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are you happy? That’s the intriguing question our article, “Are We Happy, Yet?” asks us to ponder. According to the article, the pursuit of happiness has become a national obsession with many of us confusing happiness with pleasure. We talk with three local “happiness” experts who share their wisdom about how and where to find happiness and, while their perspectives may differ, all three agree that our focus should really be on shaping a fulfilling life.

In order to feel fulfilled in our lives, it’s important to find a rewarding career, as well as hobbies and activities that are enjoyable and enriching. The beekeepers in our article “Honey Bees in our Midst” are doing just that, and have turned their concern for dwindling bee populations into a meaningful pastime. Since it’s spring and I enjoy spending time outdoors and learning new skills, I’ve decided to join the group from our article and try my hand at beekeeping. I’ll be starting Bee School this month, an eight-week course that will give me the tools I need to contribute at least in a small way to the environment. And hopefully I’ll be able to give jars of honey as holiday gifts next year!

Spring is also a great time to think about new exercise routines that get us moving outside. Thanks to a wonderful new program in our elementary schools, local children have been starting their day with an invigorating, brain-boosting workout. With childhood obesity threatening the health of children nationwide, it’s refreshing to see that communities close to home are doing something about it. Check out our Fitness and Health department and read about how BOKS (Building Our Kids’ Success) is helping to provide our youngest residents with the foundation they need to pursue a healthy lifestyle.

Also in this issue you’ll find some useful tips to share with your children on their wedding day. We asked happy couples to share their secrets on achieving a long and successful marriage, and even if you’re already married, a little refresher course isn’t such a bad way to welcome spring. Spring is also a great time to start thinking about summer travel, and our Excursions article has the tips and tools you need for planning successful trips near and far.

I hope you’ll stay in touch with us between publications. Visit www.wellesleywestonmagazine.com to read this issue in its entirety or check out an article from a past issue that you may have missed. Visit wwmblog.com for event listings and photos, as well as timely community information. And don’t forget to “like” us on Facebook as another way to keep up with the latest happenings in Wellesley and Weston.
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on an unseasonably warm day last spring, my husband and I traveled to Pittsburgh to tackle the tough job of packing up his mother’s home and getting it ready to put on the market. Sadly, she was moving to an assisted living facility and was unable to make the decisions about what to keep, what to throw away, and what to donate to charity. It was a physically and emotionally draining couple of days, and finally I breathed a sigh of relief as I packed up the last row of hanging clothes to take to Goodwill. My relief quickly turned to dismay, however, when I noticed a door within the master bedroom closet that had been hidden behind the racks of clothes. I gingerly opened the door to reveal an entire storage area filled (and I mean filled) with file cabinets overflowing with old tax returns, holiday decorations, and boxes and boxes of letters.

I was amazed at the quantity of correspondence. Letters from her mother, to her mother, to her husband-to-be, and from him. Letters congratulating her on her engagement, her marriage, the birth of her children, and recipes from relatives long gone. Since she passed away last July, my husband and I aren’t quite ready to read all of the letters, but I know that when we do, we will learn much more about this lovely and accomplished woman, gain insight into the lives of other family members long since deceased, and get a glimpse into how different it was to come of age in the 1940s and 1950s.

In “Letters from Wellesley,” Diane Speare Triant shares a treasure trove of letters written by Wellesley College student Mary Jane Hayes to her mother in the 1930s. The letters provide us with an intimate and detailed look at what life was like in Wellesley during this time. Reading them made me feel as if I was right there with Mary Jane enjoying waffles at the Blue Dragon or sitting on the bench overlooking Lake Waban that still exists on the Wellesley campus. Letter writing may be a thing of the past with college students today, but these certainly serve as a way of bringing the past to us in a very memorable way.

Caring for aging parents and making difficult decisions on their behalf are realities we all have to face eventually. Beginning with our next issue, writer Steve Maas will present the first article in a four-part series on issues senior citizens must face. The article will focus on how to make your home and neighborhood more senior-friendly, with practical tips on making physical changes to your home. The article will also describe services available to help older people with errands and socializing. If you have topics that you would like us to cover in this series, please e-mail me at jill@wellesleystonmagazine.com.

I hope all of the articles in this issue provide you with plenty of inspiration, ideas, and intriguing images that will help to enhance the spectacular spring season.
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**Spring Scentsations**

**RUTH FURMAN**  
*writer*

**spring** is the season of hope – as in, “I hope those trees and shrubs survived the winter, I hope the vegetable garden is more productive, and I hope the weather improves or warms up.” The early bloomers, ephemerals, and bulbs keep our hopes alive, but not until May is well underway is it safe to say: at last, spring has arrived.

All the flowering heralds of spring are wonderful warm-up acts before the main attraction, but it is the warmth of late May days that carry the scents of warming earth and the true scent of spring: the lilacs! Many times over I hear the refrain “I love lilacs,” and I have yet to have anyone tell me that they dislike them. There is something delightfully spring-y about the flowers and their perfume.

As a child, our old house in the city had a border on one side with the most heavenly scented lilacs planted by a prior owner. They had no special names that we knew of but the colors were deep purple, brilliant white, and pale lilac in a mix of single and double flowers; all rather traditional colors but to my child’s eye quite spectacular and deliciously scented. Sniffing a lilac today transports me back to that garden. We would pick a huge bouquet, the scent filled the house, and it seemed to last even after the flowers had wilted. I don’t recall much maintenance on them but they bloomed profusely for years.
Lilacs are tough plants and it takes a lot to kill them, as they almost seem to thrive on neglect. The early colonists brought lilacs with them to the new world and both George Washington and Thomas Jefferson planted them on their estates. As the settlers moved westwards, lilacs were most often planted by front doors, to appreciate their beauty and scent amidst a world full of challenges. Many old abandoned farmhouses have overgrown lilacs standing sentry by time-worn front porches; bushes are known to last a century or more.

While lilacs might be considered old-fashioned, a lilac or two or more can be a good choice for today’s garden, large or small. They are relatively low maintenance and come in a range of colors from traditional dark purples, pale lilac, pinks, whites, wine shades, and blues, all colors which would fit into any modern garden scheme.

The common lilac, Syringa vulgaris, is the largest, growing to 15 feet with heart-shaped leaves that nicely offset the flower clusters, and is an overall handsome shrub. Some cultivars to consider are ‘Mme Lemoine’ with heavy panicles of well-scented white flowers, ‘President Lincoln’ with fragrant lilac blue flowers, and ‘Monge,’ an old-fashioned cultivar with richly scented deep purple flowers. If you’re thinking pink, look for ‘Katherine Havemeyer’ with very large double flowers and a strong fragrance. For a dramatic accent, ‘Ludwig Spaeth’ is an intense wine red.

If space is limited there are smaller species to consider like the dwarf Korean lilac, Syringa meyeri, ‘Palibin.’ It produces a profusion of pale lavender flowers attractively offset by small leaves and with a fine compact habit, its mature height is less than six feet. The ‘Miss Kim’ lilac, Syringa patula, has fragrant, soft lilac blooms with the added bonus of good red fall foliage; its mature height is six to eight feet. Both these cultivars bloom a bit later than the common lilac.

When choosing a lilac it’s best to buy them in bloom to insure the right flower color and cultivar. Lilacs are not fussy (any well drained soil suits them), but make sure they get full sun for best flowering. A general purpose fertilizer every few years will keep them happily blooming and once the blooms finish, remove the spent flowers. To ensure maximum flower production prune one third of the oldest stems every year, as an ongoing renewal program.

A final word on these fabulous shrubs; lilacs symbolize love, and I hope you put some love into your gardens this spring.
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What are the secrets to a long and successful marriage? Here is the collective wisdom of happy couples from different generations on what makes a marriage endure.

one  Don’t try to change your spouse
First, realize that you are marrying your spouse exactly as they are—not the person you want them to be. Second, remember what brought you together. His sense of humor? Her intellect? Your mutual love of baseball? Jot those things down and keep that list somewhere safe, because when the things you don’t love about your spouse start to surface, you’ll want that list handy.

two  Be a good roommate
Good roommates don’t neglect piles of wet laundry in the dryer. They don’t hog the TV, leave dishes in the sink, or forget to pay the electric bill. They pull their weight when it comes to household chores, they give each other space, and they don’t take out their bad day on each other. But if you or your spouse is a certified slob, hire a house cleaner. You won’t regret it.

three  Make sense out of dollars
Whether it’s separate bank accounts with a shared home fund, or one big pile of money, figure out upfront how you’ll pool your moola and, more importantly, how you’ll spend it. Budgets help set expectations so you’re not bickering over pedicures and greens fees down the road.

four  Wait to start a family
At least a few years, if you can. Travel. Stay out all night. Be spontaneous. If you don’t take the time now to be with each other, you’ll regret it later. Kids can consume your time and your conversations so you need to be intentional about connecting as husband and wife now, so if you have kids later, you won’t just become mom and dad.

five  Get physical
A little sweat goes a long way. Whether it’s a walk with the dog, a bike ride, or a romp in the hay, physical exertion
and adult playtime brings people together, no matter how old you are.

**six  Talk and listen**
Communication these days has been boiled down to text messages, email, and voicemails, and the art of conversation has gotten lost somewhere along the way. It’s important to take the time to talk about what’s on your mind and also remember to listen. You might be surprised by what you hear.

**seven  Go on a date**
Something magical happens when two people get out of the house, away from the chaos of housework, children, and the yard. For a few brief hours, you’re able to enjoy each other’s company again and remember why you got married in the first place. A date doesn’t need to be elaborate, but it does need to be planned ahead or it won’t happen.

**eight  Say you’re sorry**
Despite what the novel and 1970 film Love Story proclaimed (“love means never having to say you’re sorry”), apologies go a long way. Admitting that you did something wrong is always the first step to repairing a bruised relationship. That’s what we try to teach our children, so it pays to be a good role model.

**nine  Don’t keep score**
Marriage is not a business deal but a partnership, where tit for tat doesn’t fly and no one gets fired. If you both put in 75 percent, your marriage will feel 100 percent complete, but if you only put in 50 percent, it will fall short. You are committing to a lifelong relationship, so be prepared to do everything you can to make it succeed.

**ten  Don’t expect a fairytale**
Marriage can be bliss, but it also requires an effort on both sides to make it thrive. Little gestures mean a lot. Compliments. Love notes. Holding hands. Don’t take your spouse for granted. Say thank you for taking on everyday tasks. Support each other spiritually and through tough times at work. Be on the same team. Make each other a priority. And laugh. A lot.

(Patty Lenz Bozie, writer)
Abeles & Associates Architects, Inc., headed by Wellesley resident Lisa Abeles, has received Best of Boston Home™ 2014 Best Architect Living Room award—ed by Boston magazine. The room, part of a large project, is featured on the cover of the magazine. Lisa says, “The firm had a lot of fun orchestrating the architecture and picking the interior finishes of this special project for a wonderful client.” See this home and other great projects at www.abelesandassociates.com. See their ads on pages 27 and 124.

Needham Bank announced that Steve Walls has been appointed Branch Manager of the Wellesley office located at 458 Washington Street. Walls managed the Bank’s Medfield office prior to coming to Wellesley and will be responsible for attracting new business and personal checking accounts while servicing existing customers. Needham Bank was named “Best in Region” by Hometown Weekly and has recently improved their checking products. Learn more by visiting www.NeedhamBank.com. Member FDIC. Member SIF.

Wellesley Green Schools and the Wellesley Police Department have partnered with over 15 town and public organizations to raise awareness of Massachusetts’ idling laws. By turning off your engine, you are supporting the clean air initiative in Wellesley and protecting the environment. You are also preserving your own lung health and those around you as well as saving money by not using gas and avoiding a $100 or $500 fine. For more information, visit www.WellesleyGreenSchools.com.

The Town of Wellesley’s 2014 Power to Choose program is working to make Wellesley even better. By enrolling in the program, you will receive a free thermal imaging report, a no-cost home energy assessment, a free preliminary analysis of whether your home is suitable for a solar installation, and the chance to sign up or increase your amount of clean, local renewable energy. To get started, go to www.WellesleyPowerToChoose.com. Access to state rebates and incentives are also available.

Wellesley Bancorp, Inc., the parent company of Wellesley Bank, a premier bank and wealth management company, announced today that Tom Fontaine, President and CEO, and members of the bank’s management team were invited by NASDAQ for the Wellesley Bancorp, Inc. (WEBK) Listing Ceremony held on November 14, 2013. The ceremony was celebrating the establishment of being a public traded, NASDAQ listed company and the growth of the WEBK stock since the initial public offering.

Rutledge Properties is pleased to announce that Betsy Kessler has been named the firm’s 2013 Top Producer. Since arriving on the real estate scene in 1999, Betsy has been a consistent leader in the Wellesley market. By offering a unique combination of knowledge, integrity, and enthusiasm, Betsy has ensured her loyal clientele successful completion of their real estate transactions in today’s turbulent market. This has made her one of Rutledge Properties’ and Wellesley’s top earners year after year. Give Betsy a call at 617.306.6884.

Emily Wise, MD has joined Krauss Dermatology in Wellesley Hills. She performs general and ...
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cosmetic dermatology with expertise in acne, diseases of hair, and skin cancer, and she has urgent care hours. She also performs aesthetic procedures ranging from cosmetic injectables to non-invasive fat removal. Dr. Wise completed medical school and residency training at Boston University, where she served as Chief Resident. She received her undergraduate degree from the University of Pennsylvania.

Prudential Town and Country Real Estate is proud to announce a brand change to Berkshire Hathaway HomeServices (BHHS) Town and Country Real Estate. Berkshire Hathaway HomeServices is a brand-new real estate brokerage network built for a new era in residential real estate. The network, among the few organizations entrusted to use the world-renowned Berkshire Hathaway name, brings to the real estate market a definitive mark of trust, integrity, stability, and longevity.

Once again, Benoit Mizner Simon & Co. was recognized as one of the Top 100 Women-Led Businesses in Massachusetts by The Commonwealth Institute. This is the second year in a row the company has received this recognition. “Each of the women on our Top 100 list,” says The Commonwealth Institute’s Executive Director Aileen Gorman, “has made a significant impact on the Commonwealth’s economy and has established herself as a visionary leader of a successful company.”

The Corcoran & Havlin Insurance Group recently announced a merger with the Needham based Sciarratta & Doucette Insurance Agency, providing its customers with access to a broader range of insurance products and services. Sciarratta & Doucette customers will now be served out of Corcoran & Havlin’s main corporate headquarters at 287 Linden Street in Wellesley. The Corcoran & Havlin Insurance Group has served the Greater Boston area for over 46 years and was recently named by the Boston Business Journal as one of Boston’s Top Insurance Agencies.

Beth Israel Deaconess Hospital-Needham’s 15th Annual Gala broke fundraising and attendance records when 800 guests celebrated the Gatsby-inspired Gala at the Putman Club at Gillette Stadium on November 2. The gala raised $650,000 to benefit the new Beth Israel Deaconess Cancer Center and Surgical Pavilion in Needham. The Center will be home to Beth Israel Deaconess Medical Center’s world-renowned cancer care, giving patients in the western suburbs greater access to cancer care and services.

Peabody Supply Co. and The Bath Showcase of Waltham held a food drive this past holiday season for families in need. Company employees and customers came together to donate; over one hundred pounds of food was collected and distributed. Waltham Branch Manager Rick Fentress stated “The food drive helped bring about a sense of awareness during the holiday season for our fellow

Faber’s Rug Company is celebrating 60 years! The family business, located at 19 Central Street in Wellesley, was started by Thomas Faber in 1954, and he continues to work at the store along with his children and grandchildren. Faber’s thanks their loyal customers who have supported them, helping the company to prosper and grow. It has been a pleasure to be part of the Wellesley community. An anniversary sale is planned for this May.
Pinnacle Residential Properties is pleased to announce the successful trip to this year’s National Association of Realtors (NAR) conference in San Francisco by realtors Elyse Marsh, Maureen McCaffrey, Betsy Prouty, and Jane Neilson. The NAR conference enables Pinnacle to stay abreast of the changing regulatory landscape and the obstacles and opportunities facing consumers. Pinnacle Residential Properties is a full-service residential real estate company headquartered in Wellesley.

Belclare Wellesley is a new luxury condominium housing option for discerning locals who want to change their lifestyle, not their zip code. Built on the former Wellesley Inn site, residents ready to escape the responsibilities of a large single family house can live in an elegant new home with the Square’s conveniences at their front door. Debi Benoit, principal of Benoit Mizner Simon & Co., and Sue Hawkes of The Collaborative Companies are the exclusive marketing agents for the development.

Debra Brede, founder of D.K. Brede Investment Management Company, travels yearly to Hyderabad, India, with her family and husband (a practicing dentist) to deliver free care to children at the Agape International Orphanage. Brede’s firm
Longtime broadcaster Don Kelley of Wellesley has been elected president of the Massachusetts Broadcasters Hall of Fame (MBHOF). An accomplished programmer with more than 40 years in radio, Kelley spent 22 years as Vice President of Programming at Magic 106.7 FM in Boston and was the original program director of the first “Mix” station in America, 106.5 FM in Baltimore. The Massachusetts Broadcasters Hall Of Fame works to honor the Massachusetts broadcasting industry’s most noteworthy members and preserve their work for future generations.

Gail Bogle, manager of Hammond Residential Real Estate’s Wellesley and Weston offices, recently announced that Dean Poritzky has affiliated with Hammond. Poritzky will collaborate with clients in Hammond’s Wellesley and Weston offices. A top-producing agent, trusted advisor, and Weston resident with expertise in all aspects of marketing and selling a home, Poritzky looks forward to building relationships and providing unparalleled service to his clients. Poritzky said, “I am excited to begin the next phase of my over thirty-year career with Hammond.”

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Maura Wayman Photography has built her brand throughout Wellesley and New England by capturing images of her clients always wanted but never got with other photographers. The studio recently completed work for Vestar Capital Partners in New York City, Ocean Spray, and Mobiquity. The growing acclaim for the studio is due to owner Maura Wayman’s artistic eye, engaging personality, and technical skills. See Maura’s work at www.maurawayman.com. Call 617.308.1963 to schedule an appointment.

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On Tuesday, December 17, Bank of America Massachusetts Senior Vice President Carl Underhill presented a check for $50,000 to Cradles to Crayons Executive Director Sharon Reilly. The presentation capped off a morning of volunteering at Cradles to Crayons’ “Giving Factory” by Bank of America employees from various locations. Cradles to Crayons was founded in 2002, with the mission of providing to children ages 0 to 12 some of the most important basics of life, including clothing, school supplies, and toys, free of charge.

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Jack Shea, Dan McLaughlin, Joanne DiFrancesco, Yvonne Lauziere, John Caruso, and Megan McKay

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Wellesley resident Kathy Mongeau has started an Ayurveda Diet & Lifestyle consultancy. While teaching yoga at Wellesley’s Laughing Dog Yoga studio, Kathy became interested in Ayurveda, the ancient “Science of Life.” She completed rigorous training at the Kripalu School of Ayurveda, where she became a certified Ayurvedic Diet & Lifestyle Consultant. Kathy meets with individuals and groups to help design diet and lifestyle plans by blending eastern and western traditions. For more information, visit www.ayurvedaconsulting.net.

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And then...well, we’ll see where it goes.

It’s a wonderful bank.
Debbie Levy joined Bodyscapes Personal Training in Wellesley last summer where she is a certified STOTT Pilates instructor who enjoys teaching all levels of expertise. Pilates focuses on strengthening the core and training the deeper muscles that support the spine and joints. Bodyscapes Personal Training is located at 386 Washington Street in Wellesley and Bodyscapes Fitness is at 1285 Beacon Street in Brookline. To schedule an appointment, call 781.235.2262 in Wellesley and 617.232.1010 in Brookline. Check out their ad on page 43.

Jim Douthit, a Blade of Grass owner and landscape designer, was awarded the 2013 International Gold Award-Residential Design from the Association of Professional Landscape Designers. Jim also won a Monrovia 2013 Distinctively Better Plant Award. To learn more about a Blade of Grass or to schedule an appointment, call 508.358.4500 and visit www.ablakeofgrass.com.

Pine Straw owner Tracy Cranley is heading to Atlanta, New York, and other cities over the next couple of months to find the very latest in gift items and fashions for her store, located at 466 Washington Street in Wellesley. Maria Dilorenzo, Pine Straw’s personal stylist, will be hosting style nights this spring and will continue to guide customers on how to look their best in the season’s trends. Schedule a private appointment with Maria by calling the store at 781.235.1844. Visit www.pinestrawshopwellesley.com.

Wellesley resident and architect Jacob Lilley’s Concord carriage house is featured in the new book Haus & Auto Internationale Projekte, (Callwey Press 2013). This German publication highlights select buildings worldwide from ultra-modern to traditional. For more information on this project or others please contact JL Architects, Inc. at 781.431.6100 or visit www.jlaarchitects.com.

The Coldwell Banker Residential Brokerage office in Weston would like to thank the entire community for participating in the annual “Pie in the Sky” fundraiser to benefit Community Servings. Community Servings is a nonprofit organization that provides free, home-delivered meals to acutely ill individuals, their families, and their caregivers in 18 cities and towns throughout Massachusetts. For every pie sold, Community Servings will be able to feed one client for five days. Visit www.servings.org and www.NewEnglandMoves.com.

Gail Lockberg, broker/owner of Berkshire Hathaway HomeServices Town and Country (formerly Prudential Town and Country) in Wellesley, has been elected a director of the Greater Boston Association of Realtors® (GBAR) for 2014. As a GBAR director, Lockberg will serve as an elected representative of the association’s general membership in governing the association’s policies, programs, and business activities. Berkshire Hathaway HomeServices | Town and Country is a full-service real estate agency serving Wellesley and all of Greater Boston MetroWest with offices in Wellesley and Natick.

Dover Rug & Home, offering the largest selection of fine floor coverings and window treatments in New England, is pleased to announce that the company’s CEO, Mahmud Jafri, has been named one of the 50 Most Influential People in New England, an annual award presented by INDIA New England.
Among the list of influential people are entrepreneurs, executives, community leaders, researchers, philanthropists, or anyone else whose work and influence helps shape the South Asian community in New England. Visit www.doverrug.com.

〉 Bring a friend to Future Shapes Wellesley for a spring stress buster. Future Shapes trainer Thea Simorali is now offering private boxing classes that will challenge you in a very different way. Instead of an expensive and calorie costing dinner, treat a friend to a workout with a Future Shapes gift card. Friends don’t let friends skip work-outs. Call 781.237.9785 to schedule an appointment and visit Future Shapes at the Fitness Club for Women at 200 Linden Street in Wellesley.

〉 Jane Neilson of Pinnacle Residential Properties, Wellesley, has earned the prestigious Certified Luxury Home Marketing Specialist designation. The training provides expertise and insights into the marketing and sales of luxury properties and is beneficial to both buyers and sellers. Jane has been an award winning top producer at Pinnacle since 2004. Visit her website/blog at www.JaneNeilson.com or call 781.223.7338 to hear more about the Luxury Home Marketing designation.

〉 Two local businesses have identified a need in our community and have teamed up to create a one-of-a-kind program that is now serving area cancer patients. Healthy Habits Kitchen and Newton-Wellesley Hospital are enrolling qualifying cancer patients into a three-month program and sending nutritionally balanced meal kits to their door monthly. The two companies are hoping to ease the treatment and recovery process for patients, caregivers, and families by ensuring that nutritional needs are met during this challenging time.

〉 Get glowing in 2014 at Blush. Owner, founder, and mompreneur Christina Kauffman recently revealed her new and improved Wellesley studio, located at 562 Washington Street in Wellesley Square. Blush is the largest organic sunless tanning studio in New England that exclusively offers
airbrush services. Their natural line of sunless solutions produces flawless results for all skin types. For more information, call 781.235.4067 or visit www.blushtan.com.

Planning is underway for Newton-Wellesley Hospital Charitable Foundation’s 15th Annual Gala on Saturday, May 10, 2014 at the Westin Copley Place in Boston. This year the Gala Chairs are Sinesia and Bill Karol of Westwood, and the event will benefit the hospital’s Child & Adolescent Psychiatry Service. Guests will enjoy cocktails, silent and live auctions, dinner, and dancing – and lots of other surprises. For more information, call Maryann Zschau at (617) 243-6712 or visit www.nwh.org/gala.

Former Weston resident and VNA of Boston Heroes in Health Care Gala Co-Chair Loriann Meagher (left) was joined by fellow Co-Chair Linda Hope-Springer (right) and Gala Host Committee Co-Chairs Renee Picard Walsh and Deborah Angeloni at an event planning meeting. The Gala, honoring Dr. Joshua Boger, Kate Walsh, and Sonia Alleyne, was held last October at the Mandarin Oriental Hotel and raised a quarter of a million dollars for their charitable programs.

John Green, president and CEO of Lux Bond & Green Jewelers, was named Chairman of the Board of Governors of GIA (Gemological Institute of America). John has served on the GIA board since 2008, and on the executive committee and as chair of the laboratory committee since 2010. Lux Bond & Green, a family-owned jeweler established in 1898, has eight stores in Connecticut and Massachusetts. Their Wellesley store is located at 60 Central Street. Visit www.lbgreen.com.

JFit 360°’s personal trainers offer customized personal training programs in the comfort and convenience of their clients’ own homes. JFit 360° was founded by a brother/sister team who believe that fitness is an integral part of one’s all-around health. Their in-home fitness programs are tailored to each client’s specific needs and include boxing, mixed martial arts, yoga, strength training, endurance training, balance and core strengthening, and more. For additional information, visit www.jfit360.com or call 508.333.4887.

Sooki is celebrating its tenth anniversary in its South End location. Sooki is a cozy boutique featuring distinctive and unique women’s clothing, jewelry, and accessories from up and coming American and international designers. Check out fashions by De Moo, She’s So, Anett Rostel, and New Y 77 as well as handcrafted pieces from artists across the US, Europe, and Asia. New spring looks are arriving daily. Visit Sooki at 505 Tremont Street in Boston and online at www.sookiboston.com. See their ad on page 89.

Dr. Ilya Sherman attended the Wellesley Chamber of Commerce Silent Auction on November 23, 2013 to which he donated the exclusive, top-of-the-line Sonicare DiamondClean edition electric toothbrush and a GLO Brilliant Whitening System. Dr. Sherman is the owner of Health and Beauty Dental, a high-tech practice in Wellesley that specializes in cosmetic dentistry. Call 781.235.6616 to schedule an appointment or visit www.healthandbeautydental.com for more information.

Pinnacle Residential Properties is pleased to announce that top-producing agent Lisa Curlett is now an Accredited Staging Professional (ASP®) Realtor. Her staging training combined with her 10+ years of real estate experience give Lisa an added value to the home selling process: she knows how to get your property prepared for the market and ready to sell. For more information, please contact Lisa at lcurlett@pinnaclehouses.com or www.homesalesbylisa.com.
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44 CARISBROOKE, WELLESLEY
$3,895,000

100 CLIFF RD, WELLESLEY
$3,595,000

17 TEMPLE RD, WELLESLEY
$2,895,000

61 LEHIGH RD, NEEDHAM
$2,500,000

38 CYPRESS RD, WELLESLEY
$2,495,000

19 PILGRIM RD, WELLESLEY
$1,895,000

15 LEEWOOD RD, WELLESLEY
$1,750,000

98 BEECHWOOD, WELLESLEY
$1,475,000

38 MARSHALL RD, WELLESLEY
$950,000

PENDING WELLESLEY
$4,595,000

PENDING WAYLAND
$1,450,000

SOLD WELLESLEY
$4,750,000

SOLD WELLESLEY
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8WoodlawnAve.com
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i couldn’t distinguish between surprise, pride, and disgust when I saw my photo spanning the cover of Middlebury College’s unpaid internships brochure. Sporting no makeup, sweaty skin, and a ripped hair scarf, my unflattering shot should have been overlooked. Perhaps it wasn’t because my arm hung around an undernourished, dark-skinned child I met interning in Ghana last summer. Having grown all too familiar with the white American “save the world” stereotype, I couldn’t help but feel my relationship with the child had been exploited. Yet, this photo’s backstory aside, I was more bothered by the industry my image now promoted: unpaid internships.

According to a 2012 survey, 71 percent of Middlebury’s graduating class participated in an internship, 48 percent of which were unpaid. Universities and colleges nationwide boast similar statistics. When interviewed by Forbes magazine, Internships.com CEO Robin Richards reported that, according to a National Association of Colleges and Employers (NACE) survey, only one-third of internships in the United States are paid positions (these internships also receive four times as many applicants as unpaid positions). And the “Internship Economy,” as described by WBUR’s Tom Ashbrook, is rapidly increasing.

A common response to these statistics on my campus? “Internships are just what you have to do, paid or not. You need something to put on your résumé.” Free labor, often accompanied by ungodly rent, only to document a title on an accumulating list of “achievements”… To me, something does not add up.

On paper, internships seem ideal: the student gains professional experience and establishes roots among potential industries. Who wouldn’t want this opportunity? No one: this is the crux of the problem. The unpaid internship “system” exploits college students by replacing paid, entry-level jobs with often illegally unpaid positions dependent on one’s connections and ability to pay.

While some schools provide funding, it is usually scarce and inadequate, averaging $500 or less. Hence, most students accepting unpaid internships must finance their summer “on their own.” After combining the cost of meals, transportation, and potential housing, an unpaid summer quickly acquires at least a thousand dollar price tag. Additionally, some unpaid positions necessitate college credit. However, many institutions require students pay tuition up to and exceeding $3,000 to obtain credit for such an “opportunity.”

More often than not, an intern financing their summer “on their own” directly translates to “Thank God for Mom and Dad.”
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Unpaid internship inequality is also fueled by the supreme importance of a student’s personal relationships. Numerous students exploit family relationships to land competitive internships without even applying, making it hard to dismiss common claim that grades can take the back seat if you’ve got “connections.”

For many, finding and financing unpaid internships is simply unfeasible. Yet, as graduation rates increase and job competition intensifies, we cannot trivialize the edge summer internships afford. This system promulgates a butterfly effect; despite their qualifications, those who cannot afford unpaid work or lack “connections” miss out on résumé-bolstering titles, contact building, and, consequentially, future nepotism. Ultimately, restricted access to unpaid internships prevents many students from advancing in the work world with the same speed and security as those who were lucky enough to land an internship while in college.

Yet unequal access is not the only shortcoming of unpaid internships. According to the US Department of Labor, an unpaid internship, “even though it includes actual operation of the facilities of the employer, [must be] similar to training which would be given in an educational environment,” for the benefit of the intern, not displacing a regular employee, and of no immediate advantage to the employer. Some unpaid internships provide this student-based experience. However, many internships are, essentially, glamorized busy work. For example, companies now recruit unpaid interns to advance their social media platforms, as older employees are unfamiliar with Twitter and Facebook, programs the intern already knows thoroughly. I clarify these realities not to complain; busy work does provide invaluable observation of an industry’s operations. I only intend to raise awareness that, by law, these menial tasks may be unjustified without payment.

Qualms aside, when considering unpaid internships, parents and students easily subscribe to the “it’s better than nothing” mindset, a decision recent studies prove dangerous. According to the National Association of Colleges & Employers 2012 Internship & Co-op Student Survey, only 37 percent of college graduates in 2012 who completed unpaid internships received job offers upon graduating, while 36 percent of students with no internship experience received offers and an impressive 60 percent of paid interns received at least one job offer. The benefits of paid internships are clear, yet unpaid positions appear relatively inconsequential.

But there I was: not only seeking summer intern advice before I could imagine less than a foot of snow on the ground, but displayed on Middlebury’s internship agenda. It appears we’ve sunk deep into a double bind.

On one hand, students and parents alike are terrified they, or their children, will fall behind, lose opportunity, and face the dark abyss of “unemployment.” On the other, students are offering themselves as free labor and, consequentially, perpetuating social segregation.

So, what can be done? As Mary Schilling, Executive Director of Career Development at the College of William and Mary, said when interviewed about the “Internship Economy” by On Point’s Tom Ashbrook, “We must work within our own backyard first.”

Interpreting “our own backyard” as the students one advises, the schools attended, and the companies worked for, I offer a few suggestions. First, colleges and universities must more effectively assist “unconnected” students in securing quality internships in their fields of study. Students should be encouraged to visit career centers early in their college experience to develop relationships and networking skills with career advisors. Second, students should raise consciousness of the inequalities of unpaid internships by petitioning employment offices to increase/re-budget internship funding and level the playing field for qualified students (recent Middlebury student petitions have notably improved summer funding). Lastly, students and parents
should review the regulations established by the US Department of Labor in Fact Sheet #71: Internship Programs Under The Fair Labor Standards Act before accepting unpaid positions. If a student’s present unpaid experience does not meet these six educational standards, encourage self-defense, as their advisors are breaking the law. Such self-advocacy can work; in one of many recent intern-instigated trials, two unpaid interns who worked on the Oscar-winning film Black Swan won a landmark case against 20th Century Fox upon testifying that they carried out menial work with little educational value, contrary to US Department of Labor regulations for unpaid positions.

Ultimately, the decision is personal: if one disagrees with the practice, one should not participate. Yet, if an unpaid internship is accepted, it should be done so consciously and actively, so to enhance one’s education, protect one’s rights, and decrease class discrimination. 

LEAH FESSLER is a graduate of Wellesley High School and is currently a junior studying English Literature at Middlebury College. She can be reached via e-mail at LeahFessler8@gmail.com.

1. www.forbes.com/sites/jacquelynsmith/2012/03/21/nine-steps-to-getting-the-internship-you-want/
2. The Supreme Court established six factors in deciding whether an unpaid internship was legal in Walling v. Portland Terminal Co. These factors are explained in this article: www.forbes.com/sites/theyec/2013/04/19/6-legal-requirements-for-unpaid-internship-programs/6-part-test-for-legality-of-unpaid-internship-as-defined-by-DOL:
   www.dol.gov/whd/regs/compliance/whdfs71.htm (Fact sheet 71)
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think back to that childhood tree house you had or the one that you longed for. A magical space that granted both privacy and freedom inside the woodsy plywood walls. What if we told you it’s never too late for a clubhouse? That you’re never too old for a little hobbit hidey-hole of your own? Naturally, as responsible, bill-paying adults, we might call them a “reading nook,” a “Mom central,” or something that sounds a little bit more sophisticated. But make no mistake, that little part of you that secreted away a package of Double Stuf Oreos in a splinter-loaded wooden structure five feet up in an old oak is still alive and kicking. Join Wellesley’s finest as they show you how to create attractive and functional spaces out of previously unused or under-utilized areas.

Where can you carve out space?

Wellesley and Weston’s older homes in particular tend to have nooks and crannies aplenty. Landings, Harry Potter-esque cupboards under the stairs, and even bedrooms that in today’s world are just too small to use as bedrooms.

Karen Newman of Pentimento Interiors says that what these little creative spaces become is dictated by “the size of the space and the loca-
tion.” For example, a reading nook or a little “Mom central” type workstation, she says, would not lend itself to a space located near the front door where guests would walk right into it. “It’s just not good karma.”

There is almost always space to be found. The trick is matching the function with the space, then perfecting scale and function. Or, conversely, matching the space to the function. “What people often are doing,” says Newman, “is inviting me over and saying, ‘we’re going out of our minds. We have to have a place to put a small lav in.’”

A “lav,” or powder room, may be one of the more popular ways to convert a bit of unused space. In historic and older homes, there simply wasn’t enough thought given to guests who needed to use the, well, water closet without tromping up to the second level of the home. The tiniest of spaces, just enough for a toilet and sink, can double or triple the convenience factor and add value to the home.

Laura Brooks Meyer of Meyer & Meyer Architecture & Interiors is called upon to work on many historic homes and described a graceful, turn of the century home where she recently designed a first floor powder room. By taking advantage of the area tucked tightly under the home’s main staircase, she was able to eke out enough space for a powder room, creating a cozy hideaway complete with Swarovski crystal pendant lights, a gold framed accent mirror, and a demilune shaped marble shelf, perfect for hand milled French soaps and embroidered linens.

The Many Uses of Small Spaces

You’d be surprised — the smallest of spaces can be transformed into something useful. Unused corners where you might think only a plant on a pedestal could fit can be transformed into floor to ceiling storage opportunities. A three foot by three foot space is enough room to hold a comfy chair. Add an end table with enough room for a task light, a snack, and a good book and you’ve created a cozy reading hideaway. Just a little bit more square footage and the reading nook can become a comfy, private library.

To be truly conducive to reading, a nook or a library should be a bit off the beaten path. Perhaps tucked up into a landing or some
quiet space in the house. The three by three space can also be used for a computer nook or a satellite office where bills can be paid, plans can be sketched out, or homework can be puzzled over.

Which brings us to what Newman affectionately terms, “Mom Central.” If your kitchen is the heart of the home, chances are your kitchen table or counter has become the landing pad for school papers, bills, calendars, and laptops. A simple small desk and cabinet area designed to tidily store these items away while providing a work space could be just what the family organizer ordered.

Wellesley architect Jan Gleysteen is all for accommodating the busy lifestyles of today’s families. In one recent project, a detail-oriented inglenook serves as command central for a family with young children. Located between the family room and the living room, it allows parents to keep an eye on the little ones playing while managing the family affairs. In another home that was lacking a first floor office area, Gleysteen reworked an existing kitchen closet and created a much needed work space with custom millwork to allow for maximum use of every square inch.

Wellesley-based interior designer Mollie Johnson likes to transform a bit of unused interior real estate on the main level of the home into a wet bar or a coffee bar, depending on the inhabitants’ tastes. An art lover might claim a sunny spot by a window to section off and set up an
easel. Johnson also likes to combine fun and functionality with the often unused space beneath the stairs.

Interior designer Candace Bouley is also a huge fan of under the stair space combined with an abundance of playful creativity. “Small spaces are wonderful to use as a cozy reading alcove, but if entertaining is your passion don’t forget this nook is also a destination for a stow-away bar, including wine rack and mini refrigerator. This secret spot is a perfect setting for a dramatic use of functional roll back draperies installed for a hidden reveal: instant party!”

And don’t forget your four-legged family. Wellesley resident and dog owner Bouley thinks that the humans aren’t the only members of the household that can benefit from a getaway. Since the family pet doesn’t tend to grow tall enough for the height factor to be an issue, under the stairs can be “a perfect spot for a comfy dog bed and — how great is this — dog den for the ever present food and water bowl!”

There is always the old standby use of space that everybody needs more of: storage. A Wellesley kitchen renovation recently completed by Meyer & Meyer reconfigured space to allow for an inclusion of a butler’s pantry, creating a useful area between the kitchen and the dining room. Bricks from the Old North Church in Boston that were used in the home’s previous kitchen were recycled and given a place of honor.
Creative Uses for Small Spaces

in the new pantry. Ample storage provides plenty of space for barware, holiday plates, and serving pieces, and the new sink and under counter refrigerator also help facilitate effortless entertaining.

Entry areas, or, less formally, mud rooms, are another area where exceptional spaces have been created from what was largely wasted space. In a recent project, Michael Ferzoco of Eleven Interiors stole ceiling height space from a staircase that led downstairs. The staircase’s excessive headroom allowed the floor to be extended, making room for multi-functional built-in millwork and cabinetry. An upholstered bench is a place to rest and put on shoes; a storage cabinet hides shoes, boots, hats, and gloves; and a cantilevered shelf provides space for mail, keys, wallet, and dog walking accoutrements. In another project, Ferzoco created custom cabinet lockers for children in an entry area by claiming space from an oversized garage and bumping out the wall to accommodate a set of cantilevered lockers.

Newman advises to remember the air above and the air below. While she recommends keeping spaces open below furniture in a small space to maintain the flow of air and lighten the feel of the room, when planning storage, spaces both low and high should be utilized. Store out of season decorations or infrequently used appliances up high. A thin shelf positioned high on the wall can hold a collection of colorful vases or bottles out of the way but still appealing like “eye candy,” she says.

How it Should Look

Whether for storage or planning or escaping the grind, a creative and small space should be, above all, neat and orderly. Clutter will turn a creative space into a closet, and nobody wants to hang out in there. Furthermore, advises Johnson, keep furniture to scale. An oversized piece will feel wrong in a tiny space.

And don’t forget lighting. A reading nook, artist retreat, or office will optimally have a window that lets in good, natural light. A window is less important for a wet bar or a lav, but lighting should never be underestimated. A small room without windows will quickly feel like a cave without adequate artificial lighting. Johnson likes recessed light-
ing on dimmers combined with task lights. “It’s good to have a combination so you can control the light in different situations.”

Old thinking dictates that a small space should be light colored to help it appear bigger. Not necessarily, says Johnson, who loves to add punch to a powder room with a fun and unexpected wallpaper since people don’t spend enough time there for it to become overwhelming. The designer has also been leaning towards utilizing geometrical and metallic wallpaper trends, reminiscent of the famed English designer David Nightingale Hicks, that have been showing up as of late.

The possibilities for taking advantage of small spaces are endless, and we have just touched on a few of the basics. So have fun, be bold, and with minimal effort you too can give maximum impact to the unused areas of your home.
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Meet Merle Goldman

AUTHOR AND CHINA EXPERT

When Merle and Marshall Goldman celebrate a birthday or anniversary, their four children like to put on skits and songs. In one skit, they depict their five-foot-three mother looming over the future leader of the world’s most populous country. Sound fanciful? Not in this Wellesley home.

That’s just what happened when Merle Goldman met the man who set the stage for China’s economic explosion.

“I towered over Deng Xiaoping. He was a little guy about four-foot-nine,” said Goldman. “He would sit there and his feet would dangle, not even hitting the floor.”

Goldman, as a China expert, accompanied a delegation of US university professors who had traveled to Beijing at the invitation of the Chinese government in November 1974 – less than two years after President Richard Nixon’s historic trip. Deng, then deputy premier of China, had only recently returned from purgatory under Mao Zedong’s Cultural Revolution. But still, as Goldman wrote in a column for the New York Times, Deng “exuded confidence, displayed an ironic sense of humor, and appeared very much in control of events.”

She sized him up as a leader who would put butter before guns. And after Deng took power four years later, he proved her right. “I see Deng Xiaoping is a real hero here,” Goldman said in a recent interview. “When he came to power, he opened up China to the Western world.”

Goldman and her husband, Marshall, make up one of the nation’s most formidable academic couples. Both are now retired from teaching careers – hers at Boston University and his at Wellesley College – but

When the skies are gray above
We ask our mother what does she see?
Will it be stormy? Will there be rain?

Here’s what she says to me,
Say Hurrah, Hurrah,
There’s always blue skies tootsie
I see what I choose to see.
Say Hurrah, Hurrah.

– Family tribute to Merle Goldman on her 75th birthday, to the tune of “Que Sera Sera”
they continue their research at Harvard. Of the two, Marshall is better known to the general public. As an economist specializing in Russia, he was often in the media spotlight during the breakup of the Soviet Union. Merle is one of the nation’s foremost experts on Chinese intellectuals and their push for democracy. Both Goldmans have been called on for advice from presidents and congressmen.

Merle Goldman, who will be 83 this year, has been following China longer than its current president, Xi Jinping, has been alive. The bookshelves in her office at the Fairbank Center for Chinese Studies include many volumes that she wrote or edited. The photos on the walls and tabletops reflect her two passions: China and family (and not necessarily in that order).

Goldman credits the center’s namesake, renowned China scholar John King Fairbank, with helping her launch her career. Married two weeks after she graduated from Sarah Lawrence (“those were the old days,” she said with a laugh), she studied independently under Fairbank while her husband was serving in the military in Texas. When they returned to Massachusetts, she was pregnant with the first of their four children. She asked admissions at Radcliffe if she could study for her master’s part-time. At first, Goldman couldn’t get beyond a department secretary, who told her the college could not accept “professors’ wives taking courses hither and thither.” Hearing about her experience, Fairbank intervened. The Radcliffe dean then called Goldman into her office and said, “Okay my dear, we’ll take a chance on you. John says you can do it. But if you don’t finish we will not let others go part-time.”

Between changing diapers and chasing toddlers, Goldman earned a master’s from Radcliffe (’57) and a doctorate from Harvard (’64). She also began making a name for herself as a scholar. Her five books
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Jill Medvedow  
Ellen Matilda Poss Director
include a collaboration with Fairbank, *China: A New History, Enlarged Edition* (1998), one of the leading texts in the field.

When Goldman first met Fairbank, he was embroiled in controversy for arguing that it would be a smart move for America to establish relations with Mao’s China. That was not a particularly popular stance in the red-baiting era of Wisconsin Senator Joseph McCarthy. “Fairbank never complained,” Goldman said. “He was very stoic; you would never know that he was really under attack.”

Since that first visit to Beijing in 1974, Goldman has traveled to China almost every year since. She is now working on a follow-up to her 2005 book, *From Comrade to Citizen: The Struggle for Political Rights in China*. That struggle continues to be an uphill battle. “The middle class hasn’t yet gained any political power,” Goldman said. “The people with whom I deal, the intellectuals, are the most critical.”

Ironically, the shift to a capitalist economy has helped the Communist leaders maintain their one-party rule. “As long as the Communist Party can deliver economically,” Goldman said, “I think it’s going to be very difficult for another party to come to power. If the economy begins to stall or runs into real trouble, then there might be a movement from below for a different kind of government.”

In the post-Mao era, the Chinese have enjoyed greater economic mobility and freedom to travel, and have been subject to less intrusion into their private lives. Last fall, the one-child law was slightly eased, though Goldman said many Chinese couples were choosing to keep their families small, as have their counterparts in other rapidly developing countries.

On the local level, residents can elect their leaders, but the party vets the candidates. While it’s much easier for entrepreneurs to launch businesses, party officials hold key spots in big firms. “It would be very hard for a head of a large corporation to take a dissident stand,” Goldman explained.

Goldman reads Chinese, but sticks to English for conversations. In recent years, she has found that her contacts feel freer to speak out, but they still couch their criticism in e-mail and in person. “When I go to visit my Chinese friends, they turn the radio loud. They say there are microphones in the walls.”
Find out what her clients know.

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One hopeful sign, Goldman said, is that the dogma of Mao and Marx matters less in China today than the 2,500-year-old teachings of Confucius. “The emphasis in the post-Mao period on education, education, education, comes from Confucianism,” she said, as does the importance the Chinese place on hard work and taking care of family. “I think that one of the reasons that the Chinese are doing so well in the post-Mao era is because of the reemergence of Confucian values.”

When she was just a little girl, she’d ask her parents what should I be? They told her focus, whatever you do, just take it seriously.

So China, China,

Literary dissent in the PRC

Mao wasn’t fond of democracy

Yes China, China

Raised in a Jewish family in New Haven, Goldman as a girl became interested in China from reading about Confucius. Although the Depression forced her father to abandon graduate studies, he assembled a wide-ranging library that included books on early Chinese philosophers. Goldman, who with her husband was among the founders of Wellesley’s Temple Beth Elohim, said that Chinese people have told her that they believe there is a connection between Confucianism and Judaism because of the emphasis on education.

While the young Goldman had been an armchair explorer into foreign lands, her children grew up immersed in China and the Soviet Union. Their parents talked about their work at the dinner table and in the summers took the family abroad on their research trips.

The second oldest, Dr. Avra Goldman, recalled that when she was a young teen in the late 1960s her parents took her and her siblings in a rental car on the thousand-plus miles from Leningrad (now St. Petersburg) to Odessa. Avra, a family physician in Cambridge, said her mom packed plenty of peanut butter and jelly. The car attracted a lot of attention because her parents had put a Eugene McCarthy for President bumper sticker on it.

As adults with their own families, Avra and her younger brother, Seth, accompanied their parents to China in 2003. Their mother introduced them to many of her friends, including a woman, Zhang Hanzhi, who had been Mao’s English tutor and Nixon’s interpreter on his China visit. Seth said for his kids the trip was a revelation. Seeing her pro-
fessional side, they realized, “Wow, grandma really knows something.” Over the years, the senior Goldmans have taken different grandchildren – they have 12 in all – on trips to Russia and China.

We've got the Paintings

Growing up, Avra said she didn’t feel like she had to compete with Chinese intellectuals for her mother’s attention. “Her priority was always us and my father.” Among her friends, Avra said, she was the only one with a working mother. She said once when she was at the grocery store, her mother asked what she wanted to do when she grew up. “I said, ‘Well, maybe a teacher or a nurse.’ And she said, ‘Those are fine, but … you should choose a career where you can devote your life to something you really care about.’ That started me thinking.”

All the Goldman children have gone on to professional careers. Ethan, 57, is chief financial officer of Flexcon, which makes adhesive products; Karla, 52, is a professor at the University of Michigan, specializing in
American Jewish history; and Seth, 47, is president and “TeaEO” of Honest Tea which is now a subsidiary of Coca-Cola.

Seth described his mother as “very loving, but also a bit of a taskmaster.” As a child, he said, “I didn’t gravitate naturally toward reading, so she enforced it. In the afternoon, I couldn’t do anything until I had read for at least a half hour.”

But he looks back not with resentment, but gratitude for the way his parents pushed their children to achieve their potential and motivated them by example. “They both loved their careers,” Seth said. “That was a wonderful thing to see.”

And they encouraged one another. “My father was a huge supporter of women and careers,” Avra said. “We’ve heard since from all his many, many students of how inspiring it was that he had such a balanced, equal relationship with his spouse.”

At Harvard, Seth wrote his senior thesis about economic reforms in China and the Soviet Union. “It was a real treat for me to be able to understand the context and the impact of my parents’ scholarly work,” he said. That was reinforced when he spent the next year teaching in China and the year after in Russia. In both countries, scholars told him of their great respect for his parents.

Describing himself as “more of a doer than a thinker,” Seth did not go into the family business. Instead, he founded Honest Tea with Barry Nalebuff, one of his professors at the Yale School of Management. As a graduate of the Goldman dinner table, Seth said he impressed the hard-nosed Nalebuff. “If he asked a challenging question, I wasn’t afraid to challenge him right back,” he said. “Those dinner conversations did help prepare me well for a rigorous academic conversation.”

Seth came up with the idea for the product when, thirsty from jogging, he vainly searched store shelves for a beverage that wasn’t too
sweet. He perfected the recipe in his kitchen, Nalebuff came up with the name. On its website, Honest Tea boasts that it’s the nation’s best-selling “ready-to-drink organic bottled tea.” No surprise, the maker’s mom is among its fans. Lunching at the cafeteria across from her office, Goldman proudly plucked a bottle off the shelf. She and her husband were the first outside investors in the company, unfazed that Seth had left a secure job at a mutual funds firm. “Whenever I was in a tight spot – which in the beginning was often – they were always offering to invest more,” he said.

Now that she’s 83, we see our mother in all her glory
Children and grandkids
Her colleagues, her office
Her country home in Wellesley
Say Hurrah, Hurrah

A model for all to see, it’s turned out so beautifully
Say Hurrah, Hurrah

Seth said that his family often jokes about his mother’s “incredible” optimism. Clouds may cover nine tenths of the sky, but she'll see just the sliver that's blue.

In looking at China’s future, Goldman pins her hopes on its young. “Students who come here from China have tremendous admiration for American society. They look upon it as kind of a mecca. They don’t have the criticisms Americans have about America.”

An interviewer asked her how democracy could work in a nation of 1.3 billion when it barely seems to function in the United States, a nation a tenth as populous.

“You sound like Mao Zedong,” Goldman shot back. “What about India? Isn’t it almost one billion?”

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The 1930s come to life through the correspondence of a Wellesley College student

DIANE SPEARE TRIANT writer

they contained thousands of penned words that were never meant for a stranger’s eyes. But through a complex chain of events, 187 letters written home in the 1930s by a Wellesley College student found their way onto eBay. Happily, the collection is now safe with the writer’s daughter, who is allowing a sampling of its contents. It requires reading only a page or two before Mary Jane Hayes’ gentle prose grants entry into the intimate circle of her daily life, transporting one back to an earlier America between the First and Second World Wars.

1930s Wellesley...

Dear Mother,

Miss Melcher thinks up peculiar questions. Our assignment for Wed. is to write a letter in the style of Madame de Sévigné, whose letters to her daughter we’ve been studying. < 12/15/30 >

How fitting that Mary Jane Hayes ’34 was studying mother/daughter correspondence in her first-year French class for, during her tenure as a Depression-era student at Wellesley College, she was a prodigious correspondent, writing as many as five letters weekly to her own mother in Williamsport, Pennsylvania.

The surviving letters reveal that in many ways Mary Jane was much like today’s undergraduates: She agonized over Shakespeare assignments, engaged in late-night talk fests with her roommates, complained about dormitory food, and hoped that a special someone was on the other end of the ringing telephone.

But she was also a product of her times. She arrived at college on the New York-to-Boston steamship, tuned in her radio to the latest serials, avoided Boston during disease outbreaks, fended off the cold with hot water bottles, and practiced lip rounding (“we pool, we use, we pout”) for her speech class. The pulse of an earlier era beats strongly through
Dear Mother,

I must get to my German during this period as I have an essay this afternoon, and we have a required Archaeology lecture tonight (something about excavations at Ulysses). But as I began to say, I want to write a little something (it will likely come into a full fledged letter).

Last night we went to the Boston Symphony Concert (so young gentlemen appearing to detain us this time). It was wonderful. I'd never heard a Symphony Orchestra before. They played Beethoven's Third Symphony in memory of Edison. I think Symphony in memory of Edison. I guess it must have been a favorite piece, so they changed the original program to play that. Then there were two other selections — one, a Ballet, that was especially lovely. The conductor, Roosevelt, Conducts with his whole body — arms, fingers, and even his mouth. We had very good seats, and could watch him. In yesterday morning's mail I got a box of Fudge from Fiske. I have as much chocolate with lots of jelly as I want.
her evocative vocabulary that renders sodas “tonics,” pills “tablets,” the flu “the grippe,” cars “roadsters,” and stereos “Victrolas.” Even MIT was then “Boston Tech.”

In the days of two-cent postage and twice-a-day mail delivery, Mary Jane’s letters were a vital connection between an only child and her widowed mother. Today, their rich period detail is a conduit to understanding the everyday practices, beliefs, and events that ultimately shape an era.

It was a time, for example, when young people were satisfied with simple entertainments:

_In the evening we…read Sherlock Holmes aloud and talked till 9:30 and then dashed down and had milkshakes._< 12 / 15 / 30 >

A weekend date was cause for unbridled excitement, even though the couples usually remained on campus at chaperoned events:

_Well yesterday afternoon we sat around and worked ourselves into an enjoyable state of excitement and anticipation. Alice and I took our baths at 2:30 and were about the only ones in the house who got hot ones…We put on our glad rags, arranged our coiffures, powdered our noses and very promptly at 7:55 the boys arrived. Abe had their Marmon Cabriolet – a coupe with a rumble seat._

The freshmen, sophs, and juniors each presented a one-act play…It was about 11 till we started dancing. Goodness! The floor was packed! Everything stopped promptly at 12. It was funny – the “goodbye” scene on Webb [an early dormitory] front porch. It was very well filled with couples. It was 1:45 till we finally got to bed as we had to talk it all over._< 3 / 16 / 31 >_

Traditions were embraced enthusiastically:

_We had a nice George Washington dinner where we wore formals – preferably red, white or blue, and now I feel in a very festive mood._< 2 / 24 / 32 >_

_above: Cigarette card of a 1930 Marmon Cabriolet; below: A sampling of Mary Jane’s 187 letters home_
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We had the Ice Carnival and it was loads of fun… The floodlights all around, the simply grand music sent out with amplifiers, the hot dogs we roasted at a big bonfire up on the bank [of Lake Waban], and the way the bright skating costumes looked flying around the ice made it perfectly glorious. <1/17/34>

Mary Jane and her roommates – like all Wellesley College freshmen of the era – lived in Wellesley’s town center, or “the Vill,” as they called it. Their dormitory was Webb House on Washington Street, built by Dr. Edwin Webb in 1894 and destroyed by fire in 1972. Living off campus, the young women took full advantage of establishments now erased from memory but thriving in 1930s Wellesley. They enjoyed waffles at The Blue Dragon, pancakes at The Oriole, and sirloin steak at Seiler’s. They bought shoes for $12.50 at I. Miller (Mary Jane finding size 7½ AAA), shopped for an unconventional light bulb at Davis’ (E.A. Davis, as we know it), and reserved rooms for visiting family at the Wellesley Inn ($9 per night; $7.50 without a private bath). On Sunday mornings, they attended services at the Congregational Church, listening to sermons such as “Judas, the misunderstood.”

While Mary Jane entered her sophomore year, the Great Depression was deepening in America, with 30 percent unemployment and 800 banks shut down. Wellesley College students donated what they were able to “the Unemployment Fund,” and knitted sweaters by the dozen for “the unemployed.” But in an era remembered primarily for its breadlines, Mary Jane’s circle clearly belonged to the less-publicized universe of those who – though not wealthy – could always count on a chicken in their pot:

We had an enormous meal [at the Hole in the Wall, Wellesley] – Vegetable soup, Klee Sandwiches (steak between toast), Tomato
Sandwiches, two cups of Coffee and each of us a 4th of a warm mince meat pie!...Imagine all that delightful food for 55¢. <11/15/31>

Ethel’s mother sent a huge box of food – crackers, sardines, jelly, anchovy, peanut butter, cheese, tea, dates, figs, cake, apples and cookies. <11/24/31>

With the first regular television broadcasts still a decade away, a fascination with Hollywood was an obsession even greater than today. At the Community Playhouse in Wellesley Hills (which screened double features and currently houses Bertucci’s) Mary Jane “wept copious tears” when Sam’s dog died in Penrod and Sam, pronounced George Arliss “splendid” in Alexander Hamilton, and raved about Greta Garbo and John Barrymore in “a marvelous new picture,” Grand Hotel. The projectionist would alert the students in attendance to their impending 10:00 pm curfew by flashing a time warning on the screen. The management catered to its young audience in another way, as well:

The movie at Wellesley Hills is starting the system of reversing the order of showing the two features the second night and then giving out Return checks. We never
get to see the second one, you see, as we leave at 9:30 [to make curfew]. These with 10¢ will admit you to the movie the next night. <12/6/30>

Then, as now, students enjoyed box seats to a tradition already in its 35th year: the Boston Marathon. It appears, though, that the handful of athletes running the course were not quite so fit in 1931:

I went down to the Square where everyone was waiting for the marathon runners. They finally came jogging along down Central St. Goodness! Such worn out looking individuals. There were about 230 entries...They weren't more than half way when here and some surely looked like they might pass out at any minute...We applauded lustily for all who looked the most “gone.” <4/22/31>

1930s Boston...
Mary Jane’s colorful reports of her outings into Boston were meant to entertain her mother; for us, they become valuable historical accounts, including a description of Easter morning 1932:

We took the 9:05 train in to Boston and went to 10 o’clock service at Trinity [Copley Square]. Never did I see a church so full...There were masses of Easter lilies, with a few red rose plants mixed

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in…The minister [probably Arthur Lee Kinsolving, Trinity’s rector] was just grand. I don’t believe I have ever seen one who struck me so from the moment he began to speak. He was quite young, 35 at the most, and he spoke so well and so sincerely, not the least bit preachy...Before we left we saw the really elite of Boston coming to Trinity, the men all in tall silk hats, tailed coats, gardenias and canes. I never had seen a man in a high hat going to church before. <3/21/32>

Even an ordinary life will sometimes brush the extraordinary. In Mary Jane’s case, she unknowingly witnessed 20th century icons-to-be in performance:

This afternoon we went to hear a poet, Stephen Vincent Benét, read some from his book “John Brown’s Body” on the Civil War. He had the puniest most listless voice. It certainly took away rather than added to the beauty of his work – which is rather lovely. <11/10/31>

I went to hear Carl Sandburg yesterday. Simply mobs were there. I liked him but not as much as I expected. Instead of reading his poems he talked a long time on poetry in general, read one or two poems I didn’t know of, and then played on his guitar and sang old folk songs, which he collects as a sort of hobby [Sandburg’s “American Songbag”]. His comments were terribly clever—much more entertaining than the songs. <12/4/30>

And we learn of a rarity at Symphony Hall: a program change by legendary BSO conductor Serge Koussevitzky to honor Thomas Edison three days after his death on October 18, 1931. Many alive at the time had seen electric light replace gaslight, and Edison was a national hero:

Last night we went to the Boston Symphony Concert. It was wonderful. I’d never heard a Symphony Orchestra before. They played Beethoven’s Third Symphony in memory of Edison. I guess it must have been a favorite of his as they changed the original program to play that [alternatively, because the Eroica is dedicated “to the memory of a great man” and includes a funeral march.] The conductor, Koussevitzky, conducts with his whole body – arms, fingers, and even his mouth. <10/22/31>

In the end, though, it is not the engaging historical moments that remain most with the reader years after Mary Jane, herself, has passed on. What lingers is the poignancy of an intimate mother-daughter connection still holding fast through the prism of time.

Dearest Mother,
This is one of the most exquisitely lovely places to sit I ever have been in. The water laps up against the stones. It’s just sunny and shady enough. The view out over the lake is marvelous – with the feathery light green trees and the dark pines, then the Hunnewell Gardens so formal and odd, with pink and scarlet azalea or rhododendron growing among the trees. I wish you were here. <5/21/32, from Lake Waban's Lucy Plympton stone seat>

Diane Speare Triant is a writer in Wellesley Hills. After college, Mary Jane Hayes Hicks became a librarian, wife, and mother, passing away in 1983.
# Richlen & Yates Team

Paige Yates  
617-733-9885  
Paige.Yates@NEMoves.com

Kathryn Alphas-Richlen  
781-507-1650  
Kathryn.Richlen@NEMoves.com

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## Over $80 Million in Under Agreement & Sold in 2013

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### SOLD and UNDER AGREEMENT in 2013

by Kathryn Richlen & Paige Yates.**

<table>
<thead>
<tr>
<th>Sold in 2013</th>
<th>Price</th>
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<tr>
<td>253 Meadowbrook Road, Weston</td>
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<tr>
<td>46 Cedar Road, Weston</td>
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<tr>
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<td>451 Wellesley Street, Weston</td>
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<td>1870 Commonwealth Ave, Brighton</td>
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### Under Agreement in 2013

- 261 Merriam Street, Weston  
  $999,950
- 405 South Avenue, Weston  
  $899,000

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** Per MLS and NON-MLS sales of single-family housing from 1/1/2013 through 12/31/13

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New Construction
70 Loring Road, Weston
$4,250,000

467 Wellesley Street, Weston
$3,995,000

New Construction
555 Concord Road, Sudbury
$3,495,000

New Construction
19 Ben Arthurs Way, Dover
$2,700,000

58 Oakdale Road, Weston
$2,495,000

New Construction
106 Love Lane, Weston
$2,250,000

New Construction
27 Rolling Lane, Weston
$2,090,000

415 Concord Road, Weston
$1,999,000

New Construction
61 Parker Road, Wellesley
$1,779,000

23 Stony Brook Road, Weston
$1,679,000

141 Montvale Road, Weston
$1,485,000
more than 230 years after Thomas Jefferson hallowed the pursuit of happiness as one of three inalienable rights of every citizen, Americans are still struggling to achieve what appears to be a holy grail.

The national obsession

Conduct a Web search on happiness and up pops a staggering 170 million results. You’ll also find 1,380 nonfiction titles on Amazon and 49 TED talks. With all the available resources, why is happiness elusive? As “The Pursuit of Happiness” cover story in TIME magazine’s summer 2013 double issue alleges, “Americans are free to pursue happiness, but there’s no guarantee we’ll achieve it. The secret is knowing how and where to look.”

Certified Positive Psychology Coach Susan Peppercorn; Wellesley College Professor of Psychology Julie Norem, Ph.D.; and Rabbi Joel Sisenwine of Temple Beth Elohim provide valuable insights on how and where to look. While the three offer different perspectives on happiness, all share the same core advice—not to confuse happiness with pleasure and to focus, instead, on shaping a fulfilling life.

Before we learn more from our local teachers, let’s explore environmental conditions that social scientists highlight as critical context for understanding obstacles to happiness. Unlike many periods in history, today we live in an era when more people are financially able to provide the basic necessities of food and shelter and therefore have the luxury to focus their time, energy, and money on achieving happiness. Yet, even after accumulating the house, cars, electronics, and jewelry, people typically find that consumption is not all it is cracked up to be, supporting the staying power of the age-old adage, “The chase is better than the catch,” and the statement in the ancient book of Jewish law, the Talmud, “The more possessions, the more worry.” In addition, our frenetic, hyper-connected society forces comparison of our own
Happy, Yet?
happiness to others, which is especially disconcerting when 76 percent of Americans answered “yes” to the 2013 *TIME* magazine poll question: “Do you believe that on their social media profiles, other people make themselves look happier, more attractive, and more successful than they really are?” Fortunately, social scientists attribute only 10 percent of our happiness to our environment, with 50 percent coming from our genetic make-up and the remaining 40 percent from our intentional choices. Yes, indeed, we can choose happiness.

**Coach**

Susan Peppercorn recently earned her certification as a Positive Psychology Coach under the guidance of a leader in the movement, Tal Ben-Shahar, former Harvard professor of the wildly popular Positive Psychology course and current Chief Learning Officer of the Whole Being Institute. Ben-Shahar defines positive psychology as the scientific way to study happiness, focusing on individual and societal flourishing—on cultivating happiness, strengths, self-esteem, and optimism. He contrasts the relatively new discipline with traditional psychology, which he believes focuses too much on pathology, alleviating neurosis, anxiety, and depression.

For nine years, Peppercorn has been working with organizations to improve team effectiveness and professionals to manage career transitions. With her new training, she recently launched “Work Happier,” a coaching practice to help clients crystallize satisfying career options.

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**Are We Happy, Yet?**

The happiest person in America

Gallup recently conducted a national survey of thousands of individuals from every state to find out which people in America are the happiest. After crunching the numbers, they created a statistical composite of the happiest person in the country. He is a tall man, 65 years or older; a resident of Hawaii, married with children, owns a business, and is Asian-American and Jewish. Could this man really exist? Gallup went out in search, and guess what? They actually found him! Meet Alvin Wong, a Chinese-American, Kosher-observing Jew, owner of a healthcare management firm in Oahu, with a wife and two kids. Asked if he is indeed happy, Wong replied, “My life philosophy is, if you can’t laugh at yourself, life is going to be pretty terrible for you.”
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and plans to put them in place. The popularity of The Huffington Post’s “3rd Metric: Redefining Success Beyond Money & Power” attests to the interest in Peppercorn’s approach. “Clients come to me because they want to make meaningful changes in their lives. It could be managing a challenging transition, such as a layoff, or pursuing a significant goal, such as starting a business. As a Positive Psychology Coach, I empower clients with the skills and insights they need to achieve greater levels of happiness, purpose, and success.” Peppercorn guides clients to identify their strengths, what brings meaning to their lives, and what they truly enjoy. Then, together they look at the intersection of the three areas to uncover possibilities. “If I do my job well, I am

“...it’s not that I am against people being happy, it’s just that looking for happiness as an ultimate goal or steady state is a fool’s errand, in my opinion.”

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a mirror,” explains Peppercorn of the work that makes her own life happy and fulfilling.

Professor

Professor Julie Norem, a self-proclaimed “positive psychology critic” believes that the quest for happiness is often misguided. She defines happiness as an emotional state and, therefore, inherently transitory. “You can temporarily increase your mood, you can work to increase the amount of time you spend doing things that make you happy, and you can change expectations in ways that make you feel less disappointed or more appreciative.” But, Norem cautions, “No one should expect to be happy all the time because our emotional networks, lives, and reality don’t work that way. Emotions have functions: they help us understand situations in the world, ourselves, and other people.” She goes on to clarify, “It’s not that I am against people being happy, it’s just that looking for happiness as an ultimate goal or steady state is a fool’s errand, in my opinion.”

Norem warns that the push to promote optimism and gratitude can actually be harmful to certain people. Her research on optimism and pessimism, anxiety, and goal pursuit covered in her book, The Positive

“Happiness is a moral obligation, not because it feels good, but because happy people are more inclined to do good, to give, to heal, to reach out and repair our world.”

Rabbi Joel Sisenwine

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Power of Negative Thinking (Perseus, 2001), showcases “defensive pessimism” as an effective strategy for anxious people. By playing through worst-case scenarios, pessimists manage anxiety and perform their best work, explains Norem. Norem also points to the University of Pennsylvania’s Dr. James Coyne’s review of a massive number of studies to support her objections to positive psychology’s reverence for optimism. Coyne’s paper, “Positive Psychology in Cancer Care: Bad Science, Exaggerated Claims, and Unproven Medicine,” shows that a positive mindset does not correlate with positive cancer outcomes. “When cancer patients are told that a positive attitude can help cure them, we implicitly blame people who succumb to the disease,” cautions Norem. She also argues that positive psychology’s focus on gratitude can be harmful, too. She calls it, “A slippery slope that has the potential to suppress people in positions with little power—including some women, minorities, and low wage earners—to be happy with the status quo.”

Rabbi

Rabbi Joel Sisenwine, the spiritual leader of Temple Beth Elohim of Wellesley, defines happiness as a deep sense of contentment that pervades the soul and lasts long after a pleasurable experience is gone. He crafted his Rosh Hashanah, Jewish New Year sermon to share his thoughts on the topic and encourage his congregants’ active engagement in the
pursuit of happiness. Citing the Book of Genesis, “It is not good for a human being to be alone,” and recent studies that confirm the biblical claim, Sisenwine believes the first component of happiness comes from a feeling of being connected to a community. But community, in his view, is not enough.

Sisenwine considers pursuing meaning and purpose in one’s life as the crux of happiness, and cites the Psalm, “Happy are those who do righteousness,” as well as contemporary studies to emphasize his point. He also refers to Austrian neurologist, psychologist, and Holocaust survivor Viktor Frankl and his book, *Man’s Search for Meaning*, in which Frankl shows us how even in the horror of the Holocaust, people could withstand unimaginable pain when they had meaning in their lives. Acknowledging that happiness is not easy even in the best of times, Sisenwine reminds us, “Happiness is a moral obligation, not because it feels good, but because happy people are more inclined to do good, to give, to heal, to reach out and repair our world.” He considers worry to be an evolutionary response that motivates us to fix the wrongs we see in the world. “Do worry, be happy,” he concludes, with a twist on Bobby McFerrin’s famous lyrics.

While all Americans are free to pursue happiness, perhaps the biggest takeaway from Rabbi Sisenwine, Professor Norem, and Coach Peppercorn is that the best way to find happiness is not to focus on happiness as a goal at all. In fact, back in 1851 Nathaniel Hawthorne cautioned, “Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us on a wild-goose chase, and is never attained.”

> Nathaniel Hawthorne

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Are We Happy, Yet?

Want to read more about happiness?

Not surprisingly, Wellesley Books buyer Lorna Ruby believes the word “happy” or “happiness” in a title helps to sell a book. Here is a list of the independent bookstore’s bestsellers:

- **A SHORT GUIDE TO A HAPPY LIFE** by Anna Quindlen (Random House, 2000)  
  A popular graduation gift since first published.

- **THE HAPPINESS PROJECT: OR, WHY I SPENT A YEAR TRYING TO SING IN THE MORNING, CLEAN MY CLOSETS, FIGHT RIGHT, READ ARISTOTLE, AND GENERALLY HAVE MORE FUN** by Gretchen Rubin (HarperCollins, 2009)  
  www.wellesleybooksmith-shop.com/book/9780061583261  
  A bestseller in hardcover, now available in paperback, and a word-of-mouth favorite.

- **THE ART OF HAPPINESS, 10TH ANNIVERSARY EDITION: A HANDBOOK FOR LIVING** by Dalai Lama (Riverhead Books, 1998)  
  www.wellesleybooksmith-shop.com/book/9781594488894  
  The Dalai Lama is widely known and, according to the publisher’s catalog, *The Art of Happiness* is the book that started the genre of happiness books, and it remains the cornerstone of the field of positive psychology.”

- **THE CHILDHOOD ROOTS OF ADULT HAPPINESS: FIVE STEPS TO HELP KIDS CREATE AND SUSTAIN LIFELONG JOY** by Edward M. Hallowell, MD (Ballantine, 2002)  
  www.wellesleybooksmith-shop.com/book/9780345442338  
  Hallowell is a well-known name in child psychology with a center in Sudbury, plus parenting books with happy in the title sell well.

- **HAPPIER: LEARN THE SECRETS TO DAILY JOY AND LASTING FULFILLMENT** by Tal Ben-Shahar (McGraw-Hill, 2007)  
  www.wellesleybooksmith-shop.com/book/9780071492393  
  The classic from the popular Harvard lecturer.
Sooki

Not Your Typical LBD
By: Anett Rostel

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what images come to mind when you think of retiring? Golf courses? Warm climates? Exotic travel? Bouncing a grandchild on your knee? How about starting a company? Running a nonprofit? Beginning a second career? Continuing to work in your same job, but enjoying more flexibility? Or some combination of these activities? All of these options — and myriad more — are ways that people are choosing to spend their retirement years.

Today, our notion of retirement is being overhauled. While the dictionary still defines retirement as the “leaving of a career” or the “time after having stopped working,” increasingly retirement is being decoupled from work status, because the two are no longer synonymous.

“The whole concept of retirement is outdated,” explains Wellesley resident Ed Brakeman, who “retired” several years ago, but volunteers more than full time in a high impact capacity with the African Leadership Academy (ALA). A pan-African educational institution and entrepreneurial leadership development program, ALA enables positive political, social, and economic change in Africa by developing and connecting the continent’s next generation of leaders. Whereas his father worked for one company his whole life and then retired, Brakeman expects to enjoy several careers — paid or unpaid — that reflect his interests and commitments. His wife, Amy, who also volunteers at ALA, believes they will continue to work until they are no longer physically able.

Working later in life is becoming a national phenomenon. According to a 2013 Gallup survey, 37 percent of non-retired Americans say they expect to retire after age 65. This is up from 14 percent in 1995. Why are people working longer? One reason is that people are living longer. In the 1960s, the average American man lived to be 66 and spent 13 of
those years in retirement. Now, US men are expected to live till 76; US women to 81. It is common practice for financial planners to plan for at least one spouse to live at least 25 years in retirement. 

This nearly doubling of years in retirement has significant implications. For starters, it amounts to a lot of rounds of golf, even for the most avid fans. The grandchildren that you bounce on your knee will become busy adults over that stretch of time. The saying, “I married him for better or for worse, but not for lunch,” suggests that even the most loving partner may become a wee bit tiresome 24/7, over a quarter of a century. For these and myriad other reasons, people are choosing to spend their time in retirement differently.

As a result, retirement is increasingly being defined in terms of financial independence, rather than work status. Financial independence means having sufficient personal wealth so that one does not have to work for money. Without the pressure to maximize their earning potential, people often redefine themselves and the way they spend their time. In the past, having achieved financial independence, people often redefined themselves as “retired;” many stopped working, moved to a warm climate, and enjoyed “leisure” activities. Today, many people who are financially independent continue to work in some capacity and often do not consider themselves “retired.”

“In Wellesley and Weston there are many people who are financially independent, but who continue to work,” explains Ira Rapaport, CEO of New England Private Wealth Advisors. “They are often entrepreneurs who derive great satisfaction and meaning from their work, or business owners that feel as if they can’t leave.” They may enjoy flexible arrangements, perhaps spending a few days a month working from a warmer climate.
“Since it is nearly impossible to practice being truly retired, you should leave work understanding that if retirement isn’t what you thought, it’s okay to go back to work,” says Bill Cadigan, President of Wellesley Investment Partners. “There are plenty of rewarding ways to use your time constructively in a professional environment, paid or unpaid.”

Some people choose to start new careers as they approach this next phase. After spending many years in a series of high-tech start-ups, Gregory Kee decided to pursue a second passion: teaching math to high school students. After the company for which he worked was sold, Kee tested out a new career by substitute teaching. Within a short period of time, it became abundantly clear to him and his wife that this was what he wanted to be doing fulltime.

“Greg is thriving, even though he is working harder than he ever has,” his wife Claudia Krimsky says. As for the timing of his career change, she says, “It could not have been better. He is a phenomenal teacher because he has been such a great hands-on and understanding dad. His personal experiences as a parent afforded him insights into the lives of teens, including what motivates them and concerns them.”

Sometimes both partners explore new options concurrently. After spending several years raising children and volunteering in a variety of capacities, Krimsky is now exploring new career options including returning to the private sector. Drawing upon her business background, she recently produced the first TedXNewEngland Conference.

Others, like the Brakeman’s, are applying their professional skills in a different environment, often by taking on key roles in nonprofit organizations. By adapting and applying the management skills they developed while working in the private sector, the pair is teaming up with South African organizations like ALA and the Kliptown Youth Program to advance the development of global innovators and entre-
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Are You Ready to Retire?

entrepreneurs in Africa. “We are grateful that we are able to work together and apply our skills and experience in a way that is both rewarding and fun,” Amy Brakeman explains.

How Do You Know When You Are Ready?

When we think about retirement readiness, we often think of having our finances in order. While this is essential, being psychologically prepared for retirement is also important. Key considerations include: Have you accomplished what you wanted to do in this job? Do you feel complete? Are you emotionally ready to move on? A transition period during which time you shift to part-time work or consulting status can help ascertain readiness while taking the initial steps forward.

Dr. Sally Ourieff, a local executive coach and founder of Translational Consulting, challenges her clients to prepare themselves by developing a vision for what they are retiring to, not just from. (See “Assessing Your Emotional Retirement Readiness” for a list of questions to consider.) To develop this vision, it is often helpful to talk with people already in retirement. What appeals to you about their lifestyle? What does not? What is working well for them? What has been challenging? According to Ourieff, it is especially important for those who have built their own business to have concrete goals. “It is very hard to let go,” she says. “People need to have a strong vision for themselves in a new kind of life.” Ourieff encourages her clients to prepare early and to consider what they need to do in order to realize their retirement dream.

More training? Networking? Exploring volunteer opportunities? Getting in shape? Recognize that this is a “working” vision and is likely to morph into something else as ideas become reality and time passes.

In addition to helping prepare for transition, this visioning process is a key input to determining financial readiness. How much
money is enough? “The goal is to have the means to retire without having to worry about running out of money,” says Kent Fitzpatrick, Managing Director of Asset Strategy Consultants. “You want to be fishing for fun, not for food.”

To create a ballpark estimate, Fidelity created its Retirement Preparedness Measure, which calculates readiness based on the assumption that people should accumulate at least eight times (8X)
their ending salary at retirement to ensure a successful retirement. This assumes that “best-behaviors” have taken place all along including saving from a young age, having had no interruptions in work, retiring around the age of 67, and investing in appropriate assets. Fidelity also recommends a retiring spending rate of 85 percent of your estimated pre-retirement after-tax income.

While these guidelines can be helpful, there is no one-size-fits-all formula. “Working closely with a qualified certified financial planner, one can reasonably determine whether a comfortable retirement from a financial perspective is feasible,” says Cadigan. “If you find you have the financial wherewithal to retire, the real trick is then ascertaining whether you are psychologically ready to leave the working world.”

“Financial planning is contextualized,” explains Marcel Quiroga, Chief Relationship Officer at Capital Formation Group. “Financial readiness is a function of your personal values and lifestyle—not a national average.”

Many people choose to work with financial planners to help them devise a comprehensive plan that reflects their unique goals for retirement including coordinating tax and estate planning and insurance coverage. “A financial planner is the quarterback on your team of advisors that ensure that you will be ready to retire,” says Bill Reeve, Professor in the financial planning department at Boston University and Northeastern. (In Wellesley, he also serves as Director of Financial Planning at Asset Strategy Consultants.)

To determine how much is necessary, financial planners often take their clients through a retirement budget process. “It is important to distinguish between wants and needs,” Quiroga explains. Rather than feeling constricting, this process often brings a sense of freedom. It captures the range of values associated with “how much is enough” across a variety of expense levels.

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children and grandchildren, are explored, as are estimates for contingencies. Health issues head the list of contingencies—our own, our spouse’s, our parents’, or our children’s. Some people choose to supplement the income of their aging parents or of their not-yet-independent children or under-employed young adults. Divorce, of course, alters the financial situation of everyone involved.

An analysis of reliable sources of income such as savings, annuity payments, pensions—and perhaps Social Security—complements this list of expenses. Together, they provide an interdependent framework for understanding how much is enough generally, as well as a forum for ongoing evaluations of the benefits and costs of incremental lifestyle choices: What will it take to fund this choice? Are we producing enough income to afford it?

“It is important to meet regularly with a wealth advisor to know where you stand and to explore what the future can look like under various scenarios,” Rapaport suggests. The financial advisors we spoke with described the necessity of revisiting asset mix on an ongoing basis to ensure that an appropriate balance between risk management and growth potential is achieved.

**Accelerate Your Financial Readiness**

Here are a few tips from the financial planners with whom we spoke, to get where you want to be.

- **START THE CONVERSATION** with your partner now—the earlier the better. Understanding trade-offs positively impacts behavior over time.
- **SAVE NOW.** Remember the adage: “It is not how much money you earn, it’s how much you keep.” Fidelity recommends saving 10 to 15
percent of your income—including any employer match—as a general guideline. Small changes can make a big difference.

- **TAKE ADVANTAGE** of tax-deferred saving vehicles such as an IRA, 401(k), Health Savings Account, or tax-deferred annuities. If you are over 50, take advantage of “catch-up” contributions.

- **REVISIT YOUR ASSET MIX REGULARLY.** Appropriate levels of risk and reward change according to life stage and stage of retirement.

- **IF YOU ELECT TO WORK WITH A FINANCIAL PLANNER,** explore their background carefully and be sure to check references to assess their capability. Choose an independent advisor that is compensated on a fee basis rather than commission. Transparency is essential. What can you expect from working with them? What can they expect from you? What will comprise the strategic foundation for your financial plan?

- **AS THE TIME GETS CLOSER,** consider working with a life coach or therapist specializing in life transitions to begin to develop a retirement vision. A good place to start is by reading *The Couples Retirement Puzzle: 10 Must-Have Conversations for the Second Half of Life,* by Roberta Taylor and Dorian Mintzer.
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This enormous undertaking started two years ago with one goal: to inspire. The Central Council of Wellesley’s Parent Teacher Organization began looking for ways to get students excited about the fields of science, technology, engineering, and mathematics (commonly known as STEM). They had witnessed the success of several elementary school science nights such as the Upham Invention Convention, the Sprague Seedfest, Hardy Science Rocks, and the Bates Science Fair, and they wanted to take the excitement generated by these events to the next level. So a core group of parents with a wide variety of STEM backgrounds, ranging from archaeology to bio-geol-
ogy to industrial engineering to environmental studies, began to brainstorm what a community-wide science fair would look like. They had seen other cities such as Cambridge pull off exciting science events and knew that Wellesley, with its wealth of science professionals and committed parents, could pull off something just as great.

Word spread, ideas flew, and the group started meeting weekly, tearing through action plans and many complex spreadsheets (they are scientists after all). As their vision grew, so did the group’s need for funding and guidance. So they approached the Wellesley Education Fund (WEF), a nonprofit organization that provides grants to Wellesley Public School educators and invests in academic enhancing activities. “We jumped on the idea of a science expo,” said WEF co-president Michelle Arbeely. “Over the years, a lot of WEF grants have been in English and professional development. But recently there has been a definite increase in science, technology, and mathematics grants…STEM is very important to a lot of parents in Wellesley.”

Known for orchestrating wonderful town-wide events like the Wellesley Spelling Bee, the WEF board helped the Expo organizers craft a vision for a free event, open to the entire community, that would engage and delight visitors of every age.
Robots and Satellites and Hovercrafts

“We want kids to know that science is an evolving, interactive field,” says Rama K. Ramaswamy, a member of the Expo organizing team along with Katey Goehringer, Julia de Peyster, Marybeth Martello, Sheila Olson, Sue Sours, Kristin Toffer, and Beth Willet. “We want them to know that asking hard questions is good, and the pursuit of those questions is fun.”

But make no mistake, while the day is intended to provide lots of entertainment (who won’t enjoy playing with glacial goo or ripping apart an iPhone?), the Expo organizers’ hopes for the day go much deeper.

“It is critical that our schools focus on educating our children for careers that will exist in their lifetimes,” says Olson, an archaeologist and former high school teacher. “Increasingly, these careers are going to require strong backgrounds in some combination of science, technology, engineering, and math. This Expo is a ‘kickoff’ of sorts in our community - a way for residents to confirm and celebrate a new commitment to making STEM education a top priority for our children and all our citizens.”

The mission of the Expo and the scheduling of the event could not have come at a better time for the Wellesley Public School system, which recently began to address the need to reinvigorate the school system’s approach to the STEM fields. “We know we
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have some ground to cover if we want science, for example, to be on par with where kids are in terms of writing,” says Dr. David Lussier, the Superintendent of the Wellesley Public School system. “We’re so appreciative that the conversations that began last year about the need for us to be doing more in science have really taken root throughout Wellesley. This is one of those times where we have so many great resources in terms of the people who live here and the connections that they have. So to be able to take advantage of that and put all of those things together in a single, community-wide day is really going to keep the pot simmering… We’re hoping to retain people’s interest far beyond the Expo day, to get them thinking about long-term ways that we can inspire kids and get them to think about STEM differently than they have in the past.”

Dr. Dean Blase, the Director of Curriculum for the Wellesley Public Schools, who herself has a science background, met with the Expo organizing committee and was blown away by what they put together. “[The organizers] are themselves STEM professionals,” says Blase. “They have a passion for the field and an understanding for how kids can get inspired at very early ages and carry that passion through their entire careers.” Blase also predicts that the Expo will have a palpable
effect on the future of Wellesley’s STEM curriculum. “It’s almost like one stop shopping for teachers, students, families, and community members to come together and see where STEM careers can take us,” she says. “And then as we look for more and more ways to build real world learning into all our classes, but in science and math and engineering classes in particular, this will give us a real concrete place to collectively remember what we saw.”

But since we’re talking science, we should distinguish between the Expo’s macro effects on strategic goals and long-term curriculum planning, and the micro effects that will be felt by students immediately. The Expo organizing team worked with Wellesley Public School teachers and administrators to review student performance on tests like the Massachusetts Comprehensive Assessment System (MCAS). They then developed hands-on exhibits to address identified weaknesses, many of which are simply due to the timing of Wellesley’s curriculum being out of sync with state testing standards. For example, the group noticed that Wellesley elementary school students tend to miss MCAS questions on magnets. So they developed a special magnet exhibit to help students get a visual and physical understanding of the concept.

On the flip side, students of all ages will also have the chance to educate. Each elementary school will display a parent-run science experiment. Middle and high school students have been working closely with their teachers

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to come up with cutting edge exhibits. School science groups, like the high school’s Women in Computer Science Club, will get to show community members what they’ve been working on and hopefully attract some new members. And there will be unprecedented opportunities for students to get their questions answered. One expert panel called “Meet the Scientists,” which was specifically requested by the Wellesley High School science instructors, will allow student attendees to meet one-on-one with STEM practitioners to learn about their career paths.

The science Expo is free and open to all. There will be more than fifty exhibits designed to appeal to guests of all ages and backgrounds. Visitors can expect a robot zoo, a planetarium, a satellite building workshop, hovercraft rides, wild and wacky plants from the Wellesley College Botanical Gardens, animals from Drumlin Farm, an augmented reality sandbox, a seismograph (earthquake monitor) from the Boston College-Weston observatory group, and as many more cool and crazy things as the planning committee can manage to bring in. There will be a rotating series of world-renowned speakers and panel conversations on topics like inspiring women in STEM and sustainability. The amount of value that individuals and organizations have donated to this event is staggering and indicative of the importance people place on the Expo’s mission. As Ramaswamy happily reports: “I’ve yet to have someone turn us down for support and encouragement.”

But when all is said and done, when the hovercraft has landed and the robots have been packed up, one gets the sense that the organizers will ultimately consider the Expo a success if children walk away from the day wondering simply: how did that work? Or, what will happen if I take this apart? After all, it’s this curiosity that is at the core of all science and the core of what the Expo organizers are hoping to inspire.
Where Simplicity Matters Most

The Greening of Summer Camp

JENNA RINGELHEIM writer

“Wandering in the woods, and the fields, discovering natural mysteries along the way with peers and role models is what we have done from the beginning of time. We are just getting back to the skills that are a part of our blueprint.”

— DAVID BROWNSTEIN, Executive Director and Co-Founder of Wild Earth

in the summer of 1861, William Frederick Gunn and his wife Abigail took a small group of children into the wilderness along the Long Island Sound for two weeks of boating, fishing, sailing, and hiking. Known as the originators of organized overnight camping, the Gunns were headmasters of the Gunnery School, a private school located in the Litchfield Hills of Connecticut. Where there were only a few hundred camps operating by 1900, today there are over 12,000...
camps providing services to nearly 11 million people in the US each year, according to the American Camp Association. In fact, some of the original and oldest camps are located in the Northeast, and are still in operation today.

Although the camping tradition has evolved over the years, many camps still aspire to offer a summer of simplicity for their campers. This commitment is often highlighted in a camp’s mission. Farm and Wilderness, for example, is a non-profit educational organization that operates camps in central Vermont. The “rustic, simple-living summer camps focus on community, homegrown fun, and living closely with the natural world. Campers and staff live together in wooden cabins and canvas structures. There is no electricity or running water in the cabins, and there are no movies, televisions, computers, or recorded music at the camps.” Campers and staff make their own entertainment.

In a time where technology often overruns the lives of young people, a summer in the outdoors is now more important than ever. Acclaimed author and cofounder of the Children & Nature Network, Richard Louv highlights this in his work related to “nature-deficit disorder.” *Last Child in the Woods* was one of the first books to “bring together a growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and
emotional health of children and adults.” This book not only sparked a national debate, but also spawned an international movement to reconnect kids and nature. In The Nature Principle, Louv suggests, “we are entering the most creative period in history… in fact, the twenty-first century will be the era of human restoration in the natural world.”

Just as humans seek out nature for healing, there is an ever-increasing green movement to lessen the impact that humans have on the environment. “Going green” is a popular term used to describe the process of changing one’s lifestyle for the safety and benefit of the environment. People or organizations that “go green” make decisions about their day-to-day interactions, while considering the impact of those decisions and how they might contribute to loss of habitat, pollution, climate change, and other environmental concerns.

Executive Director of the American Camp Association, New England, Bette Bussel highlights this trend as it relates to the camp industry: “Summer camps have always been on the forefront of being green. They have been leaders in land preservation, minimizing water usage, and energy conservation over the last century and a half. Camps today are not only teaching environmental stewardship, but they are taking ‘greening’ to a whole new level. With powerful role models and solid curricula, campers get to live more closely with the Earth than they do at any other time of the year.”

Looking for a camp experience closer to home? Visit the following websites for information about day camps in the local area:

- **APPLEWILD SUMMER CAMP**
  Fitchburg
  www.applewild.org/SummerPrograms

- **CHARLES RIVER CREATIVE ARTS CAMP**
  Dover
  www.crccap.org

- **CONCORD ACADEMY SUMMER CAMP**
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  www.noblesdaycamp.org

- **SUMMER FENN DAY CAMP**
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  www.fenn.org/summerfenn

More and more camps see the summer experience as an opportunity to create a living laboratory for their campers. “Whether campers are harvesting organic greens from the camp garden, minimizing food waste, eating from dishes that have been cleaned by a solar-powered dishwasher, clearing trails or waterways, getting around using muscle power instead of gas power, or finding unique and authentic ways to reduce, reuse, and recycle, they are learning ways of being green that will benefit their families, schools, communities, and the world. We say that camp gives kids a world of good. Camps give the world a world of good, too. Greening at camp is one very significant way,” says Bussel.

Although relatively new to the camp world, Eden Village, located in Putnam Valley, New York is wasting no time and very few resources in their greening efforts. Founded in 2010, the camp has already installed solar panels on the Director’s house, utilized a rain barrel system to water the organic gardens, and purchased a back-up generator that runs on vegetable-based oil. When asked about their various initiatives, Gregory Lawrence, the camp’s Site Manager responded, “We want to
We are willing to spend money to make that happen. The camp has a real drive to reduce our energy consumption and waste.” And parents are noticing a difference, too. When River Strong’s 10-year old daughter Aviva returned from Eden Village, he noted that she was much more aware of her food choices and the value of gardening. When asked about the pace of summer camp, Aviva shared, “Connecting with nature is comforting. Instead of just glancing at what is around you, you really get to look. And when you look, there is so much more to see.”

Mark Cadman, Program Director at Camp Huckins in Freedom, New Hampshire, highlights that camp greening should really start with education. Huckins is a camp that hosts over 1,400 girls each summer, and Cadman sees this as a tremendous opportunity.
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Camp means a lot to these girls. If we take a stand on environmental issues, we hope that they will too. Change is hard for people. Especially when you are working to change habits.” But Cadman has seen positive change over the last couple of years. He believes the education and outreach will make a big difference in both the long and short term.

With a core value of simplicity, 2013 marks the 74th year of Farm and Wilderness’ operations. For the past four years, the camp has measured its impact on the environment through a greenhouse gas assessment. With six camps and campuses, Executive Director Pieter Bohen shared that the information collected as part of the assessment was quite sobering. “When I first took the job seven years ago, I thought, how wonderful, the camps are almost the same as when I was a camper.” This observation soon became a challenge. Farm and Wilderness is about to embark on a capital campaign, and some of these funds will be directed towards energy-saving upgrades. The camp plans to have year-round greenhouses to produce food in a fashion that is about as local as it gets. Their organic farm already produces 80 percent of their milk and last year nearly nine tons of organic vegetables were grown on site.

Although this work is not without challenges, camps that support green initiatives are thriving. Enrollment numbers have increased, as more families seek out camps that offer environmental and nature-based programs. And what a wonderful form of reciprocity it is. As renowned environmentalist David Orr aptly states, “When we heal the earth, we heal ourselves.”
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CAROLYN S. ELLIS  writer

honey bees have contributed to human survival and comfort since prehistoric times. Apis mellifera arrived in North America in the 1600s with European settlers. With their remarkable instincts for navigation, communication, and social organization, honey bees rival the achievements of engineers and scientists and fascinate beekeepers who know and love them. Honey bee populations have declined dramatically in the last 30 years, and homeowners in Weston and Wellesley, concerned about future food supplies, are turning to beekeeping. “People are both dreadfully fearful of bees,” says George A. Roman of Wellesley, “and fearful for the survival of the species.”

Honey bees are one of 20,000 known species of bees. These domesticated insects create long-lasting nests of wax where they store honey and pollen and raise their young. Besides being sweet and flavorful, honey is rich in nutrients, and people have valued honey and consumed it for millennia.

Honey is the one sweetener humans can consume without processing. It is derived from nectar bees gather from flowers one tiny “sip” at a time. In the hive, bees fan the collected nectar with their wings to reduce water content from 85 percent to less than 18 percent. Bees then seal honey in the comb where it is protected from impurities. Beekeepers assist this natural process so bees can create a surplus for humans to extract and use. “Our job as beekeepers is to provide bees with the best environment for their intuitive behaviors and abilities,” says Ed Karle, of Middlesex Beekeepers Association.

Honey varies in flavor and color by flower source and season. Paul Jakubowski’s goal is to harvest his weight in honey each year from his hives in Weston. With three hives he can meet his goal and provide family and friends with unprocessed, unadulterated honey. For Jakubowski, backyard beekeeping also means contributing to sustainability and gaining a deeper awareness of the environment, as the bees act as barometers of their natural milieu. “We know it’s reached 50 degrees in January when we see bees are outside the hive for a bathroom flight,” he says.

In the mid-1800s the Reverend L. L. Langstroth revolutionized beekeeping when he introduced the first movable frame beehive in America. His patented structure,
the stacked white boxes we see today, allows beekeepers to remove honey without destroying the hive and transport hives from crop to crop.

Honey bees are highly effective pollinators because in addition to nectar they seek flowers with pollen, which provides protein for their developing larvae. Pollinators like hummingbirds and bats collect nectar only. Pollen grains attach to the honey bee’s hairy body and rub off on other flowers, setting the stage for fruit and seed formation. (Pollination is the transfer of pollen grains, male reproductive cells of a flower produced in the anther, to the female reproductive organ, the stigma.)

Honey bees live in colonies organized around a single reproducing female, the queen, who controls the size and makeup of the hive. Colonies can have 10,000 to 40,000 bees at peak times. Ninety percent are female worker bees who take a series of roles through their lifetimes rearing the young, feeding and tending to the queen, cleaning and defending the hive, foraging, and creating honey stores. Ten percent are drones, male bees born from unfertilized eggs, whose only role is assisting the queen in reproduction.

According to the National Honey Board, bees pollinate about one-third of the produce Americans consume. The US Department of Agriculture estimates honey bees pollinate $20 billion worth of crops each year. In New England, honey bees pollinate apples, blueberries, and cranberries. Commercial beekeepers deploy hundreds of thou-
sands of hives to almond growers in California and peach growers in Georgia and a dozen hives to farms on the scale of Weston’s Land’s Sake.

State and county associations bring together beekeepers of all levels, from commercial operators to hobbyists. They offer informative monthly programs, match people with mentors, and have resource-rich websites. Norfolk and other county beekeepers associations offers Bee School, nine weeks of classes and a field demonstration to help newcomers learn what is involved in beekeeping. These associations have members qualified to capture or remove swarms, and property owners are encouraged to contact them before destroying or spraying an unwanted hive.

Like caring for any living thing, one needs to know what to look for and when to perform critical tasks. Honey bees need the most care at transition times; when winter turns to spring, spring to summer, and summer to fall. Karle says, “When we see people run into trouble, it’s usually by the fall. Things go well in the spring, but when the family’s schedule gets demanding for fall sports and other activities, it’s hard to make time to get the honey off and get the hive ready for winter.” The calendar is a guide, but with agriculture, no two years or seasons are the same.

Honey bee populations throughout the United States have declined dramatically since the 1980s. Colony Collapse Disorder or CCD is believed to have been triggered by the arrival of two mites in North America that attack honey bee larvae, wiping out half the hives. CCD is not fully
understood but experts believe both pesticides and pathogens contribute. Drought and severe winter weather are other stressors. Suburbanization robs honey bees of the varied forage they seek and many plants they prefer like clover, dandelion, and asters. Experts also believe moving colonies long distances and clustering them in unnaturally large groups for commercial pollination creates too much competition and exposure for their immune systems.

Land’s Sake Executive Director Ed Barker notes honey bees are “absolutely critical” to the success of flowering crops like melon, tomatoes, squash, and strawberries. “Bees won’t go any farther than they have to, so our crop rotation means they have flowering plants at their disposal throughout the season.” Bees that don’t have long distances to travel produce more honey.

Land’s Sake hives are included in educational tours for children from Weston’s elementary schools and the Boys and Girls Clubs of Boston. “We introduce bees as a really important piece of the overall equation. We describe the threats to them and why organic gardening is important,” says Barker. Hives at Land’s Sake are maintained by Boston Honey Company of Holliston, Mass., and their honey, candles, and skin care products are sold at the farm stand.

The largest bee research program in New England operates at Wellesley College in the Department of Biological Sciences. Assistant
Professor Heather Mattila came to Wellesley to teach animal behavior in 2009. “It’s unusual for a liberal arts college to have a bee research program; they are usually at land-grant schools that are obligated to work on problems for growers,” she says. Mattila and her students are conducting research related to nutritional stress, waggle dancing, and swarming behavior. They maintain 40 to 70 colonies for their work.

Honey bees are a gentle breed. Unlike wasps or yellow jackets, they die after one sting, and do so only under duress. Beekeepers wear protective clothing: hat and veil, shirt and pants of sturdy fabric, and gloves. There’s always a chance of getting stung, so it’s important to have an Epi-pen handy to administer epinephrine if there’s a serious allergic reaction.

As the interest in beekeeping grows, hives are turning up on lots of all sizes. Siting the hive is important. Colonies need good sun, an unobstructed flight path, and protection from moisture and wind. They need a nearby water source to cool themselves in hot weather and food to forage. Jakubowski recommends talking to immediate neighbors before installing a hive, to find out if anyone has a bee allergy and to educate and answer questions.

With beekeeping there is always something to learn, including knowing what might be a sign of trouble. Hives can be hit by infestations of mites and beetles, and diseases like American Foulbrood (AFB) spread from larva to larva by nurse bees and from hive to hive by beekeepers or raiding bees. Treatment has to be done carefully so beekeepers and bees will be safe. For the winter, beekeepers need to be sure the colony has enough honey or supplemental food to survive through April, that ventilation holes aren’t blocked by snow, and mouse guards are in place.

For more than ten years, George A. Roman has kept bees on his property in the Cliff Estates area of Wellesley. Talking with George reveals the depth of his experience and his love for honey bees. He admires their unceasing work, their efficiency, and their cooperative effort for colony success. “There’s always something to discover about bees,” he says. “Honey bees have had millions of years to get it right, and they are incredible.” Bernie Scozzafava of Weston would agree. “The only inefficient thing they do is make too much honey.”
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the quintessential. American industrialist John D. Rockefeller warned against mixing friendship and business. “A friendship founded on business is a good deal better than a business founded on friendship,” asserted the tycoon. Fortunately, four pairs of local friends never heard or chose not to heed Rockefeller’s advice. All have debunked his theory by building thriving businesses and maintaining strong friendships at the same time.

Sue Williamson and Angie O’Donnell met 22 years ago as MBA students at Babson’s F.W. Olin Graduate School of Management and became fast friends after working together in Switzerland for a summer. Twenty years after pursuing different career paths in the human resources field, they went into business together, starting the coaching firm 3D Leadership Group in Wellesley. Their coaching team helps organizations build leadership capacity through individual coaching, team development, and assessment-based workshops.

Ben Howe and Maria Kussmaul were colleagues in the early 1990s at the investment bank Cowen and Company, where they developed a friendship based on mutual respect and trust.
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In 2003, after jobs at different companies, the two came back together to launch an entrepreneurially oriented investment bank, AGC Partners (AGC). AGC is headquartered in Boston with satellite offices in New York, Menlo Park, Minneapolis, and London. This unabashedly hard-working twosome leads a team focused on providing financial advisory services to technology companies – from software and digital media to tech-enabled services and mobile communications.

Dee Dee Antonelli and Jill Blondek met 15 years ago when Jill worked for Dee Dee as a personal trainer in Dee Dee’s Future Shapes personal training business in Newton Highlands. Four years ago they purchased the personal training business operating out of the Fitness Club for Women in Wellesley. In both locations the business partners train young athletes up to octogenarians – with a focus on health and injury prevention for every age group.

And the fourth pair of partners, Beth LaSala and Monica Shelton Reusch, developed their close friendship over hours of volunteer work for their sons’ school. After becoming empty nesters, the two joined forces once again, but this time to start ChappyWrap, LLC. Their high quality, cotton-blend jacquard-weave wrap blankets are available in over 40 copyrighted designs from their website, through retail stores, and at consumer events.

Club for Women in Wellesley. In both locations the business partners

And the fourth pair of partners, Beth LaSala and Monica Shelton Reusch, developed their close friendship over hours of volunteer work for their sons’ school. After becoming empty nesters, the two joined forces once again, but this time to start ChappyWrap, LLC. Their high quality, cotton-blend jacquard-weave wrap blankets are available in over 40 copyrighted designs from their website, through retail stores, and at consumer events.

The Best-Laid Business Plans…

Beth and Monica didn’t set out to go into business together. The two attended a conference at Babson’s Center for Women’s Entrepreneurial Leadership, each looking for inspiration to reenter the corporate workforce. After the conference they came up with an innovative idea – launching an online job-sharing registry. A Harvard Business School professor’s cautionary advice that they should not expect to earn revenue from the site for several years left the friends looking for alternative business opportunities.
During one brainstorming session Beth brought out “Lamby,” her beloved childhood blanket, the likes of which she had never been able to find. Eureka! They discovered their business concept. Monica, with years of experience in retail apparel sourcing, knew they could find a

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The machine-washable, cotton-blend ChappyWrap blankets are warm enough to stave off winter chill and big enough to wrap around an adult man or cover a twin bed. Visit www.chappywrap.com to see the nautical, sports, animal, and seasonal-themed patterns. You can also enter their “Design Search” contest on their website. If ChappyWrap enthusiasts vote your design concept as one of the top three choices, you’ll get the first blanket with your design off the production line for free. Interested in touching a luxuriously soft ChappyWrap yourself? Visit any of the following stores:
■ CACHET at 16 Church Street in Wellesley
■ THE FLAT OF THE HILL at 60 Charles Street in Boston
■ PURITAN OF CAPE COD at 573 Main Street in Chatham or 408 Main Street in Hyannis
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mill with a jacquard loom and napping machine to replicate Lamby’s cozy feel. The two began developing a business plan for the specialty blanket available in an array of patterns to appeal to females, males, children, and adults. Beth and Monica collaborate on strategy, product development, and day-to-day operations of ChappyWrap and divide other responsibilities according to their interests, strengths, and professional experience.

Sue and Angie launched their business during the economic decline of 2008. With only a handful of clients from Angie’s solo coaching practice, they began building a team and workshop offerings in anticipation of the economy rebounding and companies investing in their leaders again. From the start, Sue and Angie’s roles play to their strengths. Sue focuses on operations, Angie designs workshop content, and both share responsibility for business development and client management. The 3D team has coached dozens of leaders and conducted hundreds of 360-degree feedback assessments with organizations ranging from large global companies to entrepreneurial start-ups to nonprofits. In 2013, peers from the local chapter of the International Coach Federation voted Angie the New England Executive Coach of the Year.

Ben and Maria went into business planning to hold distinct responsibilities, with Ben leading investment banking and Maria in charge of securities research, sales, and trading. After a couple of years in business, changes in the capital markets environment necessitated shutting down Maria’s area and refocusing her contribution on investment banking along with Ben. Ben credits their tight bond with getting them through what could have been an extremely devastating juncture in their partnership. He is the first to acknowledge that it is lucky for the business that they did forge ahead. Now seven years later, Ben reports that Maria has surpassed him in revenue generation, having developed relationships with entrepreneurs and building up her information security investment banking franchise. Maria is quick to downplay Ben’s accolades, explaining that Ben spends more time managing their growing business, which limits his focus on deal making.

Dee Dee and Jill call themselves “virtual partners.” Working from separate locations — Dee Dee operates out of Newton and Jill out of Wellesley — the two see very little of each other. Jill explains, “Our biggest challenge is getting together in person. We text, e-mail, and occasionally speak over the phone.” Given the trust they have built over several years, they simply back each other up, refer clients to one another, and confer only when making major decisions, such as an investment in new equipment.

I’ve Got Your Back
Whether it’s time off for vacation, medical issues, or family demands, all four sets of business owners are there for their partners – virtually without needing to ask. “It’s as if we are in a job-share,” comments Beth about how she and Monica support one another without missing a beat. Because Sue and Angie’s professional and personal lives are intertwined, they admit that it can be hard to shut off from work completely when they are together. But on the flip side, they credit
their tight bond for their job satisfaction and success. And while Dee Dee and Jill’s official relationship changed from employer-employee to co-owners, their friendship remains constant. “We never had the traditional boss-subordinate relationship. We bonded over mutual respect for each other as professionals and we maintain that bond today,” comments Dee Dee.

Aware that financial issues account for the number one reason partnerships disintegrate, Sue and Angie consulted attorneys, accountants, and financial advisors to organize their business from the outset to prevent friction. Yet, the two women credit their personal bond more than legal structures for the lack of conflict in their relationship, “We know we have a lot at stake, we need to protect not only our business, but also our friendship,” comments Sue.

“We’ve supported each other through the ups and downs of our professional and our personal lives,” explains Ben of the strength of his partnership with Maria. Maria also acknowledges the trust and caring that the two have developed from going through major life events together, including health issues and deaths in the family. In a playful moment Maria jokes, “We’ve worked together so long that we’re like an old married couple who finishes each others’ sentences.” Kidding aside, they credit their relationship with boosting AGC’s operating efficiency. “Ben and I did our 10,000 hours,” explains Maria referring to Malcolm Gladwell’s theory of the time it takes to achieve mastery. “We don’t need long drawn-out strategy debates to reach consensus,” she points out, referring to their ability to manage effectively as a cohesive team.

Perhaps Maria best sums up the compelling reason these four pairs of friends and business partners prove John D. Rockefeller wrong. “We’ve got each other’s backs not only because the business demands it, but also because of genuine concern for a friend you care about deeply.”
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Thinking Outside the BOKS
A groundbreaking exercise program gives kids a “body and brain boost” before school

PATTY LENZ BOVIE writer

while some kids are just getting out of bed, others are starting their day on the playground: stretching, running, and having fun with BOKS (Building Our Kids’ Success), an initiative of Reebok and the Reebok Foundation. This innovative, before-school physical activity program is improving health and learning, one child at a time.

Four years ago, Natick resident Kathleen Tullie left the corporate finance world after 18 years in hopes of spending more time with her children (now ages 9 and 12), and doing something more meaningful. “It turns out that I wasn’t very good at being a stay-at-home mom,” she admits. An avid athlete, Tullie read the book Spark, by Dr. John Ratey of Harvard Medical School. “Dr. Ratey laid out a compelling argument for the positive correlation between exercise, academic performance, and behavior issues,” says Tullie. “I was blown away by the evidence proving that if kids exercise before school, it positively impacts their ability to learn.”

Before long, Tullie had recruited a group of moms and their kids for morning exercise at her kids’ school — Memorial Elementary in Natick — with the support of the principal and superintendent. “I sent out an e-mail encouraging parents to drop their children off an hour early
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two mornings a week. We had 80 kids signed up in just two weeks,” says Tullie. “It didn’t take long before we heard back from parents and teachers about the positive difference they were seeing in their kids. We knew we were really onto something.”

Tullie and her two other co-founders formed a nonprofit organization and reached out to Dr. Ratey to see if he would join the board. “He e-mailed me back 20 minutes later,” says Tullie. She then approached Reebok to see if they might donate some products. “Instead they asked me to bring the program under their roof since BOKS is so closely aligned with their goal: ‘Empowering kids to be fit for life.’ Reebok has a bold mission to change the culture of spectators to a culture of participants, and there’s no better way than to start with our youth,” says Tullie.

Despite the fact that national guidelines recommend children get at least sixty minutes of physical activity a day, fewer than four percent of US elementary schools offer daily physical education and only fifty-seven percent have regular recess. With childhood obesity now at epidemic levels, Tullie is hoping to reverse that trend with BOKS, while also boosting academic standards.

Today, the BOKS program is alive and well in 569 schools across the US, including all seven Wellesley elementary schools, as well as St. John’s and St. Paul’s, and Countryside in Weston. “Our ultimate goal is to be in every elementary school across the country,” says Tullie.

The twelve-week program typically runs two to three times per week for forty minutes, and follows a curriculum that varies each week. All adult trainers are encouraged to go through a training regimen at Reebok headquarters in Canton. Best of all, because BOKS is sup-

“Our mission is to promote the profound impact of physical activity on a child’s mind, body, and community.”

– Kathleen Tullie, Founder and Executive Director of BOKS
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ported by Reebok and depends on the participation of parents and volunteers, the program is free to schools.

Chris Cavallerano, social entrepreneur by day and lead BOKS trainer by morning, successfully piloted the program at Wellesley’s Hunnewell School last year. “I had been exercising with my boys (now ages 13, 11, and 9) in my driveway before school and other neighborhood kids started to join us,” says Cavallerano. “I knew Kathleen Tullie through our gym and she told me about BOKS.” He now coordinates BOKS for the entire Wellesley School district. In addition to Hunnewell, Wellesley also successfully piloted the program at Fiske and Schofield last year and launched at Wellesley’s other elementary schools last January.

Hunnewell currently has 80 kids signed up for the program. Half attend Monday and Wednesday mornings, the other half on Tuesdays and Thursdays. BOKS may differ from a typical physical education class in many ways. “The curriculum is specifically designed for a mix of ages and we teach kids functional physical activity through play,” explains Cavallerano. He runs the program outside whenever he can. “I believe that fresh air is the best air and once the kids start running around, they begin peeling off layers. Last year we were only inside for five days.” The Hunnewell BOKS team also launched a pilot partnership with Wellesley Whole Foods, which provides healthy foods for kids to try. “All it takes is for one kid to try a green smoothie and say, ‘that’s awesome’ to get the other kids to try it,” adds Cavallerano.

At a typical BOKS session, upbeat Top 40 tunes set the tone. Kids and trainers warm up together by jumping rope, shooting baskets, and jogging around the courtyard. They start with a cheer for all the BOKS stars then learn the “skill of the week,” such as a jump squat, which is incorporated in a team-building activity like a relay race. That’s followed by a game such as “Toilet Tag,” which is “both functional and fun,” says Cavallerano. “It keeps kids moving while also making them squat in place and hold up their arm. And they can’t start running again until their arm is ‘flushed’ by another kid.” The morning comes to a close with a cool-down and yoga stretches, and then it’s time for BOKS Bits where the kids learn about nutrition. Lastly, FEAT (Friendship, Effort, Attitude, and Teamwork) awards, in the shape of little feet, are given out to

“Exercise is the single most powerful tool we have to optimize the function of our brains.”

– Dr. John Ratey, Harvard Medical School
those who demonstrated these qualities during the session. When BOKS is over, the kids head to their classrooms with rosy cheeks and smiles on their faces, ready to learn.

“What you can’t see happening is the profound transformation occurring inside the brain,” explains Cavallerano. “Exercise engages the prefrontal cortex of the brain, which is responsible for high-level cognitive functions including self-knowledge and memory. This neural fitness not only preps the mind post-BOKS but also supports the growth of BDNF (brain-derived neurotrophic factor). As Dr. Ratey likes to point out, “BDNF is Miracle-Gro for the brain.”

Cavallerano also uses BOKS as an opportunity to teach kids about empathy and teamwork. “It takes a lot of proactive steps to prevent bullying and build resilient kids. BOKS is about mind, body, and spirit. We teach kids to be strong and healthy so they’re better able to take care of themselves and those around them.” At one BOKS session, a custodian was carrying two large tables outside by himself. Without being asked, a group of BOKS kids spontaneously ran over to help him carry them. “That’s the spirit of BOKS at work,” Cavallerano adds.

Hunnewell’s Physical Education teacher Toni Duval partnered with Cavallerano to lead the pilot last year. She is thrilled with the program. “BOKS helps supplement what we do in PE class. Our students only have PE once a week for 45 minutes or twice for 30
minutes, depending on their grade level. You can’t make a big impact on a child’s fitness level with so little time, but BOKS successfully augments our efforts."

There’s no doubt that kids love BOKS. But does it really work? NIOST (National Institute on Out-of-School Time) out of Wellesley College is halfway through its five-year evaluation of the program, but early indicators are very positive. “Kids are now excited to get to school, they’re more focused, and tardiness levels have dropped,” says Tullie. “When we surveyed 1,100 kids, 96 percent of them said they wanted to do BOKS again, even if it meant getting up an hour [earlier] before school, so we know we’re doing something right.”

At the beginning of the program, the kids are timed on their 400-meter run. “By the end of the program, those who couldn’t run 400 meters are running it with ease, and their DIBELS [Dynamic Indicators of Basic Early Literacy Skills] scores suggest a trend in a positive direction as well,” says Tullie.

Ruth Keyes, a mother of four whose children attend Schofield School in Wellesley, is a huge supporter of the program. “My kids are on their third session of BOKS,” she says. “I’ve given them the option to sleep in on a few occasions and they won’t have it. The mixed age groups let the older kids take the younger ones under their wings and set a good example. BOKS has taught my children a lot about nutrition, too. I can’t say they still don’t want junk food, but the awareness of what goes into their bodies has increased dramatically.”

“I tell the kids that BOKS is like a healthy breakfast,” adds Cavallerano. “It’s the most important start to their day—and afterwards, the ants are out of their pants, they have a boost of energy and confidence, and they’re ready to learn.”

To find out more about BOKS or to bring the program to your school visit www.BOKSkids.org
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40 Pinewood Road, Wellesley
12 Wedgwood Road, Wellesley
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Jake, tell us what happened the night of the break-in.

I was out trying to get some stuff I could fence. I had to pay back some guys money I owed them and I knew how to get into the Parkers’ house. I just did it. I thought it would be easy to get in and out.

the seven people seated in a circle in a room with bare walls are actors but the story is real. “Jake,” a teenager, broke into and robbed the home of his friend, “Meghan.” The family he betrayed is still hurt, angry, but they agreed to speak with him, face-to-face, as participants in a process called restorative justice that offers first-time offenders a chance to right
the wrong and avoid a criminal record. Jake slumped forward, head hanging low, and listened to Meghan’s mother.

*My grandmother’s wedding band and engagement ring were taken*, said “Judy. They were so beautiful. Since then it has been a lot of work, talking to the police. And beyond that I feel violated thinking about him being in my home, going through my belongings, my underwear drawer. I feel sick that he was in my kids’ rooms and what he did in there.*

Unlike the traditional justice system, which considers crime a violation of the state and represents society’s interests, restorative justice involves community-police partnerships that focus on the needs of victims and offenders. Cases are referred by the police using guidelines set by their own department. Juveniles or adults who commit a crime, generally a first offense, must be willing to take responsibility for their wrongdoing and hear directly from the victim how it impacted them, their family, business, faith group, or community. For police, district attorneys, judges, and others concerned about our overburdened courts and prisons, restorative justice can be an alternative tool that complements, not replaces, the traditional system. Programs are well-established in nearly 300 communities nationwide and internationally in the United Kingdom, South Africa, New Zealand, and elsewhere.

Communities for Restorative Justice (C4RJ), a 501(c)3 nonprofit organization, was co-founded in 2000 by two Concord community leaders, Jean Bell and Joan Turner, and former Concord Police Chief Len Wetherbee (now retired and chief of police in Moultonborough, NH), based on a set of principles outlined by Howard Zehr, a pioneer in the field. C4RJ today collaborates with police departments in Acton, Arlington, Ayer, Bedford, Boxborough, Cambridge, Carlisle, Groton, Littleton, and Stow and Ayer District Court. The Town of Wellesley recently joined these communities.

The actors portraying Jake and others in the signature “circle” meeting appear in a new short documentary, *Finding Courage*, produced by C4RJ.

“Crime is a violation of the law, but mostly it is a violation of people,” C4RJ Executive Director Jennifer Larson Sawin told me. “Restorative justice doesn’t force anyone to do anything. All parties participate voluntarily. It works because victims have a chance to speak, to ask questions and seek repair that is meaningful to them. We’ve had lots of breaking and entering cases where victims want to know if they were stalked, followed, found...
vulnerable in some way. They worry that they were targeted for their behavior. When they learn it was random, they are strangely reassured because then they can return to their routines knowing that they aren’t ‘weak.’ Those questions are rarely relevant to court prosecution but they’re hugely meaningful to victims.”

Restorative justice is not about forgiveness, although sometimes that happens, Larson Sawin says. It may not bring closure, especially in cases of extreme violence. Nor is it easy on offenders who have to speak for themselves, unlike in court where they may be shielded by an attorney and never see their victims. But the main difference is who decides what takes place. In court proceedings, attorneys on both sides, probation officers, and judges decide what’s appropriate. In restorative justice, it is those who were harmed.

The process begins when the victim, offender, and their supporters (often a loved one) sit in a circle with a police officer from the referring department who ensures everyone will feel safe and, from C4RJ, a case coordinator and one or two volunteers. They sign a confidentiality agreement and talk about what happened and its aftermath. Based on the victim’s needs, they reach a consensus on what the offender must do to repair the wrong, such as financial restitution, write an apology, reflection exercises, community service, or counseling. When those obliga-
tions are met, the circle reconvenes. Failure to fulfill those obligations, or if the process otherwise breaks down, means the case is referred back to the police.

C4RJ is a lean organization with a staff of 4 and a 13-member advisory board. It relies heavily on some 80 trained volunteers who participate in circles and call an offender weekly to help them stay on task. Volunteers also assist with governance, office work, or fundraising. They must be CORI checked and approved by the police chief.

More than 600 cases have been processed by C4RJ to date, mostly felonies or misdemeanors including harassment, civil rights violations, grand larceny, counterfeiting, social host law violation, and assault. Some were violent crimes, arson, or domestic violence, but

**good works** “it was the answer we were looking for”

“Some thought it was ‘touchy-feely stuff’ until they participated in circles and saw how it works. Now they think it’s great and my supervisors have a good feel for which cases are suited to it.”

– Wellesley Police Chief
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not murder or rape, which are addressed by programs elsewhere. C4RJ has begun working with school districts and, in partnership with the Center for Restorative Justice at Suffolk University, with high schools in Charlestown and Fitchburg.

Law enforcement and correctional officers can be skeptical, especially those who are older and were traditionally trained. Some have called it “hug a thug” or a “get-out-of-jail-free” card.

Chief Wetherbee is not among them. “This is the most profound process I’ve been involved in in my career,” he points out in the film. “It was the answer we were looking for.”

Wellesley Police Chief Terry Cunningham, who introduced the program last year, laughed when asked about his department. “Some thought it was ‘touchy-feely stuff’ until they participated in circles and saw how it works,” he told me. “Now they think it’s great and my supervisors have a good feel for which cases are suited to it.”

“I don’t see a downside to this and I do see an incredible upside,” says Chief Cunningham. “Most of us do stupid things or make bad decisions when we’re kids. If they cross the line one time, they shouldn’t have to suffer for it later when it comes time to apply to college or a job and they’re asked if they’ve ever been charged with a crime. Most of these kids are not mature. They take risks and don’t understand the consequences. This is really about giving them the tools they need to succeed and taking responsibility for their actions. So far, we’ve had no [repeat offenders] among the six to ten cases we’ve referred, all juveniles,” Cunningham says. “This is better than diversion programs [which are another option]. If a kid smashes your mailbox, we can bring charges and, if it’s the first offense, the district attorney might divert him to community service or put him on curfew, or say he has to maintain a ‘B’ average. If he fulfills that, the charge might go away but you, the victim, don’t get to ask why he did it. You don’t have a say or get closure. Kids usually do these things randomly. Victims generally feel better when they realize they weren’t targeted.”

A University of Massachusetts-Boston 2012 study by Jillian M. Furman found that restorative justice is nearly more than six times more cost-effective than traditional justice practices. A national study of restorative justice programs* in 1998 found the rate of recidivism was 18 percent versus 27 percent with traditional cases. C4RJ’s ten-year record is even lower: 16 percent.

Massachusetts Senate Bill 52, now making its way through committee, would make restorative justice an option for law enforcement and courts statewide. Its lead sponsor is state Senator Jamie Eldridge (D-Acton) who said among the bill’s supporters are the Massachusetts Major City Chiefs Association, the 12 C4RJ-partner police chiefs, Middlesex District Attorney Marian Ryan, and Lowell Juvenile Court Judge Jay Blitzman.

Last summer, Eldridge spoke with inmates at Norfolk Prison. “It was absolutely fascinating. Powerful,” he says. “Many were familiar

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*Data from a nationwide meta-analysis of restorative justice programs: http://wcr.sonom.edu/v1n1/umbreit.html
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“Contrary to what we see on TV or in the movies, a lot of crime is not malevolent or premeditated.”

– Christy Barbee, Chief Case Coordinator, C4RJ
malevolent or premeditated,” Barbee says. Graffiti is a case in point. “It doesn't help that graffiti is now considered an art form. People who trespass or vandalize often think of them as victimless crimes. It’s stunning to them to realize they are wrong.” Or their actions have unexpected consequences.

In one particular case, a business was “tagged” (painted). The owner had previously left a city where her store was targeted by a gang. She thought the graffiti meant it was happening again. In another, three of the four youths who painted swastikas around town didn’t know what the symbol represented. One just thought it was an edgy design. They just wanted to do something cool and artistic but were clueless it would make people afraid. Similarly, shoplifters think stores are big and won’t miss what’s taken. Sometimes they want the items but often it’s just for fun or for reasons even they don’t understand. But when they hear how cumulatively it affects the bottom line, that there will be no Christmas bonuses that year or a raise for a deserving employee, they feel terrible.

“In a circle,” says Barbee, “one very angry owner said, “You have made everyone who works here feel dirty that they didn’t catch you. We don’t want to have surveillance. It’s costly and uncomfortable for our staff and customers, and this is a low margin business. But now we feel we have to.” And the shoplifter felt ashamed.
Are Our Adolescents Busy Enough?

LISA LESLIE HENDERSON writer

with our own calendars bursting at the seams, there never seems to be an opportune time to contemplate the busyness of our teenagers. Yet with registration for spring athletic programs, music lessons, SATs and ACTs, and summer camps just around the corner, perhaps now is the right time to initiate this important conversation.

Perceptions of kids and busyness vary even within our own backyard. One middle school and high school teacher is unequivocal in her response: adolescents in our towns are much too busy; they come to school too tired to learn. A local mom, whose family immigrated to the US when she was quite young, believes that children in our towns could do more; most do not have responsibility for household chores or younger siblings as the children in her family did while her parents worked multiple jobs to make ends meet. A grandmother who raised her sons in Wellesley several decades ago marvels at the fantastic opportunities that are available to our children, but finds the commitment on behalf of the families to be staggering and the resulting involvement of parents in their children’s lives to be excessive.
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“Everyone seems to be happy,” responds a Weston parent. “Is there a problem?”

A similar range of opinion exists among researchers in the field. Dr. Joseph Mahoney, who heads the Center for Research on Out-of-School Time at UC Irvine, argues that too many American children are not busy enough—40 percent of the students he surveyed do not participate in any organized sports or other pursuits. Mahoney’s research finds that the more time children spend in organized activities, the better their grades, parental relationship, self-esteem, and the lower the incidence of substance abuse. Six percent of the students Mahoney interviewed live on the other side of the spectrum, spending 20 or more hours a week engaged in organized activities. Although we might expect to find these kids to be overly stressed, surprisingly, Mahoney found them to be thriving.

A study conducted at Joe DiMaggio Children’s Hospital in Hollywood, Florida found quite different results. Ninety percent of the young people surveyed said that they felt stressed because they were too busy, seventeen percent said they felt this way most of the time, and twenty-four percent said they felt this way all of the time.

Like most things, busyness is relative. Some kids can benefit from more activity, others from less, and still others from staying the course. Research shows, however, that most overscheduled kids generally come from educated, higher-income families. Ironically, despite living in a relative state of abundance, these families, perhaps our families, are highly susceptible to the scarcity mentality that permeates our broader culture. The scarcity mantra says: there are limited opportunities and they only go to the best candidates. It can drive parents to do more, script more, and protect and propel more, all in the interest of giving their children the necessary leg up to be successful in a hyper-competitive world.

“There is a professionalization of childhood taking place,” observes Robert Henderson, headmaster of Noble and Greenough School, a private day school for middle school and high school students in Dedham. “Parents are anxious, afraid of failing their children in
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some way.” While he recognizes that schools often feed the frenzy, Henderson cautions, “We all have to slow down and consider what is getting lost in the process.”

What downside could there be to our children being busy while excelling in sports, acting, languages, and participating in microfinance clubs and community service? Does it not keep them out of trouble and, if all goes well, provide them with admission to a highly selective college and maybe a great summer internship? As it turns out, there is plenty of downside even though it is not always readily apparent.

“When parents are behind the steering wheel, driving their children’s lives, it creates a damaging cycle of dependence,” Henderson explains. This dependence thwarts teenagers from doing the real work of adolescence: developing a sense of self and identity, tasks that are essential to being happy, capable, and people of character.

In Henderson’s experience, when kids possess a sense of self, they can determine what is important to them. Guided by an inner compass, they can engage with integrity, take risks, ask probing questions, be comfortable with uncertainty, and determine for themselves how they will best contribute to the world around them. Without a solid sense of who they are, kids often live their lives like chameleons, blending in with whatever and whoever surround them. Lacking a solid core, when faced with unstructured and non-parental guided time they often behave frantically, constantly seeking out the company of others and binge drinking. “No one can do this work for our children,” Henderson cautions, “and if they do not begin during adolescence, they only postpone the process until later in life.”

In many instances, activities like club lacrosse, dance troupes, math teams, and debate competitions can help our kids learn who they are and what they enjoy; other times, the same activities can have the opposite effect. Applying a few simple criteria to activities can ensure that they add to, and not detract from, our adolescents’ well being.

First, does our teenager want to participate? As parents it can be easy to fall into the knowing-what-is-best trap at times. Maybe we enjoyed an activity as a child and want a similar experience for our child. Or per-
haps we wanted to be able to pursue this interest as a child, but were unable. Whatever the case, if it is not our child’s choice to participate, any benefit will be limited. What if our child has no idea what interests him or her? As parents we can certainly expose our teens to the world of possibilities, however, we have to take care to stay out of the driver’s seat.

Second, are we managing our expectations appropriately? Undo pressure to succeed on the part of parents—or kids—can rob activities of their positive features and of any inherent fun. Pursuit of excellence is an appropriate goal, as is enjoying an activity just for fun. Where we get into trouble is when the pursuit of excellence becomes linked with scarce outcomes—entrance to Stanford or playing professional baseball; then it becomes impossible pressure.

Three, does the activity preclude the essentials? School, homework, family chores, time with friends and family, a summer job, and even a bit of downtime are essential components of childhood. If adding another activity, or ratcheting up involvement in a current pursuit, nudges out time for any of these, it deserves a careful second thought.

Perhaps the more relevant question we should ask regarding our adolescents’ activities is not “How much?” but rather, “Why?” As Henderson reminds us, “We are developing people, not résumés.” And in his experience, that is exactly what colleges and employers are looking for as well. 

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Lisa’s Photography
Capturing Special Moments in Time

BETSY LAWSON writer

for wellesley artist Lisa Foley, each and every one of her photographs captures a special moment in time. And because she likes to share the story behind it with others, she’s found that her eye, and entrepreneurial spirit, has shifted over time from portraiture to “found images in nature and the community” that she now prints as notecards.

With a portfolio of over 90 images (and growing), Foley has sold some 15,000 notecards since launching the “Lisa’s Photography” line about five years ago. Her cards are carried by Posies of Wellesley, Pine Straw, and Wellesley Books as well as locally owned stores in Weston, Natick, Needham, West Newton, and towns a bit further out. She sells both individual cards and box sets.

The image that “hatched” the idea for a notecard business goes back to the spring of 2009 when her two daughters discovered a nest in their front yard. It was nestled high enough in a
REDEFINING THE WAY WE LOOK AT SPACE
tree that Foley had to hold the digital camera over her head and shoot blind into the nest. What she saw through the viewfinder amazed and captivated her: four incredibly blue robin's eggs.

Foley recalls her maternal instinct coming out as she kept taking photos. She has images of the chicks’ first hours and as they grew. One stormy night as the rain came down in torrents, her husband Stephen had to remind her that nature was in charge.

“I wanted to go out with an umbrella to protect them,” Foley said. But instead she and her dog Wrigley kept a vigil on the front steps through the early morning hours. Finally the mother bird returned and spread her wings fully to protect her brood. And a male robin, one Foley had not seen before, perched on a branch not far away until the rain stopped.

“I can only imagine it was the father,” she said. Retelling the story brings a slight quiver to her voice and a quiet pacing as she shares the experience of seeing the chicks fly off one by one to make their own way in the world. The symbolism of parents protecting their young, the natural progression of time, and the reminder that, as humans, our own children will eventually leave the nest one day resonate deeply within her as she looks at the photo series of that robin’s nest.

Foley wants the images on her notecards to evoke heartfelt emotions in others. She has an image of a perfect rose in one of her collections, but she prefers the one with the slight imperfection – a petal that is wilted and misshapen. The rose is still beautiful, of course, but it is far from perfect, Foley said, “like most of our lives.”

One friend told her she chose that card specifically to send to someone going through a difficult time. The words written inside were those of encouragement, to persevere through a setback, and to remember that life, on the whole, is beautiful indeed.

A notecard is experienced twice, Foley said: first by the person who selects it and crafts the words inside, and then by the person who receives it. “The card should look and feel right to both.”

Foley took care to find a vendor who could reproduce the photographic images at the highest quality directly on the heavy card stock.
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“her love of photography”

Other artists have chosen to print on traditional photo paper and then adhere it to a card, but Foley wanted a fresh approach.

“I wanted to differentiate my product in the market,” she said. If that sounds like business school speak, that’s because it is. Foley earned her MBA from Babson College in 1996. “I’ve always wanted to run my own business,” she said, but wasn’t sure what form it would take.

Serendipity has always seemed to play a role at key times in her life when a decision needed to be made or a direction chosen. A native of Connecticut, Foley attended Bates College in Maine with the intention of majoring in political science and economics. But her mother, gently but firmly, insisted she take at least one art history course.

“I loved it,” Foley said. Art history soon became her major. She credits some of her artistic eye to the years spent studying masterpieces, as well as her grandfather on her mother’s side who was an accomplished amateur photographer in his day.

Foley has many fond memories, too, of time spent with her own father in the darkroom he fashioned in their family home. They would labor for hours developing film and watching the images emerge slowly from the chemicals. “The shared experience was a wonderful bonding experience for both of us,” Foley remembers.

Foley is finding the same joy in sharing her love of photography with her own school-age daughters. They’re often the ones prompting her to take her Nikon D90 SLR digital camera as they walk to school together or are out on weekend excursions.

Foley has welcomed, in fact, cultivated the interest and encouragement of her family and friends from her earliest days behind the shutter. The simplicity and natural feel of her family photos caught the eye of neighbors more than a decade ago. Over time, she began accepting commissions from neighbors – and their friends – to take family portraits. And so Lisa’s Photography was born.

Her portrait business had been growing steadily by spring 2009 when those robin’s eggs hatched in her front yard. A friend suggested notecards. She tested the waters at one of the next home parties a Wellesley friend hosted to show her work.
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Not only did Foley get the chance to share her growing portfolio of images, but she got real-time feedback as to which ones resonated most with viewers – and what themes might work as pre-packaged sets.

Locals might recognize neighbor’s front entranceways in her “Decorative Doorways” series or the sweets featured in her “Cupcakes” collection. Beth Finnegan and Cathy Friedman, owners of Five Bites Cupcakes, graciously allowed Foley to take photos right in their Wellesley store. Foley said both the natural light and the bright green background really worked to make the subject matter pop.

“Cupcakes” has been one of her most popular collections, along with her flower sets that include “Critters & Blooms,” “Wild Ones,” and “Just Flowers.” Friends and family suggested she go with the smaller 5 ½ x 4 ¼ size rather than a larger format because “it was too much real estate” for most messages.

She is also experimenting now with CD-case sized calendar sets. They’ve been popular at craft fairs and art shows during the holiday season. “I love these shows. Talking with customers is really where I get my inspiration,” she said.

Foley also enjoys cultivating relationships with the vendors she approaches about carrying her line. To avoid saturating the market, she usually sells her cards in just one, locally owned store per town. For her hometown of Wellesley where a number of stores have expressed interest in carrying her cards over the years, Foley has been careful to make sure each store serves a different clientele. Pine Straw is a home goods and clothing store, for example, whereas Posies is a florist and Wellesley Books is a bookseller.

Mona Maksoud, owner of Gift Gallery in Weston, said that Lisa’s Photography cards have been very popular with her customers. She personally likes Foley’s flower images the best. “It’s always nice to have the work of local artists featured,” Maksoud said.
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huddled over coffee and apple cider doughnuts at Volante Farms, the man wearing a Bauer Hockey hat and sporting stubble on his face talked about plots to overthrow the Pakistani government, blow up Tel Aviv with a nuclear bomb, and derail the American economy.

Despite having averaged just three hours of sleep a night that week, he talked more than two hours about everything from seeing President Ronald Reagan at Camp David to undertaking mysterious missions to the Middle East. But the topic that really got him going was his neighborhood in Wellesley, where the 18 kids – including four of his own – routinely shut down their tiny street for weekly games of hockey.

At 47, Ben Coes has turned full time to a career as a novelist that he first dreamed about after winning a writing prize at Columbia College in New York. With his fourth Dewey Andreas espionage thriller, *Eye for an Eye* (St. Martin’s Press, 2013), Coes cracked the coveted
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Best of Boston Builder, West
New York Times Best Seller list last summer. The reason he was a bit bleary-eyed was that he had just spent three straight eighteen-hour days rewriting his next Andreas novel, due out in June.

Dewey’s fictional world is grounded in his creator’s real-world experience. After serving as an intern in the Reagan White House, Coes wrote speeches for James D. Watkins, secretary of energy under President George H. W. Bush, and later for mega-financier T. Boone Pickens. He honed his political skills mobilizing Maine Republicans, working on former California Governor Pete Wilson’s short-lived bid for the presidency (Coes felt like the winner, however, in meeting his future wife Shannon during the campaign), and managing Mitt Romney’s successful 2002 campaign for governor.

In fall 2003, Coes was a fellow at the Harvard University Institute of Politics. In between running campaigns, he worked as a financier. He remains a partner of The Mustang Group, a private equity firm he cofounded.

Despite several successful careers by the time he turned 40, Coes felt his personal narrative had yet to get on track. “I had always told myself, ‘I’m going to be a writer, I’m going to be a writer.’” In the early 1990s, he wrote a novel that he described as “a lot closer to J.D. Salinger than Tom Clancy.” It was about a boy at a boarding school – Coes, a Connecticut native, had attended Groton in Massachusetts. When an agent turned down the book, Coes took it “extremely personally, like a sign I shouldn’t be a writer.”

More than a decade later, on New Year’s Day 2007, he turned to his wife and asked whether he should again take the literary plunge.

“Do it,” she said. “You’re never going to know until you try.”

Simple advice, but it got Coes moving. “I think would-be writers and would-be whatevers don’t pursue their dreams because they think, ‘I can’t do that; I’m not good enough,’” he says.

That morning he sat down to write with the image in his head of an aggrieved special forces veteran working on a remote offshore oil platform. When he got up he had finished most of the first chapter of Power Down (2010). And thus Dewey Andreas was born.

Like Jack Bauer of the series “24” (yes, Coes was a fan), Dewey is brawny, resourceful, obstinate, and deeply anguished. He’d been a Delta commando, the elite of the elite in the military, when he was drummed out of the service after being falsely accused of killing his wife. In fact, his wife had committed suicide, depressed over their son’s death from leukemia. While he was quickly acquitted by a civilian jury, Dewey felt abandoned by the military and remorseful that he hadn’t done more to console his wife. “I wanted a guy who’s flawed,” Coes explains. “I think that’s why so many people like him. He’s not this perfect superman.”

Nor is he the stereotypical Captain America. “To me a true patriot is not the guy who waves the flag the most or talks the loudest. The real patriot is the guy who has every reason to hate his country, but is willing to risk his life to save it.”

Among his ancestors, Coes counts Revolutionary War hero Israel Putnam, to whom some sources attribute the quote, “Don’t fire until you see the whites of their eyes.” On the other side of his family are Viennese Jews who moved to America to flee the Nazis.

More immediately, Coes’s godfather was a Navy Seal in the Vietnam War. His stories helped Coes fill in Dewey’s background and even supplied the basis for the climactic rescue scene in Coup d’Etat (2011), the second book in the series.
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Coes himself had wanted to join the Seals, but didn’t make it through the rigorous medical screening. Ironically, flunking the checkup may have saved his life. Doctors discovered a problem with a heart valve that would need to be monitored. Two years ago, Coes had open heart surgery to correct the valve.

But while his hopes for real-life action were dashed, the writer says researching the thrillers can be an adventure in itself. When possible, he personally scopes out his settings, which have ranged from Russia to the Middle East to China. “My goal is to put the reader in the cockpit of what is going on.”

He declined to disclose exactly where he’s been so as not to compromise sources and the people who helped arrange the trips. A bit of cloak – but no dagger – if you will.

In his quest for authenticity, Coes pores through policy papers and consults with his contacts in business, government, and the military. He is particularly proud of his depiction of the title scene in Coup d’Etat. “I was very interested in how a coup works,” he said, noting that it is among the most common forms of government transition. “What I push [in my novels] is my concerns with security threats, especially ones that I think are ignored or mishandled.”

In Coup, nuclear war threatens to engulf Pakistan, India, and China; in The Last Refuge...
(2012), Iran’s negotiators talk disarmament while its scientists build a nuclear device. China’s large holdings of US debt figures in the plot of Eye for an Eye.

In his upcoming book, Coes turns to Russia, which he sees as threatening the United States through cyber attacks and proxy terrorist groups. But while he hopes to make, say, the shadowy world of computer hackers accessible to readers, “at the end of the day, I want people to be entertained, to care about Dewey and the other characters.”

As much as he emphasizes authenticity, Coes acknowledges that Dewey’s indestructibility does stretch credulity. “There are some very, very tough guys out there,” Coes says of the special operations soldiers he has befriended, but “there’s no one for whom everything falls into place and who is almost bullet proof like Dewey.” Laughing, he added, “I wouldn’t be driving [a Mercedes AMG] if I killed off my hero, right?”

Still, he wants Dewey to be more than a cardboard cutout action hero. “I’m interested in the larger narrative arc of the growth of his character,” he says. Dewey’s actions often surprise him, as if he is channeling his own character. “I don’t outline a lot because I feel that takes away some of the spontaneity of a thriller. I’ve gotten to the point where he oftentimes is almost writing himself.”

That can be risky. “There were times when I’d call my agent and say Dewey’s in a pickle, and I don’t know how to get him out of it.”
While continuing to write the Dewey novels, Coes plans to launch a second thriller series. It will share some characters with the Dewey books, but its hero will be younger and its focus will be on domestic threats.

Coes says he has no desire to write political novels. He detests Washington’s big egos and paralyzing gamesmanship. However, he does include some political scenes in his books. While Barack Obama plays pickup basketball, Coes’s president in *Eye for an Eye* plays hockey. Dewey, of course, is roped in to play. Other players include senators named for some of Coes’s hockey buddies in Wellesley.

On his Facebook page, which has 70,000 followers, Coes posts about his family, pets, politics, book signings, and his fellow thriller writers. He says he gets about 50 e-mails a day from a fan base that is all over the map, literally and demographically. While saying he doesn’t keep track of book sales, he looks forward to the week he tops the charts. “It’s not the money, nor the ranking per se,” he said. “The *New York Times* list is like getting a medal for the Olympics. Hitting No. 1 is like the gold medal.”

But for now, the thriller writer gets plenty of thrills just walking down an airplane aisle and seeing someone absorbed in a Dewey Andreas adventure.
A Trio of New Dining Choices in Newton:
Sycamore, Cook, and Waban Kitchen

RICHARD L. CRAVATTS writer

Newton, which has as one of its many attractive attributes the distinction of having been named one of America’s safest cities, seems to have yet another attractive quality: its desirability as a location where chef/owners feel comfortable opening innovative new restaurants. And given its central location, bordering as it does Brookline, Waltham, Wellesley, and Weston, the appearance of new eateries offers locals the opportunity to sample contemporary cuisine, imaginatively and creatively executed by young chefs, without having to venture into Boston.

Three newcomers—Sycamore, Cook, and Waban Kitchen—are cozy neighborhood spots whose kitchens are run by chefs who have already spread their culinary wings at other restaurants, and have repurposed spaces where two other restaurants and a butcher were once located. And judging from full dining rooms and satisfied guests at these hot spots, the formula seems to be working very nicely, thank you.

**Sycamore**

Carved out of the space in Newton Centre on Beacon Street where butcher John Dewar & Co. was located, and making use of long, exposed brick walls, low lighting from contemporary fixtures, and a lively, bistro-like vibe, chef-owner David Punch and co-chef Lydia Reichert
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have created an audacious spin-off to Punch’s successful Ten Tables in Cambridge, where he was co-owner and chef. The casual, 48-seat dining room is welcoming, as is the 16-seat bar to the right of the entrance, where diners can elect to eat or merely sample some dozen excellent wines by the glass or inventive cocktails like the Ghost of Mary, with citron vodka, spicy tomato water, and dilly bean; or the Harlan County Buck, with house-infused apple Bourbon and fall-scented spices, conjured up by skilled bar manager Scott Shoer.

Punch and Reichert have created what they call “a neighborhood bistro,” and the dishes flirt with European influences while asserting their own culinary identities. Little bites, or what the menu calls “Snacks,” for example, include rarely seen, warm, French-inspired gougeres, dainty, airy, Gruyere-infused puffs of pâte à choux ($5); parsnip-almond skordalia, a Greek dip redolent with garlic ($5); or delicate, tiny, meatball-sized Spanish croquetas, studded with chorizo and sitting in a savory pool of a red pepper, almond, and tomato-rich Romesco sauce ($6).

“Starters” are larger, more elaborate dishes and can include Equinox farm greens, tossed with Manchego cheese, smoked almonds, crispy shallots, and a sherry vinaigrette ($9); a silken mushroom soup made with chanterelles and garnished with cornbread croutons and herbed chantilly sauce ($10); or, the supernal dish of the evening on a recent visit, the nearly confectionary cappelletti, delicate pasta bundles of red kuri squash, laced with sage-infused brown butter, chili, and dusted with the sweet almond-scented crumbs of crushed amaretti cookies ($12).

For the main course selections the house has created an always-changing signature dish, meant for two, which is currently the beef boar board ($65), offering samplings of beef—grilled, smoked, roasted, braised, and as part of a refined sandwich—all accompanied with smoked onion puree, mustard-infused spaetzle, sauerkraut, dill pickle, and rye bread.
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In a nod to the Mediterranean, the kitchen offers a vegetarian's entrée choice with the eggplant wrapped in phyllo, alongside confit peppers, braised greens, kohlrabi, and tahini ($20). An unusually delicate yet homey piece of monkfish is surrounded by braised fennel, fingerling potato, and rapini in a lobster-infused broth ($25). The classic cassoulet, French-inspired comfort food that is right at home in a bistro setting, is served with plump Toulouse sausage laced with nutmeg, pepper, garlic, and salt, rich duck confit, shards of braised pork, and white Tarbais beans ($26); textures and flavors marry in a simmering pot. Beef seems to be the exemplary dish here, and the current offering is Hungarian braised beef, a succulent little brick of impossibly tender, falling-apart meat, fortified with paprika, tomato sauce, and red wine, and served aside crispy, potato-stuffed pierogies, turnips, and carrots ($27). If your grandmother was Hungarian and had trained at a culinary school, this is the dish she might have served.

Interesting additional side dishes include spice-roasted root vegetables, served with mint and yogurt ($8), or Sicilian cauliflower, baked, spiced florets with capers, pine nuts, and golden raisins ($8).

Portions are restrained and elegant at Sycamore, and desserts reflect that, merging standbys but adding nice flourishes, found, for example, in the cranberry tart enhanced nicely with orange caramel and bay leaf ice cream; beignets, those warm, sugar-dusted pillows of fried dough so sought out in the French Quarter, here thoughtfully brought to the table with a spiced chocolate sauce for dipping; or the ubiquitous but satisfying flourless chocolate cake, ramped up a bit with pumpkin ice cream and caramel sauce (all $9).

Judging from the full house and throngs of waiting guests lining the cozy bar, Sycamore seems to have found the culinary sweet spot—a casual neighborhood bistro where locals can savor well-executed and imaginative takes on contemporary cuisine.

Cook

In Newtonville, near the intersection of Walnut and Washington streets, another culinary newcomer, Cook, has put down roots, the newest restaurant of Paul Turano, the chef who runs the kitchen at Arlington’s popular Tryst. Built out in the space that previously housed Lami’s Restaurant, Cook has the stark, contemporary look of an industrial loft, with hard lines, high ceilings, and a well-lit and boisterous room with 61 seats at tables and an additional 31 seats, both at a pizza bar in front of the warm wood-burning ovens and at a traditional bar off to the side. The popularity of the place, given its American bistro fare, reasonable prices, and frenetic energy, has been immediate, and diners can expect to spend time at the bar waiting for a free table.
While at the Tryst location Turano plays with a romantic theme to the menu and setting, here the ambition is to produce straightforward, nicely executed standbys—snacks, starters, salads, a few good sandwiches, wood-fired flatbread pizzas, and reliable entrees. The seating is tight, the room is loud, and the lighting is harsh, so the experience here has to be buoyed by sturdy servings of good food at reasonable prices.

Some of what Cook refers to as “Snacks” are good accompaniments to drinks, if not ordinary, such as meatballs with fresh basil and mozzarella ($7), truffle-enhanced fries dusted with parmesan and served with a rosemary-infused aioli ($6), or marinated mushrooms ($6). But other snacks are more unusual and whimsical, such as the addictive popcorn which is glazed with caramel and tossed with bacon ($5) or the salt-dusted house-made pretzel served alongside a mustard selection for dipping ($3).

“Starters,” more substantial snacks, can include lobster sliders ($6 each), fried clams served in a little brown bag with tartar sauce and corn chow chow ($13), or shrimp tacos with avocado, red onion, and aji crema, a Peruvian pepper sauce ($5 ea.). There are two standout sandwich options available at Cook, the de rigueur burger ($13), a generous patty with the expected trimmings, and the even more interesting slow roasted, tender lamb which is tucked into soft pita and dressed with cool yogurt ($19).

The centerpiece offerings at Cook are the wood-fired flatbread pizzas, including a lovely wild mushroom version with Fontina, ricotta, caramelized onions, and a dusting of truffles ($14); chorizo with goat cheese, poblano peppers, and crisp fingerling chips ($12); or a straightforward tomato and mozzarella rendition finished with basil and extra virgin olive oil ($12). Flatbreads at Cook can be requested with gluten-free basil crusts, as well.

Those with a larger appetite can choose from six entrees, including a spice-rubbed flat iron steak with mashed potato and green beans ($25); a homey classic Bolognese sauce of veal, pork, and beef over fresh pasta ($19); or a choice Cook calls “NFC,” Newton Fried Chicken, served forth with gravy, biscuits, mashed potatoes, and cool slaw ($17).

And to finish a casual night out with friends or family in this vibrant, raucous space, a brownie sundae with vanilla ice cream, hot fudge, a drizzle of caramel, and whipped cream ($8) or a satisfying banana tart with chocolate crust, served with butterscotch pudding ($8) might be just the perfect ending.

Waban Kitchen

Waban Kitchen, nestled in the location on Beacon Street where Mediterranean-focused Kouzina used to be, is another new entrant to Newton’s culinary scene, and another instance where an
owner/chef used the reputation created at another restaurant to fuel attention for a new dining concept, just like Paul Turano did when he leveraged Tryst’s visibility to open Cook. In the case of Waban Kitchen, the chef/owner is Jeffrey Fournier, a veteran of some of Boston’s most innovative kitchens, including Pignoli, Locke-Ober, and The Met Club, and now owner of the very popular Newton Highlands eatery, 51 Lincoln, which he opened in 2006.

Like 51 Lincoln, Waban Kitchen is typical of the new style of local bistro: very unfussy décor, modern, wood-topped tables, attentive but not solicitous wait staff. Waban Kitchen, like Sycamore, uses exposed brick and a smallish space to create a cozy setting, with the bar lining the whole left side of the restaurant. A large blackboard lists daily specials.

As is also the current trend in bistro-style spots, the menu selections here are divided into three categories: “small plates,” “medium plates,” and “large plates,” allowing guests to graze, share, or enjoy their own meal. After a little bucket of superlative rosemary focaccia with a vivid green, freshly-made pesto for dipping arrives at the table, diners can sample one or more of the small plate selections, which include wontons stuffed with yam and pork, served with a Bourbon-maple glaze ($8); a single select portion of artisanal cheese from Wasick’s Cheese Shop in Wellesley ($6); oregano-marinated olives with grilled breads ($5); or curried florets of cauliflower infused with garlic, shallot, golden raisins, and anchovies ($7).

Fournier likes to give a nod to Asian influences in designing his dishes, evidence of which can be found in several menu items and one of the medium plates, including the crispy Rhode Island calamari served with Thai chili paste, a drizzle of mirin, soy, and honey-based Kabayaki sauce, and honey-roasted peanuts ($12). Another medium plate, sautéed shrimp, is bathed in a sauce spiked with Tequila and oranges and served with a shrimp-buttered focaccia ($12).

The kitchen’s self-acclaimed signature dish here is five-spice roasted half chicken ($24), which comes to the table with the distinct aroma of the dry rub of Asian spices—star anise, cloves, cinnamon, Sichuan pepper, and fennel seeds—and the juices from the chicken spilling over the black garlic-infused mashed potatoes and French green beans. Bucatini Amatriciana (half order $13, full order $25) is a classic take on a standard, the fat, hollow cousin to spaghetti tossed with shards of smoky pancetta, tomato, crushed red pepper, and parmesan. The Crescent Farms duck breast is brined in maple syrup, and served with a sweet potato pancake, wine-poached pear, and grilled radicchio ($29).

In another nod to the Far East, local hake is used in the Cambodian amok, a steaming process which produces a fragrant and intense coconut-shrimp broth to soak into the jasmine rice ($25).

Fournier and his young team clearly enjoy preparing their own takes on re-invented classics, and diners can watch them through the open kitchen from the comfortable neighborhood dining room, sipping a wine selected from the house’s extensive list, and forgetting for a moment that they are not in Boston at a trendy, high-priced eatery but instead in a quiet neighborhood spot in Newton, where quality dining is close by, wholly reliable, and satisfying.
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Travel Sites to Get You Where You’re Going

ALLISON IJAMS SARGENT writer

not twenty years ago, when winter’s gray monotones would burrow deep into our collective bones, travelers hungry for color and warmth would know exactly what to do: call their travel agent. This easy hand-off had huge advantages: a seasoned professional would cull thousands of flights, hotel options, car rental agencies, and, within a few days, call back with a tailored vacation designed exclusively for you. The internet’s revolutionary shake up of this customary routine has decimated the concept of travel agents and guide books, bringing powerful new tools to consumers with infinite choices on prices, deals, and destinations.

With this advent, the consumer is crowned king. Travel websites have exploded in scope and reach, giving travelers mega-sites that cover the earth to micro-sites that deliver a smaller slice of the travel continuum. “There is almost too much information,” notes Wellesley resident Gillian Kohli. Wellesley and Weston travelers are no different than the rest of the population in the
embracing this one-stop shopping. “We planned a ten-day trip to Ireland using TRIP ADVISOR, cross-checking with other sites, as well as country guides that I borrowed from the library,” reports Wellesley resident Lisa Rogers, “and it worked out beautifully.”

When searching, a huge percentage of travelers like Lisa Rogers will start with the Big Three: TRAVELOCITY, ORBITZ, or EXPEDIA. These sites are third party aggregators that use multiple online sources to get the best deals from around the web. They look similar, offering the same wide swath of features, with options to search hotels, flights, and destinations. The differences among them tend to be subtle (for example, Travelocity is the only one to offer rail travel searches). All promise a lowest-rate guarantee, though the onus falls on the traveler to send new pricing proof to the site in order to get a refund. “There is still no silver bullet,” warns Wellesley resident John Ivey, “there is no one site that has everything. A reasonable, well-educated consumer will never stick with one site.”

Often a user’s choice is based on navigability and comfort level. “I tend to use Orbitz for all of my low-end travel needs, for example when my kids are at an out of state athletic tournament,” says Wellesley resident Sarah Pedersen, “though we are talking about Motel 6, not the Ritz.” Pedersen has never had a problem with the site, though as usage soars, so do the complaints associated with some of these third party sites. The Better Business Bureau is littered with tales of frustrated travelers who were disappointed when their travel plans went awry or when what they thought they were promised varied from the reality in front of them. “It’s an area that makes me nervous with using sites like Expedia for hotels and things,” says Gillian Kohli. “If you need to change something, I am never quite
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as confident about it and the hotels never seem as gracious if there is a third party involved.”

More than any other transaction on the web, dogged follow-up and fine print reading can nearly always thwart travel-planning snafus. “It’s like the old Gorbachev/Reagan line: trust, but verify,” says John Ivey. Some easy ways to make sure that a trip is snag free include printing out all correspondence, double and triple checking dates before purchasing, and understanding all refund and cancellation policies as well as accepting the cold hard fact that the blocks of hotel rooms sold to third party bookers often are remnant rooms. Lowering expectations (unless you have a written description of an ocean view room or similar) can prevent possible disappointment and an argument with the front desk.

As the battle for travel dollars gets more competitive and the technology becomes more sophisticated, there are narrower variations in online prices in general, but this is especially true for airline flights in particular. “I used to trawl the web for the lowest fares but now that airlines have caught on to web-based fares, I just go to the airline’s site for the best deals,” says frequent traveler and Wellesley resident William Agush. “At least if I am stuck somewhere, there is a person at the end of the line who cares about my ticket.”

To test this pricing theory, WellesleyWeston Magazine searched prices for a non-stop flight from Boston to Columbus, Ohio with ten competing travel sites including Delta (which was the only airline providing a non-stop flight). The result? Not one travel site could beat Delta’s fare. Each day’s search yielded successively lower fares but all were consistent with the airline’s best price.

TRAVELOCITY offered a feature that tracked the fare over a number of days, alerting the consumer to the best deals. This would have been useful had there been an actual wide variation in price. When one connection was added as an option, the filtering system exploded with lower priced choices. This is where a determined consumer could rack up significant savings.

As an antidote to the multiple tedious searches outlined above, relative newcomer KAYAK.COM offers a one-stop web experience that negates the need to comb through various aggregators. This handy site searches all of the mainstream websites and offers an instant side-by-side comparison of quotes from each. Choose the lowest price and Kayak delivers the user to the site where one can complete the booking. Kayak doesn’t offer booking services but it cuts out painful, confusing initial searches with the click of a mouse. For airline fares, it also offers a nifty “trending” chart that advises users whether to buy now or wait, depending on expected pricing fluctuations.
Many people interviewed for this article, however, follow William Agush’s example: they searched for fares with an aggregator to get a sense of the best price and then booked through the airlines themselves. While this may cost a few more dollars, many felt the added assurance of direct booking offered peace of mind especially for school vacations or other high traffic times when smooth travel is essential.

But once the airfares and schedules have been nailed down, the fun part begins: where to stay and what to do once you get there. These questions are the ones the internet was invented to answer. The range of hotel and activity websites is staggering; the prices can seem arbitrary and capricious. Some of the best sites cut through this clutter and offer consumers truly unusual finds that never make it into a general guidebook or local tourism brochure. Here are some of the best sites to bookmark. Have fun searching and happy travels!

**TRIP ADVISOR** Trip Advisor is the number one travel site in the world, and for good reason. Used as a clearing house for every kind of travel possible, Trip Advisor uses reviews to rate hotels, attractions, restaurants, or any sort of travel-related activity. While Trip Advisor does not do bookings, it partners with all of the major sites to help plan trips. But by far its most valuable feature is the thousands of user reviews which report on...
the good, the bad, and the bedbugs. Trip Advisor can steer readers to
outstanding restaurants, away from dodgy hotels, to report on what is
under construction or is need of a shout out in a crowded world.

“I use Trip Advisor religiously,” says Wellesley resident Janet
Mannheim. “On our last vacation, it led me to the highlight of our
trip to Santa Barbara, a Segway Tour, which I would have never
stumbled across had it not been for them.” Though, as John Ivey
warns: “Be sure to weed out the ‘plants’ and the ‘crazies.’” These are
the reviews submitted by the owner’s brother or the ones written by
the never-satisfied.

VIATOR.COM This website has a dazzling array of hand-picked activities
in countries across the world. Jam packed with special excursions, off
the radar side trips, and VIP head-to-the-front-of-the-line private
tours, start here when you book your trip to see if you can add some-
thing extraordinary to the usual list of sightseeing hotspots.

TABLETHOTELS.COM This is one of the many
curated hotel sites that offer travelers choices
of unique hotels that typically don’t appear
in guidebooks or on the mega sites. The edi-
tors of this site have visited each of the hotels
in this collection and are therefore able to
give intimate, comprehensive overviews of
each property. Customer reviews give instant
feedback, keeping users up to date on prop-
erty changes. “This site has the most interest-
ing portfolio of hotels on the planet,” says
William Agush. “The quality is amazing.”

QUIKBOOK.COM This site is similar to Tablethotels but is more focused
on low rates that it negotiates with a stable of hand-picked boutique
hotels in large US cities. Unlike other sites, Quikbook allows travelers
to book on the site and pay upon checkout, no pre-payment necessary.

LUXURYLINK.COM is the granddaddy of discounted luxury hotel vaca-
tions online. Luxury Link lists 1,200 luxury hotels and villas where trav-
ellers can pick up deals up to 65 percent off of published room rates.

JETSETTER.COM is another curated site that focuses on the unique
hotel properties including villas. What’s different about them? Their
flash sales, which offer deeply discounted prices that last just a few
days. Use this site when you are feeling spontaneous.

VOYAGEPRIVE.COM and SECRETESCAPES.COM are both touted as
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lengthy form and voilà), but once a member, these sites offer consumers flash sales that are not found elsewhere on the web.

**BACKBID.COM** When you post your existing hotel reservation to BackBid, competing hotels are able to see your travel plans and offer bids to entice you to switch to their property, offering either discounts or services. In short, instead of you searching the web for best prices, Backbid turns the tables and makes the hotels compete for your reservation.

**HOTELTONIGHT.COM** This is not a site but an app that is ideal for the traveler who only needs a hotel room for one night. The hotel opens up its inventory at 12:00 noon and consumers can search available inventory for that night at a discounted price. This app is ideal for last minute business travel.

**VRBO.COM** This site stands for Vacation Rental By Owner, and is a site that lists more than half a million properties worldwide, and, as the name suggests, puts would be renters in touch with vacation property owners. VRBO makes its money through the listing fees that owners pay so there are no add-on fees or upcharges for renting through the site. Wellesley resident Kat Bliss has had three successful rentals through the site. “It is so user friendly,” she says, “it shows availability, prices, everything. I won’t go to another site.”

**AIRBNB.COM** This site is giving VRBO a run for its money in the owner rental arena. Initially known more for its single room rentals, it now has expanded into private rentals, with many apartments, houses, and villas in more than 34,000 towns and cities listed worldwide. Bonus: they have more than 600 castles to peruse.
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about town

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

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

Wellesley Historical Society Holiday Party 2013

Pine Straw Style Night

Julie Fund Gala at Fenway Park

1 Maria Di Lorenzo, Tracy Cranley, Susan Brennan, and Lorna Hutchins

1 Eileen Howard, Karen Celi, and Tom LeBrun  2 Jane Collinson and Jared Parker  3 Dave and Betsy Powell  4 Barbara Stedman, Lorrie Woodacre, and Dottie Damon

1 Christine Santangelo, Cynthia Wacha, Ann DelDuchetto, and Carolyn McAvinn  2 Judy Paige and Dian Burhoe
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Landscape Design by Matthew Cunningham

Rex & Barbie Kidd
Debi Benoit Holiday Party with Patriots Player Nate Solder

Lux Bond & Green Holiday Party

First Commons Bank Wine Tasting-Wellesley Chamber “After Hours” Event

For more information on these events and additional photos, visit wwmblog.com
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Benoit Mizner Simon Halloween

UNO De 50 Trunk Show at The Candy Bar

Sip. Savor. Sparkle: An evening at IMPULSE in support of Boston Children’s Hospital League
about town (CONTINUED FROM PAGE 198)

Simon Pearce Private Dinner at Lux Bond & Green

1 Sheryl Green, Pia Pearce, and Ann Marie Nobile
2 Simon Pearce, Pia Pearce, and Amanda Kennedy

Wellesley Chamber of Commerce Gala at North Hill

1 Amy Mizner, Nan Vandervelde, Anne Remian, Betsy Hargreaves, and Amy Rutkowski
2 Michelle Garfinkel, Dani Sammut, and Sheryl Simon
3 Ilene Wigetman, Peter Hill, and Pam Dennehy

Benoit Mizner Simon & Co.’s Annual Holiday Party

1 Lynn Donahue, Janet Seidl, Linette Van Flandern, and Tricia Wynn
2 Janet Seidl, Michelle Arbely, and Laura Fowler

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

1 Mark Sinclair, Kelly Sinclair, Guest, and Jake Maulin
2 Susan Hoffman, Judy Harrington, Sandy Joseph, and Bitsy Graham
3 Fran Kerchner, Tom Fontaine, and Suzanne Fontaine
about town (CONTINUED FROM PAGE 200)

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

Susan F. Smith Center for Women’s Cancer Executive Council Beyond Boston Luncheon

1 Pam First Martin, Carie Capossela, and Meredith Beaton-Starr 2 Carie Capossela 3 Debbi First and Pam First Martin

Beth Israel Deaconess Needham
Dream Big, The Great Gatsby Gala

1 John Fogarty 2 JC Monahan and Billy Costa

DePrisco Holiday Party and Lisa Niemi Swayze Book Signing

1 Albert DePrisco, Lisa Niemi Swayze, and Frank DePrisco 2 Andrea and Ed Harding 3 Alexander Krisak, Hope Aldrich, Charu Narain, Robert Costa, and Anna Maria Costa
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YOU WILL FEEL RIGHT AT HOME WITH ELITE.
about town (continued from page 202)

Berkshire Hathaway HomeServices Town and Country Real Estate Kick-Off Party

1 Mike Porterfield, Gail Lockberg, Gary Lockberg, and Frank Struck
2 Daryl Lippman and Cecelia Hensal
3 Kathy Kelley, Donna Fessler, and Betsy Powers

Shafer O’Neil Interior Design Winter Event

1 Patrice Goldman, Guest, Karin Stanley, and Judy Labins
2 Lori Sweeney, Laurie Bartlett, and Lori Kelly

Ali and Ali Candy Drive

1 Wellesley Police Chief Terry Cunningham, Drs. Ali and Ali, Upham School Principal Jeff Dees and Candy Drive supporters
2 World War II veteran Lindsay Ellms (center) with Drs. Ali and Ali and National Guardsmen
3 Zarah Ali

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

Do You Have An Event You Want Us To Showcase?
Please send your photos and descriptions to: jill@wellesleywestonmagazine.com. Email submissions only please; jpeg photos are welcome at a minimum size of 3" x 4.5" at 300dpi.
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my family  lives in the Standish Estates, a neighborhood tucked behind Mass Bay Community College. Traffic rushes past on Route 9, and on still days we can hear I-95; it is easy to be en route to somewhere else. But I relish staying home, because our neighborhood feels like it is part of the 150-acre Town Forest and nearby Centennial Park. I live a “country” life, yet am only 11 miles from Boston Common.

The focal point of the neighborhood is Longfellow Pond, which, despite its many charms, is not as well known as Lake Waban or Morses Pond. I recall visiting a real estate open house, walking directly into the woods instead of looking at the property first. The light behind the trees suggested water, always an attraction. Longfellow Pond is the dammed portion of Rosemary Brook, a long waterway surrounded by glacial formations. It is ringed by a path, part of which is an old carriage road that led to a long-gone nail factory and ice house. Trails reach into the forest, including a steep incline to the Fiske School neighborhood.

After years of living next to Longfellow Pond, I consider it a canvas for the seasons. In spring, green goslings huddle with their watchful parents. In summer, lily pads and invasive “water chestnuts” cover the water; these are replaced in autumn by floating leaves. In winter there is usually a sheen of ice, sometimes thick enough for skating, sometimes visible only in small areas that have been cleared of snow. Mallards swim in the unfrozen inlet, their little orange feet so impervious to cold.

It is a cliché to note that seasons turn into years, but observing the passage of time is a big part of my home experience. The baby who gazes at the treetops later walks to school at Fiske and, later still, introduces young adult friends to the woods. The puppy who drags an owner down the path eventually needs that owner to make rest stops around the path. Willow trees are planted, grow rapidly, sustain storm damage, and are replaced. People visit from around town, from local colleges, and from other communities, but I’m most aware of the neighbors who pass my house; in two decades children have grown up, spouses have passed away, gaits have slowed, houses have changed hands.

The neighbors who frequent the forest know that we share it with animals. Ducks and geese are ubiquitous, but the pond is also hospitable to herons, mergansers, and hawks. Turtles sun themselves and lumber from the water to lay eggs. There are foxes, coyotes, deer, and snakes, mosquitoes, spiders, and gnats. The wildlife lends a timeless quality to the area. While the people and dwellings of the neighborhood continue to change, the pond and forest remain a refuge and anchor. We benefit from nature’s rhythms, and I hope nature will benefit from our stewardship.
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