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## departments  fall 2016

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Many of the residences at 50 Liberty will have views of both the harbor and the city. Views to the harbor, the city or both are not available in all of the residences. The view illustration shown is for illustrative purposes only and is not representative of the view available in all of the homes at 50 Liberty. The image is an artist rendering and is for illustrative purposes only and does not accurately depict proposed future improvements.

The Seller of the residences at 50 Liberty at Fan Pier is committed to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status, or national origin.
contributors fall 2016

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as much as I love summer, autumn is the season that really speaks to me. The days are still warm, but the nights are cool enough to open the windows and fall asleep to a lovely breeze. The changing landscape as the leaves turn to brilliant shades of orange, red, and yellow is always a sight to behold. Fall also signifies new opportunities and fresh starts, and the articles in this issue are filled with interesting people, incredible stories, and innovative ideas to motivate you to try something different, and embrace fall and all of its glory.

I find it incredible that after eleven years of publishing WWM, we are still uncovering new, thought-provoking topics and finding amazing people to interview who live and work in our towns. Our editor spends a great deal of time planning each issue and developing stories that are compelling in their own right and also fit perfectly with all of the articles as a whole. Of course, I love every issue but, like the fall season, this one is a particular favorite.

Our “Ten Tips for Climbing Out of a Rut” has some fabulous ideas to add more dimension to your days. Even if you’re not in a rut, you’ll most likely find something in our tips to spark your interest—whether it’s a new volunteer opportunity, learning a foreign language, or trying a new exercise regimen.

Another place to find inspiration in this issue is in our Face to Face profile of Wellesley resident Carol Chaoui. An avid, competitive runner for most of her life, Carol didn’t let a cancer diagnosis prevent her from completing her eighth Boston Marathon and raising more than $73,000 for metastatic breast cancer research. She has also encouraged others to take up the sport by establishing the Wellesley Couch-to-5K group and the popular Turkey Trot, held every Thanksgiving. Carol really is a “wonder woman,” and I know you’ll enjoy reading more of her story.

I also love reading about strong, creative women who have discovered new careers while working hard at being stay-at-home moms. Wellesley’s Keri Claiborne Boyle took advantage of her vivid imagination and reinvented herself as a children’s book author with the publication of *Teddy the Dog*, the first in a three-book series featuring a sassy but lovable pooch who also happens to have his own blog and line of apparel. Perhaps Keri’s story will help you discover the next chapter in your life.

And if it’s a scary story you’re looking for to get you in the mood for Halloween, look no further than our Last But Not Least pages where Liz Sower provides an excerpt from one of her spooky tales, featuring Wellesley.

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cemeteries always get a bad rap in the fall. Front yards are turned into makeshift graveyards complete with skeletons and cobwebs to celebrate Halloween, and eerily lit tombstones are depicted throughout the media to create a spooky, creepy mood. I’ve always found cemeteries (most, at least) to be beautiful, peaceful, serene, and very mysterious. I recall quite vividly walking hand in hand with my grandmother when I was very young through the cemetery in northeast Ohio where her parents are interred. It was so quiet and lovely along the tree-lined path, and I took the job of laying flowers on the graves very seriously.

Fast forward almost fifty years later when, a few years ago, I gathered at the same spot with my parents, children, and other relatives for a graveside ceremony to say farewell to my beloved grandmother. The day was bone-chilling cold with temperatures well below freezing, but the sky was a brilliant blue and the sun was shining brightly to warm the still air, if only a little. We were gathered under a canopied tent waiting for the minister to say some final words when all of a sudden, a tremendous, noisy gust of wind broke the solemn quiet, startling all of us and threatening to blow the tent away. A stunned silence ensued only to be interrupted by my son’s enthusiastic admonition: “Grandma, stop that!” Was that wind gust perhaps my grandmother exhibiting her fiery personality one last time? Who knows?

In this issue, we visit Wellesley’s and Weston’s lovely cemeteries and learn about some of the fascinating, famous people interred there. I had no idea that the man who wrote “It Came Upon the Midnight Clear” was a minister in Weston and is buried in Linwood Cemetery. Or that the composer of “All I Want for Christmas is My Two Front Teeth,” is from Wellesley and is buried in Woodlawn Cemetery. I know you’ll enjoy reading about these gentlemen and the other illustrious folks who walked before us.

Also in this issue, we conclude the “Our Religious Leaders” series with three additional profiles of people who are spiritual leaders in our towns. And, we celebrate a number of student athletes who are using their love of sports to create innovative ways to help others. If you’re looking for ways to help motivate your middle or high school student this fall, you’ll definitely want to share this article with all of the members of your household. And, to help solve the problem of what to pack for school lunches, our Food and Wine department features local celebrity chefs who also happen to be parents. They have some great ideas on how to create healthful, fun lunches that your kids are sure to love.

Enjoy!
we are all familiar with New England’s iconic autumn landscape: native maples ablaze in the crisp, clear light. These wonderful trees are the draw for day-trippers and visitors from distant places meandering along the byways and backroads of the Northeast to view and marvel at the foliage. The hearts of our forests, the handsome maples have graced our yards for decades and were the uncomplaining stalwarts of our childhood tree-climbing adventures. Big, bold beauties spread across backyards or front lawns just waiting to be climbed.

Many of today’s backyards are of a smaller scale, and the native sugar (Acer saccharum) and swamp or red maples (Acer rubrum) don’t have the proper space to grow to their majestic sizes or would smother surrounding plants. However, there are other suitable selections in the Acer genus and, while I strongly support the use of natives, there are foreign relatives worth using with similar attributes but on a more diminutive scale.

One of the advantages of a smaller yard is that it can be quite sheltered as well as shaded. A perfect choice for this environment would be a Japanese maple (Acer palmatum). It provides all the powerful fall colors of maples, interesting foliage, and characterful shapes. The foliage, as the species name suggests, has the typical maple-leaf shape, like a palm with lobes, and there is
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a subspecies that has dissected leaves with cut lobes producing a lacy effect. Long prized for their foliage throughout the growing season, Japanese maples can be incorporated into a number of landscape designs from accent plants to outstanding specimens. With their diminutive size, cutleaf types top out at six to eight feet, while the nondissected forms average 15 to 25 feet with foliage choices of red or green.

If you are looking to add red foliaged plants to your landscape, one of the best is ‘Bloodgood’ with rich burgundy foliage that becomes a bronzey red in the fall. When young it’s more vase shaped, but it will develop a graceful round shape at maturity and can be either multi-stemmed or single trunk. It’s in the tried-and-true category, making it a dependable choice. There is an improved form available called ‘Emperor I’ with all the attributes of a ‘Bloodgood’ but supposedly more vigorous. I should mention that Japanese maples are slow growing so if you want instant gratification, you’ll have to buy a bigger size. The red-leaved types produce a pigment for their foliage color that slows growth and is even more expensive.

For a splash of something fiery year-round, look for ‘Sango kaku’ with brilliant coral-red bark that is quite dramatic in the winter landscape. New foliage is tinged red becoming fresh green followed by a golden yellow in fall. A lovely variegated form is ‘Butterfly’ with creamy margins, a dainty twiggy look, and a brilliant scarlet color in the fall.

The cutleaf types are my favorite as they mound gracefully and their lacy foliage seems to shimmer in the landscape. Two readily available in nurseries are ‘Crimson Queen’ with deep-red foliage that turns an extremely bright scarlet in the fall and ‘Viridis’ with long, cascading branches. ‘Viridis’ fresh green foliage turns a lovely gold splashed with crimson tones in the fall.

Fall is a magical time of year, and it’s gratifying to create some enchantment along with blazing, smoldering colors that will add a glow to your outdoor space. This is the season of audacious hues so go find your favorite maple and bring it home.
Now that the relaxed days of summer have become fond memories, are you dreading the routine of fall? Are you fearful of falling into the trap of performing the same old activities week after week? Our tips may be just what you need to get a fresh start this fall with new and interesting ways to enrich your daily life.

one  Adopt a rescued pet.
While adopting a pet is a serious commitment, welcoming a furry friend into your home can provide a great deal of joy to all family members. Places to adopt include the Animal Rescue League, the MSPCA, and various humane societies. Locally, Stray Pets in Need (www.stray-dogsandcats.com) founded by Wellesley Animal Control Officer Sue Webb, places pets for adoption. The website of Sudbury-based Save a Dog (www.saveadog.com) offers a clearing-house of local shelters for dogs while Guardian Angels Cat Rescue (www.guardianangelscatrescue.org) can help you find a cat. If you’re not sure about a permanent addition to your family, you can foster a pet through the Gifford Cat Shelter in Newton.

two  Start a new hobby.
Photography is a great way to expand your horizons and explore your hidden artistic talents. Commit to a particular project, such as photographing religious sites, historic houses, bridges, unsung figures in your community (the postal worker, librarian, grocery store clerk, crossing guard), or scenes of unexpected beauty in your town. You could also take an art class or learn to play a new instrument.

three  Become a collector (or add to an old collection).
Thanks to eBay and specialized websites, it’s easy to find the most obscure objects. Collect postcards from every state, I Love Lucy memorabilia, or Wagnerian opera program guides from around the world. The list is limited only by your interests! You could also collect stamps. We’re lucky to have the Spellman Museum of Stamps & Postal History on the Regis College campus; it’s a treasure for philatelists and history buffs alike.

four  Go into showbiz.
You don’t need to have any talent to usher at a local theater or concert hall. For a statewide listing of volunteer opportunities in the arts, visit www.hireculture.com, sponsored by the Massachusetts Cultural Council. If you’ve always wanted to appear on the silver screen, check out the opportunities for appearing as an extra in one of the many movies filmed in Boston and the suburbs. Visit www.bostoncasting.com for more information. You may even want to consider enrolling in an acting class.
10 tips

five  Become a volunteer.
Advocate for consumers, help fill out Medicare forms, or tutor students. It’s immensely satisfying to make a difference in someone else’s life. You can put your own expertise to work or receive training through nonprofit and government programs. After watching the erratic care some of my loved ones received at nursing homes, I volunteered to become an ombudsman, part of a government program that assigns senior advocates to long-term care facilities (contact www.springwell.com for local opportunities). Your local schools and councils on aging can also point you to volunteer opportunities, ranging from reading out loud to youngsters to giving rides to seniors.

six  Learn a foreign language.
Aside from taking classes, you can learn on your own by purchasing a course or borrowing one from your library. My wife is learning German and French simultaneously, relying solely on materials she’s borrowed from the library and found online. Among her favorites: the Michel Thomas Method, which makes learning fun and fast.

seven  Get some exercise.
While I realize not everyone is a morning person, I find that hitting the Y when its doors open provides multiple benefits. Aside from burning calories, I feel that even if I do nothing else during the day, I’ve accomplished something; I jumpstart my work day; I’ve formed a bond with my fellow early birds; and I don’t have to think about when I will go to the gym for the rest of the day. If morning doesn’t work for you, don’t fret. Build exercise into your schedule any time you can! Contact the Wellesley and Weston Recreation Departments for information about walking groups and fitness classes.

eight  Dig out history.
Research your family or home history. Seek out old family letters, sort through attic boxes, interview your oldest relatives, and tap into websites like ancestry.com or Google family members. At the library or historical society, you can find street indexes and old fire insurance maps that offer amazingly detailed information, including ages and occupations of people who used to live in your home or neighborhood. You might discover whether you live in a former apple orchard, cornfield, or summer estate.

nine  Expand your mind.
You can virtually attend MIT, Stanford, and other great universities through noncredit online courses. The free Khan Academy, which has a channel on YouTube, demystifies physics, biology, even world history. For ideas, visit www.openculture.com.

ten  Experience nature.
If you want to develop a green thumb or just an appreciation for flora, visit the Massachusetts Horticultural Center at Elm Bank Reservation in Wellesley. Visit www.masshort.org for a listing of workshops and lectures. You can become a birder without even leaving your home: just buy a feeder, a pair of binoculars, and a guide. For help, contact the Massachusetts Audubon Society (www.massaudubon.org), which offers guided and self-guided tours of its many sanctuaries, including Drumlin Farm in Lincoln and Broadmoor Wildlife Sanctuary in Natick. And if you haven’t been to the Wellesley College greenhouses, they are well worth a visit.
John Harmon of Wellesley announces the launch of Sandy Sandwich Productions and John Harmon Photography. Sandy Sandwich Productions is a full-service production company specializing in promotional and event videography. Harmon has been creating video productions for years and loves the process of working with clients to tell their unique stories. John Harmon Photography creates professional images for individuals and families, with particular expertise in head shots for actors and professionals. Visit www.sandysandwichproductions.com or contact jharmonphotovideo@gmail.com.

Kertzman & Weil, LLP kicked off the spring real estate season by welcoming more than 100 guests at a book signing event at Babson College. Nina MacLaughlin, local author and former reporter at The Boston Phoenix, read from her book Hammer Head: The Making of a Carpenter and autographed copies for attendees. MacLaughlin shared thoughts on her career transition from reporter to carpenter and guests had the opportunity to connect with others in the local market.

Forever Young now has an option for men and women between the ages of 40 and 70 who would like to look younger and reduce sagging faces but aren't ready for traditional cosmetic surgery. PDO threads offer a new approach to facial rejuvenation that is quickly gaining popularity. The procedure is noninvasive, recovery is quick, and results are long-lasting. Forever Young is located at 204 Worcester Road (Route 9) in Wellesley. To learn more, call 781.431.2110 or visit www.frvyoung.com.

Boston Private, a leading provider of fully integrated wealth management, trust, and private banking services, announced that Charles Nilsen has joined the company as executive vice president and national director of residential lending. Nilsen brings more than 30 years of experience in the financial industry to his new role. As the national director of residential lending, his primary focus is managing mortgage growth and strategy for banking and wealth relationship development across Boston Private’s New England and California markets.

Carol Hudson of Carol Hudson Designs is celebrating her third year in business. Carol is a master gardener who provides her clients with indoor floral arrangements and plants for special events and everyday beauty in the home and office. She treats each arrangement as a work of art, combining her floral knowledge with a customer’s wishes. Whether hosting a formal event, fundraiser, intimate party, or business function, Carol Hudson Designs will transform your tables and space. Call 781.489.5206 or visit www.carolhudsondesigns.com.

This past spring, 280 guests attended the 3rd Wellesley Free Library (WFL) Gala. Doris Kearns Goodwin captivated attendees with her speech “A Love Letter to Libraries,” sharing that her passion for books began as a girl while reading to her ill mother. The WFL Foundation provides enhancements to the library through private philanthropy. The gala is its largest fundraiser and this year raised more than $260,000 to support the library including the funding of two NAO Robots, a computer coding teaching tool.
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Panoply Day Spa & Boutique is pleased to announce that they are now offering eyelash and eyebrow tinting. Customers love the results. Don’t forget your eyebrow shaping as well. Call 781.237.8887 today to book your appointments. And be sure to stop by and shop at the boutique where you’ll find the latest styles in clothing, jewelry, scarves, and shoes. Visit www.panoplydayspa.com.

Pam Kubbins of Pam’s Pashminas & Exotic Scarves is excited to announce the arrival of her new fall 2016 collection. It features a gorgeous silk and merino wool ombre scarf in five color gradations. Each piece is individually hand crafted to create gorgeous bursts of color. Visit Kubbins’s website, www.pamsashminas.com, to discover the collection, find upcoming shows, book a personalized appointment at her home boutique in Wellesley, or host a scarf party for a cause.

Bella Sante Day & Med Spa, located in Linden Square, announced that the spa is now offering Olaplex hair treatments. This revolutionary hair product strengthens hair and prevents breakage, especially for color-treated or over-processed hair. Olaplex hair services offered in Bella Sante’s Wellesley location reconnects bonds of hair that have broken in chemical processes. To book an appointment with one of Bella Sante’s talented hairdressers, please call 617.424.9930 or stop by the spa to make an appointment at 190 Linden Street.

Los Angeles-based jewelry brand Spinelli Kilcollin makes its debut this fall at IMPULSE by Adamas Fine Jewelry, located at 180 Linden Street in Wellesley. Launched in 2010 and created from designer Yves Spinelli’s own desire for clean and architecturally aesthetic jewelry, the collection’s signature design of interconnected rings that stack is innovative and edgy in its simplicity. Visit IMPULSE and see for yourself what has every style editor buzzing: a must-have for the jewelry aficionado. For more information, visit www.trustyourimpulse.com.

Pinnacle Residential Properties announced that Mary Beth Grimm, long-time Wellesley resident and well-known, accomplished realtor, has joined its sales and marketing force. Grimm has been selling residential real estate locally for over a decade and has built an outstanding reputation. A multiple award winner, she is highly respected among her colleagues as well as the many clients she has served. Grimm holds certifications as a Fine Homes Specialist, Accredited Buyers Representative, and Sellers Representative Specialist. To reach her, call 781.237.5000.

The Parlor Salon & Apothecary now offers a dedicated private room for customers who would like a private haircut or who have wigs they would like maintained or cut. Winner of Best of Boston 2015, clients enjoy high-back settees, button-tufted leather ottomans, and opulent red lucite chandeliers that create a detail-rich, vintage-style sitting room. Visit The Parlor Salon & Apothecary at 398-400 Washington Street in Wellesley Hills or call 781.237.2121 for an appointment.

Debi Benoit, Amy Mizner, and Sheryl Simon of Benoit Mizner Simon & Co., with offices in Weston and Wellesley, were recognized for being ranked among the top 1,000 real estate professionals nationwide in the Wall Street Journal’s annual Real Trends Awards. Benoit was ranked #37 in the country for the individual sales dollar volume cate-
gory with 91 transactions for $165 million in sales. The Mizner and Simon Team finished at #155 in team sales dollar volume rankings with 71 transactions and $124 million in sales.

Mercedes-Benz of Burlington is honored to award Burlington High School seniors Rima Patel and Shivam Gandhi each a $5,000 scholarship. Patel and Gandhi have both demonstrated a significant impact for a “Better Burlington” by making a difference in school, community, and elsewhere. Congratulations to Gandhi who will be attending Brown University and to Patel who will be attending Mass College of Pharmacy and Health Services.

Krauss Dermatology is now offering fall savings on Ultherapy for WWM readers. Ultherapy is the only FDA approved, non-invasive lifting and tightening procedure for the neck and jawline. This non-surgical procedure improves those tell-tale wrinkles on the chest from years on the beach. No downtime. Excellent for both men and women. Complimentary consult, and $250 off when you mention WWM. Visit www.kraussdermatology.com or call 781.416.3500.

To mark 50 years of Catholic education, Saint John School in Wellesley celebrated this special anniversary with a 50th Gala Auction event at the Wellesley Country Club. Parents and faculty celebrated the school’s long-standing dedication to academic excellence, faith development, and community. Founded in 1965 by the Sisters of Notre Dame de Namur with only two grades, Saint John School has expanded to an enrollment of 186 that includes children from pre-school to grade 6.
David Friend, senior vice president for Massachusetts, and Susan McDonough, sales manager for William Raveis Real Estate, are pleased to announce that the award-winning team of Dyanne and Jon Lynch has joined the Wellesley office. Dyanne and Jon bring 30 years of combined real estate experience, and the team has produced over $200 million in sales. Their industry experience and Jon’s skill with technology will be a tremendous addition to the Wellesley office. Jon will also be working as associate sales manager.

Elza B. Design was featured recently in the The Boston Globe Magazine in “White, Blue, and Modern, a Mid-century Kitchen in Lexington Gets an Overhaul Designed to Endure.” Interior designer Barbara Elza Hirsch added in color to the redesigned kitchen with crackled blue backsplash tile installed vertically to offset the dramatic dark gray floor tile. Hirsch suggested a live edge oak table in the dining area and paired it with colorful artwork and a large double drum pendant. Visit www.elzabdesign.com.

Charles River School recently unveiled the first school-wide Consenses exhibition. Founded by Sally Taylor, Consenses is an artistic game of “Telephone,” and the exhibit included six collaborative chains created from 373 original pieces of work.

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The original Consenses installation, housed on Martha’s Vineyard, includes work from 150 artists from around the world including James Taylor, Carly Simon, Jimmy Buffet, and Wes Craven. Charles River School is one of three schools in the Boston area piloting the full-school curriculum. For more information, contact Kat Whitten at 508.785.8213 or kwhitten@charlesriverschool.org.

The Lagassé Group Custom Builders is pleased to announce that Jennifer Florence has joined the company as an assistant project manager and Kenneth Bakstran has joined the company as a superintendent. Florence was previously with Fragomen Worldwide, where she served as office administrator, and Bakstran was with Ashland Lumber Company, where he was involved in sales, as well as all aspects of property construction and maintenance.

FLX Training, located at 443 Worcester Street in Wellesley, recently celebrated its grand re-opening. With a combined 27 years in the fitness industry, co-owners Fran Avila, CSCS, CPT and Derith Cass, CSCS have created a progressive coaching system that focuses on high-quality movement for men and women of all fitness levels. Their unique blend of one-on-one personal coaching within a motivating group training class is what sets FLX apart. Visit www.flxtraining.com or call 781.235.2733 for more information. See their ad on page 51.

Wellesley resident Lisa Abeles, of Abeles & Associates Architects, Inc., is pleased to recognize Kevin King’s 15 years of collaboration, creativity, and concerted dedication to the firm. King produces AutoCAD drawings and coordinates with clients, engineers, and builders. He is a talented photographer and incorporates that work into graphic design for the firm. He lives in Natick with his family and is a committed fund raiser for the Juvenile Diabetes Research Foundation.

The five-acre farm in Lincoln once owned by John Quincy Adams became the location for Wellesley resident and architect Jacob Lilley’s recently completed new modern house. Lincoln’s rich history of modern homes from Gropius to Henry Hoover proved to be a perfect location for the new glass and wood structure perched off of a hill overlooking an idyllic horse paddock beyond. For more information about this project and others, visit www.jlaarchitects.com.

Wellesley resident Kelley Tuthill has worked as an anchor and reporter at WCVB, Channel 5, Boston, an ABC affiliate, where she has written and produced quality content for all WCVB platforms. Located in Weston, Regis is a leading Catholic university with over 1,900 undergraduate, graduate, and doctoral students in the arts, sciences, and health professions. Visit www.regiscollege.edu.

Joan Roover, owner of A Thoughtful Move, Inc., recently announced the 10th anniversary of the move management company. Servicing Wellesley, Weston, and surrounding communities, the team helps to prepare a home to go to market and assists with sorting, downsizing, and settling into the new home. Learn more about the turn-key service and how A Thoughtful Move can help you by calling 617.285.4094, viewing www.athoughtfulmove.com, or looking for the ad on page 95.

Wellesley resident Kelley Tuthill as the university’s first vice president of public relations and communications. For the past eighteen years Tuthill has worked as an anchor and reporter at WCVB, Channel 5, Boston, an ABC affiliate, where she has written and produced quality content for all WCVB platforms. Located in Weston, Regis is a leading Catholic university with over 1,900 undergraduate, graduate, and doctoral students in the arts, sciences, and health professions. Visit www.regiscollege.edu.

Wellesley Bank, a premier bank and wealth management company, announced that Michael W. Dvorak, a respected leader and tenured banking industry executive has joined Wellesley Bank as EVP, CFO, effective July 1, replacing the current SVP, CFO, Gary Culver who has retired. Dvorak brings extensive financial and operational leadership experience to Wellesley Bank. He has more than 30 years of banking experience, most recently as senior vice president of Finance at State Street Corporation.
Find out what her clients know.

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Dr. Touradj Ameli, director of the Wellesley Masonic Lodge, presented the 2016 Wellesley High School Senior Class Award to Megan Shinnick, who is well known for her TED talk on depression in schools. There was also a matching award (Gerard & Kathleen Martin scholarship) from ARID Newton-Wellesley Dental Group. Shinnick will be attending Salem State University in the fall for Theater Education. The scholarship award is based on sustained community service to Wellesley, strong academic endeavors, and financial need. For more information please contact Dr. Ameli at 781.237.1190.

Drs. Ali and Ali of Wellesley Dental Group have recently acquired Digital Smile Design, a new technology that will transform the world of smile makeovers. It allows for a completely digital platform for analyzing facial aesthetics and structure, as well as serving as a communication and visualization tool that enables patients to work with their dentist to design, tweak, and modify their restorative treatment plan to match their ultimate functional and aesthetic goals.

In July 2016, Caroline Erisman stepped down as Dana Hall’s head of school. For eight years, she served Dana Hall with extraordinary commitment, and her accomplishments were numerous and diverse. Over the summer, Katherine Bradley succeeded Erisman as Dana Hall’s 11th head of school. Bradley joins Dana Hall from Groton School, where she spent the last 14 years. This is a historic year for...
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Dana Hall as Bradley begins her tenure along with the school’s inaugural 5th grade class. Dana Hall is now officially a grade 5-12 school for girls.

Cutting Edge Homes recently launched a video series called “Seven Keys to a Successful Design/Build Process.” The series featured weekly videos with company president Sean Cutting, who shared insight into the design/build process. Topics covered best practices, such as staying on time and budget, and also offered helpful tips for first timers. The videos were released weekly on the Cutting Edge Home’s Facebook page and are now archived on their YouTube channel. Visit http://tinyurl.com/jet6h53 to watch the entire series and subscribe for more great advice.

On Sunday, May 15, a crowd gathered at Jesamondo Salon & Spa for a SalonAThon—a fundraising day in support of Neighbors Helping Neighbors through the Natick Service Council. With food, fun, haircuts, nail polish changes, waxing, massages, and more, the day was a hit raising more than $2,000, all of which will be donated to the cause. A special thanks to all who attended and Westside Collision Center for providing grills and helping with food.

Hub Leather, Greater Boston’s leading leather furniture and restoration company, is pleased to announce that it now provides its in-home service in Wellesley and Weston. Craftsman and owner Bryan Graves continuously amazes his clients and provides the highest performance maintenance and repairs for all types of leather projects. To receive a free estimate and preserve or restore your treasured leather furniture, please call 508.405.0599.

Precision Built, Inc. is celebrating its 10-year anniversary. Kris Kolligian started his business with one referral and can proudly say that 100 percent of his business throughout the years was earned through referrals from satisfied customers who spread the word. The company’s attention to detail is unparalleled, ensuring everything is completed exactly as the homeowner dreamed. From historic renovations to island estates, Precision Built brings its clients’ visions to life. For more information, visit www.precisionbilt.com or call 508.655.0778.

Countless Wellesley area women know and love Kathryn Russo, who has practiced aesthetic dermatology here for years. Russo recently expanded her practice to offer an even wider range of medical spa services at a MetroWest location called Destination Beauty. Russo invites new and former clients to visit for a complimentary consult on cutting-edge treatments like IV vitamin therapy, platelet-rich plasma, Viora, PDO thread lifts, and sclerotherapy, in addition to much-requested services as lasers, Botox, and fillers. Visit www.dbmedspa.com.

Boston Fine Home Details is ready to show off its new design showroom at 244 Needham Street in Newton. Specializing in custom fireplace packages and high-end architectural door hardware, Fine Home Details caters to interior designers, architects, trade professionals, and homeowners. No matter the size of the project, the Fine Home Details professionals will embrace their role as part of your design team and work within your budget to help you achieve the look and function you desire. Visit www.finehomedetails.com.

Noble and Greenough School, a co-ed day and five-day boarding school, located at 10 Campus Drive in Dedham, is hosting open houses on Saturday, October 15 from 9 a.m. to noon and Tuesday, December 6 from 6:30 to 9 p.m.. Nobles offers an exceptional academic, athletic, and creative experience with an emphasis on service-learning and community. The school supports intellectual, social, and personal growth to encourage a lifetime mission of inspiring leadership for the public good. Visit admission.nobles.edu.

Maven Interior Design, a boutique design firm based in Wellesley, has recently moved into new office space at 568 Washington Street, Suite 25, in downtown Wellesley (above Comina and Tutto Italiano). Deborah Berger is the founder, owner, and principal designer for Maven, and she’s excited to have such a bright and happy place to work each day. In other news, the firm’s project on the Cape for a Wellesley client was recently featured in The Boston Globe Magazine.

The Massachusetts Board of Higher Education voted unanimously to appoint Dr. David Podell as the sixth president of Massachusetts Bay Community College. Dr. Podell began his tenure on July 1, following Dr. Yves Salomon-Fernandez, who was serving as MassBay’s interim president this past academic year. Dr. Podell was formerly the vice president for Academic Affairs and dean of faculty at Marymount Manhattan College in New York. Visit www.massbay.edu.

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Dr. Laura McCord and Dr. Christopher Smith, both Harvard trained internists, are taking new patients, and same-day appointments are available. The office is conveniently located at 873 Worcester Street at the exit to Weston Road. There is plenty of free parking and most insurances are accepted. For more information or to book an appointment, call the office at 781.591.3514.

Explore Tenacre Country Day School, and you’ll see someplace extraordinary: an intimate community where learning and fun go hand-in-hand. Tenacre cultivates curiosity, inquiry, and vision. As a parent, you too are looking—you want to find the best school for your child. And there are many solid choices in New England. But if you’re seeking an exceptional educational experience that will prepare your child to thrive in the 21st century, look no further than Tenacre Country Day. For more information, call 781.235.2282.

Dr. William LoVerme, chief of plastic surgery at Newton-Wellesley Hospital, is one of the first KYBELLA™ providers in the Boston area. KYBELLA™ is an FDA-approved, non-surgical, injectable treatment which targets and eliminates the fat cells in the chin area to create a sleek and slim jawline. Within months of KYBELLA™’s FDA approval, interest in the double chin treatment has skyrocketed. For more information, please visit www.accurateaesthetics.com or call 781.263.0011.

On May 26, Wellesley Middle School had a surprise guest speaker: Dr. Dava Newman, President Obama’s recent appointee to be the second in command of NASA. Dr. Newman talked about rocket development, icy water on Mars, and described what it’s like on to float around the international space station. She encouraged our young scientists to go after their dreams and wondered if one of them might be the first “boots on the ground in Mars.”
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$3,675,000

32 HUNTING LN, SHERBORN
$3,495,000

236 GROVE ST, WELLESLEY
$3,475,000

55 PINE ST, WESTON
$3,250,000

235 LOWELL RD, WELLESLEY
$3,250,000

20 ROYALSTON RD, WELLESLEY
$3,195,000

20 HAMPSTEAD RD, WELLESLEY
$2,995,000

4 WOODCLIFF RD, WELLESLEY
$2,995,000

17 GARDEN RD, WELLESLEY
$2,995,000

34-36 STRAWBERRY HILL ST,
DOVER $2,850,000

129 ALBION RD, WELLESLEY
$2,645,000

60 MONADNOCK RD,
WELLESLEY $2,495,000

48 LIVERMORE RD, WELLESLEY
$2,250,000

60 BLACK OAK RD, WESTON
$2,150,000

65 ARNOLD RD, WELLESLEY
$1,995,000

175 CLIFF RD, WELLESLEY
$1,995,000

81 RUSSELL RD, WELLESLEY
$1,672,500

18 THOMAS RD, WELLESLEY
$1,645,000

40 HAMPSTEAD RD, WELLESLEY
$1,595,000

85 GROVE ST, WELLESLEY
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30 Black Oak | Weston $3,595,000
55 Hillcrest Rd | Weston $3,500,000
62 Glen Rd | Wellesley $3,450,000
57 Laurel Rd | Weston $3,145,000

144 Sandy Pond Rd | Lincoln $2,995,000
107 Love Ln | Weston $2,695,000
71 Widow Rites Ln | Sudbury $2,375,000
34 Amanda Rd | Sudbury $1,195,000

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49 Lawrence Rd | Weston $4,495,000
33 Bullard Rd | Weston $3,500,000
92 Deer Path Ln | Weston $2,695,000

2 Cutting Ln | Weston $2,095,000
32 Highland Meadows | Weston $1,785,000
410 Hayfield Ln | Wayland $1,179,000
26 Halsey Ave | Wellesley $1,085,000

34 Babe Ruth Dr | Sudbury $919,000
39 Atwood Rd | Southborough $439,000
60 Meadowbrook Rd | PENDING
44 Walnut Rd | PENDING

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Keeping Our Special Needs Children and Elderly Close

along with the graying of America, our society is grappling with a dramatic surge of young adults who have autism and other intellectual or developmental disabilities who are aging out of school and entering the vastly less supported “real world.” We need to think creatively about how to provide alternative housing options for them.

There are approximately 18,000 children with autism in Massachusetts alone between the ages of 3 and 21 who will need homes after aging out of the school system. Of this group, only about 15 percent obtain housing from the state at age 22 (tending to be the neediest cases). For the rest, no housing is provided. Yet about 80 to 90 percent of this population does not work.

Along with this tsunami, the percentage of seniors in Wellesley and Weston is growing fast, and many will need housing support and care. According to the Massachusetts Executive Office of Elder Affairs, between 2010 and 2020, the number of citizens over 65 in Wellesley and Weston was projected to increase 11 and 22 percent, respectively.

The government cannot afford to take care of all these people. Every effort must be taken not only to expand programs and housing to address their needs, but also to help families care for their loved ones on their own. For this reason, we are asking Massachusetts towns such as Wellesley and Weston to allow accessory apartments for our elderly and disabled residents.

Accessory apartments, also known as “in-law apartments,” can both help our elderly age in place and provide affordable housing for our family members with developmental disabilities. A potential added benefit could be the reduction of tear-downs. We need to change our zoning laws so that these units are a “by-right use” for anyone to live in who is 65 or older or deemed disabled by the Social Security Administration.

FOR OUR SENIORS. Accessory apartments could help our seniors, many of whom have lived here for decades, age in place. Accessory apartments could provide our seniors with affordable places to live, within their own community, and near the people they love. For example, seniors could move into an accessory apartment and have their grown children live in the main house, close by to help if needed.

FOR OUR INTELLECTUALLY AND DEVELOPMENTALLY DISABLED. An accessory apartment could offer an affordable, sustainable, long-term solution for our disabled children. Caregiving is often the biggest expense, and the apartment would allow the family to help care for the disabled individual. Families may also be able to use funding from MassHealth to pay a live-in caregiver to assist their children. In addition, the rent can be affordable if a Section 8 federal housing voucher is obtained. (Disabled
adults with a Section 8 voucher can live in an accessory apartment attached to their family home, and their parents can receive fair market rent [with restrictions]).

**FOR OUR TOWNS.** McMansions are affecting both the charm and the warmth of our towns. Ninety-five tear-down permits were issued in Wellesley in 2015 alone, and from 2012 to 2015, Wellesley’s building department issued an average of 73 per year, according to town data. The situation is similar in Weston. Seniors, whose homes may have become too big for them, do not have to be forced out and sell to a developer if they can live in an accessory apartment, attached to the family home.

**THE CURRENT LAW.** Accessory apartments are not permitted in Wellesley’s single residence zoning district. In Weston, a special permit is required. We are advocating that both towns adopt zoning bylaws that would permit accessory apartments for elderly or disabled relatives of the homeowner as a “by-right use.” By-right use (also called Use by Right) refers to a property owner’s use of property and structures in manners consistent with that which is permissible in the zoning district that the property is located (i.e., the usual setbacks would still apply). A “by-right use” is permitted in a zoning district and therefore not subject to special discretionary review and approval by local government.

Wellesley’s Planning Board has advised that it is open to considering the zoning change, but would like to do so within the context of the ongoing development of the town’s Unified Plan, which is a two-year process that is starting now. We plan to continue discussions in connection with the Unified Plan, and we are also working with other communities, including Winchester, Needham, and Melrose.

In addition to the zoning change, efforts are underway to make building the apartments affordable. Bill S. 2202 (formerly S. 708), currently under consideration at the State House, would allow the homeowner to take out a low-cost loan from the state to create an accessory apartment of up to two bedrooms, provided that a person with a disability or a senior citizen resides in the new unit. The bill permits family members and other property owners to obtain a low-cost loan of the lesser of $50,000 or half of the construction costs in the form of a fixed loan.

Accessory apartments are not the solution for everyone—we need all sorts of new options to address these growing populations—but they could help. Having *multiple* generations and those with developmental disabilities woven into our community is a bonus for everyone. We expect accessory apartments to have bi-partisan support, since they allow families to address their own needs and leverage their funds, while creating housing for *people*, many of whom are extremely low-earning, without appreciably changing the footprint of housing. 

**IF YOU ARE INTERESTED in helping us create alternative housing options in Massachusetts, including accessory apartments, please contact Cathy Boye at AHPhousing@comcast.net.**

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*WellesleyWeston Magazine* | fall 2016

*IF YOU ARE INTERESTED in helping us create alternative housing options in Massachusetts, including accessory apartments, please contact Cathy Boye at AHPhousing@comcast.net.*
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“we’re not going to give in!”

18-year-old Inna Oh yelled to the four state troopers in the boat with her. “Remember who you are and why you are here!”

It’s not every day that it’s appropriate to raise your voice to a state trooper, but that was exactly what Inna had been recruited to do. As coxswain for the Massachusetts State Police (MSP) boat during the Head of the Charles® Regatta (HOCR), it was Inna’s job to steer the boat and continuously direct and motivate the four-man crew. Traditional lines of authority were temporarily set aside as the state troopers took direction from the young woman from Wellesley, and as all four men worked together as one, despite their different ranks.

Every year, scores of MSP officers are on duty during the Cambridge/Boston-based regatta, which has the distinction of being both the world’s largest two-day rowing event and one of North America’s biggest spectator sport happenings. Officers patrol the banks of the Charles River and the six bridges that cross over the racecourse, which are packed with crowds of enthusiasts who have come to cheer on the world-class athletes.

What is quite uncommon is seeing state troopers participate in one of the HOCR’s 60+ races. Indeed, 2015 was the first time in the history of the HOCR that MSP officers traded land duty for the chance to represent the law enforcement agency on the water.
Top: The Head of the Charles Regatta is the world's largest two-day rowing event

Bottom: Boston University's Womens Crew
It was also the first time the MSP had pulled together a crew. Rowing is the latest athletic offering designed to help officers build fitness and relax. Rowing in the HOCR also enabled the law enforcement agency to be a part of the community during the regatta.

The MSP announced the formation of its inaugural boat during the summer of 2015 and announced which officers would represent it in the “men’s club fours” in September. Now it just needed to recruit a coxswain to complete the boat.

Inna had always dreamed of rowing in the HOCR. A coxswain at Noble and Greenough School, Inna had spent many a summer on the Charles River, getting to know its turns and long stretches. When her rowing coach mentioned that the MSP had entered a boat in the race and was looking for a coxswain, Inna jumped at the chance. Never mind the challenge of adding another commitment to the already overbooked fall of her senior year of high school.

“Having the chance to compete with the MPS crew in its first race, and in the Head of the Charles, was too good of an opportunity to pass up,” Inna explains.

Inna wasn’t alone in her desire to be part of the annual regatta. Every year, more than 11,000 athletes from around the world come to Cambridge to give it their all on the Charles River. The competition is stiff. Participants include some of the best high school, college, club, and national teams—including several top-notch crews from Inna’s high school and her hometown of Wellesley. Nor was Inna alone in her enthusiasm about the MSP boat. The MSP boat generated much enthusiasm. New Balance, the official sponsor of the HOCR, even provided the crew with its own uniforms.

Inna applied for the coxswain position and was thrilled when they chose her. Now it was time for the five-person crew to prepare for the race, which was only three-and-a-half weeks away. It was a tall order. Although all four men were experienced rowers, three had not had an oar in their hands in over 20 years. While the strength and level of fitness of the troopers was impressive, it paled in comparison to the young crews from the likes of Dartmouth, Stanford, Harvard, and Duke, against whom they would be competing. And while Inna was an experienced coxswain, she had never led a boat at the HOCR.
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Head of the Charles

“We knew from the start that we wouldn’t medal,” Inna explains. “We had eight practices to become a boat. We were hardly a match for the high-performance boats that had competed together for multiple seasons and rowed together as if by instinct. But we were ready to give it our best.”

During their practice sessions, the crew focused on refreshing their skills, learning each other’s rowing quirks and capabilities, building strength and fitness, and developing a rhythm. They also spent time getting to know each other and getting comfortable with the job each was there to do. Having confidence in each other, and especially in their young civilian coxswain, would be critical.

“The coxswain is the brain of the boat and the rowers are the power,” Inna explains. “You must be assertive, confident, and comfortable being in charge to be a good coxswain. And, you have to be able to earn your crew’s trust. They place every decision in your hands during a race.”

Confidence in the coxswain is especially important when rowing the HOCR, as it is one of the most difficult racecourses in the sport.

“You must be assertive, confident, and comfortable being in charge…”

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If a boat is to do well, it needs a coxswain's clear, well-executed strategy in addition to the strength, fitness, and determination of its rowers.

To develop that strategy, Inna set out to refresh her memory of the ins and outs of the three-mile course by listening to race audio recorded by coxswains in previous HOCR races. She visualized its sharp turns, shifting winds, and multiple bridges with narrow passages through which many boats would want to enter simultaneously, and the reference points that would be visible to her when she was tucked into the stern of the rowing shell.

The first time that the crew rowed on the Charles River together was the night before the HOCR. Inna remembers it as a good practice. The crew was excited to finally be on the course and to enjoy the beautiful Boston skyline at the finish. Inna felt confident as they paddled back to the Northeastern Boathouse, where the boat they had borrowed from the college was stored.

The next morning the crew gathered about an hour before its 1:15 pm race. There wasn’t a lot of joking going on or selfies being taken while they waited. Rather, it was a quiet warm
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**October 22-23, 2016**

Head into town for the 52nd Head of the Charles Regatta (HOCR) and be sure to check out the schedule of events at www.hocr.org.

Where is the best place to watch the races?
Most spectators watch between the ANDERSON and WEEKS BRIDGES. If you are looking for spots offering high-collision potential, head to the WEEKS and ELLIOT BRIDGES.

Want to get away from the crowds?
The REUNION VILLAGE, located on the Boston side of the Charles River between the Weeks and Anderson bridges is a controlled access enclosure positioned at the halfway point in the race. The Village offers breakfast, lunch, and refreshments. The following entry fees are available:

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<tr>
<th>Weekend Pass</th>
<th>One-Day Pass</th>
<th>Children under 12</th>
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<td>$15</td>
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Interested in being one of the 1,400 volunteers that help make the HOCR happen?
If you are 18 years old or older, explore the range of opportunities in the Volunteer section of the HOCR website (www.hocr.org/volunteering/) where you can also register.

“We started on the paddle, going light until we crossed the start.
And then I yelled, ‘Ok, this is it!’ and we were off.”

- Inna Oh
up, as the crew centered themselves. As Inna explains, “These men are trained to be in control of their emotions.”

It was finally time. After a few words of inspiration from their coach, Inna instructed her crew to begin paddling upstream to the starting line near Boston University’s Boathouse. The wind was strong in the basin and the water, choppy. It was hard to keep their boat in place—bow #45 in a field of 55—while the faster boats launched, one at a time, at 10-second intervals to avoid running into each other.

“We started on the paddle, going light until we crossed the start,” Inna recalls. “And then I yelled, ‘Ok, this is it!’ and we were off.”

All was well until they approached the Weld Bridge, the fourth bridge on the course. Inna hugged the water’s edge to get the fastest line on the 120-degree turn. Just as they made the turn, Inna felt an impact and the MSP boat stopped suddenly. Another boat had come up from behind them, and because they were hidden by the curve, the two boats collided. The crew’s attention immediately shifted to pushing off from the boat and regaining their momentum.

“Focus 10!” Inna called out as they finally became loose. “Don’t let them step on us! We are the Mass State Police!”

Looking forward from her waterline view, Inna couldn’t see the boats that were beginning to pass them, but she knew her crew, which was facing backwards, could. To keep them motivated, she reminded her crew of why they were rowing. As they approached the Cambridge Boating Club, they could hear the crowds cheering for them; it gave them the boost they needed to negotiate the Eliot Bridge and cross the finish line.

Did the HOCR live up to Inna’s dream? “Yes, it was everything I imagined!” Inna says. “Rowing with the troopers, who were always polite and determined, reminded me of why I fell in love with this sport in the first place.”
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Meet Wonder Woman
maybe it was the bucolic rolling hills along the western shore of the Hudson River in Cornwall, New York that lured the lanky, redheaded teen into a long-standing love affair with running. It all started when freckle-faced Carol Chaoui was a member of her high school’s cross-country and track teams back in the mid 1970s and early ’80s. It was the era of Jim Fixx and Bill Rodgers, and less than 10 years after Bobbi Gibb won the very first Amateur Athletic Union (AAU)-sanctioned women’s division race at the Boston Marathon.

Carol hasn’t stopped running since. She was a competitive runner during her college years in Long Island as a member of Adelphi University’s track and field and cross country teams, two of the years as Most Valuable Player. She ran as she explored the countryside of southeastern France during her semester abroad in the medieval town of Avignon and then along the beautiful boulevards of Paris while working for a French import company after college. She ran while a graduate student at Tufts University’s Fletcher School of Law and Diplomacy, her first year through the neighborhoods of Medford, Cambridge, and Boston and her second year in the lakeside city of Geneva, Switzerland nestled between the Alps and the Jura Mountains.

Geneva is where she met her running and life partner, Amin Chaoui, with whom she settled in Wellesley to raise four children. Their first date was a two-hour run.

“I love absolutely everything about running,” Carol replies when asked what she likes best about the sport. Unable to single out one primary reason for her passion, she speaks about valuing the social, competitive, meditative, and introspective aspects. “When I run with friends, the miles fly by as we talk. When I run alone, I get in my head to plan my day, think through issues, give myself a pep talk, or just let everything go and simply listen to the sound of my feet hitting the pavement.”

Carol has had lots of time to experience the full range of emotions running elicits in her. For the past few decades, she has run most days of the week and competes often. The lithe 52-year-old has participated in approximately 15 marathons, dozens of half-marathons, and hundreds of 5Ks, several in which she placed first or second in her age group. She has raced in Europe, New York, Connecticut, and Rhode Island, as well as Massachusetts.

Not only does Carol love to run, but she also loves to spread her love of running to others. She organized the Wellesley “Couch-to-5K”
running group for novice joggers and even walkers who want to train for a 5K. The relaxed, social group meets at Starbucks at Linden Square on Friday mornings to hit the road and then regroup at the end over a cup of coffee. Anyone is welcome to join. In fact, the group includes runners spanning a wide variety of paces. Their philosophy: It’s never too late to start running.

The first 5K many of the Couch-to-5K women Carol inspires to run is the Wellesley Turkey Trot. Not surprisingly, Carol is the founder and president of the foundation that organizes the race and co-race director of what after four years has become a beloved Thanksgiving morning tradition for many families, all happy to get a head start on

Carol running through Wellesley in the 2016 Boston Marathon

"I run almost every day, typically surrounded by good friends who keep me positive. I am hopeful that I will have many more marathons in my future."
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MASSACHUSETTS HISTORICAL SOCIETY

Dennis A. Fiori, President (left)
Charles C. Ames, Chair, Board of Trustees (right)
burning off the inevitable turkey dinner calorie overload while raising money for local nonprofits. With corporate sponsors covering total race costs and no organizational overhead, total entry fees go straight to charity. In 2015, the Turkey Trot Foundation awarded funds to the Wellesley Field Fund; the Wellesley Education Foundation; the Wellesley Cancer Prevention Project; Dr. Eric Winer, Director of Breast Oncology at the Susan F. Smith Center for Women's Cancers at the Dana-Farber Cancer Institute, for his research of metastatic breast cancer; and to Dr. Alan Beggs, Director of the Manton Center for Orphan Disease Research at Boston Children's Hospital for his research of congenital myopathies.

This past Patriots' Day, Carol ran the 2016 Boston Marathon and raised additional money for charity—$73,000 for metastatic breast cancer research. It was her eighth Boston Marathon and third starting in the same wave as her husband, Amin. Clad in a Wonder Woman outfit, Carol crossed the finish line alongside her life partner. Typically she beats him, but in 2016, she ran while fighting stage-four breast and thyroid cancers. Hence the Wonder Woman get-up including a crown, socks, arm warmers, and a cape sewn to the back of her Dana-Farber running jersey.

Carol has been battling cancer for almost seven years. Diagnosed with invasive stage-three breast cancer in 2009, she had a mastectomy, four months of heavy-duty chemotherapy, and seven weeks of radiation. In 2014, on the fifth anniversary of her breast cancer diagnosis, she was diagnosed with invasive stage three thyroid cancer and underwent a total thyroidectomy followed by radioactive iodine treatment. In August of 2015, she was diagnosed with a metastatic breast cancer recurrence. Five months later, in the winter of 2016, she got the news that her thyroid cancer had also returned.

When Carol shared the news of her stage four breast cancer recurrence to her children, it was difficult for them to understand that she could have breast cancer in her skull, spine, hip, and lungs. After a few tense moments filled with fear and sadness, they broke the silence, asking in unison, “Does this mean you won’t be able to run the Boston

---

**Wellesley Turkey Trot Thanksgiving Day 5K**

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I try to stay strong and optimistic. I do what I can to be healthy and keep going. I surround myself with positive people.

Marathon next year?” She quickly reassured them that she would be out there on the 26.2-mile course. Carol knows that her children associate her running and competing with her well-being and a positive prognosis.

Carol trained and raced throughout all of her treatments over the past several years. She even racked up seven marathons, includ-
ing four Boston Marathons, while fighting cancer. Carol planned to run a marathon in October 2015 to qualify for the 2016 Boston Marathon, but was unable to prepare properly as the timing was too close to the beginning of her breast cancer treatments. Instead, she secured a bib number through the generosity of the Boston Athletic Association.

“Running the 2016 Boston Marathon was more than a personal matter. I ran to reassure my four children. I ran to help raise funds for metastatic breast cancer research and treatment, one of the least-funded areas in breast cancer. I ran to make the road easier for the next person with advanced cancers,” explains Carol.

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Metastatic Breast Cancer Program

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Carol’s children (l to r): Adam, Darin, Lina, and Rayan and their dogs, Finn and Ollie
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Although the 2016 Boston Marathon was my second slowest marathon ever, it was by far the most exciting and rewarding one. So many friends were out there with posters, and I really felt blessed to be part of such a great community.

Media coverage of Carol’s courageous journey is uplifting for anyone battling cancer. Runner’s World magazine, the “Jimmy Fund Blog” of Dana-Farber Cancer Institute, The Boston Globe, Boston magazine, CBS Boston WBZ Channel 4, and ABC Boston WCVB Channel 5 have all featured Carol’s exemplary strength, grace, and determination. “Carol inspires by shattering stereotypes,” explains Carol’s oncology nurse at Dana-Farber to WCVB’s Kelley Tuthill, a cancer survivor herself. “She is truly a superhero.”

A love for running, family, and friends defines Carol, not cancer.
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we conclude this year-long series by visiting with three individuals devoted to helping others in our communities, guided by their faith: Father Paul Kilroy, Rabbi Moshe Bleich, and the Reverend Sara Ascher.

FATHER PAUL KIROY
Catholic Chaplain / Campus Minister
Regis College

“The ministry is a way to help people find deeper meaning in life, to help people through their highest and lowest moments,” says Father Paul Kilroy, Catholic Chaplain at Regis College in Weston. “I’ve been blessed with great experiences, combining both parish and campus ministries.”

When he was invited to be the Catholic chaplain at Salem State College in 1981, initially he was afraid of working with students. He didn’t know what to expect. But he quickly realized it was fun to be part of their world. Still, he loves parish work, and it beckoned him back. He left the college after two years to serve first in Lynn, then in West Newton, for 12 years. When he added campus ministry into the mix at Northeastern University from 1993 to 2001, Father Paul found the variety it offered worked well.

Meanwhile the Archdiocese of Boston was closing parishes. Then the crisis of abuses in the Church began making headlines. “It was time to move on,” he recalls. In 2007, when Regis, a small Catholic college, needed a chaplain, he remembered how energizing it was to work with students. The former women’s college was going coed, and he knew he could help. He applied.

Father Paul says the crisis of abuse in the Church felt like a personal attack. “It has been a blight on our Church,” he says. “But it’s not a big part of students’ lives. A lot of them missed the sacraments because as teens they didn’t care. I tell them, ‘I’ll help you bridge your adolescent faith to your adult faith.’ We don’t all believe the same way our parents do, but we believe.”
Among his tools to teach about faith and life are mentoring programs that put college students in leadership roles.

“Men were drawn to Regis by the opportunity to play sports. My job is to get them off the playing field and into spiritual life,” says Father Paul, whose ministry includes faculty, staff, and all students. “Several times a year, the mentoring program brings 12 to 15 high school juniors to campus. Some of them are questioning whether college is right for them. Others are the first generation in their family to consider going to college and think it’s beyond their reach. When they talk with Regis students one-to-one, have lunch, and participate in Q & A sessions, the experience draws out the potential of everyone involved, giving them energy to grow.”

His office also coordinates service programs in places from South Dakota to South America. For 11 years, Regis students have helped improve conditions in a poor community in Peru. On four of those trips, Father Paul has been an eyewitness to the transformation that takes place when students of all backgrounds see how people manage with so little. He says, “Their eyes are opened. They return connected to the wider world.”

Raised in Dorchester and Quincy, Paul Kilroy received a bachelor’s degree and a Master of Divinity degree from St. John’s Seminary in Brighton. He lives at St. Anthony Parish in Allston and assists St. Clare Parish in Braintree and the Congregation of the Sisters of St. Joseph of Boston, who founded Regis College.

Outside the church, he enjoys skiing, hiking, cycling, and walking as part of his focus on staying healthy through exercise. Since taking up cycling in his late twenties, he has enjoyed 10-day bike trips along most of the rivers in Europe with friends who also are priests.

Four days a week he’s at Regis where today student enrollment is 33 percent male and more than 50 percent not Catholic. Recently, an
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imromptu conversation with Muslim students led him to create the Peace Room, a nondenominational reflection space for anyone who finds the college chapel an uncomfortable place to pray.

After nearly 40 years, with no talk of retirement, he says campus ministry has kept him young. “I’m here to motivate and assist people—whether it’s the president of the school, faculty, staff, or students. It has given me hope and affirms the value of higher education.”

**Rabbi Moshe Bleich**

**Wellesley Weston Chabad House**

“Chabad offers a very informal, nonjudgmental place where anyone can feel comfortable regardless of political or religious beliefs, although obviously more are Jewish,” says
Rabbi Moshe Bleich. “A big misconception is that this is an Orthodox Jewish congregation. If it were, we’d be in Brookline where there’s kosher food. It would be much easier! People look at me—I wear a yarmulke on my head, I have this beard, the way I dress, and how I try to be observant. They think we’re Orthodox, and my family and I are. But the people who come here are Reform, Conservative, or unaffiliated,” he says, referring to other movements within Judaism.

Chabad is an acronym of the Hebrew words for wisdom, comprehension, and knowledge. The movement was founded 250 years ago as a branch of Hasidism. Rabbi Bleich and his wife, Geni, co-direct Wellesley Weston Chabad House which they founded in 2000.

“The driving force is to help as many people as possible in any way, shape or form, especially the downtrodden.”
– Rabbi Moshe Bleich
“We’re not missionaries,” he says about another misconception. “We don’t proselytize. If people come to us with religious questions, we teach them about Jewish tradition as it’s been done for thousands of years. But often what my wife and I do has nothing to do with religion. The driving force is to help as many people as possible in any way, shape or form, especially the downtrodden. Being a religious leader is a means to an end.”

Raised in Brooklyn, Rabbi Bleich was ordained in Jerusalem after studying for two years in London and the Ukraine where his brother is also a rabbi. After the fall of communism, 18-year-old Moshe Bleich founded the Jewish community of Kremenchuk, Ukraine. He returns periodically to bring books, clothing, and supplies funded by the Wellesley Weston Chabad community. Whether to lead similar missions to Cuba, Israel, and beyond; to further his studies, or simply because he loves to travel and learn about different cultures, he has visited 60 countries, to date.

“My wife is my partner in everything,” he says. “I lead the services, both of us teach here, and she does a tremendous amount behind the scenes.” Not least are her homemade meals on Fridays when Babson and Wellesley College students join the family at home in Chabad House for Shabbat dinner. For Passover this year, she cooked for 95 people who attended their two seders. Geni Bleich also teaches at New England Hebrew Academy. She and her husband have seven children, ages 2 to 17. At home, the family speaks Yiddish. “It is my children’s first language, but they also speak Hebrew and English fluently,” says Rabbi Bleich who, like his wife, speaks several other languages.

An avid sports fan, he follows all of New York’s major league teams but nonetheless has developed relationships with Jewish players on the Red Sox. He’ll proudly tell you that Wellesley Weston Chabad is one of six founding teams in a 50-team synagogue-affiliated men’s softball league and that on Sunday mornings he also enjoys playing football, basketball, or baseball with congregants and local college students. It’s a great way for people to connect, he says.

His conversations are frequently laced with humor, from the play-
ing field to sermons on the High Holidays. He even shares his favorite Jewish jokes on Wellesley Weston Chabad’s website because he says no one should take themselves too seriously.

“I’m always happy to sit down with anyone of any faith,” says Rabbi Bleich. “Many of my long-term relationships began when someone thought they had nothing in common with someone who dresses like I do. I reach out to say, ‘You don’t know who I am. Let’s have a cup of coffee.’ It’s an important part of my life.”

**REVEREND SARA ASCHER**

*Unitarian Universalists of Wellesley*

“This was a really hard decision,” says Reverend Ascher. “But I preach that it’s important to take risks, to thoughtfully jump off the cliff, and I’m at a point in my career and my personal life when if I am to continue, it’s hard not to do that myself. International work is pulling me to bring liberal religion to places where freedom of belief and freedom of expression are under threat, politically and societally. Mistrust of others seems to be growing in this country and abroad. Our world needs a message of oneness and compassion.”

“In many ways, the uncertainty of the Internet parallels what she loves about her faith—its limitless possibilities. Reverend Ascher recently announced that after five years as senior pastor of the Unitarian Universalists of Wellesley, she is leaving the community to become interim executive director of the International Council of Unitarians and Universalists. Technology will help her serve UU’s roughly 400,000 members worldwide.
Unitarian Universalism has no creed or dogma, says Reverend Ascher. “UU is an attempt to understand the world we live in and how we fit into that world. It draws from many religions—Christianity, Judaism, Buddhism, Humanism—and from the great thinkers. The biggest puzzlement people have about UU is that we acknowledge we really don’t have answers. We don’t know if there is a God, or what happens after death. We ask you to find your own answers to what is holy. That can be scary. Most people want someone to tell them what is true. That’s fine. But joining us in the not-knowing can be freeing. My job is to help them understand the experience they alone have.”

Growing up in Chelmsford, Reverend Ascher recalls being the only child who willingly attended her UU church regularly. “I loved it,” she says. “It felt like this magical thing that happened to all of us in the sanctuary for that short time on Sunday mornings.” At 12, she knew she wanted to be part of that experience forever. At a UU Youth Conference when they were 14, she met her husband, David Jarratt, a website designer and e-learning graphic artist. Since graduating from Lesley University and Andover Newton Theological School, she has served UU congregations for 16 years.

“There are few jobs that allow you to serve people as intimately as parish care. I don’t know if the ICUU job is the right way for me to practice my faith, but I’ll be serving a wider audience around the world,” says Reverend Ascher who in August took the helm after five years as an ICUU volunteer. “I’ve posted things on UU Wellesley’s Facebook page that get shared hundreds of times. Someone in, say, Thailand might see one and ask me a question that’s fascinating, wanting to know how we deal with it here. I’d bring it to the congregation for discussion. For us in Unitarian Universalism, this is part of the adventure.

“Ministry is fundamentally about relationships,” she says. “So how do we prepare to connect with people who will never sit next to us in the pew? The Internet is making our community bigger and more diverse. It makes us be creative and realize the power of being connected to each other.”
wellesley’s and Weston’s cemeteries serve as the final resting place for quite a few famous and noteworthy individuals. Among them, you’ll find two Olympic gold medalists, two outstanding Major League baseball players, and a winner of the Congressional Medal of Honor. They are joined by two people who wrote Christmas favorites—one about peace and the other about teeth.

On the following pages, find out more about some of our famous eternal Wellesley and Weston neighbors.
Robert B. (Bob) Cleary
1936-2015
Olympic Gold Medalist

FINAL RESTING PLACE: Linwood Cemetery, Weston.

OLYMPIC GOLD: Member of 1960 US Hockey team, the first to win a gold medal and the only US team to defeat every opponent (7-0). Cleary scored three key goals in the final round-robin goals. His older brother, Bill, was the team’s top scorer.

COLLEGE GLORY: Led National Collegiate Athletic Association in scoring as junior and senior at Harvard, from which he graduated in 1958. Captained Harvard baseball and hockey teams.

HONORS: Member of US Hockey, Massachusetts Hockey, and Harvard Varsity Club halls of fame. Twice won Walter Brown Award as best New England college hockey player.

LINK TO “MIRACLE” TEAM: Herb Brooks, coach of the 1980 squad—the only other US team to win Olympic gold—was cut from the 1960 team in favor of Bob Cleary.

BAT VS. STICK: Son Robert B. Cleary, Jr. says his dad was better at baseball than at hockey. The second baseman played four seasons in Cape Cod Baseball League and was member of US National Hearst All-Star Team.

LOCAL TIES: Lived in Wellesley from late 1960s to mid-’70s, when he moved to Weston. Coached youth hockey and baseball in both towns (his five kids all played sports).

SUNNY SIDE UP: For decades he and his buddies were a breakfast fixture at Ye Old Cottage Restaurant in Weston (liked his eggs over-easy).

POST-HOCKEY: Owned Robert Cleary Group, an insurance agency in Boston, staying on after selling to Corcoran & Havlin Insurance Group in Wellesley in 2006. Member of New England Financial/MetLife hall of fame.

CIVIC LEADER: Chaired board of Boys & Girls Clubs of Greater Boston, championing adding “Girls” to the formal name.

SPORTS GENE: Raised in Cambridge, dad Bill Cleary, Sr., head of the city’s recreation department, refereed Bruins games and college football and baseball. Cleary, Sr. umpired in Ted Williams’ Massachusetts debut as a Red Sox, a 1939 exhibition match at Holy Cross where the Splendid Splinter hit a grand slam in first at bat.
Eddie Collins
1887-1951
Original Hall of Famer

FINAL RESTING PLACE: Linwood Cemetery, Weston.

MOST MEMORABLE ACHIEVEMENTS: Member of original Baseball Hall of Fame (class of 1939). First player in 20th century to steal six bases in one game (September 11, 1912); did so again 11 days later.

MOST DUBIOUS ACHIEVEMENTS: One of the clean members of the 1919 Chicago “Black Sox” team that threw the World Series to Cincinnati. In 1945, as vice president/general manager of the Red Sox, he was a no-show at the Boston tryout of Jackie Robinson and two other Negro League players.

STATS: .333 lifetime batting average, 3,315 hits (ninth of all time), 1,821 runs scored, and 745 stolen bases (seventh of all time). Played his last game at age 43 in August 1930.

LITTLE KNOWN FACT: Played first major league game in 1906 under the alias “Eddie T. Sullivan” for the Philadelphia Athletics while still in college.

TEAMS: Played second base for the Athletics (1906-14) and Chicago White Sox (1915-30).

BOSTON CONNECTION: Hired in 1933 by grade school classmate Tom Yawkey to be vice president and general manager of the Red Sox; sidelined in late 1940s by illness.

SUPERSTITIONS: Though nicknamed “Cocky” for his brashness, he engaged in quirky good luck rituals: sticking gum on his hat before batting and then chomping on it furiously after two-strikes; never changing game socks during a winning streak; and asking someone to spit on his hat before a game.

WESTON CONNECTION: Purchased estate at 455 Concord Road in 1935; married second wife, Emily Jane Hall, at St. Peter’s Episcopal Church, Weston. Weston historian Pamela Fox says that Collins was known for handing out Sox tickets to neighborhood kids.

EARLY LIFE: Born in Millerton, New York; raised in Tarrytown, New York; and graduated from Columbia University.
Robert Frederick Drinan
1920-2007
First Priest in US Congress

FINAL RESTING PLACE: Jesuit Cemetery at Campion Center, Weston.

"OUR FATHER, WHO ART IN CONGRESS": Unofficial slogan as he became the first Roman Catholic priest elected to the US House of Representatives. Serving 1971-1981 in district that included Weston, but not Wellesley. Left office after Pope John Paul II forced him to choose between seeking re-election and the priesthood.

SCOURGE OF THE RIGHT WING: Stauchly opposed Vietnam War, backed federal funding of abortions, and scorned by conservative columnist William F. Buckley, Jr. as "the greatest threat to orderly thought since Eleanor Roosevelt left this vale of tears."

WHITE HOUSE "ENEMY": On July 31, 1973, filed first resolution calling for impeachment of President Richard Nixon (for secret bombing campaign against Cambodia, not the soon-to-explode Watergate scandal). Earned spot on Nixon's infamous "enemies list."

BOSTON COLLEGE LEADER: Dean of law school ('55 to '69), vice president, and provost ('69-'70).


EARLY LIFE: Raised in Hyde Park, Massachusetts; earned bachelor's and master's degrees at Boston College, two law degrees from Georgetown, doctorate in theology at Gregorian University in Rome. Entered Society of Jesus in 1942 and ordained in 1953.
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James (Lou) Gorman
1929-2011
Red Sox General Manager

FINAL RESTING PLACE: Linwood Cemetery, Weston.

SPIRIT OF ’86: Was GM of the Red Sox team that came within one out of defeating the Mets in the 1986 World Series. Played role in building both teams as assistant GM of Mets (1981-84) and GM of Sox (1984-93). The title of his first book was One Pitch from Glory: A Decade of Running the Red Sox.

LEAGUE OF HIS OWN: Also served in executive roles for the Baltimore Orioles (1964-67), Kansas City Royals (1968-76), and the Seattle Mariners (1977-80).

TAKE THAT, ROGER: When ace pitcher Roger Clemens walked out of camp over a contract dispute in ‘87, Gorman said, “The sun will rise, the sun will set, and I’ll have lunch.” Clemens remained with the Sox through ’96.

SELF-ASSESSMENT: “I’m a man of average intelligence, but I’m a people person,” he told WellesleyWeston Magazine for a 2007 profile.

WESTON MILESTONE: Was the first person to buy alcohol in town in 170 years when he purchased a bottle of Chardonnay at the now-closed Omni Foods in 2008.

EARLY LIFE: Born in South Providence, Rhode Island; played baseball while studying for bachelor’s at Stonehill College; earned master’s at Bridgewater State College; served two tours in Korea with the US Navy.
Teri successfully and quickly sold our home, and made what could have been a very stressful process easy and fun. Teri is the best realtor in the area, and we enthusiastically recommend her to anyone looking to either sell or buy a home!

— Jake Rosenfeld and Anita Raman

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— Jennifer and Jeffrey Blecher

When Teri sold our old house she made it effortless. She made excellent recommendations on what to ‘fix’ or ‘update’ in our old home to get it ready for market and provided us with the best people to work with including painters, stagers, and contractors. It would not have been an easy process without her. Teri has a very warm and welcoming personality. We trusted her advice every step of the way!

— Chris and Christina Ruggles

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Edmund Hamilton Sears
1810-1876
Wrote Lyrics to “It Came Upon the Midnight Clear”

FINAL RESTING PLACE: Linwood Cemetery, Weston.

THE STORY BEHIND THE CAROL: First presented in 1849 at First Congregational Church and Society in Wayland. "Writing during a period of personal melancholy, and with news of revolution in Europe and the United States’ war with Mexico fresh in his mind, Sears portrayed the world as dark, full of ‘sin and strife,’ and not hearing the Christmas message,” wrote Paul Hughes for the website Dictionary of Unitarian and Universalist Biography. Music is by Richard Storrs Willis.

PULPITS: Wayland (1839, 1848-65), Congregational Church in Lancaster (1840-47), First Parish Church in Weston (1866-76).

CIVIL WAR WARNING: “Every time we have dallied with the slave power we have sown the wind, and every year it becomes more certain that we shall reap the whirlwind!” he declared in his 1856 sermon, “Revolution or Reform.”


EARLY LIFE: Raised on a farm near Berkshire Mountains. Father gave him love of poetry. Studied law before deciding to pursue ministry.

CHURCH HONOR: Sears Memorial Chapel completed at First Parish Church in Weston in 1930. Its reliquary contains an illuminated manuscript of “Midnight Clear,” a copy of only other known Sears’ carol called “Calm on the Listening Ear of Night,” and his books.

THE STAGE-STRUCK SEARS: Sears’ son, Horace S. Sears, invited the public to plays at the 200-seat theater he had built at his Weston estate. Horace made his fortune in textiles. Though he lived large, he resides eternally under a modest tombstone, like that of his father and mother in an adjacent plot.
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Donald Yetter Gardner
1913–2004

Composed “All I Want for Christmas Is My Two Front Teeth”

FINAL RESTING PLACE: Woodlawn Cemetery, Wellesley.

A SONG IS BORN: As a music teacher in 1944 at a school in Smithtown, Long Island, he was stumped for a song for the second graders to perform at the Christmas concert. For inspiration, he sat in on a class. The teacher asked the kids about their wish lists. “They were all using the same phrase, ‘All I want for Christmas,’” Gardner told The Wellesley Townsman. “Then, the teacher said something funny, and they all laughed, and I noticed that 16 of the 22 in the class were missing their front teeth.”

TOPPING THE CHARTS: Spike Jones’ recording was the No. 1 song for the first week of 1949. Song was also recorded or performed by Nat King Cole (Gardner’s favorite, says son Richard), Alvin and the Chipmunks, the Boston Pops, and the gang at Sesame Street. Recorded as well in Europe, Australia, South Africa, and Japan.

BEYOND “FRONT TEETH”: Worked for textbook publisher Ginn & Co., moving to Boston in 1957 as music editor. Composed many songs for textbooks anonymously and published church anthems.

NEIGHBORHOOD STARS: Lived on Bay State Road in Wellesley for 35 years, where he and his wife, Doris, raised three sons. Couple hosted informal concerts for neighbors, and Doris was a popular music teacher.

CHURCH FAVORITES: The Gardners sang in the Chancel Choir at Wellesley Hills Congregational Church, which has performed his anthems “Man Shall Not Live by Bread Alone” and “O, Give Thanks Unto the Lord.”

SYMPHONY TRADITION: “Front Teeth” has been performed at Holiday Pops concerts of Wellesley Symphony since early ’90s. For the last decade, the orchestra has held a contest for children to guest solo in the song. Among the earliest winners: Gardner’s great granddaughter Sophia Burns. The orchestra has also performed another whimsical Gardner piece, “The Weather Song.”

UNSUNG ACHIEVEMENT: Scored a hole-in-one at Nehidden Golf Club in Wellesley.

EARLY LIFE: Raised in Portland, Pennsylvania, graduated from West Chester (Pa.) University.
David George Ouellet
1944-1967
Congressional Medal of Honor Winner

FINAL RESTING PLACE: Woodlawn Cemetery, Wellesley.

KILLED IN ACTION: March 6, 1967, at age 22 of head injuries suffered when a Viet Cong grenade struck his patrol boat. Ouellet was one of three Wellesley residents killed in the Vietnam War.

FROM MEDAL OF HONOR CITATION: “Seaman Ouellet spotted an incoming enemy grenade falling toward the boat. He immediately left the protected position of his gun mount and ran aft for the full length of the speeding boat, shouting to his fellow crewmembers to take cover. Observing the boat captain standing unprotected on the boat, Seaman Ouellet bounded on to the engine compartment cover and pushed the boat captain down to safety. In the split second that followed the grenade’s landing, and in the face of certain death, Seaman Ouellet fearlessly placed himself between the deadly missile and his shipmates, courageously absorbing most of the blast fragments with his body in order to protect his shipmates from injury and death.”


BEFORE THE WAR: Born in Newton and raised in Wellesley, one of nine children. Attended John D. Hardy School and Wellesley Middle School, and then went to work for the Alfred Fisher Trucking Company in Wellesley.

RARE HONOR FOR A SEAMAN: The USS Ouellet, a Navy frigate launched in 1970, was named in his honor. The 438-foot submarine hunter was decommissioned in 1993 and later sold to the Royal Navy of Thailand.

NAME LIVES ON: The USS Ouellet Association, made up of former crew members, meets every two years and has adopted the Ouellet family. The association supports the David G. Ouellet Division of the Sea Cadets, based in Gloucester.

WELLESLEY HONORS: Ouellet Playground on Cedar Street, a plaque honoring Ouellet at entryway of Wellesley Fire Station on Route 9.
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Alice Freeman Palmer
1855-1902
Pioneering Wellesley College President

FINAL RESTING PLACE: Her ashes are behind a white marble façade in Houghton Chapel at Wellesley College.

MAKING HISTORY: Became Wellesley College’s youngest president at age 27 in 1882. Joined faculty in 1879 as professor of history, becoming protégé of college founder Henry Durant. She was preceded by Ada Howard and became a distinguished educator and leader of an independent, nationally known college.

IVY LEAGUE LOVE AFFAIR: Resigned presidency to marry George Herbert Palmer, professor of philosophy at Harvard. Together, they helped lay the foundation for Radcliffe College.

OTHER TITLES: Member of Massachusetts State Board of Education, first dean of the newly founded University of Chicago.

IN HER OWN WORDS: Gave speeches nationwide advocating higher education for women. From her address “Why Go to College?”: “I have seen girls change so much in college that I have wondered if their friends at home would know them—the voice, the carriage, the unconscious manner, all telling a story of new tastes and habits and loves and interests, that had wrought out in very truth a new creature.”

IN HER HONOR: Wellesley College’s Freeman Hall after her maiden name, World War II liberty ship SS Alice F. Palmer.

EARLY LIFE: Raised on a farm in New York, among the first female graduates of the University of Michigan. Broke off with her first love because he didn’t approve of her going to college.
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Photographer Greg Prema
Karen Stives
1950-2015
Olympic Gold Medalist

FINAL RESTING PLACE: Woodlawn Cemetery, Wellesley.

RIDING FOR THE GOLD: Helped lead the American equestrian team to first-place finish in competition called three-day eventing in 1984. Won silver in individual point standings, just missing a gold when her horse clipped a fence in the show jumping event.

RIDER OF THE YEAR: Won that honor three times in the 1980s from the US Eventing Association. Eventing involves a series of matches, including dressage (known as horse ballet), an obstacle course race, and show jumping.

NOT SO GENTLE BEN: Described her Olympic mount, Ben Arthur, as “extremely talented, but very difficult to work with,” in an interview with the local Hometown Weekly. “There was a lot of negotiation on a daily basis.”

OTHER HONORS: US Eventing Association and New England Women’s Sports halls of fame.

GENEROSITY: Donated $3.5 million in 2014 to her alma mater, Dana Hall School, in Wellesley. Her Olympic memorabilia are displayed in the school’s Karen Stives ’68 Equestrian Center. Also gave $1 million to the US Equestrian Team Foundation.

EARLY LIFE: Born in Wellesley to the former Lillian Clair, who had been an equestrian enthusiast, and Russell Wennberg, founder of the Barn, a retail shoe business. Started riding and showing ponies at age 10.
VIP, RIP
(In Wellesley)

Eddie Yost
1926-2012
The “Walking Man”

FINAL RESTING PLACE: Woodlawn Cemetery, Wellesley.

GOOD EYE: Led the American League in walks for six seasons; led the AL in on-base percentage twice; despite batting just .233, named to All-Star team in 1952 by Casey Stengel (“Every time I look up, that feller is on base”); coached third base for 1969 Miracle Mets, World Series champs.

CAREER: Debuted with the Washington Senators in 1944 at age 17 and played third base for them for 14 years (with 18 months WWII service in Navy). Played two years each for the Detroit Tigers and the Los Angeles Angels. Various coaching stints eventually landed him with the Red Sox, where he worked until 1958.

HITTING THE BOOKS: Off-season, earned bachelor’s and master’s degrees in education from New York University.

WELLESLEY CONNECTION: Moved to Wellesley Hills in 1981, where he could be seen walking and bicycling around town. His hobbies included restoring antique carousel horses and clocks.

EARLY LIFE: Born in Brooklyn and raised in Queens.
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Student Athletes Turn Their Love of Sports into Community Service

ELIZABETH SUNEBY writer

achieving success as a competitive athlete requires unabashed, self-centered focus, determination, and grit along with as much practice time as can be squeezed into a week. Yet, the decorated high school athletes featured in this article also use their athletic prowess and precious free time to give back to others.
Sydney Soloway, a student at the Dana Hall School in Wellesley, rallied more than 100 volunteers on a sunny spring Saturday in her school's fencing studio to sew 12 “ball blankets” filled with squash balls. These therapeutic blankets calm youth who have autism or ADHD through the weight of the balls against their bodies.

Turning her love of squash into an avenue to help others, Sydney started the nonprofit SquashCares in September of 2014 when she was a freshman in high school. Over the past couple of years, SquashCares has crafted 22 fleece-covered ball blankets for kids who could benefit from the blanket’s sensory stimulation and soothing effect—all while saving about 5,000 used squash balls from generating 276 pounds of landfill waste.

The squash enthusiast learned about the ball blankets while reading an article about a squash club in Oulu, Finland, and the idea instantly appealed to Sydney as her two cousins have significant developmental delays. SquashCares has donated its blankets to organizations including the Doug Flutie, Jr. Foundation for Autism; The Cooperative for Human Services; Toward Independent Living and Learning; the Autism Alliance of MetroWest; Cardinal Cushing Centers; and the John Silber Early Learning Center; as well as to individuals (even one outside the United States in Jordan).

“It’s really about helping people with the sport I love.”

above: Campbell Brown and Sydney Soloway at Dana Hall for a SquashCares sewing event
Sydney’s Dana Hall varsity squash teammate, Sophie Langlois, joined SquashCares as the director of sewing preparations. She preps blankets prior to the nonprofit’s sewing events so that the volunteers can be most productive. If you’re interested in making your own ball blanket, search YouTube for the SquashCares “Ball Blanket Sewing Tutorial.” You’ll see Sophie leading viewers through a step-by-step guide.

In addition to crafting blankets, SquashCares supports aspiring squash players by collecting athletic clothing and equipment to donate to programs for inner-city youth, including CitySquash located in the Bronx, New York; Squash Haven in New Haven, Connecticut; and SquashBusters in Roxbury, Massachusetts. Several clubs and schools serve as SquashCares collection sites, including The Maugus Club of Wellesley, The University Club of Boston, Dover Squash and Fitness Club, Cross Courts Squash & Fitness, Pomfret School, Newton Squash and Tennis Club, and the New York Athletic Club. SquashCares also donates equipment to the Professional Squash Association’s ReBound Program that distributes used equipment to outreach programs in countries including Zimbabwe, South Africa, India, and Colombia.

Sydney sums up SquashCares’ initiatives this way: “It’s really about helping people with the sport I love.”

Alison Heilbronner
Basketball Player

Sunday afternoons from November through March, you’ll find Weston High School’s Alison Heilbronner shooting hoops or leading drills with the Special Olympic athletes on the Heated Lions basketball team. Approximately 25 co-ed teammates, each one with a physical and/or development disability, travel from towns west of Boston to converge for team practice in the gym at The Rivers School in Weston.

Each Sunday offers a unique learning experience for Alison. Sometimes, she works with one athlete who prefers to shoot and dribble alone. Other times she leads mini-scrimmages or laps around the gym. If it’s a tournament day, she helps out with the competition, such as at the Special Olympics qualifying Kevin Clancy Tournament held at Newton North High School.

Alison finds every role fulfilling and fully supports the Heated Lions’ mission: to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and young adults with intellectual disabilities, giving them continuous opportunities to develop
physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympic athletes, and the community.

It’s not only a love of basketball that powers Alison’s passion for volunteering with the Heated Lions, but also the bonds she develops with the players and their families. Still, it’s hard work. Alison notes, “After an exhausting hour working with the team, I have the utmost respect for the players’ parents who have 24/7 caregiving responsibilities.” Alison hopes to one day work in the medical field to help find ways to eradicate developmental disabilities.

Cassandra and Isabelle Winkelman
Soccer Players and Runners

The Wellesley United Soccer Club desperately needed one more coach for a third grade girls’ team. There were parents willing to be assistant coaches for Team Germany, but not for the head coach position. The Club approached some of its high school age players, including twin sisters Cassandra and Isabelle Winkelman, to see if anyone would be game.

Isabelle and Cassandra willingly agreed to be the “test case” for high school students coaching a town youth soccer team. And what a test case they were. Their team of eight- and nine-year-old girls finished the fall season feeling proud not only of their wins, but also of how well they played together as a team. When asked about the secret for their success, the sisters mentioned that they think
“We love working with younger kids and have found them open to our suggestions. It’s really fun to watch them also enjoy our favorite sport and to see them improve—fast!”

the girls listen to them more than they do to their parents. It was the referees who needed a little encouragement to turn to the teens, not the assistant coach parents, to shake hands and start the game. Both the opposing team coaches and the officials were surprised that the sisters were Team Germany’s head coaches.

As if the Winkelman twins’ soccer coaching success wasn’t enough, they also volunteer as coaches for young, aspiring runners on the all-girls running club, Wellesley Youth Track & Field Club (WYT&FC), started by the Pasko family to introduce girls to track and to prepare those who are interested to compete in regional and national competitions. Both Winkelman sisters are accomplished runners on the WYT&FC team as well as on the Wellesley High School fall cross country and winter and spring varsity track teams. Cassandra runs the 5K, the mile, the 800, and throws the javelin. Isabelle is mostly a hurdler and sprinter. “We love working with younger kids and have found them open to our suggestions. It’s really fun to watch them also enjoy our favorite sport and to see them improve—fast!”
Several years ago, while attending the first Shooting Touch Bob Hurley Basketball Camp, Wellesley High School basketball players, Alex and Alvie Stoddard met Justin and Lindsey Kittredge, the husband and wife team who founded Shooting Touch. The local nonprofit uses the power of basketball to educate and empower youth in Greater Boston and Rwanda. A few years later, Alex and Alvie started volunteering at a
number of the Shooting Touch fundraising events, including as ball boys at the Shooting Touch Holiday Tournaments in 2011-13 and helping out at the Shooting Touch Annual Galas in 2012-14.

In the late fall of 2014, Alex and two friends, Max Tracey (Wellesley High School) and Mathias Tankersley (Brooks School), interviewed retired NBA player, Grant Hill, who talked to them about the importance of athletes giving back to the community. Their article was published on SLAMonline, the Slam magazine website. Inspired by Hill, the Stoddard brothers decided to raise money so that Shooting Touch could build a basketball court for kids in Rwanda.

During the summer of 2015, the boys set up a fundraising table in front of Roche Bros. supermarket to collect donations. They also worked with teammates and friends to organize a basketball clinic they named Shooting Touch Kids 4 Kids. Sixty kids from across Massachusetts spent a fun afternoon with coaches from Wellesley High School, Noble and Greenough School, The Rivers School, Brooks School, Brimmer and May, and Groton School—all who volunteered their time to lead stations at the clinic. Basketball players from local high schools assisted the coaches. In addition, the student organizers of Shooting Touch Kids 4 Kids solicited donations from friends and family and several local businesses including Fells Market, Tufankjian Toyota, and local basketball camps.

Alvie explained, “Alex and I have been fortunate to attend many Shooting Touch basketball camps and clinics. Justin always encouraged us to be the best we can be, on and off the court. We wanted to help and started volunteering at their fundraising events.” Alex chimes in, “My brother and I have met some of our very best friends through basketball. I am glad we were able to rally our friends and coaches and share our love of the game with kids locally and even as far away as Rwanda.”
Wellesley High School
Boys’ and Girls’ Tennis Teams

After the Boston Marathon bombing, Wellesley High School’s boys’ tennis coach (and head of the tennis program for Wellesley’s Recreation Department), Mike Sabin, acted on an idea he had been mulling over for a couple of years—engaging the boys’ and girls’ teams in a day of community service. Alan Brazier, the girls’ coach, loved the idea and together the two leaders suggested to their teams that they host a youth tennis clinic on a Saturday afternoon in the spring to raise money for The One Fund, a charity to aid the victims of the April 15, 2013 Boston Marathon terrorist attack. The kids were onboard, and the first event was a success. The Youth Tennis & Clinic Game Day has become an annual tradition for the team. Each year the captains select a different charity to benefit. In 2016, they selected Special Olympics. Parents pay whatever they deem appropriate for their kids to participate.

The event is open to four-to-thirteen-year olds at any level of tennis ability, even if that means never having picked up a racquet before. The tennis team leads fun games, drills, and even plays singles and doubles with the participants. Rumor has it that an eight- and ten-year-old beat two varsity players in a game of doubles one year, although the Wellesley High School players claim that they weren’t trying their hardest. Perhaps they were simply following instructions to make sure all the kids have fun. Jake Robertson, a member of the boys’ varsity team, enjoys hitting with kids of all ages at the clinic. “It’s nice to see kids in the community come out and be welcomed by the tennis team. Hopefully, we encourage at least a few more kids to get into tennis,” explains Jake.
In fall Nantucket takes a step back from the summer hustle and bustle. Explore the open stretches of magnificent beaches, miles of bike paths and the best rates of the season. Ask about Hot Dates, Cool Rates.
in 1940 seven energetic Weston women, formerly of Wayland Garden Club, knew it was time to start a garden club in Weston. They wanted a vigorous organization that served both civic and educational purposes. Envisioning a working club for “dirt gardeners,” they limited membership to 50 so there would be no room for dead wood.

The club’s first speaker in 1941 was the head horticulturalist at Waltham Field Station, who described how to make and use compost. Other meeting topics included a week’s routine in the garden, caring for houseplants, and pruning. Seventy-five years later, Weston Garden Club’s educational mission continues with monthly speakers, member-led workshops, and demonstrations. Recent topics have included cultivating roses, hostas, and mushrooms; creating garden vignettes and rain gardens; holiday floral design; and a return to that important topic, pruning.

Through the years, the club has navigated societal changes while remaining relevant. The Conservation Committee is a good example as it has guided the club’s response to a wide spectrum of needs: water conservation, litter reduction, and the introduction of recycling at the town dump. In 1986, when the Fish Derby Pond at Weston High School was choked with debris, the club worked with students and the town to remove trash and stock the pond.

“The main strength of our club is our membership,” says long-time member Chay Veeder. “Members feed off each other, motivating, stimulating, and taking each other to new levels of gardening, design, horticulture, and civic responsibility.” Chay grew up in a home filled with flowers from her physician father’s garden. When both her children were in school, Chay joined the garden club. “I took to it like a fish to water,” she says, “I love the traditions we keep; they inspire and sustain us.”

At the forefront of tradition is the watering trough in Weston Center between the Town Green and the old library building. Serving thirsty horses from 1897, in 1948 Weston Garden Club took over the trough and began the seasonal plantings the club provides today. The club’s logo is this iconic image. The club also provides perennial gardens at the Fiske Triangle and the Center Street median. Other
decades-long commitments include maintaining trails on Forbes Conservation Land, making more than 75 wreaths and swags in December to decorate town buildings, and providing flowers weekly at Weston Library.

Club activities have always evolved to meet changing times. By the end of 1941, the year of the club’s founding, the United States was involved in World War II. Weston Garden Club members served at the soldiers’ hospital in Waltham and grew victory garden produce for home use and school lunches. The Hospital Service Committee served until 1958 when the Waltham facility closed.
In 1945, when the war was over, members dove into flower arranging and flower shows, beginning with a club entry in the 1948 Flower Show at Horticultural Hall. In May 1955, the club staged its first flower show at the Josiah Smith Tavern. Participation continued enthusiastically in club and regional shows with members bringing home many ribbons. In 1999, Barbara Elmes chaired a standard flower show, Books in Bloom, at the Weston Public Library. The club adopted other civic activities, raking trails at Garden in the Woods in Framingham and tending The Vale and Gore Place in Waltham.

In 1948 membership was increased to 70 and annual dues were raised to $5. The club joined the Garden Club Federation and the National Council of State Garden Clubs. In 1954, two new garden clubs were formed in Weston: Country Garden Club and The Garden Interest Group of the Women’s Community League. Through the Council of Weston Garden Clubs established in 1961, the three clubs consult and cooperate on projects like the renovation of Case Park at the Scout House. Each April, they gather for a joint meeting, rotating responsibilities for speaker, refreshments, and flowers.

“Everywhere you look, we’ve had an impact,” says President Jessica Pohl. “Our 75th anniversary is an occasion to take stock and remind ourselves of what Weston Garden Club has accomplished. This year
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we’re taking the time to review our archives, document the highlights, and celebrate with pride.” Plans for the anniversary include hosting a high tea for members in September, creating a video documentary, and giving a gift to the town.

Reviewing club archives has given members new appreciation for past contributions. In 1946, the first civic project, planting masses of daffodils on the slope from Town Hall to the Town Green, was so popular the club continued it for years. For Weston’s 250th anniversary in 1963, the club spearheaded the beautification of the town’s business center, including improvements to facades and parking. Many citizens and organizations planted, painted, and cleaned. The club also contributed plantings in front of Town Hall in memory of Mrs. William Conant, a founder of the club and its first president, which included dogwoods, her favorite.

Some old-fashioned practices bring a smile. Nancy Bates, a member since 1967, can recall meeting in members’ homes, which involved bringing lots of chairs, wearing suits and gloves, and taking roll call in the brown book and fining latecomers 25 cents. She’s happiest that the practice of referring to a member by her husband’s name has gone by.

“I just always wanted to be Nancy,” she says.

In 1973, two competitions were established to raise members’ proficiency in horticulture and floral design. The Thrall Bowl, given in memory of Helen G. Thrall, is awarded each year to the member with the highest number of points in the club’s horticultural competitions. The Sweet Tray, in memory of Elizabeth L. Sweet, is given each year to the highest-scoring member in the club’s floral design competitions.
In 2013, John Skillman, a retired vascular surgeon and a gardener, joined Weston Garden Club, the first of three men. In retirement Skillman worked for Hartney Greymont as an arborist, learning pruning firsthand. He shares this knowledge with members in pruning demonstrations in their gardens. Other member-led workshops have covered making corsages, terrarium planting, and synergistic floral design. This spring, Vice President Cynthia Chapra, a woodworker, guided 15 members through the construction of teak and copper tuteurs. She leads the club’s entry in a Federation competition to plant native species.

The club continually finds ways to serve a wider community. In 2007, it obtained non-profit status and is now a 501(c)(3) organization. The club established a website, www.westongardenclub.org, and tiptoed into social media. In 2013, as part of Weston’s Tricentennial, Weston Garden Club offered a tour of ten members’ gardens, chaired by Vedeer. Members worked a full year to make the huge project happen, meeting all goals for education and fundraising, building community, and creating a strong identity for the club.

Members are the club’s strength and its legacy as well. Luminaries like Susan Dumaine and Midge Painter groomed new members, graciously sharing their gardening know-how and enthusiasm. Barbara Elmes, master of landscape design and a flower show judge,

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and Nancy Bates remain active members, passing along their knowledge and sharing their commitment.

Bates joined the club in 1967 after several years in what is still known as the Provisional Group. In 1957, Weston Garden Club members established a junior group for daughters and daughters-in-law residing in Weston. The Provisional Group, governed by its own bylaws and officers, maintains gardens at the Scout House, participates in wreath making, and shares some programming. When they are ready, Provisional members are encouraged to apply for the “big club” and bring their experience to this larger membership.

Most members find their own way to Weston Garden Club. Molly Varnau arrived with her family from Southern California in 2011. A lifetime gardener, Varnau was introduced to Weston Garden Club at the 2013 garden tour. She came to the requisite three meetings and when there was an opening, joined in 2014. “I go home from meetings happy and inspired,” Varnau says. “Moving with children in middle school made parent connections a little harder to make. In garden club I’ve
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found people who value nature and the landscape; it’s a great group that I’ve come to cherish.” In 2016, Varnau won the Thrall Bowl and was the club’s assistant arranger for Art in Bloom at Boston’s Museum of Fine Arts. “This has been a great year for me,” she notes.

Club members maintain many leadership roles in community organizations like Weston Historical Society, Women’s Community League thrift shop (which funds scholarships for Weston High School seniors), Friends of the Library, Town Tree Committee, and Town Planning Board. For residents without connections to local schools, the garden club can be a strong entrée to the community and a great place for continuing education.

Weston Garden Club has never strayed from its roots. With a monthly talk on backyard birds, an overnight field trip to Coastal Maine Botanical Garden, and frequent visits to Garden in the Woods, the club serves current members’ interests. An important 75th anniversary gift to the town will be determined after plans for town center improvements are finalized.

As they work at the watering trough and the town center plantings, members always hear grateful comments from passersby. “We know our contributions are appreciated,” says Pohl. “Our 75th anniversary celebration brings us all back to the core of why we do what we do. We believe in contributing to our community, and to increasing and sharing our knowledge and love of gardening.”
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on September 6, 1966, 220 METCO children took their first school bus ride from Boston to suburban classrooms. On that day, the all-white Wellesley school district welcomed ten students who became part of a vast social experiment to provide a small correction to the decades of devastation that segregation had wrought in Boston schools. Earlier that year, on February 24, School Committee Chairman David Sargent noted on the front page of The Wellesley Townsman, “It is unthinkable to refuse to participate in any such program that is obviously aimed at solving one of our greatest national problems.”

That winter, as news of the impending program spread, the town found itself at the center of a national debate. Angry letters sent to The Wellesley Townsman and to members of the School Committee accused them of vast overreach. Conversely, dozens of letters praised committee members for their forward thinking and courage. Many understood the more subtle advantage of METCO. One letter, dated May 17, 1966, said, “Our judgment is that Wellesley and our Wellesley students will be the biggest gainers in this program.”

Fifty years later, the experiment continues. More than 150 students come to Wellesley every day of the school year, rising to catch buses that fetch them as early as 6 am. And though the program continues to be scrutinized in the Statehouse at budget time and might merit debate on stubborn academic achievement gap issues, in the end, it is a program, designed for the good of children. And because it is about people, in many ways what defines METCO’s success are the bridges that are built across communities and the connections the program fosters.

What follow are five snapshots of forged relationships that have forever changed those involved. This is the power of the METCO program.
May 17, 1966

Mr. David R. Sargent
Indian Springs Way
Wellesley Hills, Massachusetts

Dear Dave:

This is just a note to let you know that Marcia and I competely support the position of the School Committee in its decision to have Wellesley participate in the METCO program.

Our judgement is that Wellesley and the Wellesley children will be the big gainers in the program.

We hardly think that you or your fellow School Committee members will change your decision as a result of the current noise, but if it comes to counting noses, we would like to be counted in your corner.

Sincerely,

James F. McAvoy, Jr., C.I.

JFM: tcb

One of the many positive letters School Committee Chairman David Sargent received expressing support for the METCO program. He also received many angry letters expressing opposition to the program.
Jania Blidgen was 12 and in sixth grade when she met Cathi Gordon, assistant principal of the Wellesley Middle School. “We started a mentoring program for our Boston students,” says Cathi. “It was very popular—many people signed up, from secretaries to administrators. I got very lucky and got matched with Jania.” Within weeks, it was clear there was an immediate connection. “Right away, I knew she was genuine,” says Jania. “I knew if I was struggling, I could go to her for help.” In the beginning, the relationship focused on academics, but soon it deepened into something more meaningful. “We did a lot of studying and work on projects but the bond developed into something more,” says Cathi.

Jania knew that she had found someone who was going to support her well beyond the school walls. “I am so appreciative of her,” she says. “I knew if I could open up to her about academics, I could open up to her about other things, too.” Their friendship goes beyond the academic calendar into summer and after school hours. “We’ll go to the movies or grab something to eat. We always have fun,” says Jania. Cathi returns the compliment. “I think of her as part of my family,” she says. What happened when Jania’s “second mom” learned that Jania was heading off to college in Virginia? “I cried, of course! I was so proud,” says Cathi. Both say that if life gets busy and they slip out of contact for a little too long, one of them will shoot the other a text that simply says, “What’s up? How are you doing?”

Family to Family
The Cobb and Tetel Families

“We call them ‘Ronnie Wednesdays,’” says Carly Tetel of the nights that Ronnie Cobb stays over in Wellesley. Ronnie has been spending at least one night a week with the Tetel family since second grade. The reason? “My son Isaac and Ronnie are best friends,” says Marc Tetel. Matched in kindergarten, Isaac and Ronnie have been fused at the hip through elementary school. Ronnie has his own drawers and his own closet at
the Tetel house. “He’s like our third kid!” says Carly. Now they are in seventh grade, and their friendship hasn’t wavered. But in addition to the kid-to-kid connection, Ronnie and Isaac’s parents have felt the electricity of immediate friendship as well. “The minute we met them, we picked up on their positive energy,” says Denia Cobb, Ronnie’s mother.

The families now have an easy rapport that transcends the METCO program. The dads take the boys on outings—to the first pro-basketball game each year or to the Museum of Science. The moms talk on the phone about their kids and their lives. The Cobbs attended the Tetel’s daughter’s Bat Mitzvah, and Ronnie has been on family vacations with the Tetels. “There is so much trust between us,” says Carly.

Both families feel a little sad that the story of two families who hang out together and laugh together and watch their kids grow up together should be worthy of a news story, but Ron Cobb is philosophical about it: “It’s not about color, it’s not about religion, it’s not about income, it’s not about politics, it’s about friendship.” Carly Tetel agrees. “I just cringe when people say ‘oh you do so many nice things for the Cobb family,’” she says. “I know they mean well but the Cobb family has given us so much more than we could ever give to them.”
In fifth grade, Mike Reidy was the new kid and Drew Kelton chose him for a pick-up basketball game at recess. “Our friendship began in a really organic way,” says Mike, “and was maintained in a really organic way.” Picking apart the “why” of a connection
can seem pointless. “It’s hard to articulate why it works,” says Drew. “You can’t parse it out too much. It happened.” What Drew is referring to is the intense lifelong friendship that flourished from that day in school and beyond. It has culminated in the two of them working down the hall from each other in the same high school from which they graduated. Mike is the department chair of Wellesley High School’s social studies department and Drew is currently the Phillips Housemaster (and was a social studies teacher for 15 years at the school).

Drew credits Mike for introducing him to education as a career. “What I was doing gave me no satisfaction,” says Drew. “Mike kept saying: ‘Drew, this is where you need to be.’” Mike certainly knew whom he was recruiting when it came to Drew. They were in each other’s weddings, they were there for the births of each other’s children, and Mike’s first son is named Drew. “The lazy person sees a black man and a white man and thinks ‘there must be some differences,’” says Drew. “But when you get to know us, you see that we have much more in common than what is on the surface.”

Their families were close and remain so today. One of Mike and Drew’s favorite shared memories is when, at Drew’s wedding, while dancing the traditional first dance with his mother, she whispered in his ear, “You
need to give Mike’s mom a little time.” So Drew walked over and invited Mike’s mother, Sharon, to dance.

Student/Student
Tiger Mar and Shania McIntosh

The METCO Family Friend program typically matches children of the same gender for out-of-school activities. Tiger Mar and Shania McIntosh are the exception that breaks the rule. “I was matched twice with girls in kindergarten, and for whatever reason, it didn’t work out,” says Shania. Tiger’s mother, Rhonda, was the Family Friend’s coordinator for Hardy Elementary School and thought, “Why can’t Shania be Tiger’s family friend?” So what started out with a six-year-old boy and girl who played together after school has since morphed into a deep

Being paired together as children watered down the gender barrier. “It really helped that we were so young,” says Tiger. And they had to work through a few naysayers. “A lot of people thought it was strange,” says Shania. “They would ask, ‘why do you have a boy as a family friend?’” The relationship was cemented through the connection between Tiger’s mother and Shania’s parents. “Because our families got along so well, it meant we got to spend more time together,” says Tiger.

“Ms. Rhonda is like a second mother to me. I love her,” says Shania.

Now that they have cleared the hurdle of high school, the pair realizes what a gift METCO was to their lives. “If it wasn’t for METCO, I wouldn’t have a sister,” says Tiger. Shania hears this and nods in agreement, “I wouldn’t have a brother.”

The Adults
Antone McCatty and Alex Sarly

“Antone and his family are some of my favorite people in the world,” says Alex Sarly about his friend Antone McCatty. Antone and Alex
met when Antone was in Wellesley for pre-season football. Because Antone traveled in from Boston, Alex realized he probably didn’t have a place to eat lunch, so he promptly invited him back to his house. “That was it,” says Alex, “we became best friends.” During high school they formed a bond that, if anything, is stronger today. Both men were in each other’s weddings and Alex is godfather to Antone’s first-born son. “My parents adore Antone, too,” says Alex. “But he had a lot of moms and dads in town; everybody loved him.”

“We Are Family

Antone McCatty (left) and Alex Sarly today
Even though many houses had their welcome mats out for Antone, it didn’t mean it was always easy. “I would be walking to school from the commuter rail, and I would get asked where I was going,” he says. “I would have to say ‘I go to school here!’” Alex acknowledges that hurt. “Watching some of what Antone went through really personalized racism in this country for me,” he says.

Now Alex and Antone get together regularly for barbecues and birthday parties. “In some ways, now that we’ve grown up and get to hang out with each other’s families, it makes me appreciate our friendship even more,” says Alex. Having spousal support doesn’t hurt. “I think our wives see more of each other than we do!” laughs Antone.
while the popular television program Phantom Gourmet was started in 1993 by the Andelman brothers, it was really inspired by their father, the legendary Eddie Andelman, during their childhood.

“Our father, Eddie, was known as the ‘Godfather of Sports Radio.’ He always had us playing, ‘Who was the best basketball player of all time?’” shares Wellesley resident Dan Andelman. “We just changed the game to ‘Who serves the best pizza?’” he laughs.

The senior Andelman also influenced the show in another major way.

“With three boys, he knew that schedules would be difficult to coordinate. So when we were all in the house together, he was quick to suggest that we go out for dinner—except it was always to try some place new. We weren’t going to fancy restaurants, but ‘real food’ places that served things like pizza, fried clams, and pasta.” Thus, the Andelman family of Lynnfield ended up road tripping up and down the North Shore and throughout Greater Boston. These trips provided the family plenty of quality time together in restaurants and in the car.
“No surprise—we always ended the trip by rating the meal!” adds Dan.

“With the Phantom Gourmet, we are really doing the same thing. We are taste testing restaurants where regular people go.”

This was a novel idea in 1993. The Internet and the Food Network were just starting out. Magazines and newspapers usually covered high-end restaurants. Rating regular restaurants and finding local haunts was a new concept.

Dan was the company’s first full-time employee, working out of his brother Dave’s one bedroom condo in Brookline Village. Dave was getting a law and business degree at Northeastern, and Dan had taken on a part-time job in TV production.

Ten years later in 2003, they made it big, having been recruited to CBS Boston—and that is where they have stayed for the last 12 years.

Phantom Gourmet mostly covers the New England area. They have done some travel shows, going to places like New Orleans or California’s Napa Valley.

During each show they try to cover up to 25 different restaurants.

“We try to have places from all areas—North Shore, South Shore, Boston… And we
always love an interesting story—for example, an artist who is also the chef,” Dan says.

“People write in all the time with suggestions, and now that we have a staff of 12, we can really go out and test them,” he continues.

“Owners will often call us back a few weeks after their place is reviewed on TV, telling us how slammed they have been—so what we do works. We air late morning Saturdays and Sundays, so that people can pick where to go to dinner that night.”

The *Phantom Gourmet* also hosts a few large food events each year—including a hot dog safari held in Boston in the spring and a BBQ/Country Fest in Rochester, New Hampshire in June. The largest event by far is the signature Phantom Gourmet Food Festival, to be held this year on September 24 next to Fenway Park, in which over 100 restaurants participate.

To keep things interesting, the brothers took on a new business challenge two years ago and bought the Mendon Twin Drive-In. As with the *Phantom Gourmet*, their father played a large role.

“Our dad loved the drive-in. We used to go there when we were kids,” remembers Dan. “I remembered this place a decade or so ago, and was happy to see it was as great as
my memories,” he continues. “I took my wife, then girlfriend, on a date here and she loved it too. It became a tradition to drive out and watch a movie a few times a summer. Then Michael, my other brother and partner, approached the Mendon Drive-In owners about selling the business. We were surprised when they approached us with an offer a while later.”

Mendon is located in Worcester County and is approximately a 20-minute drive from the Wellesley/Weston area.

“Come early,” Dan says. “We sell out for almost every show. Cars start coming into the lots at 6:30 and marking their spot. You see people pull out lawn chairs and a frisbee while they wait for dusk to fall and the movie to start. These days, with all the SUVs, you see them pull into the spot backward. They pop the trunk and everyone gathers in there to watch the show.”

To add to the ambience, the Andelman brothers have built a beer garden called Pop’s Beer Garden. They offer six beers on tap as well as wine and sangria. And, needless to say, the food at Judi’s Snack Bar is phenomenal—as you would expect from the Phantom Gourmet brothers.

“We named the snack bar after our mom, Judi,” Dan says. “We serve what you would expect at a drive-in—burgers, popcorn chicken, fries, and corn dogs. And our popcorn is popped fresh nightly. All the food is what I call fun and family friendly.”

In reality, the movies match the ambience, although it is up to the visitor to decide which is more memorable. All the shows are first
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run, and both screens show a double feature nightly. The cost per car is $27 for up to 6 passengers. Located on a 16-acre lot, the drive-in can fit up to 700 cars.

The Mendon Twin Drive-In opens in late March, showing movies on the weekends only. Nightly movies start Memorial Day and run through Labor Day. The weekend-only schedule continues through October.

“The fall is a fun time for us. In September, we have a month of retro movies, such as Back to the Future, Dan says. “And in October, we show horror movies—both past and present releases.”

When asked about the next generation of Andelmans, Dan laughs. “My three kids are spoiled. They saw their first movies at the drive-in and expect all screens to be as large as this! They beg me to come out here every night. They don’t care what is showing…they just want to be here running around and having fun.”

As for his favorite local food haunts, here are a few of Dan’s favorites:

- **FELLS MARKET.** “I am there regularly for the steak tips.”
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when Dr. Robert “Buck” Weaver was growing up in Weston, his kindergarten teacher recommended to his parents that their highly distractible son would do better at home. Against that advice, his mom and dad kept him in the public school system, but he needed a tutor every day from first grade through high school. When it came time for him to apply to colleges, he was not accepted to a single school.

It was no wonder then that when he graduated in 1979 with his Ph.D. in psychology from the California School of Professional Psychology, it was one of his and his parents’ proudest moments. In fact, his classmates had a surprise for him. They read a letter from President Jimmy Carter congratulating him on overcoming his learning hardships.

How did he go on to achieve such an accomplishment? Weaver says he was allowed to attend the American College of Switzerland where his father was on the board, and there he discovered that he could succeed if the facility worked with him by testing him orally and giv-
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ing him extended time on exams. He performed so well that he was accepted as a special student at Bowdoin College, where his fraternity mates read him his homework and professors gave him special accommodations. He ultimately graduated from there with honors.

Weaver knows now that he had (and still has) Attention Deficit Hyperactivity Disorder (ADHD)—at a time when that diagnosis was virtually unknown—coupled with dyslexia. After graduation, he made a decision to help children and other adults impacted by “learning and attentional differences.” In 1985, he opened The Weaver Center, close to his childhood home, in Wayland. It was a one-of-a-kind center in the ’80s and is still thriving today, much to Weaver’s credit. As President Carter said in his letter, “Teaching others the skills, which you yourself worked so hard to master, is a very noble endeavor.”

Many adults who have ADHD—a bit more than four percent of the population, according to the National Institute of Mental Health—had similar childhood experiences, although maybe not so extreme. Some recall “marching to the beat of a different drummer” or “never living up to their potential” as both children and adults. In fact, all cases of adult ADHD start in childhood.

According to the Mayo Clinic’s website, Adult ADHD symptoms may include:
- Trouble focusing or concentrating
- Restlessness
- Impulsivity
- Difficulty completing tasks
- Disorganization
- Low frustration tolerance
- Frequent mood swings
- Hot temper
- Trouble coping with stress
- Unstable relationships

Weaver says he looks for verbal clues as well when he is diagnosing adults who he suspects have ADHD. He says the words he hears most often from patients with ADHD are “It depends” on their interest level when you ask them how they are doing in work and relationships, or “I know, I’m really dumb or lazy,” or “People think I’m doing the wrong things over and over on purpose, and I’m not. I’m just not aware or attentive in that moment.”

The difference between adult ADHD and childhood ADHD is that most adults do not have the hyperactivity component kids have, and instead of suffering in school, which can bore them, adults are able to choose jobs that interest them so they can focus. Many adults are diagnosed with ADHD at a center such as Weaver’s when they get a promotion at work and can’t handle the extra pressure or when they bring their child to a professional to be tested for the disorder.
Still, the great majority of adults with ADHD are never diagnosed—women least of all.

Unwrapping ADHD Gifts
The good news, according to Dr. Edward (Ned) Hallowell—one of the country’s foremost experts on adult ADHD who has offices in Sudbury and New York City and who himself has the disorder or “trait” as he prefers to call it—is that many adults with ADHD are often very successful in life.

“My whole platform,” says Hallowell, who wrote the best seller Driven to Distraction, “is that having ADHD can be a positive thing. It’s a great disservice to call it a disorder.” In fact, he stresses, many original, creative, pioneering, and entrepreneurial people, such as Thomas Edison and J.J. Abrams, the director of the most recent Star Wars movie, have ADHD. In fact, most entrepreneurs have some component of ADHD, he adds.

He says adults with ADHD (noting he prefers the term ADD since there usually isn’t a hyperactivity component with adults) have difficulty focusing on tasks they deem boring, such as school work or writing reports. However, most also have an ability that other people don’t have to hyperfocus on topics that are of interest to them. He says this allows them to successfully complete tasks more thoroughly and quickly than people without the disorder.

“I don’t treat disabilities,” says Hallowell, “I
help people unwrap their gifts.” My way of seeing it is that these people “have a race car brain with the brakes of a bike.”

Interestingly, Weaver also uses a similar analogy. He says, “Folks with ADHD who have a strong interest in something are like a Lamborghini. With high interest, no one passes them on the highway, but with topics of low interest to them, it’s like driving this fancy car on a dirt road.”

Weaver says he sees many very bright patients, who are doctors and lawyers. An example of a physician with the disorder is the doctor who loves seeing patients and excels at it but just can’t get around to taking his notes.

John Thomas, not his real name, who runs a successful company that manages employee benefits, says his diagnosis 20 years ago by Hallowell changed his life. His high school’s class clown, he was not accepted into a single college, like Weaver, but, also like Weaver, he managed to turn himself around. His company now employs 40 people.

He says he has learned to see his hyperfocus as a gift. “I get to the bottom line very quickly and can be very creative,” he says.

**The Darker Side of Adult ADHD**

But, Hallowell notes in a February 2016 *Washington Post* article, “To be clear: undiagnosed and untreated, ADD can ruin a life. It can ruin
school, ruin childhood, ruin a career, ruin a marriage, ruin everything. The prisons, the halls of the addicted and unemployed, the multiply divorced, the depressed, and the people who attempt and complete suicide, all are over-represented by ADD.”

Thomas says that that his adult ADHD definitely ruined his first marriage. “My hyperfocus can be tough on relationships. I expected that everyone else could do this, including my first wife,” he says.

According to Web MD, adults with ADHD often face other mental conditions as well. “You may also have a learning disability, anxiety or another mood disorder, obsessive compulsive disorder, or a dependence on drugs or alcohol,” it goes on to say.

Dr. Rachela Elias, a psychiatrist at Newton-Wellesley Hospital who treats adult ADHD, notes, “ADHD is a challenging diagnosis to make. It can be overdiagnosed. Some people would rather think they have ADHD than depression or anxiety.”

ADHD Diagnosis and Treatment

Diagnosing an adult requires getting a childhood family history (ADHD is often hereditary) and current family history, and conducting a series of detailed tests. Often, one would have a neuropsychological evaluation, which assesses how one’s brain functions on multiple tests of attention and origination. It should be noted, according to Hallowell, that there is no definitive test for ADHD.

According to Elias, after a diagnosis is made, the patient is generally treated with prescription medication, usually stimulants (like Adderall or Ritalin), and behavioral treatment. These two approaches together can make a big difference, she says.

Weaver notes that while medicine does help, it doesn’t give you strategies, which his center offers. “We have a long history of having all the necessary services this population needs in one place: coaches, doctors to prescribe medicine, and therapists who help with cognitive behavioral therapy.”

According to Hallowell, treatment first includes education about the good and bad parts of ADHD. Then there is coaching to help with executive functioning; lifestyle modifications, such as proper exercise and sleep; positive human connections for people who are used to only being reprimanded; and medicine, which he says helps symptoms in about 70 to 80 percent of cases.

How to Learn More

It’s ideal if ADHD is diagnosed by age six, says Hallowell, but clearly most 40 or 50 year-olds today did not have that option years ago. According to Weaver, “When I opened my office 30 years ago I was the only clinic anywhere that focused only on this group of folks. Over the past two decades there has been more research done on ADHD than any other issue for kids.”

And more and more is being learned about adult ADHD as well. If you think you or a family member may be experiencing some of these symptoms, you can contact Weaver, Hallowell, or Elias at www.weavercenter.org, www.drhallowell.com, or www.nwh.org.
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Kids Playing Football

JULIE SUTHERLAND writer

“There is a perception out there that youth football is unsafe. I would tell you that it depends on your brand of football.”

— Justin Maiona, President, Wellesley Youth Football

in the summer of 2014 my then 10-year-old son Sam, a flag football player, asked to play “real” football. Fall was approaching. Sports sign-ups were circulating. I sent my husband, Rand, an email asking for his thoughts. His response was to send a link to PBS’s Frontline special “League of Denial: The NFL’s Concussion Crisis.”

Flag football it was.

Fast forward another year. We’d had time to continue thinking about this. Rand and I discussed, weighed the pros and cons, and thought about the fact that Sam’s soccer career was rapidly nearing its end. He needed a new fall sport.
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We agreed to let him play, half hoping he wouldn’t like the helmet. Or the bulky mouthpiece. Or the tackling part.

Did I mention that we’re both physicians? And that Sam’s grandmother, my mother, is a neurologist? Can you be a doctor, the daughter of a neurologist, a good parent, and still let your son play tackle football?

Sam finished his first season. He was hooked.

* * *

Wellesley Youth Football (WYF) started in 2008, when a group of Wellesley parents recognized the need for a town team. Wellesley kids were playing on the Needham team then, and it was the Needham football coaches who not only suggested creating a Wellesley team but helped start it. Current WYF President Justin Maiona was among the group of parents who got the Wellesley program off the ground.

WYF teams have seen success, winning six conference super bowls, and one national title. Maiona credits this to the volunteer coaches and parents. He calls the parents who have spent time organizing and supporting the program “the voice of common sense and practicality.”

One of these voices, Anne Marvan, helped start WYF in 2008 and worked in an administrative role for five years. Her two sons, now 12 and 16, have both played since early grade school. While both of her sons play other sports, Marvan notes, “I think football is different. It develops a bond between the kids that I haven't seen in other sports. They’ve also really learned teamwork and responsibility; they’ve become leaders from their experience in football.”

Dr. Ronda Rockett, a mother of two sons, now 14 and 16, expresses a similar sentiment. “The discipline aspect was tremendous. When Shane (now 16) was in 5th grade, his coach made a big deal about getting his homework done. So here was a kid who never worried about school, literally running home to get started on homework.” Rockett also notes the discipline and motivation extended beyond academics.
“Because of their interest in football, both boys have become very motivated to have the best nutrition, sleep habits, and strength and mobility training to make them the best athletes they can be.”

Shane Rockett agrees that playing football has made him more disciplined, both academically and athletically. He loves the team cohesion he’s found in football. “I can’t think of another sport where you are combined into one unit as much as you are in football,” he says.

And then there’s the risk.

In recent years, a glaring spotlight has been placed on the risks of recurrent head trauma sustained in professional football. From The New York Times to The New England Journal of Medicine to the film Concussion, news on Chronic Traumatic Encephalopathy (CTE) and its possible association with football has been pervasive.
While the long-term effect of repeated traumatic brain injury is primarily a concern at the college and pro levels, the immediate risk of even a single concussion is what we worry about in kids. In recent years, this risk has been scrutinized in all youth contact sports. And while many sports expose kids to the risk of concussion, none has received more attention than football.

Maiona notes that safety in WYF has been a priority from the beginning. “You make changes based on science and technology or you won’t have your sport anymore. We want to talk about the risks. We welcome the discussion.”

Football collisions produce two types of head acceleration: linear and rotational. Linear acceleration might be seen when a boxer is hit and his head pops back in a straight line. By comparison, when a boxer receives a left hook, the blow comes from off center, causing the head and brain to spin and twist. That’s rotational acceleration. Brain tissue is particularly vulnerable to insult via rotational acceleration.

There is no concussion-proof helmet, but great efforts have been made to study the mechanism of a concussion and improve helmet technology. A STAR (1 through 5) rating has been developed based on testing done on dummy head forms wearing helmets, with sensors recording impacts. Importantly, the STAR system doesn’t measure rotational acceleration, only linear.
WyF has purchased new helmets twice in the past eight years, most recently the Riddell Speed Flex Helmet, which carries a five-star rating.

Improved helmet technology is just one component of addressing safety, says Maiona. In the eight years since WyF began, there have been other changes:

- **CERTIFIED** athletic trainers are now present at every football game.
- **PLAYERS** who have been hit in the head or complain of a headache are pulled from practices or games until they have been evaluated by a physician and cleared.
- **HEADS-UP** tackling technique, which takes the head out of tackling, is taught.
- **ALL COACHES** are required to complete a concussion awareness program.
- **CONTACT TIME** during each practice is now limited.

Knowing all of this, can WyF player parents sleep soundly?

Dr. Michael O’Brien, the director of the Sports Concussion Clinic at Boston Children’s Hospital, notes that he does not feel improved helmet technology has meaningfully decreased the risk of concussions. He does, however, believe that other changes have. At the professional level, for example, rule changes have led to a significant decrease in unnecessary hits, for which players are now heavily penalized. At the youth level, changes including limiting contact during practices; focusing on safer tackling methods; and emphasizing strengthening the neck, shoulders, and core can help.

Dr. O’Brien, who played high school football, notes that football does carry the highest concussion risk per hour of exposure, but that the absolute numbers of concussions are higher in some other sports, including soccer and basketball. This is in part because sports like soccer are played nearly year-round by many youths (versus football, which has a single season), so the amount of exposure is
greater. And for reasons not well understood, girls and women are more prone to concussions.

Suffering one concussion increases the risk of subsequent concussions. Whether this is due to the concussion itself or due to the fact that a particular individual is at inherently higher risk of suffering a concussion is unknown.

Jennifer Maragos, a surgical nurse, has two sons who play football. “I feel like as a mother and a nurse, I should know better. But you can’t bubble wrap them. Every sport has risk involved.” She notes the WYF coaches have been “phenomenal” and feels safety is prioritized.

Wellesley parent and orthopedic surgeon Dr. Yi-Meng Yen got involved as an assistant coach and de facto team physician when his sons, now 9, 11, and 13, started playing football. Yen got involved because he wanted to make the sport as safe as possible for his sons. He acknowledges the risks. “It’s a fairly violent sport. Every play involves some sort

“Even though HEADS UP is relatively basic, it does address essential points of safety and the right protocols to follow if a player is injured.”

– Rob Broggi, WYF Coach
of collision, and the end result is trying to hit somebody else.” Did he have reservations when his sons started to play? “Absolutely. I think I have the same reservations that every parent has.”

In 2012, The Centers for Disease Control and Prevention (CDC) launched the HEADS UP initiative, a training program for coaches providing information about preventing, recognizing, and responding to a concussion. When asked about the program, WYF Coach Rob Broggi says, “Even though HEADS UP is relatively basic, it does address essential points of safety and the right protocols to follow if a player is injured.”

Boston University Neurosurgeon and Co-Director of the BU CTE Center Dr. Robert Cantu advocates for delaying tackling until age 14 due to concerns that youth neck musculature is weak and not able to withstand impact, and the brain is in a period of development. He acknowledges that the age cutoff is somewhat arbitrary. Others argue that teaching proper tackling technique at a younger age prepares them for tackling at older ages and, therefore, ultimately helps reduce risk.

In October 2015, the American Academy of Pediatrics (AAP) released recommendations to improve the safety of all players while on the field. These included the following:

- **COACHES** must enforce proper rules of tackling and zero tolerance for head-first hits.
- **PLAYERS** must decide whether the benefits of playing outweigh the risks of injury.
- **NON-TACKLING** leagues should be expanded so athletes can choose to play non-contact football.
- **SKILLED** athletic trainers should be available on the sidelines.

The guidelines still leave a lot up to the parents and players. Dr. Rockett notes, “In some ways I wish someone else would impose rules and restrictions on the players so we as parents wouldn’t need to make these decisions.” Dr. O’Brien feels the recommendations were “right on. I think the benefits of football far
outweigh the risks.” For instance, he credits the discipline and determination he learned in football for helping him get through his medical residency.

Dr. O’Brien does not have kids. If he did, would he let them play? “Yes. Though at the Pop Warner [youth football] level I’d actually be more worried about their knees than anything. I wouldn’t be restricting them based on the brain. At the high school level I wouldn’t restrict them, but I’d have my fingers crossed.”

With all of this information, what’s a parent to do?

Organized sports have many benefits, above and beyond the very important benefit of cardiovascular exercise. Teamwork, discipline, hard work, perseverance, respect, learning from one’s mistakes, and handling loss, to name just a few. The vast majority of youth football players will not go on to play at the college or professional level. So how do you weigh the life lessons and physical benefits that can be achieved through football against the risks of physical injury?

For us, as for many other parents of youth football players, the discussion, and weighing the pros and cons, will continue.

Sam has been looking forward to the football season since the day the last season ended. He wants to be early to practice and is happy to stay late. I’m hoping he might start running home to do his homework. I’m happy that he’s found something he loves, and I enjoy watching him play. 

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Catholic School Renaissance
Wellesley’s Saint John School Leads New Generation of Faith-Based Education

CHERYL BALIAN SCAPARROTTA writer

if you didn’t attend Catholic school, you might think the only difference between public and Catholic is the religious twist.

Not so—there’s more to a Catholic-based education than catechism. “We are about educating the whole child—it’s not just academic and spiritual, it’s also social and emotional awareness,” says Judy Lewis, Saint John School’s director of marketing and admissions. “We strive to reinforce the values taught at home. We’re very purposeful and explicit about teaching those values at school—such as how to be inclusive—with specific examples, so children get a concrete idea of what those values mean.”

With a community of clearly defined, shared values, an eye toward 21st-century skills, and a new principal with a global perspective, Saint John School offers its pupils a challenging curriculum reinforced by parental involvement.

The Wellesley-based school enjoys an enrollment of just under 200, serving pre-K to grade six students from Wellesley, Weston, Newton, Needham, Lincoln, Sudbury, and Waltham.
The school operates by three pillars: academic excellence, faith development, and community. Saint John School recently celebrated 50 years in continuous operation.

Thanks to unique programs such as monthly meetups for parents (with reading assignments from the principal!), Saint John School also educates parents as to what their child’s curriculum is going to be.

“We have monthly mingles so parents can meet with the principal prior to mass,” says Peg Fischer, director of mission advancement. “We post a current research article on timely topics, such as reading with boys or screen time vs. parental controls.”

Principal Michael Dibbert, fresh off a five-year stint as an educator at a Swiss boarding school, explains, “I’m a big reader, and I want to have a faculty and staff that are current on what’s going on in the world of education. We also want to ensure everyone feels engaged—including parents—and that they’re a part of the school’s daily life.”

Holistic involvement of the entire school community is a theme that Saint John School administrators assert fosters students’ love of learning.

“We really try to engage the parents,” Dibbert emphasizes. “There’s a lot of research that says the more consistency, the better, between the home and school environments in areas such as study habits, discipline, and what kind of language is used.”

Small class sizes (such as 15 pupils in kindergarten), allow for individual student attention, which in turn gives teachers the opportunity to really reach each child, regardless of their learning styles.

Aside from the “three R’s”—reading, writing, and arithmetic, Saint John School offers a new Spanish language program for kindergarteners through fifth graders. “This wasn’t typically offered in the past,” says Fischer. “We also work one-on-one with kids who have specialized learning needs. By law, public
schools must do that. Catholic schools don’t have to, but Saint John does.”

Outside the classroom, an enrichment field trip program has Saint John School students visiting the USS Constitution Museum, the Harvard Museum of Natural History, the Perkins School for the Blind, and the Massachusetts State House.

**Lifetime Learning**

Dibbert is beginning his second year as principal. Prior to his five years at a boarding school in Switzerland, he was on the faculty at Boston College High School. “I was quite happy at BC High, but the headmaster said help was needed at The American School in Lugano, Switzerland,” he recalls.

Once settled in the land of cheese and chocolate, he worked with students from over 60 countries as a history teacher and eventually, the academic dean. “Europe was my classroom,” he says. “I brought kids to places like Auschwitz and the Normandy Beaches. Of course, we can’t do all of that here, but there’s a lot we can do to extend the Saint John classroom in different ways.”

One of those ways, of course, is through leveraging technology. “When you think of 21st-century skills, you think of technology, but there’s more to it,” Dibbert says. “It also involves collaboration and service. So we want the kids to dive into their studies using technology. When students engage in global studies, I want them to meet a child from
Afghanistan or Venezuela. We can do that via Skype. I think it helps bring the curriculum to life, and I want to give the kids a sense of global citizenship.”

Dibbert says he’s very conscious about active service on the home front, too. “We ask ourselves, ‘How can we go beyond fundraisers at Saint John’s and get the kids out in the community to operationalize their commitment to service?’”

To school administrators, that question is part and parcel of the definition of academic excellence at Saint John School. “Sometimes the default is test scores, but we want to develop a program that’s more hands-on and project-based to allow kids more flexibility,” Dibbert notes. “It will take time, but it’s already the focus of the student experience this year.”

**Back to the Future**

“Many parents approach Saint John because they themselves went to Catholic school, and they’re familiar with a Catholic school education,” says Lewis. “It could have taken place here, or maybe elsewhere in the state or country.”

Like many Catholic schools, there is indeed a strong alumni following at Saint John School. Staff says when the power of alumni is combined with the devotion displayed by parents of
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current students, it’s an unbeatable combination of past, present, and future. “Many of our former students still have lifelong friendships,” says Fischer.

Adds Lewis, “We also have an Ambassador program, where existing families are matched with incoming families to really roll out the red carpet for them.”

The youngest members of the Saint John School community are also made to feel invested and engaged right away. “Kindergarteners start weekly religion class at the beginning of the year,” says Lewis, who teaches one of the two kindergarten classes. “Halfway through the year, they join the first through sixth graders on the first Friday of the month for a liturgy in the chapel. Parents, teachers, and students are invited, and it brings a great sense of community.”

She points out one of the most popular aspects of early education at Saint John School: “The preschoolers and pre-K’ers get to feel like they’re already in elementary school. They go to the art teacher for art. They go to the music teacher for music. So they’re getting that opportunity to learn from other teachers—this is very unique,” she enthuses. “You don’t usually find this at the preschool or pre-K level.”

Whether you have kids in private or public school, you already know that the expectations for kindergarten have increased significantly in recent years. “Parents are expecting a jump into kindergarten, so they demand more of an academic focus in the preschool years,” Lewis acknowledges. “They want to ensure their children are ready for kindergarten with the prerequisite skills. So that’s another way our format at Saint John is unique.”

The Catholic Mission

Last year, the school celebrated its 50th anniversary. Under the Sisters of Notre Dame de Namur, a first and second grade officially opened back in September, 1965. Each year thereafter, a new grade was opened, and, by
1970, the school offered grades one through six. Kindergarten was established in 1979, and along the way, the capabilities of the school were developed, improved, and expanded to meet the needs of the community.

But it’s not easy to sustain 50 years of Catholic education in today’s fiscal-oriented society.

Some Catholic schools have started to close, “so we have made an effort to reach out to the community and expand in our service orientation, academics, and social justice,” says Fischer. “We always ask, ‘how do we best serve a community of faith?’ It’s a new effort to position Catholic education on very solid ground and make sure we serve our students’ needs.”

Saint John School’s administrators are also meeting regularly with other Catholic schools in the Boston area such as Catholic Memorial, Ursuline Academy, and St. Sebastian’s. “Together we defining how we want to prepare students for the future—in other words, how do we prep children in elementary school so they can succeed in their next academic experience,” Fischer emphasizes.

It seems that concern and care for Catholic schools is also happening at the state level.

Last spring, State Representative Alice Peisch (herself a Wellesley resident) visited Saint John School. Her May tour was in her capacity as the chair of the Joint Committee on Education for the Commonwealth of Massachusetts. Rep. Peisch’s meetup with students and faculty was an effort to learn more about Catholic education, as the state Congress examines to how to allocate funds for nonpublic institutions.

As Saint John School celebrates 50 years of educating local children, teachers and administrators say that today’s parents like the dimensions of their child’s education at their school. “We are constantly looking beyond where we’re at, so we are fully preparing our young learners to be lifelong learners,” Fischer concludes. [LV IV]
“Kanreki: A 60 Year Journey”
Introducing Contemporary Japanese Printmaking

JANET MENDELSOHN writer

art has been known to open doors and forge international connections. In diverse ways, that’s precisely what the College Women’s Association of Japan’s (CWAJ) annual print show has accomplished since 1956 along with introducing contemporary Japanese printmaking, known as hanga, to a wider audience. Initially, the CWAJ event raised funds for travel grants enabling Japanese students to study abroad. Since then, the show has become a global ambassador of sorts for Japanese artists while providing major support for programs that strengthen cross-cultural dialogue and projects that improve lives through scholarships, education, and art.

Now a special 60th anniversary edition, “Kanreki: A 60 Year Journey,” has come to Highfield Hall & Gardens in Falmouth through September 14, with highlights on display through October 31. The Cape Cod venue is the exclusive location outside Japan this year for the hanga exhibition and print sale. Previous editions have travelled to the British Museum and the Library of Congress in Washington, D.C., as well as Europe, Australia, and New Zealand.

A bit of background: In 1949, Mt. Holyoke College alumnae founded CWAJ, welcoming first Wellesley College graduates and then others from the Seven Sisters schools to join them in building new relationships with Japan and fostering opportunities for women during the post-
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World War II era. Today, CWAJ is a nonprofit, international volunteer organization of nearly 500 Japanese and non-Japanese women. Its projects range from English language classes for Japanese children to Fukushima disaster relief, public lectures, artist grants, programs for the visually impaired community, and grants for research and education for Japanese and international students, including many from developing countries. All of this is made possible in large part by the annual print show.

“In Japan, the 60th birthday, or kanreki, is associated with renewal and rebirth and celebrated as a special achievement,” said Joanne Fallon, CWAJ Co-Chair of the travelling show. “This 60th show’s debut late last year in Tokyo was attended by Her Imperial Majesty Empress Michiko. Its only other stop was in Kobe, Japan. For the opening at Highfield Hall in June, 140 people from around the world, including 90 from Tokyo, came here for four days, a mark of its importance.” Cape Cod is well known in Japan, she said, because as marine biologists both Emperor Akihito and his late father, Emperor Hirohito, have been affiliated with the Woods Hole Oceanographic Institute.

artist profile

“In Japan, the 60th birthday, or kanreki, is associated with renewal and rebirth and celebrated as a special achievement,” said Joanne Fallon, CWAJ Co-Chair of the travelling show. “This 60th show’s debut late last year in Tokyo was attended by Her Imperial Majesty Empress Michiko. Its only other stop was in Kobe, Japan. For the opening at Highfield Hall in June, 140 people from around the world, including 90 from Tokyo, came here for four days, a mark of its importance.” Cape Cod is well known in Japan, she said, because as marine biologists both Emperor Akihito and his late father, Emperor Hirohito, have been affiliated with the Woods Hole Oceanographic Institute.
Always there for you because we live here too.
For this show, an international panel of printmaking scholars selected works by more than 200 established and emerging artists whose techniques range from traditional woodblock to intaglio, lithography, etching, aquatint, and silkscreen. A special feature is Hands-On Art, a tactile art experience for people who are visually impaired. A retrospective of the show’s history includes prints by established artists including Kuniharo Amano and Toko Shinoda, the latter whose career spans 80 years. Shinoda, who once lived in Boston, works primarily with sumi ink paintings and prints, merging traditional calligraphy with abstract expressionism in pieces that have been exhibited in museums and galleries worldwide.

Weston and Woods Hole resident Meg Pierce, chairman of Highfield’s board of trustees, noted 2016 also marks a special year for the historic venue. “Ten years ago, this magnificent Victorian mansion, built as a summer home in 1878, was saved from the brink of demolition. Through private efforts, it was restored with the intention of offering an engaging place to experience the arts, explore nature, and appreciate history. Since then we’ve become a true cultural center that is almost self-supporting. CWAJ’s print show and charitable work are exactly the kind of partnership we were looking for.”

Proceeds from the print show will also support Highfield Hall & Gardens’ full schedule of concerts, culinary classes, family events, educational opportunities, and art festivals. Among other members of the board are Wellesley residents Charles (Chuck) Klotz and Fred Greenman.

“Nothing like this has come to the Cape previously,” said Annie Dean, Highfield’s director of programs and exhibitions, who previously managed collections at the Cooper Hewitt and Smithsonian Institution where many Japanese scientists have come to study and conduct research.
museums. “When the prints arrived from Japan, I was stunned. They are just exquisite. Techniques used by these printmakers include combinations I’ve never seen before.”

Japanese printmaking dates back to the eighth century when woodblocks were used to reproduce texts that were stamped on paper and silk. Basic woodcut techniques gradually became more complex and by the 18th century allowed for multiple colors on a single sheet. A golden age of Japanese woodblock printing followed during the mid- to late Edo period (mid-1700s to mid-1800s). Scenes depicted entertainment and pleasure, courtesans and Kabuki theater, as well as daily life and landscapes. Printmaking became a lucrative business controlled by publishers. Each print represented collaboration between the designer, the engraver, and the printer, but the publisher had creative control. This lasted until the mid-19th century when the world of the “Pleasure Quarters” was disappearing. The woodblock printing industry declined until the 1920s when a new generation of artists began innovating to express their individual creativity.

Artists in the CWAJ show’s early years were pioneers of this “creative print” movement, known as sosaku hanga. With complete control over their own work, they have become bold experimenters and some of the most skilled printmakers in the world, said Dean.

“Highfield Hall is an experiential house,” said Dean. “It’s a domestic interior with architectural features so art is presented and encountered in a whole different way than you would experience in a gallery or museum. This is the first time this art will be shown in this context. As director of the exhibition, but not its curator, I had to determine how some 200 works of art would be shown in the house. That was a challenge because originally I didn’t realize their scale. About 75 of the prints are two feet by three feet in size. It was important to hang them in a way that’s not overwhelming. Moreover, when they arrived around Christmas, they...
were flat, not framed. I’ve spent months with the artwork to get a feel for the prints and select which ones to frame to hang in the main galleries.” In other rooms, prints are presented flat.

One room contains a display of the various print-making methods as well as an example of Hands-On Art where visitors are urged to run fingers over the print surface. Participating artists are encouraged to produce raised images chosen for their clear composition, distinctive colors, high contrast, and inspiring theme or idea. The work preserves the artist’s concept and is accompanied by a braille transcription of the artist’s statement so both sighted and visually impaired visitors can experience the art together.

artist profile  “clear composition”
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Following the March 2011 earthquake in Japan, CWAJ created several relief programs for residents of the area near the damaged nuclear plant in Fukushima. Asobijutsu, Art as Play, offers children free, fun art experiences including printmaking. Pieces by more than 3,000 elementary and junior high school students were entered in a competition. The winners are featured in the CWAJ show. Other CWAJ relief projects include a van donated to the Nagomi Mental Health Center, scholarships to nursing students at Fukushima Medical University, and crafts classes, games, and English lessons for children at an indoor playground considered safe from possible nuclear radiation.
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Wellesley Writer Gives a Dog a Tone

PATTY LENZ BOVIE writer

Keri Claiborne Boyle of Wellesley published her first picture book, *Teddy the Dog*, this past May. It is the first of a three-book series from esteemed children’s book publisher, HarperCollins. While many writers dream of being a children’s book author from a young age, Keri took a bit of an unconventional path. But she was always an avid reader. “Beverly Cleary was hands-down my favorite as a kid,” she said. “Ramona was a character I could really relate to—both her spiritedness and her temper—she was definitely not boring. I also loved Madeleine L’Engle and Jonathan Bellairs.”

Born in California, Keri, 43, moved roughly every two years with her family due to her father’s career in major league baseball. “I probably attended seven different schools before reaching high school, and sometimes we’d have to pack up and move within weeks,” she said. But as a result, Keri became an expert at adapting to change and reinventing herself. While she and her family were able to stay put through her high school years at Lexington Christian Academy in Lexington, Massachusetts, she then jumped around again for several years—first to college at the University of Rochester in New York, and then off to the Midwest for a master’s degree in communications at Northwestern University. Between college and grad school, Keri worked for several advertising agencies where she wrote ad copy. “I’ve always been drawn to humor—the ads most people remember are usually the ones that make them laugh. I loved coming up with one-liners and
plays on words, but that was mostly done between trips to fetch coffee for the creative directors.” Soon thereafter, she worked for an HR consulting firm in both its Chicago and San Francisco offices. “Writing about benefits definitely wasn’t as creative, but it was a great job, and it really helped me refine my writing skills,” she said.

After getting married, moving to Wellesley, and having her first child, Keri decided to stay home. A three-sport college athlete, she soon started to train for triathlons and went on to compete for seven years at the half- and full-Ironman distance, eventually becoming a nationally ranked competitor. During that time, she decided she wanted to somehow blend her love of writing with her love of sport and started a blog called *The Tri-ing Life*, which chronicled the realities of balancing family life with an endurance sport. “I wanted to blog about the craziness of balancing racing and family life. For example, in one post, I told the story of trying to ‘lean down’ so as to be at optimal race weight for a National Championship. After weeks of really strict eating, I blew it all by hiding from my kids in a corner of the house and binging on my then three-year-old’s Halloween candy. While I wasn’t really putting the blog out there, it still received a strong following, I think, because it was self-deprecating, honest, and very imperfect.”

A fellow runner and mom of three, Michelle O’Brien of Needham, began reading Keri’s blog just as Keri decided to step away from training and racing. Michelle also happened to handle, and still does, the digital marketing at Teddy the Dog Apparel in Needham, a quirky company that sells T-shirts, hoodies, towels, blankets, and other gifts featuring the irreverent and witty Teddy the Dog character. While Teddy’s image had attracted 14,000 followers in 2013, Michelle knew that to grow the company, Teddy really needed a personality and a voice. She knew exactly who to call.

A few weeks later, Keri joined the company to not only create a voice for Teddy but to handle his social media platforms too. First order of business was to create a blog from his point of view. Next, Keri began “talking” to Teddy’s fans on social media as Teddy—never breaking character. Said Keri, “In what other job can you get away with telling a
Facebook fan that you want to ‘lick their face?’” Through social media and the blog, Teddy comments on pop culture, current events, and the everyday life of being a canine. Little did Keri know that as Teddy’s popularity swelled to over 65,000 followers in just three years, HarperCollins was keeping an eye on him. “Michelle is a digital marketing genius, and she had everything to do with getting Teddy out there and noticed,” Keri quickly pointed out. But there’s no disputing that Teddy’s unique personality and funny take on life fueled the growing numbers as well.

Today, Teddy is mostly on Facebook, Instagram, and Pinterest, where he makes people laugh on a daily basis with sayings like “The only things certain are dog breath and taxes,” which posted on tax day. “I love that I get to do work and be a sarcastic dog,” Keri says. “That said, while Teddy is irreverent and witty, we try to make sure he’s never mean or angry. Overall, his vibe is positive. What’s amazing is that our fans now tell us they check their feeds every day hoping to see what Teddy will do, say, or parody on any given topic.”

In 2013, HarperCollins called and asked to discuss a possible children’s series featuring Teddy. So the team, which included Keri, Michelle, Jonathan Sneider (graphic artist) and Ted Pidcock (company founder) headed to New York City for the meeting that would change their lives. “At the time, I really thought it would just be a licensing deal, and all I hoped for was to maybe consult with the writer to make sure Teddy’s voice stayed true to the brand,” said Keri. “However, during the meeting, the head of the children’s book division turned to me and said, ‘I think you should write these books. You’ve already done the hard part, the voice. Go write a manuscript, and we’ll see what happens.’” Keri wrote the first draft of Teddy the Dog: Be Your Own Dog, the very next morning and mailed it to HarperCollins several days later. “I was literally shaking when I handed the package over to be shipped.” On Monday, they got the call. “They loved it and offered a three-book deal. It was a huge moment. I was both excited and scared witless. While I knew they liked the first manuscript, I still had two more to deliver!” said Keri.
books  “a good laugh is life’s best medicine”

Teddy the Dog: Be Your Own Dog hit bookshelves last May and book two, Teddy the Dog: (Almost) Best in Show is planned for late winter 2017 with book three following in 2018. But Teddy is just the beginning for Keri. She is now working on several other manuscripts ranging from picture books to chapter books with fun characters at their core, of course. When asked where she gets her inspiration, Keri says, “Family, friends, and life in general. There’s so much about human nature that’s downright hilarious.” In fact, one of her daughters came up with the name “Fishbreath” for the cat who’s Teddy’s archenemy in book one. But writing books can be more challenging than writing one-liners for Teddy. “There are definitely days that I stare at the blank page and nothing comes to me while other times it just spills out,” she said. “The book writing door was opened for me, and now I have the confidence that I can really do this.”

When Keri is not writing, she volunteers her time as a board member of the organization Next Step and coaches their Boston Marathon team. “Next Step provides programming and services to teens and young adults living with life threatening illnesses. These young people often have had support as children, but because they’ve spent most of their early years in hospitals and/or managing their illnesses, they struggle with entry into adult life. And it’s basic, day-to-day stuff like creating a resume, finding housing or a job, or taking over the management of their own healthcare. She’s also been an active member of the PTO at Hardy Elementary School, and a member of the Society of Children’s Book Writers and Illustrators. Although she doesn’t race anymore, she continues to run regularly, which helps clear her head and spark new ideas. Says Keri, “I know it sounds a bit strange, but I spend a lot of time talking to my characters while I run and swim. I wrote most of the second Teddy the Dog book in my head while running up and down Weston Road.”

As hardworking and dedicated as Keri is, she doesn’t believe that raw luck is always enough. Instead, she believes that overcoming the discomfort of putting yourself out there will help you pounce on those rare life-changing opportunities when they arise. She also believes that a good laugh is life’s best medicine.
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celebrity chefs may be big shots in their professional lives, but when it comes to feeding their own kids healthful lunches, they have just as many hurdles to clear as any other parent.

Although it’s a rare occurrence, when Chef Michael Schlow gets dishes sent back at Alta Strada, his chic, modern Italian restaurant in Wellesley, he never takes it personally or gets offended. But when his children complain about the food he makes them at home, it’s an entirely different story. “I can’t handle it from my kid,” he chuckles. “It’s a little heartbreaking. But hey, what are you going to do? Kids know what they want.”

The award-winning chef, who now owns nine restaurants all over the country, is also the father of eleven-year-old Petra and three-year-old Axelle. And to be fair, he has it pretty easy...
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with them. “I’m really lucky,” he admits. “They eat almost everything except mushrooms.” That doesn’t mean there aren’t still challenges that almost any parent can relate to, however. “It’s about teaching them good habits—they’ll always want to eat what they grew up with.” To that end, he and his wife Adrienne aim to teach them that “healthy doesn’t mean that it doesn’t taste good,” he says. “Giving them good options sets them up to make good choices when you’re not in their presence, sitting there watching them as they eat.”

Case in point: lunches at school. As kids head back to school this season, lunches are once again about to become a sticking point for many parents. How do we know they’re eating enough when we’re not with them? Or eating the “right” parts of the lunch that we packed? Is it more important to get them to try new things when we’re not with them, or to have peace of mind in knowing that if we give them the same old, tried-and-true foods they like, at least we’re sure they’ll eat it?

To those vexing questions, celebrity chefs bring some inventive answers to the table. “I can’t cook 24 actual hours a day,” says Rachel Klein, the esteemed executive chef alum of OM in Cambridge, Boston’s Mandarin Oriental, and most recently, Back Bay’s Liquid Art House.

Klein lives with her husband and two children in Needham, where she’s on the cusp of opening her first chef-owned eatery, RFK (as in, Rachel Francis Klein)—a grown-up restaurant that’s family-friendly, as she describes it. “I know how much junk kids can sometimes eat over the day, so I’m careful about what I put in them.” One of her lunchbox staples? Marinated tofu with brown rice for her five-year-old daughter Eva. “I know she loves it, it’s easy to make, and I can send it with her in a glass container, and they’ll reheat it for her at school.” (Environment and health experts caution that some plastic containers may contain BPA, a chemical that can leach into foods and may pose a potential risk to children’s health.)
Busy as Klein is, she rarely has time to make anything complicated. Which is when leftovers can render themselves a godsend. “Cold poached asparagus with hummus is always a hit,” she says. In a pinch, she reaches for leftovers from a restaurant, too. “Eva absolutely loves sushi.”

Schlow occasionally opts for restaurant dishes for his tykes, too—although they’re usually from one of his own eateries. “Petra really likes the lamb shoulder that’s on the menu at Doretta [Schlow’s new Back Bay Greek-meets-New-American spot].” He sends her along with that and, say, meatballs from Alta Strada in a thermos. “She wants real food, not just a sandwich,” he says. “But the thing is, it has to hold up and still taste good, so it can’t just be anything. That means she gets a lot of homemade pastas—meat ravioli. And chicken stew’s a favorite, too.”

Chef Jeremy Sewall, who calls Wellesley home but works in Boston at his three restaurants, Eastern Standard, Island Creek Oyster Bar, and Row 34, has run into similar roadblocks. “We make only homemade lunches for our kids,” says the dad of 15-year-old Hudson, 12-year-old Ethan, and 5-year-old Sophia. “Sophia and Ethan have never had fast food in their life. They like good food, but they also have sweet teeth,” he says, laughing while he adds that the fact that his wife, Lisa Sewall, is a pastry chef probably didn’t help that. “She really trained them to be good eaters when they were young, though.”
he says. “So while we don’t make anything fancy for their lunches, we make sure we pick healthy products.” That means they always use whole wheat bread, jelly made from scratch by Lisa, pita bread, and cucumbers. And hummus. Lots of hummus. And no, not homemade. “Realistically, I’m going to buy hummus,” says Sewall. “I don’t have an abundance of tahini sitting around in the house. But we make sure it’s chemical-free and that when we make sandwiches, we buy good luncheats and use soy-based mayo, not regular.”

Hummus is at the top of Klein’s product list, too. As is healthier-than-average bread. “I always get Ezekiel bread with sprouted wheat at Trader Joe’s and turn it into a sandwich with soy butter and jelly.” On chillier days, she puts warm Amy’s organic lentil or bean soup in a thermos and packs that with rice.

And if regular ol’ peanut butter and jelly and carrot sticks get boring for Jeremy’s kids (“And they do,” he says, “They’ll definitely complain.”), he opts for tuna salad from a can, but spiced up with sprouted wheat germ, sweet pickles, and soy mayo.
When there is time to make lunches from scratch at home, Schlow highly recommends doing so—and bringing kids into the kitchen as little sous chefs, too. “Making them a part of the process of cooking the food helps them not only appreciate how it tastes more, but helps them appreciate where it comes from,” he says. “In our kitchen we’ll make homemade ravioli, and my kids will watch how the pasta changes from blonde to green as you add the basil to the dough.”

With his daughter Petra, he makes shrimp tacos and has her help clean the shrimp and peel vegetables. The two of them have even developed a first-day-of-school ritual: They both get up in the wee hours of the morning and together make penne with tomato and basil for her to take with her. “It’s something we both look forward to doing,” he says. “And it holds up great, so I like to think she might be remembering making it together as she’s eating it later that day.”

Schlow also takes the kids straight to the source of what goes into their lunchboxes. “At my mother-in-law’s house there’s a garden where we grow a lot of our veggies,” says the dad, who keeps no foods with GMOs or soda in his house. “That’s why Axelle will take a head of raw broccoli and eat it if we send it with her to school,” he says. “Or tomatoes, and fresh cucumbers. She gets where they come from.”

This fall, three-year-old Axelle will go to school with sliced raw, red peppers and cucumber tomato salad with olives, as well as pureéd tagliatelle Bolognese. “She loves it,” he says. “Giving kids foods with lots of flavor from an early age teaches them to keep loving healthy things and keep trying new things.”

Sewall, who echoes Schlow’s belief in the importance of getting kids to crave good food early on, also cautions against worrying about it constantly. “You don’t want to put fear in them when it comes to food,” he says. “It’s not worth stressing about too much. A plate of bad school pizza every once in a while is a treat,” he says. “Sometimes you just have to let even the healthiest eaters just be kids.”

### Petra’s Shrimp Tacos

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<tr>
<td>2 6-inch corn tortillas</td>
<td>½ ripe avocado, mashed</td>
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<tr>
<td>4 large shrimp, cooked, peeled, deveined, and cut into pieces</td>
<td>¼ lime, juiced</td>
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<tr>
<td>2 pieces of cooked bacon, cut into pieces</td>
<td>A pinch of salt</td>
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- Mix the avocado, lime, and salt.
- Warm the 2 tortillas, either in the oven or on a grill or griddle, 30 seconds.
- Place a small amount of avocado on warm tortilla.
- Place shrimp and bacon on top.
- Garnish with a bit more of the avocado on top and serve.

Serves 2

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1 Danae Foley, Becca Cahaly, Amy Papavassiliou, Chrisys Teschke, and Johanna Murray
2 Sarah Underwood, Nirva Patel, Dalia Nuwayhid, and Kristi Zaccagnino
3 Carol Hudson, Teri Adler, and Michele Arbeely
4 Cerissa Park, Danielle Vollman, and Sue Hartigan
5 Raquel Fauza and Alicia Talanian

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Wellesley residents at Kelley for Ellie
1. Wellesley residents at Kelley for Ellie
2. Gail Fine, Tom Brady, Susan Wornick, and Kelley Tuthill
3. Cynthia Ballantyne and Mary Winters

Kertzman and Weil Author’s Spring Kick-Off

1. Tricia Pratt, Elliott Pratt, Tracy Bellavance, and Paula Carens
2. Justin Dipietro and Laura Neville
3. David Kertzman and Lesley Santini Ryan
4. Margie Reich Rothschild, Michael Weil, and Amy Reich Wel

“Humans in Space” Speaker Series at Wellesley Country Club

1. Al Hanmer, Lisa Hanmer, Gerry Reilly, Marilyn Beaver, and Ed Reilly
2. Vincent Spoto and Elaine Bannigan
3. Susan Bevilacqua, Barry Adler, and Teri Adler
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IMPULSE Sip, Savor, Sparkle

Authors on Stage

PHOTOS BY JOHN HARMON PHOTOGRAPHY

1 Maria Perrin, Leslie Graff, Kim Tossi, and Sue Cahill
2 Lynn Dayton, Leslie Graff, and Julia Blake
3 Rebecca Wilson and Lynn Dayton

1 Laraine Levy, Veronica Sagherian, Lauren Harrison, and Lynn Migliozzi
2 Renee Miller, Wendy Simches, and Sue Karelitz
3 Mark Laufer, Veronica Sagherian, Lisa Pierpont, and Lauren Harrison
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J. Todd Special Exhibition with Realist Painter Neil McAuliffe

1 Anthony and Lucia Menounos, Tom Aaron 2 Wayne Archambo and Mona Kumar 3 Toni-Marie and Neil McAuliffe

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2 Lisa Hughes
3 Nancy Haas, Sam Kennedy, and Mark Ruggiero
4 NAO Robot

Wellesley Country Club Speaker’s Series with Dave Wedge

1 Sandy Joseph and Dave Wedge
2 Ed and Gerry Reilly, Ellen and Bill Meagher
3 Shirley Marden, Meghan Murray, and Keith Marden

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"Frankly, I’d rather have the bed bugs"
An excerpt from The Dump Swap: a ghost story
LIZ SOWER writer

I followed Pam through her entranceway. I won’t go into it, but it was a-mazing. She led me into the kitchen. Marble countertops, cabinets the most perfectly perfect shade of robin’s egg blue, farmhouse sink, and copper hardware. Copper. Hardware. I think I short-circuited for a moment. It was beautiful. It was brilliant. It was spotless.

Pam motioned for me to sit in a gray wooden stool at the oversized kitchen island. She poured me a cup of coffee, and I helped myself to milk and sugar. I commented on her kitchen and took note of a sailor’s valentine perched on the countertop behind her. Inside a hexagonal wooden shadow box were gorgeously arranged shells, stones, and sea glass. The valentines were created by sailors in the 1800s and brought home to their sweethearts after they had traveled at sea for years at a time.

This valentine held blue shells, green sea glass, and stark white stones in a perfect wave-like pattern. One word, until, stenciled into what I assumed was whalebone, sat in the design’s center. My family traveled to Nantucket every summer, and I’d pined over the sailors’valentines in the Whaling Museum. Such romantic gestures so filled with longing and homesickness. This one was the most intricate, the most beautiful I’d ever seen.

“That is stunning,” I said, motioning to the valentine.

“Isn’t it?” Pam replied. “It’s the reason I asked you to come.”

“Oh?” I prompted.

“Everything began when I brought the valentine home,” Pam gestured toward the huge picture window to her left. “I know she is tied to it somehow.”

I looked out the window, then back to Pam. “Who?” I asked, wondering if perhaps she had indulged in a hot toddy before I’d arrived.

“Elizabeth, the ghost.”

“Oh, right,” I said, thoroughly spooked and well aware that no one knew where I was and with the house set this far back from the road, no one would hear me scream for help.

“I should start from the beginning, I suppose,” Pam sighed. “I wish I could reach into my head and pull my memories out so I could just drive them into your mind.”

“Ha ha,” I laughed, meaning ahh! ahhhhh!

“Have you been to the dump swap?” She asked.

Um, yes. I practically used it as a toy store (garden center, furniture outlet, and lawn care shop). Open from April through December, Wellesley’s dump swap was a thing of legends. Now, I’m sure when you hear “dump swap” you think something like, “Here, take my old garden hose. I’ll trade it for your extra snow shovel.” No. Not in Wellesley. People dump treasures there—a friend of mine scored a like-new $350 jogging stroller. The toy section alone is like taking a walk down the Toys “R” Us aisle. If you wanted to, you could bring home a new play kitchen for your toddler every single week.
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It is," Pam agreed, taking a sip of her coffee. "I had it appraised; it's worth around $11,000."

"Holy hell," I said. "Whoever left it mustn't have had any idea of it's worth!"

"Oh, I think they knew," Pam said. "I knew the first day I brought it home what I had on my hands. That day the dog ran out of the house and got hit by a car, which was totally out of character for him. Then that night we heard footsteps above our heads, in the attic."

Well, damn," I thought, that white, wrought-iron bed frame was as good as gone. My daughter could sleep on an IKEA toddler bed like every other four-year-old kid. I'd be damned if some ghost was going to follow me home from the dump.

"Your poor dog," I said, reminding myself to be empathetic. "But who is Elizabeth?"

TO READ THE REST OF THE STORY and other spooky tales by Wellesley resident Liz Sower, visit her blog at www.ghostsintheburbs.wordpress.com or on iTunes at Ghosts in the Burbs. Follow Liz on Twitter @ghostsintheburbs and on Facebook at www.facebook.com/ghostsintheburbs/.

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