist profile “bold contrasts”

exhibited at locations including Providence Hospital, the Unum Corporation in Worcester, Dorset Cafe, and the Wellesley Free Library. Upcoming exhibits include The Center for Arts in Natick (November through December 2014) and the Sherborn Inn and the Sudbury Library in 2015.

Although her career is still new, it has been intense. Besides her thousands of hours of practice, Blake has studied at the New Art Center in Newtonville and at the Museum of Fine Arts. Along the way, she's grown as an artist. “I did a lot of representational painting early on, and now I'm enjoying the abstract side,” she says, with work that explores color relationships and features bold contrasts. “I'm gaining more confidence. I don't have to prove that I can paint it. There's so much freedom in not painting representationally.”

Blake's process starts with a concept, a sketch, or a photo. Fast-drying acrylic suits her personality — her paintings are created quickly — as well as allowing her to attend to her family. She paints from a vintage red stepstool in a corner of the all-white kitchen of her Chatham Circle home, using a repurposed armoire to hold canvases, reference photos, files, paints, brushes, and other materials. Above, a shelf running along
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two walls holds her collection of ceramic bowls, stacked and arranged in pleasing color groupings.

Her first step is underpainting on canvas, sometimes in a neutral, but often in bold color. Rather than sticking to a single color for the underpainting, she may create swaths of different colors. For one beach abstract, she underpainted with fuschia and chartreuse. “I just feel like there are no rules,” she says. “I wish I had a background in art, but at the same time I’m glad that I don’t.”

To create translucency or add sheen, she mixes glazes into her paints and works with a large brush, perhaps adding details later with a smaller brush. She’s fast and decisive. “My painting is not neat. It’s all about the energy.”

Blake’s painting also has therapeutic value, as she has struggled with depression. “I was sad to be done having children,” she says. “This gift, these paintings, became something I created — not in the same way, but they helped fill that void.”

She’s especially inspired by the season of spring, which, with its evanescent beauty, reminds her to savor life’s small moments. The theme of light runs through her work, with high contrast symbolizing a desire for optimism.

Blake sees her work as a vehicle for focusing on opportunities, choosing priorities, and making choices “between good and better, between better and best, as well as between good and bad.”

Blake acknowledges that her path has been unconventional. “Some artists map out their course,” she says. “I just want to paint what makes me happy.”

Her latest work centers around skyscapes, symbolizing infinite possibilities. “The sky’s the limit — the whole world’s open to us,” she says. “It’s about looking up, not looking down. I’m a very faithful person. I believe in God and looking to a higher source for comfort and guidance.”

More than 100 people attended her open house in May, and Blake’s paintings seemed to resonate. “One of the most common responses to my paintings is that they’re so happy,” she says. “We can choose happiness. I want people to look at my work and see the good in the world. If my paintings can help people appreciate life, that would be my goal.”
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ON THE SCENE 2014
being a published author is a dream come true for Weston-bred Caroline Carlson, who is releasing a series of youth adventure books and realizing her vision of becoming a professional writer.

“I’m a full-time writer, which has been amazing and wonderful,” Carlson says, as she discusses Magic Marks the Spot, a book that was released last year. It’s Carlson’s first, and it’s the inaugural of three in The Very Honorable League of Pirates trilogy (HarperCollins).

Carlson’s sweeping seafaring adventure follows the main character, Hilary Westfield, as she deftly navigates the high seas on a pirate ship, thanks to a magic talking gargoyle. Hilary’s adventure is a rescue, in a way — it liberates her from the staid finishing school for girls where the main diversions are learning to waltz and acquiring embroidery proficiency. Pirates, magic, treasure, and villains abound, with plenty of humor and madcap escapades to keep readers enraptured.

The 368-page novel is aimed at ‘tween and teen readers, especially those who are fans of series like Lemony Snicket or The Mysterious Benedict Society collection. Fans who have already read Magic Marks the Spot will be heartened to know that the next book in The Very Honorable League of Pirates series is coming out this September, entitled The Terror of the Southlands.

Carlson, who is now based in Pittsburgh, participated in the Field School’s “Great Conversations” program last spring. Fourth and fifth graders read Magic Marks the Spot ahead of time with their parents, and had the exciting opportunity to meet the author at the Weston Public Library.

“We had a great question-and-answer session,” Carlson says. “When the kids asked me where I get my ideas, my answer is that I don’t know,” she laughs. “It’s a mysterious process. All
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of the things I’m interested in mix in my brain and turn into something that might resemble a good story."

For starters, when she was growing up, Carlson and her friends used to embark on long, multi-day, elaborate treasure hunts that her parents set up. Another place Carlson found great inspiration was — no surprise — Weston’s public library.

“Caroline was in our after school book club when she was in elementary school,” recalls Kelly Wood, the children’s room librarian and a 28-year veteran of the town’s library. “I recognized right away that she was a huge reader, so I’d save new books for her.”

Carlson’s love of the library and books continued as she grew up. “I returned to the library in summers during high school and college, where I helped Kelly and coordinated the summer reading program for schoolchildren,” she says. “Kelly has been incredibly supportive, and she always recommended new books to me when I was growing up.”

Some of the books that caught Carlson’s fancy were, not surprisingly, classic pirate stories by Robert Louis Stevenson, and fantasy stories such as The Dark is Rising sequence of five books by Susan Cooper. Other favorites include The Dalemark Quartet series by Diana Wynne Jones and The Westing Game by Ellen Raskin.

Back to the Future

After high school, Carlson went to Swarthmore for her undergraduate degree. “By senior year of college, I realized I didn’t know ‘how’ to be a writer — if you want to be a doctor, you go to medical school, or to be a lawyer you go to law school, but that’s not how a career as a writer works,” she says. “It felt tenuous and scary.”

Carlson found her way after college by going into textbook publishing in Baltimore for five years. “This made me familiar with the world of writing — I was editing and I could see on a screen how layouts were organized, how photos were chosen, and all of the steps in an editorial process,” she explains.

But Carlson knew working in this publishing sector wasn’t exactly what she wanted to do. “I wanted to write fiction for kids, rather than...
nonfiction textbooks. So I found out about a Master’s program in writing for children at Vermont College of Fine Arts in Montpelier.”

Students must write a work of fiction to earn their degree, so Carlson wrote Magic Marks the Spot as her thesis novel. “I got a good response from my advisor and classmates, so I sent the manuscript to agents — turns out they were interested,” she says. “I was expecting the process to take months or years, but I also learned from other writers that if you have the right manuscript, then it doesn’t take that long. I sent the book to three agents and I got an offer of representation a week later.”

While Carlson has come a long way from her elementary school years as a patron of Weston’s library, some things haven’t changed. “I’m happiest of all when I’m lost in a good book,” she declares.

Wood says it was thrilling to have a former Weston youngster come back to the library as a published author, and she opines on The Very Honorable League of Pirates series. “I believe Caroline is the first person to put magic and pirates together, and I love that — it’s a great take on fantasy, with a different approach,” she enthuses.

The likelihood is strong that The Very Honorable League of Pirates trilogy will become a classic series, enthraling today’s budding readers across the country. Carlson offers advice to youngsters who might be interested in a writing career. “The most important piece of advice, which I didn’t realize until I was in my 20s, is not only to write and read, but also learn as much as you can about everything out in the world you’re interested in.”

Carlson urges students to take a diverse selection of classes, read nonfiction, follow the news, “and anything else you find interesting, because that’s where stories come from,” she emphasizes. “The end result is that you will have all these ideas in your head mixing and bumping into each other. You may not feel like you’re working towards being a writer, but you truly are.”

**FOR MORE INFORMATION** about the author and her books, visit www.carolinecarlsonbooks.com
Portland, Maine “Gets it Right”

JANET MENDELSON writer

in march 2014, TIME magazine named Portland, Maine one of nine US cities “getting it right.” Small and walkable from the working waterfront to the Arts District brimming with galleries, museums, and restaurants, there’s plenty to enjoy in this city with a seafaring personality. Stroll along the Old Port where you’ll find shops selling offbeat fashions, distinctive home décor, and specialty foods, but no chain stores. Enjoy family-friendly minor league sports. Tour islands in Casco Bay or board the new ferry to Nova Scotia, Canada. Visit Portland Head Lighthouse, the oldest in Maine, and Winslow Homer’s Studio. Find beauty in the fog. Eat well.

Portland, like Maine, is also gritty, hardworking, and entrepreneurial. People here talk a lot about collaborative spirit. It’s a way of thinking that’s rooted in the traditions of mariners, woodsmen, and farmers who for centuries relied on each other to survive hard times, and still do. And while empty storefronts are scattered about town, there’s plenty that points to a growing economy. Five major hotels are opening here this year and next. Luxury ocean-side resorts are nearby.

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A Small City Big on Art and History

“Portland is fanatical about supporting the arts,” says Donald Tuski, president of MAINE COLLEGE OF ART (MECA). “There is a long history of visual artists in Maine. Edward Hopper, Rockwell Kent, Winslow Homer, Marsden Hartley, the Wyeths, among them. They came to art colonies that flourished on the coast or, like Homer, to build studios. Then and now, artists find Portland accessible to New York and Boston but without the distractions major cities hold. There’s also a strong crafts culture in Maine and a spirit of getting it done and doing it creatively.” Those connections are reflected in Portland’s abundance of galleries and more than a dozen museums, from fine art to obscure.

The Institute of Contemporary Art, ica@MECA (522 Congress Street), presents exhibitions of innovative student and faculty work. Across the lobby is the highly regarded JUNE FITZPATRICK GALLERY, which has a second location (112 High Street) devoted to works on paper. Next door is SPACE GALLERY (538 Congress Street), an edgy nonprofit that hosts films, live music, and artist lectures. GREENHUT GALLERIES (146 Middle Street) and AUCOCISCO (89 Exchange Street) lead any list of galleries not to miss.

FIRST FRIDAY ART WALKS are a great introduction to the scene. The free, self-guided celebrations are held downtown on the first Friday of every month from 5:00 to 8:00 pm. As many as 60 venues participate—open studios, galleries, and museums with extended hours. Dancers, musicians, and visual artists perform, mostly outdoors. In December 2013 for the first time, the city shut down Portland’s main artery, Congress Street, from the Portland Museum of Art to Monument Square. It was one long live venue and so popular it has become an established event on First Friday in December and during the annual OLD PORT FESTIVAL IN JUNE. Fingers crossed that we’ll always see acrobats from the Circus Conservatory of America, a new higher education institution that plans to open here in September 2016.

“The Art Walk is a microcosm of the arts community here,” says Jennifer Hutchins, executive director of Creative Portland, co-producers of the event. “It evolved from a grassroots arts festival to something

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* Kathy worked for the buyer in this transaction
attended by 2,000 to 3,000 people each month. In Portland, artists are allowed to sell their own work on the street without a permit. More than 100 do that during First Fridays.”

The PORTLAND MUSEUM OF ART (PMA) (7 Congress Street), an anchor of the community, is worth the trip all by itself. This fall the museum presents a major exhibition, Treasures from the Berger Collection: British Art, 1400-2000 (October 6 to January 4), the only New England venue for this show from the Denver Art Museum. Aaron T. Stephan: To Borrow, Cut, Copy and Steal (September 6 to January 4) is a solo exhibition of work by the Portland artist known for his irreverent take on other artists. A few years ago, the PMA purchased and restored WINSLOW HOMER’S STUDIO in nearby Prouts Neck. By reservation only, the museum offers tours in small groups from mid-April to late October. Homer lived and worked here from 1883 until his death in 1910. On the tour, go behind his studio and walk along the cliff walk to Cannon Rock at the edge of the roiling sea, the inspiration for many of his masterpieces.

Inside the lively CHILDREN’S MUSEUM AND THEATRE OF MAINE (CMTM) (142 Free Street) is the only camera obscura available to the public in New England. During the Renaissance, artists used the instrument to learn accurate perspective. CMTM’s camera is room-sized, a big box without windows that has a hole in the ceiling containing lenses and mirrors that literally reflect what’s happening outside. The live image is projected onto a tabletop, upside down. Ask for the next guided tour.

THE MAINE HISTORICAL MUSEUM (489 Congress Street), established when Maine joined the Union in 1820, tells stories of Maine and U.S. history through documents, art, memorabilia, ships’ logs, and more. Next door is WADSWORTH-LONGFELLOW HOUSE, the meticulously restored childhood home of poet Henry Wadsworth Longfellow. The small but illuminating MUSEUM OF AFRICAN CULTURE (13 Brown Street) contains art and ceremonial objects from sub-Saharan Africa. VICTORIA MANSION (109 Danforth Street) is an elegant pre-Civil War home. Superb exhibitions of rare and antique maps and globes on view at the OSHER MAP LIBRARY at the University of Southern Maine (16 Bedford Street) are open on Tuesdays through Thursdays from 1:00 to 4:00 pm.
For theater, dance and music, check what's coming up at PORTLAND STAGE (25A Forest Avenue), MERRILL AUDITORIUM (60 Monument Square), and PORTLAND SYMPHONY ORCHESTRA (20 Myrtle Street).

What Else Can We Do?

CASCO BAY LINES (56 Commercial Street) runs commuter ferries year-round, as well as scenic, sunset, and music cruises. But one of the best ways to experience local color may be on the MAILBOAT RUN carrying freight, mail, and passengers to Little Diamond, Great Diamond, Long, Cliff, and Chebeague islands. On the 2.5- to 3.5-hour round-trip narration is provided for 10 or more cruise passengers.

PORTLAND HEAD LIGHT, across the bridge on Cape Elizabeth, is quintessential Maine. Your camera will love the craggy shoreline, iconic lighthouse, and passing lobster boats, especially towards sunset. A museum and gift shop are open seasonally.

Minor league sports are kid-friendly, affordable, and downtown with cheap parking. Scout would-be Celtics on the NBA-D League MAINE RED CLAWS at Portland Exposition Center, hockey toughs on
the AHL PORTLAND PIRATES in Cumberland County Civic Center, or Red Sox hopefuls batting for the PORTLAND SEADOGS in wonderful, classic Hadlock Field.

Get a Good Night’s Sleep
For urban lodging, consider the PORTLAND HARBOR HOTEL (468 Fore Street) or the PORTLAND REGENCY HOTEL AND SPA (20 Milk Street), or one of five new hotels. In the Arts District, the venerable Eastland Park Hotel, fully renovated, re-opened in March as the WESTIN PORTLAND HARBORVIEW (157 High Street). There’s a new HYATT PLACE (433 Fore Street) and COURTYARD BY MARRIOTT (321 Commercial Street) opens mid-2014. The PRESS HOTEL (390 Congress Street), a boutique hotel opening April 2015, takes its newspaper theme from the building’s former occupant, the Portland Press Herald, which relocated.

But what’s Maine without the ocean? INN BY THE SEA (40 Bowery Beach Road, Cape Elizabeth) has views befitting its status as an environmentally attuned luxury resort. Overlooking mile-long Crescent Beach State Park and five acres of restored wildlife habitat for cottontails and butterflies, the inn achieved Silver LEED® and Maine DEP Environmental Leader certifications for its full-service spa and newest three-story guestroom addition. Interiors and architecture have a contemporary cottage ambiance in the colors of water, sky, and green earth. There’s fine dining in the inn’s Sea Glass restaurant where the chef uses only locally sourced fish, produce, meat, and poultry. Fourteen of the sixty-one guest rooms and suites have fireplaces; twelve rooms are pet-friendly. During the growing season, gardening classes for adults and “A Bug’s Life” garden tour for children might entice you away from the outdoor pool.

Eat Well
“It’s hardly a secret that Portland is a food-lover’s paradise,” declared The New York Times last summer. “It’s a place where the local food movement got a jumpstart years before the word locavore found a firm foothold in the epicurean vocabulary.” With FORE STREET (288 Fore Street), chef/part-owner Sam Hayward, a James Beard Award winner, has been locally sourcing since 1996. Foodies adore his big, rustic, noisy place. Quieter is a French bistro favored by those in the know, PETITE JACQUELINE (190 State Street). For burgers, sandwiches’ and BBQ, NOSH KITCHEN BAR (551 Congress. Street) never disappoints. The menu features all-natural meat butchered, brined, and roasted “in-house.” THE SALT EXCHANGE RESTAURANT, BOURBON BAR AND ART GALLERY (245 Commercial Street) is among the city’s notables (SONNY’S, 83 Exchange Street, STREET AND CO. 33 Wharf Street, and FIVE FIFTY-FIVE, 555 Congress Street, are others) where the menu always features delicious and fresh seafood from the Gulf of Maine.
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whether you follow a strict vegan diet of no animal products or consider yourself an occasional vegetarian, you need not travel far to find resources to stretch your meals beyond rice, beans, and tofu. Along with selling more contemporary and interesting vegetarian fare, many local markets and food businesses also want to answer your questions.

“I’m impressed with the level of knowledge of our customers out there. People are absolutely intrigued and interested in eating a healthy, plant-based diet to maintain wellness,” says Stacy Kennedy, MPH, RD, a Wellesley nutritionist and co-owner of Stacy’s Juicebars in Needham. The business, co-owned by Stacy’s pita chips founder Stacy Madison, specializes in a range of juice drinks made primarily from fresh fruits and vegetables, but also sells light fare including many vegetarian salads and sandwiches.
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Statistics support Kennedy’s observation. The most recent poll from the national Vegetarian Resource Group, taken in 2012, found that 47 percent of Americans eat at least one vegetarian meal per week. People have also become interested because public figures including former president Bill Clinton, actress Natalie Portman, and talk-show host Ellen DeGeneres embrace vegan diets.

As a nutritionist, Kennedy welcomes questions. She points out to clients and customers that a vegetarian diet does not always equal a healthy diet. “If you don’t eat meat, you still might be eating a lot of processed foods,” she says. “Juicing is a helpful tool because it offers a way to consume a large amount of fruits and vegetables in a small portion size.”

Kate Blaski, Healthy Eating Specialist at the Whole Foods Market in Wellesley, also handles a range of customer inquiries about following a vegetarian or vegan diet. “Some are looking for a healthier, lighter diet. Others want to add more options or try new products. Customers are aware of the link between the food we eat and their health,” she says.

Blaski and Healthy Eating Specialists at other Whole Foods stores are not trained as nutritionists, but they do help individual customers plan menus and select ingredients as a free service. The Whole Foods Market Healthy Eating Program website offers an extensive database of recipes and advice. Blaski also gives cooking demonstrations and free classes at the store and off-site. No matter what, she tries to keep her advice practical. “The way I cook is quick and easy. I work full time and I also have a child in elementary school. If the recipe is healthy but too time-consuming, nobody is going to do it.”

A nutritionist or consultant can provide extensive, individualized advice, but vegetarians in Wellesley and Weston can find many other

“The way I cook is quick and easy. I work full time and I also have a child in elementary school. If the recipe is healthy but too time-consuming, nobody is going to do it.”

– Kate Blaski, Healthy Eating Specialist, Whole Foods Market, Wellesley
resources for fresh ingredients, prepared foods, and recipes. Some of the best markets and restaurants may not cater strictly to vegetarians, but still offer an extensive selection.

Supermarkets including Roche Bros. in Wellesley and Brothers Marketplace in Weston carry vegetarian prepared foods, such as three bean and kale salad or sweet potato and risotto cakes. Specials at

ISRAELI EGGPLANT SPREAD
from Marjorie Druker, chef-owner, New England Soup Factory and The Modern Rotisserie

2 large eggplants
2 cloves garlic, chopped
1 cup freshly chopped tomatoes
½ cup freshly chopped scallions
1 bunch of fresh mint, finely chopped
¼ cup extra-virgin olive oil
Juice and zest of two large lemons

- Preheat the oven to 400 degrees. Place the eggplants in an oven-proof baking dish and prick the eggplant with a fork a few times. Place in the oven and let roast for 25 minutes. Remove the eggplant and let cool until it is easy to handle and not too hot.
- Peel the purple eggplant skin off and remove all of the eggplant pulp and place it in a bowl. Discard the skin and chop the eggplant pulp into small pieces.
- Add the garlic, tomatoes, scallions, mint, oil, and lemon juice to the bowl and mix well. Chill before serving. Serve on sliced baguettes that have been lightly toasted or use as a dip.

Makes about 2½ cups

RAW APPLE CRISP
from Whole Foods Market

4 Honeycrisp apples, cored and chopped
¼ cup orange juice
¼ cup pecan halves
¼ cup hazelnuts
¼ cup raisins
¼ tsp. ground ginger
¼ tsp. ground cinnamon

- Put apples in an 8-inch square baking dish or 2-quart casserole dish.
- Drizzle with orange juice. Toss until the fruit is coated and smooth the top.
- In a food processor, combine the pecans, hazelnuts, raisins, ginger and cinnamon and pulse just until chopped. Spoon the nut mixture over the apple mixture and serve.

LIZ SLATTERY
Liz has over ten years of real estate experience and has listed and sold homes in over 12 communities located in and around the Boston MetroWest area. Liz believes buyers and sellers need the expertise and the perspective of an experienced professional when navigating the current real estate market. It is her role to provide that expertise and help her clients understand every aspect of the home buying and selling process. Liz enjoys playing tennis, cooking, and giving back to her community by volunteering for numerous organizations.

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Roche Bros. might include a juicing kit in the produce department. Each kit contains a mix of fresh fruits and vegetables for you to take home and put in your own juicer or blender. Brothers Marketplace, which showcases many local products, clearly labels fresh produce grown in New England.

Janie Knight of Weston has been a vegetarian since she was 12, though she does occasionally prepare meat for her husband and 19-year-old son. Though she shops at regular supermarkets, she praises Wilson Farm in Lexington and Russo’s Market in Watertown for offering “more unique types of things.” During the summer, she visits the farmers market in Waltham.

Volante Farms in Needham employs executive chef Todd Heberlein to prepare lunches and take-out meals that take advantage of the farm’s fresh produce. “Once we get into the growing season, if you’re a vegetarian, this is where you want to be,” he says.

Each day’s lunch menu includes a selections of sandwiches, including roasted seasonal vegetables with red pepper hummus; salads, such as roasted beet and jicama with chipotle dressing; and vegan or vege-

**food & wine** “unique types of things”

Whether you take out a meal or prepare your own food, the local resources should keep your menus varied.

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**SPICY CHICKPEA AND BUTTERNUT SQUASH SOUP**

*from The New England Soup Factory Cookbook by Marjorie Druker and Clara Silverstein, Thomas Nelson, 2007*

This has always been our most popular vegetarian soup. Made with coconut milk, lime juice, tomatoes, and ginger, it’s hot, sweet, sour, and luscious all in the same bite. Our shops in Boston are near some of the best colleges and universities around. Many of the students who come in are vegetarians with diverse and eclectic tastes. I had a student stop me on the street one day to tell me that he was not planning to be on campus that day, but when he heard that I was serving this soup, he found a reason to stop by for lunch. That made me very happy because I want to be the students’ kitchen away from home, feeding them whenever they need a bowl of something hot and nourishing.

3 Tbsp. olive oil
1 large Spanish onion, diced
4 carrots, peeled and sliced into coin shapes
½ cup diced celery
4 cloves garlic, minced
1 lb. butternut squash, peeled and diced into chunks
2 cups (16 oz.) diced canned tomatoes
2 cups (16 oz.) canned chickpeas, drained
12 cups vegetable stock
2 cups tomato juice
½ cup soy sauce
¼ cup freshly squeezed lime juice
1 Tbsp. ground ginger
1 Tbsp. ground coriander
1 cup flaked coconut
½ cup brown sugar
1 tsp. minced Scotch Bonnet peppers (see note)
1 can (14 oz.) coconut milk
⅓ bunch (about ½ ounce) fresh cilantro leaves, chopped
Kosher salt and freshly ground black pepper to taste

- Heat a stockpot over medium-high heat. Add the olive oil, onion, carrots, celery, and garlic. Sauté for 10 minutes.
- Add the butternut squash and sauté an additional 5 minutes.
- Add the tomatoes, chickpeas, vegetable stock, tomato juice, soy sauce, lime juice, ginger, coriander, coconut, and sugar. Bring to a boil.
- Reduce the heat to medium and simmer until the squash is tender, 35 to 40 minutes. Remove from the heat and add the coconut milk, peppers, cilantro, salt, and pepper.

Note: Scotch bonnet chile peppers are loaded with heat and an exotic flavor and aroma. A close cousin is the habanero pepper. You may substitute bottled habanero hot sauce (available at supermarkets and Caribbean specialty shops) or fresh habanero peppers if you cannot find fresh scotch bonnet peppers.

Serves 12

Heberlein has also noticed that non-vegetarians are interested in vegetarian cooking. At a cooking class he offered during the winter, only two of the twenty-five students were vegetarian. “They were looking for a different direction of what they are eating and what to prepare.”

For a source of fresh vegetables right in Weston, Land’s Sake runs a farm stand and pick-your-own fields. A late autumn CSA share offers three large distributions of storage crops meant to last through the winter. Throughout the year, farm-to-table Supper
Club dinners bring Boston chefs to Weston to cook with produce from Land’s Sake and other farms. These can be tailored for vegetarians.

A few restaurants near Wellesley and Weston specialize in vegetarian cooking, but many others offer interesting vegetarian and vegan selections. Most Asian restaurants make noodle or rice dishes that fit into a vegetarian eating plan. In Newton and Brookline, the New England Soup Factory and The Modern Rotisserie provide options for those seeking meatless meals.
Factory serves a rotating assortment of vegetarian soups, which might include black bean, habanero chile and yellow rice; farmers’ root vegetable; or yellow split pea with pumpkin. (I have tasted all of these because I co-authored the New England Soup Factory Cookbook with New England Soup Factory chef-owner Marjorie Druker). The Modern Rotisserie, the sister restaurant next to the Newton location of the Soup Factory, sells vegetarian side dishes or light meals including Cheez-It macaroni and cheese, sugar-roasted butternut squash, or blue cheese and cranberry cole slaw.

Whether you take out a meal or prepare your own food, the local resources should keep your menus varied. Contrary to the myths, Heberlein says that making vegetarian food is never boring. “You have to coax the flavor out of each and every vegetable.”

### LOCAL WHEAT BERRY SALAD

from Todd Heberlein, executive chef, Volante Farms

3 to 4 Tbsp. vegetable oil, such as canola
Salt and pepper, to taste
2 cups sugar pumpkin or any hardy fall squash, skin removed and cut into small cubes
2 Tbsp. olive oil
1 yellow onion, thinly sliced
1 cup apple cider
2 Tbsp. cider vinegar
½ bunch kale (5 to 6 leaves), tough stems removed, chopped
4 cups cooked wheat berries (see note)
1 Tbsp. chopped fresh sage
1 Tbsp. chopped fresh parsley
3 Tbsp. pumpkin seeds, toasted and chopped

- Preheat the oven to 350 degrees.
- In a mixing bowl, toss the pumpkin or squash cubes with enough vegetable oil to lightly coat each piece. Add a pinch of salt and pepper and toss again. Place on a sheet pan and roast until tender when pierced with a fork, 30 to 40 minutes. Set aside.
- Heat the olive oil in a medium sized pot over medium heat. Add the onions and cook until golden brown, about 10 to 12 minutes. Add the apple cider and vinegar. Simmer until the liquid is reduced by half.
- Add the kale and a pinch of salt and pepper. Simmer until the kale is tender, about 10 minutes.
- Place the wheat berries in a large mixing bowl. Add the kale mixture, sage, parsley, and pumpkin seeds, and toss to combine. Add more salt and pepper to taste. Can be eaten hot or cold.

Note: wheat berries are available at the farm. You could substitute spelt, rye berries or barley if you can’t find wheat berries.

Serves 4 to 6
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 wwwblog.com.

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

Debi Benoit’s 100 Fabulous Women Luncheon

1 Debi Benoit, Lara O’Rourke, Chelsea Robinson, Kathleen Seeley, and Katherine Bell 2 Megan Swenson, Brenda Copel, and Guest 3 Guest, Kristin Whitley, and Susan Cracraft 4 Linda Wilkins, Cindy Malloy, and Cheryl Hines

HRS Arnold Kerzner Dinner

1 Bob Lobel, Susan Wornick, and Dr. Arnold Kerzner 2 Joan Belkin, Amy Belkin Mofenson, Susan Wornick, Jay Mofenson, and Susan Solomont

St. Mary’s Fundraiser at Lyn Evans

1 Sheila O’Connor, Georgia Jenkins, and Mary McNulty 2 Anne Cimini, Susan Keliher, and Daisy Guzman
about town (CONTINUED FROM PAGE 202)

Kelley for Ellie

1 Ann Jameson, Bill Fine, Cheryl Cuddy, and Nancy Nash
2 Danny Amendola, Bill Fine, and Ben Rawitz
3 Marie Carroll, Louise Laudano, and Kati Bannish

Wellesley Chamber After Hours at Lux Bond & Green

1 Melissa Murphy, Alice Edwards, Guest, and Anne Casner
2 Trevor Lamarche, Lisa Hudson, and Nancy Haas

Wellesley Historical Society Gala

1 Rob Jaczko, Cindy Pratt Jaczko, Burkey Pratt, Stan Pratt, Ginger Pratt, and Tom Pratt
2 Dennis Viechnicki, Barbara Viechnicki, Bob Morrow, and Nan Morrow
3 John Celi, Beth Furman, and David Wetherbee
4 Peggy Heffernan, Sue Picking, Mike Heffernan, and Donna Maley

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about town (continued from page 204)

Newton-Wellesley Hospital Gala

1 Chip Douglas, Kathy Field, George Field, Bob and Nancy Anthony, Bill Elfers, Jennifer Douglas, Barbara and Ted Bloom 2 Michelle Arbeely, Veronica Bacon, Margaret McNeill, Jill Purpura, and Shirley Kelly 3 Conrad and Marguerite Wetterau, Kim Mai, and Bob Berry

Greenway Gala

1 Boston Mayor Marty Walsh and Jesse Brackenbury 2 Doug Linde

Parmenter’s 60th Anniversary Celebration

Marty Ragones, Denise McQuade, and Cindy Mayher

Needham Bank Hosts Wellesley Business Reception at Blue Ginger

1 George Pottackal, Guest, Chris Grant, and Maura O’Brien 2 Bill Darcey, Chrissie Lawrence, and John Chapman 3 Julie White, Eric Morse, and Beth Furman

For more information on these events and additional photos, visit wwmblog.com
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Foundation for Metrowest Spring Inspiration Breakfast

1 (standing): Mary Beth Mahoney, Beth Petrone, Gail Bogle, Jane Stefanni, Karen Mariscal, and David Yas; (seated): Mary Laura Greely, Gig Babson, Andrea Allen, Maureen Sullivan, and Wendy Paul  
2 Judy Salerno, Anna Conrades, Julie Toskan-Casale, Anna Lesser, and Pam Lesser  

Wellesley Chamber After Hours at Davis Museum

1 Susan McConchie, Katie Alexander, and Cynthia Alexander  
2 Dodie Bump and Charu Narain  
3 Alice Edwards and Melissa Murphy

Medicine that Matters – Boston Health Care for the Homeless

1 Mark Wolf, Dr. Derri Shtasel, Luana Marques, and David Zepeda  
2 Dr. Lisa Rubenstein, Rev. Joan B. Murray, and Bob Murray  
3 Margaret Boles Fitzgerald, Mary Richardson, and Anthony Everett

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

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photo: Michael J. Lee
Innovations in STEM Panel Discussion

1 Katey Goehringer, Beth Anne Willett, Anne Marie Cronin, Marybeth Martello, Sheila Olson, Julia de Peyster, Kristen Toffer, and Rama K. Ramaswamy
2 Beth Shedd and Linda H. Chow
3 Sheila Olson
4 Marguerite Chatelier, Alma Riska, and Julia de Peyster
5 Professor Robert Martello, Dean Woodring Blase, Ed.L.D. and David F. Lussier, Ed.D

Mr. Sid Benefit for the Lt. Walsh – Firefighter Kennedy Memorial Fund

1 Stuart Segel, Hugh Little, Peter Leone, and Barry Segel
2 Patrick Chung, Joe Vellano, and Ryan Allen

Bottom Line’s Ninth Annual Get In, Graduate and Go Far Dinner

1 Tariulis Garcia, Kevin Connolly, and Mariama Sano
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about town (CONTINUED FROM PAGE 210)

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Party in the Park

1 Remi Stresinger, Julie Hume Gordon, and Kat Van Demoot
2 Sara Underwood, Margaret McNeill, and Kelly Boullet
3 Katy Leland, Jeanette Hsu-McSweeney, and Erica Recht

Mitchell Gold + Bob Williams Boston 25th Anniversary Party

1 Greg Sweeney, Bianca de la Garza, Bill Emery, and Alisha Daniels
2 Bob Williams, Andrew Terrat, Lyndia Downie, Mitchell Gold, and Steve Elbaz
3 Michael Kelley, Ricardo Rodriguez, and Barry DeCosta

Boston Design Week

1 Neal Coughlin, Chris Zizza, and Kevin Murphy
2 Mahmud Jafri and Jacqui Becker
3 Laura Kuhn, Virginia Newman, and Sue Walsh

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

Do You Have An Event You Want Us To Showcase?
Please send your photos and descriptions to: jill@wellesleywestonmagazine.com. Email submissions only please; jpeg photos are welcome at a minimum size of 3" x 4.5" at 300dpi.
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our routines gather around us. They are there on our agendas, in the paper piles, and on the bulletin boards still overwhelmed with last year’s announcements and notices and reminders that only remind us how deep we are in.

Our reasons hold us together. They are there in our little niches of thank you cards and homemade gifts, in our stories and our sonnets. They are there in the crayoned scribbles and the aging photographs, curling at the corners, that tell the ways that we love and are loved in return.

Our teachers’ desks in the English/History office hold such scars of inspiration—along with our coffee cups and laptops. They are tucked tightly into drawers along with the sanitizer, aspirin, cough-drops, and Band-Aids: supplies to brace us in the coming days. As we re-configure our flight paths for the new year, our office chairs sigh as they swish and droop, sagging under us and our layers of cardigans and scarves.

When the lights went out and the door was locked in late June, our desks and chairs eased gracelessly into the night, like abandoned campsites in winter, watching and waiting for us to return. We always do, forever looking forward and marching on, sometimes a week at a time, sometimes just a class at a time.

Now, in late September, our desks seem to pile up on top of each other, staking their zigzag claims across the industrial tiles and stretching their paper-weighted elbows into the air, nudging and necking as they compete for space. I can hear them groaning under their breaths, already laden with dust but still straining toward sunlight.

Bruised and with broken locks, their keys long since lost, the desks connive and collect in huddled masses, leaning on or straining away from each other depending on what the day brings. I see them settle, resigned to their duties of holding things up and holding things in, of containing lists and notes and research and plans and the hopes of each new year.

And as they settle, our desks make room for small tea and chocolate comforts—and the collegial camaraderie that floats down from their assigned owners, gentle and buoyed as leaves from a tree.

CLAIRE SCHOMP teaches English at Weston High School and lives in Bolton.
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