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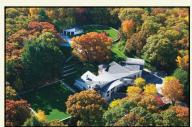


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Editor's Letter

features winter 2014/2015

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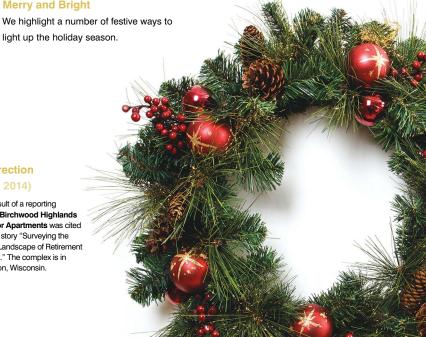




WellesleyWeston

correction

As result of a reporting error, Birchwood Highlands Senior Apartments was cited in the story "Surveying the New Landscape of Retirement Living." The complex is in Weston, Wisconsin.



ONLY A FEW CHOICE HOMES REMAIN!



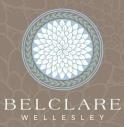
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This page gives our readers the opportunity to express themselves creatively with writing, art, and photography. In this issue, Diane Anton shares a special photograph.





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WellesleyWeston Magazine | winter 2014/2015

letter



BETH FURMAN beth@wellesleywestonmagazine.com

decking the halls, preparing delicious meals, entertaining friends, attending parties, shopping, celebrating, and, finally, relaxing. This is just a partial list of the special things we have to look forward to during this busy holiday season. And this issue is filled with ideas to help you make the most out of these activities and then some.

Let's start with holiday decorating. As you'll read in this issue's Green Scene, the best way to decorate for the season is with fresh greens from your garden. I think you'll find our tips helpful on how to keep greenery from the outdoors looking fresh and gorgeous indoors. When you're finished decorating and beginning to plan your holiday menus, remember that homemade soup is always appreciated. I know you'll enjoy our delicious soup recipes from local chefs in our Food & Wine section.

Moving on to entertaining, if the parties you plan to host or attend this holiday season feature a dance floor, our "Do You Think You Can Dance" article will help get your feet moving. As one local dance instructor says, "If you can walk, you can dance." Read how your neighbors are burning up the dance floor (and burning calories) and discover where to go to learn some sophisticated dance moves to impress your friends and family members.

Let's not, of course, forget about holiday shopping. Chances are, you'll be inspired to go watch shopping after reading "Architects of Time." If you're looking for other gift ideas for those on your holiday list, I'm certain you'll find many of them by reading the ads in this issue from our loyal advertisers. We are so fortunate to have many wonderful places to shop right here at home, so please be sure to shop local.

There are many ways to celebrate the season in our towns, and we look at just a few of them in our "Merry and Bright" article. From a house decorating contest in Wellesley to wreath making in Weston to a Festival of Trees at Elm Bank, there is much to pack into a few short weeks. And don't forget to check out our Inbox section and visit **wwmblog.com** for upcoming events and trunk shows that you won't want to miss. So get busy, enjoy, and, when it's all over, take a few days to yourself to just relax.

Happy Holidays!





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JILL NILSEN jill@wellesleywestonmagazine.com

a few Weeks ago, I had the pleasure of attending an "Inspirational Luncheon" and met Sukey Forbes, the author of *The Angel in My Pocket*. It was a beautiful, sunny fall day and after a delicious lunch enjoyed in a lovely Wellesley garden, a group of us gathered indoors to hear Sukey tell the heartbreaking story about the death of her daughter, Charlotte, and share her very personal journey that resulted in the writing of her book. Wellesley author Nichole Bernier (*The Unfinished Work of Elizabeth D.*) interviews Sukey in our Books section and I hope you'll be as moved by her honesty and courage as I was.

This issue is filled with inspirational people, like Dr. David Mooney, who not only works tirelessly to help injured children as Trauma Medical Director at Boston Children's Hospital, but devotes his free time to travel to places like Haiti, where he was part of the first Disaster Medical Teams to arrive after the 2010 earth-quake. You'll also meet parents and troop leaders who volunteer their time so our children can enjoy the many benefits of the Girl and Boy Scouts. And the Partakers, who work to transform the lives of incarcerated individuals by helping them realize the dream of a college education. During this time of year when giving to others is on all of our minds, I'd like to thank those who practice this all year long and make Wellesley and Weston truly special places to live.

Of course, our communities aren't perfect, and every now and then we publish an article that points out that we are not immune to the problems currently affecting the nation. In our fall issue, the article "Bad Habits" was the topic of much discussion, and I'd like to share a couple of the letters I received.

Kudos to you, and the staff of WellesleyWeston Magazine, for having the courage to write about the epidemic issue of substance abuse in "Bad Habits: The Rise of Opiate Use in Massachusetts."

No town, no family, no school system is immune to the disease of addiction.

I commend you for shining light on the topic.

Lisa Keefe, B.S., R.N.
Clinical Coordinator,
Wellesley College Health Service

I want to congratulate Allison for writing such a powerful article about an issue most would not like to acknowledge exists. Hopefully, this article will be well read and create an open discussion between parents and kids about drug use.

Wellesley is so lucky to have a supportive police chief and hopefully school administration. The goal is not to arrest but to get those in need into treatment.

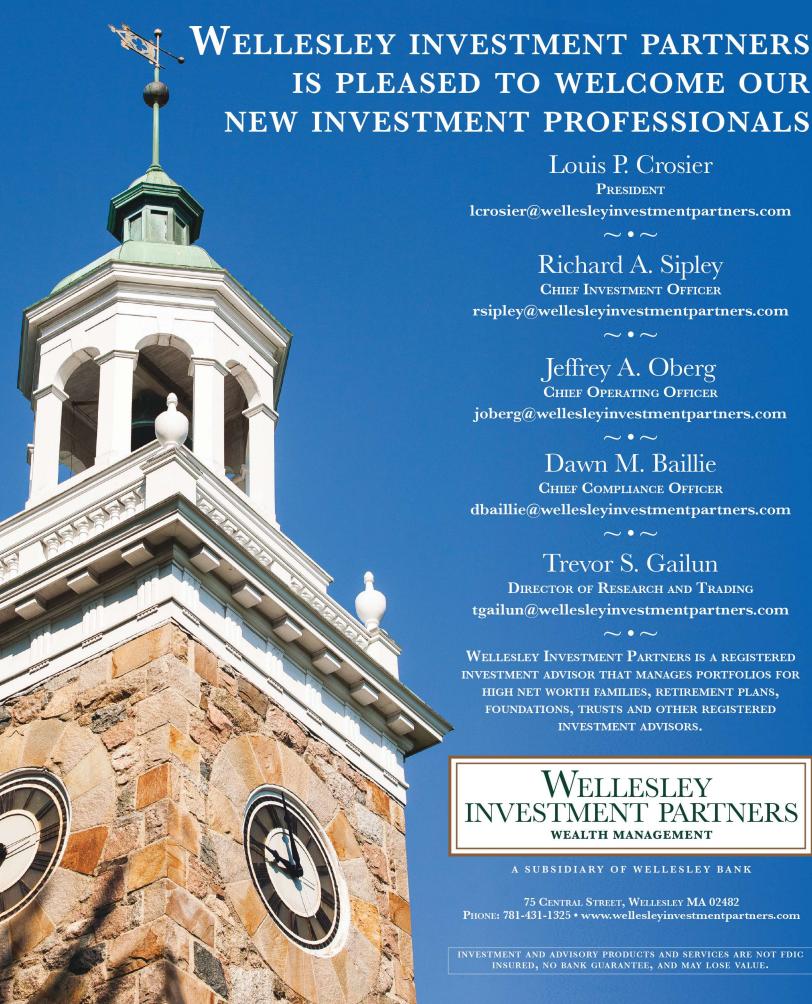
Passage of the Good Samaritan Law was just the beginning — but I am pleased to see it has helped to open a dialogue and with the distribution of Narcan so many lives are now being saved. Parents need to be more aware, not be afraid to confront their child and get the necessary help.

Thank you both for publishing this.

Susan Sheehan

If you have a subject you'd like us to cover, please email me at **jill@wellesleywestonmagazine.com**. In the meantime, I hope you and your family enjoy a holiday season filled with warmth and joy.





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Fresh and Green

RUTH FURMAN writer



the weather outside might be frightful while our gardens are peacefully snoozing. Thankfully, we are indoors where the temperatures are more delightful during this season of hustle, bustle, and festive pursuits. One of the pleasurable activities this time of year is gathering greenery for seasonal decorations and there is nothing better than the fresh scent of evergreens. The fresher the greens, the longer they will last, and the best place to get them is from your own garden.

Keeping your greenery fresh indoors is a challenge, especially if you decide to decorate right at the start of the holiday season. Cranking up the heat or burning a fire in the fireplace keeps us toasty, but the warm, dry air really will turn your evergreens to toast. Fresh greens can last about two weeks indoors with a daily misting but, with our busy lives, who will remember to mist?





Why is community banking a virtuous circle?

We see an important trend in the communities we are so privileged to serve. Some refer to it as the Shop Local Movement, as evidenced by the commitment we all share in supporting our hard working local merchants and our local farmers markets. Shop Local has taught us all an important lesson about communities taking care of themselves. Be they terrific bakeries and restaurants, coffee shops, bike shops, barber shops or beauty salons. If we want local merchants in the town in which we live, we'll support them.

Others refer to this trend as Localization. Globalization certainly has merit, but Localization — like Shop Local — is more about what's good for a town than what's good for a global economy. As your community bank, we've taken the lead on Shop Local and on Localization. When we look out the window from our Wellesley office at 458 Washington Street, we don't see Wall Street...we see Wellesley families shopping in town and banking in town. Because shopping local means banking local.

"Why should I care?"

It's simple, really. As your community bank we are heavily invested in this town. We are entrusted with your deposits. We lend money back to the builders, small businesses, and residents of this town. And that simple paradigm is working because of you.

More people have switched to Needham Bank in 2014 than in any prior one year period in our long history. And for that we are most grateful because your decision to bank local enables us to increase our capital, which not only allows us to lend more locally, but also helps fund more of the local initiatives that we all care about. In just this year we will support over 255 different community organizations.

As our business grows, we will continue to expand what we give back to the community. It is, as such, a virtuous circle. And it's gaining momentum every single day.

"What can I do?"

We all know that changing banks can be onerous and that may be why you haven't done so already. If our community-centric message resonates with you, would you be willing to take some time to talk about what we offer as an alternative to the globalized financial services behemoths? There's lots of information on our web site (NeedhamBank.com), terrific employees in our branches, and community bankers eager to help whether that means meeting with you in a branch, at your home, or at your office before, during, or after work.

Shopping local means banking local which means we can continue to do more for Wellesley and for you. Please contact Chris Teachout at CTeachout@NeedhamBank.com or at 781-474-5476 to get the straight scoop on why community banking creates a virtuous circle that benefits everyone.



Florists condition flowers before placing them in arrangements, and the same treatment can be used for freshly cut greens to prevent them from drying out too quickly. A key factor is selection; choose material like pine, cedar, or fir that won't shed needles quickly. Remember to cut the greenery at a 45-degree angle and crush or split the stems two to three inches from the bottom with a hammer. Condition the greens by immersing them in lukewarm water for a few hours or even overnight to soak up as much moisture as possible. If you are not going to use them immediately, store them in buckets of water in a cold but not freezing area like a garage or a bulkhead until ready for use. Do check the water level a few times during the first 24 hours, as they can absorb quite a bit, then top up as needed.

There are a few products available at garden centers or florists that will help prolong freshness and prevent needles or berries from shedding: look for Holly Dip, Prolong, or Wilt-Pruf. Follow the manufacturer's instructions and mix the preservative with the specified amount of water in a large bucket or spray bottle. Either dip or spray the material with the solution so that it is thoroughly covered, let it dry, then store in buckets of water until ready to use. The same preservative mix can be used in vases or containers of greens you are using for decoration. If you do purchase cut greens it is most likely they will have been

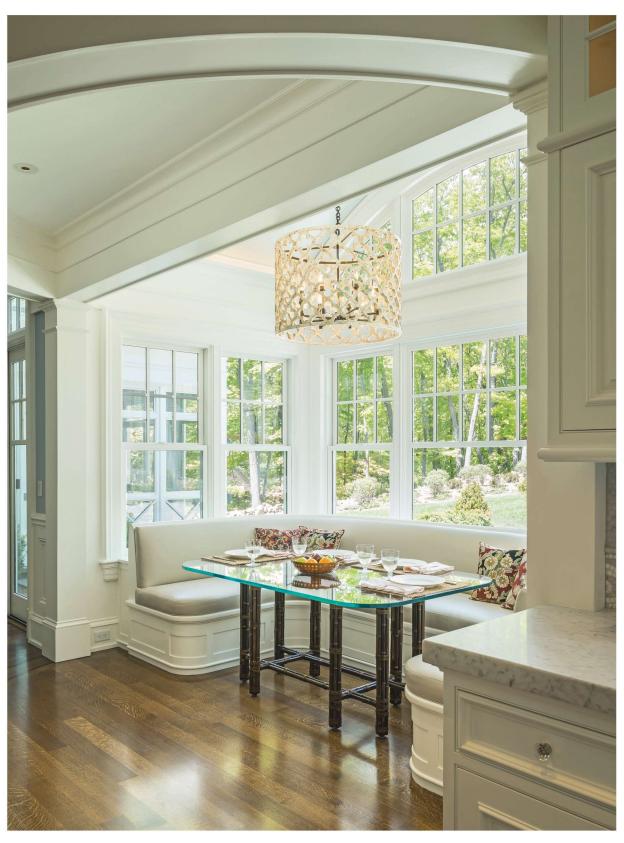
cut for some weeks and kept refrigerated to keep them looking fresh; but once you bring them indoors, the needle shedding will begin. To inhibit shedding, re-cut the stem, split it two to three inches from the bottom, spray or rinse the greens with a preservative, then store them in water in a cool place until ready to decorate.

When selecting a cut tree for the holiday season, look for spruce or fir as they hold their needles better than others. After you've selected your tree, ask to have about an inch or more cut from the base. When you get home, plunge the tree into a bucket of hot water, letting it drink up to rehydrate. Keep the tree in a cool place and remember to top up the water until you are ready to decorate. You can also spray the tree with the same preservatives to reduce needle drop. Don't forget your outdoor evergreens either; remember last winter's bitter cold periods that caused damage and death to even established evergreens. Spraying the evergreens with an anti-desiccant before freezing weather sets in will help them survive the ravages of winter.

Think green, dream, and deck the halls with evergreen! WW

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

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10 tips for...

(GETTING THROUGH THE WINTER)

New England winters are some of the most brutal in the country, yet all of us have chosen to live in this area where blizzards and nor'easters are just part of the package. Here are ten ideas for not only getting through the winter, but actually enjoying it.

One Look at it as a fresh start

Although winter officially begins on December 21, the darkest day of the year, it often doesn't really feel like winter until the buzz of the holidays is over. Rather than dreading January, view it as a fresh start. Resolutions are made. Holiday decorations get put away. Life gets back to normal. You start eating sensibly again and return to your old routine, which feels really good after weeks of indulgence. Consider trying a new form of exercise that will motivate you to hit the gym more often.



two Get some good gear

If you're going to enjoy winter, you need to be prepared. Invest in a seriously warm coat—down, wool—whatever suits your fancy. But don't skimp. A warm hat, mittens or gloves, and a scarf, as well as good waterproof boots, are required for taking on Old Man Winter with a vengeance. Dress in layers to retain body heat and invest in long underwear or a base layer that wicks to release moisture.

three Become a movie buff

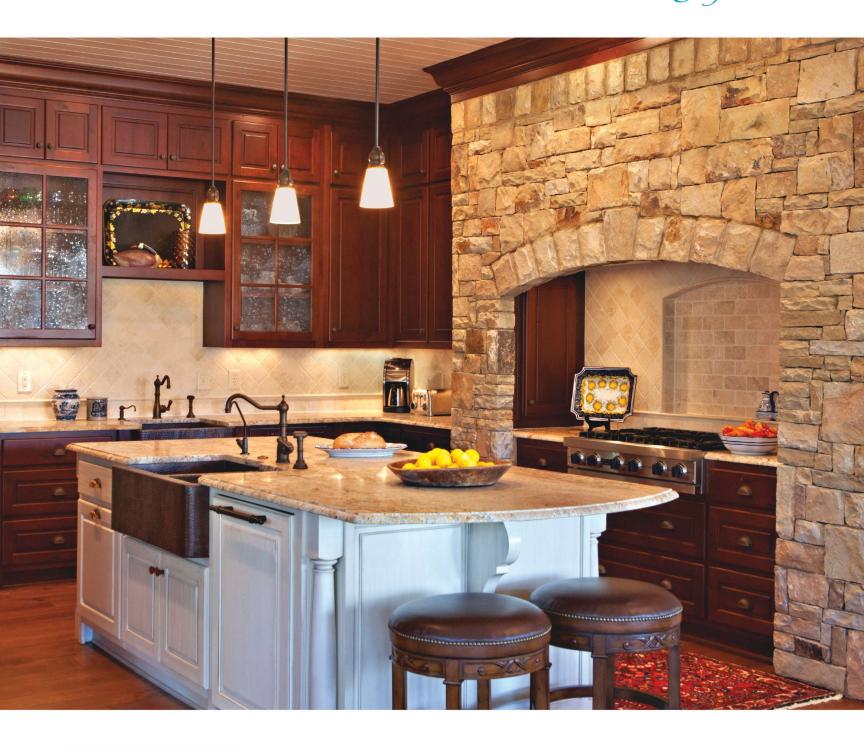
The best movies of the year are often released in December, so they are fresh in people's minds when awards season comes around. So this winter, hit the theater for a peek at the next Oscar winner. Even better, watch it in one of those fancy theaters that offer reclining seats and dinner while you watch the film. Chestnut Hill's Showcase SuperLux theater offers plush leather seats that electronically recline and include a call button so you can reach your personal server to order dinner, snacks, and beverages whenever you like. AMC Framingham's premium cinema also offers in-theater dining options and reserved seating. And don't miss the opportunity to be entertained at home during "awards season," which starts with the Golden Globes and ends with the Academy Awards.

TOUT Get outside

There are so many great things to do outside in the winter-downhill skiing, cross-country (Weston Ski Track offers night skiing under lights), snowshoeing, ice skating, hiking, paddle tennis, sledding (at Wellesley College, Elm Bank, and Bates school) which make the season really bright. Even if these winter sports aren't for you, a brisk walk with the dog or an afternoon at a Pats game will get your blood pumping.

PATTY LENZ BOVIE writer

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10 tips (continued)

five Cook your heart out

Fire up the oven. Pull out that crockpot. Dust off your cookbooks. There's no better time for trying new recipes and baking goodies than the winter. Cold weather stimulates the appetite, and chili, stews, soups, and casseroles are a perfect antidote. The Food and Wine section in this issue offers some delicious soup recipes that will provide warmth and comfort to you and your family on a chilly winter's eve.

S1X Look around

There's nothing like a crisp winter day—brilliant blue skies from end to end, warm sunshine pouring through icy branches. Make it a point to see what the world looks like when the snow stops falling, when the sun is high in the sky and everything sparkles, or when it dips down and casts a rosy glow over everything in sight.

Seven Burrow

There's something comforting about being safe inside when the wind is howling and the world is frozen and dark. You can build a fire, curl up with a good book, cuddle with your loved ones, or watch the most exciting football of the season. When winter arrives the world slows down a little and gives us permission to

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or Shop online: www.YourFrenchGift.com



sleep in, make pancakes, and stay in our PJs. And though we may not be kids anymore, there's nothing quite like an occasional snow day. We all deserve one once in a while.

eight Stay healthy

Winter not only brings the cold, it also brings the flu. This winter, get your guard up against germs. Try a daily dose of Vitamin C, Echinacea, and Zinc to boost your immune system. Get plenty of sleep. Hydrate. Get a flu shot. Eat right, exercise, wash your hands, a lot. Make doctors' appointments for your annual physical, skin check, and mammogram. And don't forget the dentist. Also take the time to pamper yourself. Long, hot bubble baths, salt scrubs, facials, moisturizer, anything to make you feel really and truly healthy.

nine Revel in it

Instead of fighting winter, accept it with open arms. Bundle up in a toasty sweater. Sip hot cocoa on your front porch as you watch the snow fall. Shovel away. Listen to the crunch of snow under your feet. Pluck an icicle off a gutter. Make a snowman. Enjoy the peaceful quiet that winter brings. And soak up those occasional warm days that come like nature's gifts when you least expect them.

ten Know that it's temporary

When you look out your windows at the bare branched landscape it may seem like winter will never end. But underneath all that snow and ice are buds ready to burst, crocuses eager to sprout, robins waiting to lay eggs. Your winter wonderland will soon fade away. The days will get longer. The air will get warmer, and the first signs of spring will begin to emerge. It's something you can always count on.



TWENTY TWO LIBERTY

What's the best way to celebrate the holidays and start the new year?
Give yourself the gift of change. A new location. A new lifestyle.
Twenty Two Liberty at Fan Pier on Boston's waterfront is a unique residential opportunity and the ideal gift that lasts far beyond the holiday season.

Luxury condominium residences with spectacular views in a compelling location. The furnished Marketing Center is now open.

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A development of The Fallon Company
Important legal information follows on the next two pages.







Surrounded by blue skies, blue water and the green grass of relaxing open park space, Twenty Two Liberty is unrivaled. Some amenities go without saying – 24/7 concierge service, self-parking, a superb fitness center and courteous doorman. Others, like the incredible Harbor Club, are one of a kind. This residents-only, private entertainment space overlooks Boston Harbor and features a fireplace and outdoor entertainment area. You'll also be glad to know Twenty Two Liberty offers exceptional transportation access in any direction... although it's tempting to stay home and simply enjoy the spectacular views and compelling location.

Homes starting at \$1,176,000 to \$7 Million, plus. We invite you to visit our furnished Marketing Center.

Schedule your appointment today. 617.261.4500.

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No registration of the condominium residences at Twenty Two Liberty at Fan Pier Boston has been made with any state or foreign jurisdiction where prior registration may be required by law, and no offer to sell condominium residences at Twenty Two Liberty at Fan Pier Boston is made to any person in any state or foreign jurisdiction where prior registration may be required by law. No broker cooperation is offered. Pricing is subject to change. Many of the residences at Twenty Two Liberty will have views of both the harbor and the city. Views to the harbor, the city or both are not available in all of the residences. The view illustration shown above is not representative of the view available in all of the homes at Twenty Two Liberty. Outside space is not available in studio home designs. All prospective improvements at Twenty Two Liberty shown in the illustration are currently proposed and not yet constructed. Further, the illustration may contain both completed and proposed improvements which are not yet constructed. Any current concepts of the residences at Twenty Two Liberty and the Fan Pier development are subject to change. A Property Report as required by The Interstate Land Sales Full Disclosure Act is on file with the Seller of Twenty Two Liberty and will be provided to prospective buyer(s) prior to the execution of any binding purchase and sale agreement.



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

Elizabeth

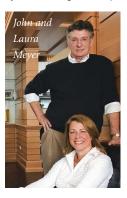
Swartz



Steve Verdelli, an up and coming realtor of Coldwell Banker, Wellesley, is making an impact on the industry locally and nationally. Steve, who has appeared on the popular **HGTV** shows House Hunters and

House Hunters Renovation, is producing and hosting his own show on Wellesley Media Channel entitled Another Home Sold. The show will feature local residential property experts offering advice, tips, and valuable insights. The show will also highlight a Wellesley property for sale. He can be reached at steven.verdelli@NEMoves.com or 617.922.4714.

Meyer & Meyer, Inc. was awarded the 2014 Bulfinch Award for the renovation and restoration of an historic, Georgian home in Newton. Presented by the New England Chapter of the Institute of



Classical Art and Architecture, the award recognizes the preservation and advancement of the classical tradition in New England. Meyer & Meyer, Inc. offers comprehensive architectural and interior design serv-

ices and their expertise ranges from authentic historical styles to innovative contemporary design. For more information, call 617.266.0555 or visit www.Meyer@MeyerArchitects.com.

Elizabeth Swartz, ASID, was featured in Boston Home's 2014 Kitchen issue in the popular double page spread "One Great Room." Working with architect TS Beard and landscape designer Sean Papich, Elizabeth brought style, comfort, and flexibility to an outdoor kitchen and dining area with custom, boldly colored tables and chairs that are

easily reconfigured to host a large party or an intimate gathering. Elizabeth specializes in residential interior design with projects ranging from traditional to contemporary. For more information, please call 617.421.0800 or

visit www.elizabethswartzinteriors.com.

Lyn Evans is excited to announce a special event taking place this winter. Lyn Evans is partner-



ing with Chris Herren, founder of The Herren Project, to raise awareness for individuals and families struggling with addiction. An instore fundraiser will be held on Wednesday, December 3, 2014

from 6:00 to 9:00 pm to benefit The Herren Project. Join Lyn Evans at the Wellesley store located at 8

Church Street to support a great cause and find the perfect outfit(s) for the holidays.

- Power Outage Services Company, LLC, a Topsfield-based generator company, launched the new "HomeSitter" service this past spring to preventative maintenance customers. HomeSitter is a dial out device that works in conjunction with your battery backed-up telephone or standard telephone service. The company programs the HomeSitter to call their emergency telephone number in the event that the generator has failed to start. For additional information please visit: www.powerout.us or call 1.877.701.0701.
- Join IMPULSE by Adamas Fine Jewelry at 180 Linden Street in Wellesley on Friday, December 5 and Saturday, December 6 from 10:00 am to 5:00 pm for a Suzanne Kalan trunk show. Elegantly refined and feminine, shop her latest collection featuring precious and semi-precious stones set in 14k and 18k gold. Receive 20 percent off all trunk show purchases. For more information, visit www.trustyourimpulse.com.
- Tony Coutlis, owner and operator of Aerobic Dog, is a first class pet care provider, celebrating ten years of serving Wellesley and Weston families. Aerobic Dog specializes in play groups, pet and house sitting, dog walking, private in-home

Dr. Touradj and Shari Ameli along with the entire team of ARID | Newton-Wellesley hosted an "office open house" on Thursday September 4th. While the guests were highly impressed with their most advanced state-of-the-art dental clinic and its breathtaking modern architectural

design, they also enjoyed great company and great food. ARID Newton-Wellesley® is officially open and offers unparalleled leadingedge expertise in dental aesthetic, reconstructive, and dental implant procedures for all ages. Call 781.237.1190 or visit www.aridnw.com.



Dr. Touradj Ameli, Iva Taslakov, Kelly Purington,

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puppy training, and cat visits. Aerobic Dog is veterinary recommended, certified in Pet First Aid by the American Red Cross, a proud member of Pet Sitters International, and fully bonded and insured. Tony can be reached at 508.380.3380 or visit aerobicdog.com.

SAT & ACT Services offers ongoing support to students taking AP Courses in Calculus, Chemistry, English Language and Composition, English Literature and Composition, European History, Human Geography, US History, US Government and



Needham Bank announced the appointment of Tom Aaron, a Premier Associate at Coldwell Banker in Wellesley, to the Bank's Advisory Council. "Tom is an important member of the Wellesley community," remarked Jack McGeorge, Needham Bank's CEO and Chairman. "His real estate career is more than impressive. His appointment to the Bank's Advisory Council further demonstrates our commitment as the leading community bank in the towns we're so privileged to serve."

Politics, and World History. Through their AP Support program, students can choose to work either once per week or every two weeks with a tutor expert in the subject and in the particulars of the AP exam. Call 781.535.7177 or visit www.sat-n-act.com.

- ▶ Dedham Country Day is more than a school. It's a dynamic community of students, teachers, and parents, all connected by a passion for learning.

 Just minutes from Route 128 in Dedham, DCD is a coeducational, independent school for children Pre-Kindergarten through Grade 8. Their well-crafted program balances challenging academics with arts, athletics, and community service to ensure that children grow connected, whole, and strong. Visit www.DedhamCountryDay.org for admissions events and tours.
- ▶ Winterfell's winter collection has just arrived with unique styles from exclusive designers as well as local artisans. Designers include Alp-n-Rock, Astis Mittens, Bogner, Colmar, Fire + Ice, Mischa Lampert, M. Miller, Para Jumpers, Park Accessories, Skida, The Ropes of Maine, and more. The store is open weekends until Thanksgiving, then Wednesday through Sunday from 10:00 am until 6:00 pm., and always by appointment. Visit Winterfell at 1940 Mountain Road in Stowe, Vermont and at www.winterfellvt.com.
- ▶ Wellesley-based **Roche Bros**. has commenced construction on its 25,000-square-foot flagship supermarket at the Millennium Tower/Burnham Building in Boston's Downtown Crossing. This is the first large-scale grocery store to be built in Downtown Crossing and will serve the growing residential neighborhood first initiated by Millennium Partners. The new store is scheduled to open in early 2015. The new supermarket will feature 3,000 square feet of street level retail and 22,000 square feet in the historic Filene's Basement.
- ▶ On Thursday, December 4 at 7:00 pm, Wellesley Books will host Gail Sheehy, acclaimed journalist and New York Times bestselling author of Passages. Ms. Sheehy will be reading from and signing her new memoir, *Daring: My Passages*. For more information on this and other author

events, visit www.wellesleybooks.com or call the store at 781.431.1160.

▶ Volante Farms is pleased to be the new home for John Dewar's Meats. With the holiday season approaching, the Volante staff is happy to announce that your local butcher, Stan Ziel, has moved into the farmstand and is preparing the



same great cuts of quality John Dewar Meat once available at his Wellesley and Newton shops. To reach him, call the farm at 781.444.2351 ext.123, or visit Volante Farms at 292 Forest Street in Needham and online at www.volantefarms.com.

▶ Maria Lastoria has been appointed Executive Director of The Residences at Wingate independ-



ent living, assisted living and memory care community in Needham. Lastoria brings over 24 years of senior living experience to the position, most recently as Regional Director of Operations for LCB Senior Living

in Norwood where she oversaw six properties. Visit www.residencesatwingate.com or call 719.455.9080.

▶ Bonsoir is excited to offer beautiful new robes designed locally in Newton by Cliff Rhynd. His Tisseron Apres Bath collection offers unisex robes made of soft luxury organic cotton. He has rejuvenated the boring white terry robe by offering colors, trims, different weights, and unique jacquard weaves. It makes a luxurious gift for a loved one. Visit Bonsoir at 200 Linden Street in Wellesley. For more information, call 781.416.2800 or email BonsoirLinen@aol.com.





- ▶ Charles River School is an independent, coeducational day school located in nearby Dover Center. Their strong academic program for children in PreKindergarten to Grade 8 offers a global curriculum grounded in thematic learning an interdisciplinary approach that cultivates students' natural curiosity and provides the foundation they need to succeed in secondary school and beyond. They invite you to visit their Open House event on Wednesday, December 10. Visit www.charlesriverschool.org for more information.
- ▶ Chip Gibson, Vice President of Deland, Gibson Insurance Associates, Inc., recently announced that the company has hired Margaret Short to head its Employee Benefits Division. Short comes to Deland, Gibson with over ten years of experience in delivering leading-edge education and products to her clients. Deland, Gibson's benefits department will now provide specialized consult-

ing, education, and product offerings for employee benefits including group health, life, and disability. For more information, call 781.239.7664 and visit www.delandgibson.com.

▶ Charles River Wine Cellars is pleased to announce it has received the Best of Houzz 2014 award from Houzz.com for the second year in a row. The Best of Houzz award recognizes home building, remodeling, and design pro-

fessionals delivering the best customer experience and the most inspiring and innovative designs.

Visit www.charlesriverwinecellars.com, call 508.

660.2502, and see their ad in this issue.



Kevin Costner, Amy Mizner and Donny Deutsch

▶ Benoit Mizner Simon & Co. Real Estate principal Amy Mizner of Weston recently attended a private screening and after party hosted by Jason Binn at Finale in East Hampton, New York with Kevin Costner for his new film Black and White written by Michael Binder and also starring Octavia Spencer (it's already getting Oscar buzz). Amy attended the private screening with her brother, TV personality and advertising executive Donny Deutsch, and husband Mark Mizner.



Nellesley
Investment
Partners, a wholly
owned subsidiary
of Wellesley Bank,
announced that
Wellesley resident
Louis P. Crosier
has been appointed as President.
Crosier is a highly
regarded strategic

leader in the investment management industry with particular expertise in asset allocation strategies. He was most recently a Senior Managing Director at Windhaven Investment Management, a pioneer in the use of ETFs to implement global asset allocation and a subsidiary of the Charles Schwab Corporation.



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- After years of success in Salem and Boston,

 Landry & Arcari Rugs and Carpeting is now
 opening a new MetroWest showroom at 220
 Worcester Road (Route 9) next to Cabot House
 Furniture. Jeff Arcari recently traveled overseas
 to find exciting new rug and carpeting collections
 for the new Framingham showroom. Be sure to
 check out the Stone-Tuft Collection, a powerful
 combination of extreme durability and refreshing
 modern design developed by Jeff Arcari and a
 longtime expert wool spinning partner. Visit
 www.landryandarcari.com.
- ▶ Wilmington Trust is proud to announce that William Parizeau of Wellesley has recently taken on a new role as Market Leader for Wilmington Trust, N.A. Massachusetts. Wilmington Trust, N.A.



has been serving successful individuals, families, businesses, and endowments and foundations for generations. They offer sophisticated planning and wealth transfer strategies, investment management, trust, family

governance, and family office services. Wilmington Trust is located on Atlantic Wharf at 280 Congress Street in Boston. Visit www.wilmingtontrust.com.

▶ AJ Rose Carpets and Flooring will be opening their third showroom this winter at 1160 Broadway (Route 1 North) in Saugus, directly across the street from the Square One Mall. AJ Rose is excit-



John Boyajian, Andy Boyajian, A.J. Boyajian



ed to bring its award-winning customer service and state-of-the-art retail showroom experience to the heart of the North Shore. Stop by the new location or the current showrooms at 599 Worcester Road (Route 9W) in Natick or 136 Cambridge Street (Route 3A) in Burlington or online at www.ajrosecarpets.com.



Gail Bogle, manager of Hammond
Residential Real
Estate's office locations at 40 Grove
Street in Wellesley
and 506 Boston
Post Road in
Weston, announced
that a number of talented agents have
joined the compa-

ny's experienced team. Keri Singer, Nicholas
Hattabaugh, Souzan Davood and Susan McElaney
will collaborate with clients from Hammond's
Wellesley office and Jessica Berk has joined
Hammond's Weston team. Bogle said, "We look forward to witnessing the success of our new agents
as they work with buyer and seller clients throughout Wellesley, Weston, and the surrounding towns."

▶ Valerie Miller and Gregg Dibiaso, owners of Artitudes in West Newton Square, are excited to now represent Sticks, a distinctive line of furniture, accessories, and objets d'art created by Sarah Grant and handcrafted at Sticks' award-winning studio in Des Moines, lowa. Check out their ad on page 128 to see a sample of this unique work. For more information, call 617.244.9220 and visit www.artitudesgallery.com.





Wellesley Service League (1 to r): Ruth Klinck, Kirsten Stevenson, Beth Baker, Rosemary Matejka, Melissa Bradley, Laura Hill, Connie Mitchell Moran, Kimberley Celi, Maura Lundie, Kathy Barron, Andrea Giroux, Michelle Gallagher, Michelene McClennen, Jackie Hendrix, Loraine O'Hanlon, Lisa Phillips, and Amy Lipton.

The Wellesley Service League (WSL) has announced its 2014-2015 provisional class of 17 members. The WSL is a group of women actively involved in a variety of service activities in Wellesley. WSL volunteers work on a weekly basis with such organizations as the Friendly Aid Society, The Wellesley Food Pantry, The Ellie Fund, Newton-Wellesley Hospital, Charles River ARC, and the Wellesley Free Library. The Wellesley Service League has provided the town with a committed group of volunteers since 1927.

▶ Hosting a holiday event? Shopping for unique gifts? Stop by Wellesley's newest home decor retailer, FlorijnHOME. Located at 90 Central Street, FlorijnHOME offers a variety of beautiful home and garden accessories and gifts with a Northern European aesthetic. Owner Sebastian Barreveld and Store Manager Caitlin Dorigan welcome you to visit both FlorijnHOME and www.florijnhome.com during the holiday season.



▶ Dover Rug & Home is pleased to announce their second location at 390 Stuart Street in Back Bay is now open. Close to Copley Square, public transportation, and in the heart of what is being coined Boston's Home

Furnishing district, **Dover-Boston** offers an impressive showroom of exceptional rugs, carpeting, hardwood floors, window treatments, interior design, cleaning, repair, and appraisal services that cus-

tomers have come to know from Dover Rug over their last four generations of excellence. For more information and store hours, visit www.doverrug.com.

▶ Pine Straw has what you need to celebrate the season with vintage ornaments, tabletop décor, and gifts from Alison Evans, Lara Zindel Designs, Farmhouse Pottery, Emma Bridewater, and Montes Doggett. Pine Straw also has your holiday apparel and accessories covered from popular designers including Prairie Underground, Johnny Was, Chan Luu, Neesh, Minnie Rose, Graf and Lantz, Jaqueline Rose, Sibilia uno de 50, and Saundra Messinger. Tell your out of town friends to shop Pine Straw at www.Shoptiques.com.

▶ Berkshire Hathaway HomeServices announced that Berkshire Hathaway HomeServices Town and Country Real Estate has merged with Prudential Advantage Real Estate, a 20-agent brokerage operating in Needham. The transaction gives Town and Country Real Estate a total of three offices in the greater Boston area and more than 75 agents. "We're thrilled to combine forces with Prudential Advantage Real Estate," said Town and Country Real Estate Broker/Owner and Wellesley



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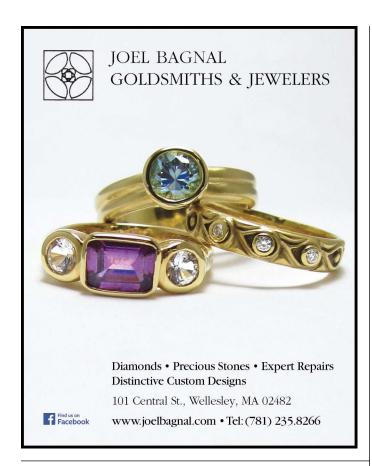


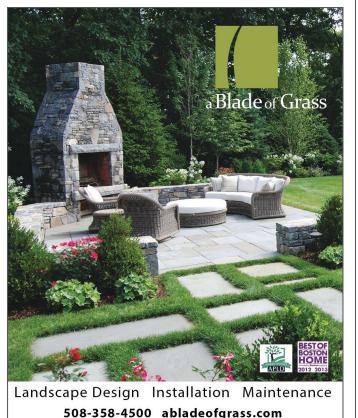
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Maureen Reilly NMLS #33080

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resident Gail Lockberg. Find company information at www.bhhstownandcountry.com and like the brokerage on Facebook.

▶ Blue Ginger Chef Ming Tsai on his TV set at Clarke, New England's official Sub-Zero & Wolf Showroom and Test Kitchen, in Milford. Ming's show, which has taped at Clarke for 12 years, premiered its new season in October on WGBH-TV. To test drive the Sub-Zero and Wolf appliances Ming uses on the show (and perhaps get a glimpse of his studio set), visit www.clarkeliving.com.



- Century Bank, New England's largest family-run bank, is opening a new branch in Boston's Back Bay this winter. Copley Square shoppers can visit the next Century state-of-the-art banking destination at 437 Boylston Street. Discover why Century is the bank families rely on - a place where you can count on getting both personal attention and sophisticated financial solutions. Century Bank is a prominent lender to New England businesses, not-for-profit organizations and families. Visit www.CenturyBank.com.
- The Wellesley Mothers Forum is pleased to announce its 2014-15 Board of Directors and Volunteers. The organization is led this year by Co-Presidents Meryl Glassman and Nerine Warasta (pictured at bottom of the stairs). A full list of their 2014-15 board can be found on the Mothers Forum website. With over 500 members in Wellesley and surrounding towns, the group offers exciting lec-



Wellesley Mothers Forum 2014-15 Board of Directors and Volunteers

tures, seminars and events. Learn more at www.WellesleyMothersForum.com or on Facebook at Facebook.com/WellesleyMothersForum.

▶ DeScenza Diamonds is celebrating its 100th year! DeScenza is kicking off its 100th Anniversary with a Holiday Open House at their Framingham store on Thursday, December 4th. Founded in 1915 by Al DeScenza, DeScenza Diamonds now includes second, third, and fourth generation members of Al's family. Celebrate with them, meet the family and amazing staff, and come see why their passion for "Making Celebrations Sparkle" has thrived for 100 years. Visit www.descenza.com.



Needham Bank congratulates Assistant Vice President and Wellesley Branch Manager Stephen Walls. Stephen and his team have helped foster year to date deposit growth of over 42 percent for the Bank's

Wellesley location. In addition to performance, the Bank recognizes Mr. Walls for his volunteerism and work in the Wellesley community. Member FDIC.

- Half Crown Design specializes in the design and manufacture of high-quality, made-to-order furniture and cabinetry perfectly proportioned for the intended space. Visit their Huron Village showroom at 357 Huron Avenue in Cambridge, where they also sell tasteful home accessories. On the first Thursday of every month, meet the owners, take in local and international artists, and enjoy refreshments. Don't miss Prosecco and oysters on Thursday, December 4th from 6:00 pm to 8:00 pm. Visit their new website at www.halfcrowndesign.com.
- The new Beth Israel Deaconess Cancer Center and Surgical Pavilion is a spacious environment that offers advanced therapies, lots of natural sunlight, and a lush healing garden. You'll find

chemotherapy, radiation therapy, and worldrenowned Boston cancer specialists all in one place. In the same building is a new 10,000square-foot Surgical Pavilion which expands their capacity to perform advanced surgeries. For more information, visit www.bidneedham.org/cancer.

Cushing Academy, a private co-educational day and boarding school in Ashburnham for students in grades 9-12 and PG, welcomes prospective families to its Open House on January 19 to take in the Cushing experience. Details at www.cushing.org/openhouse. The

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Academy also invites the public to its free Performing Arts Series in celebration of the school's 150th anniversary. Upcoming professional events include classical music and contemporary jazz, along with student music and theatre productions. Visit www.cushing.org/PASeries.

▶ Dr. Omar El Abd is celebrating the first year anniversary of Newton Wellesley Interventional Spine, LLC, his state-of-the-art pain and physical medicine practice. As a regional expert in spine interventions, Dr. El Abd specializes in the nonoperative management of painful spine conditions. Conveniently located at 378 Washington Street in Wellesley, Dr. El Abd can be reached at www.nwispine.com or by phone at 781.489.5541.



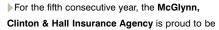
Ray Bourque and Lee Dellicker, president of Windover Construction.

Local dignitaries and Endicott College president **Dr. Richard E. Wylie** joined **Ray Bourque**, his family, and former Bruins players to celebrate the groundbreaking for the New Endicott College Ice Arena to be named in his honor on July 29, 2014. The ice arena will be built by the award-winning **Windover Construction**, which has been renovating Endicott College campus buildings over the last six years. For more information, visit www.windover.com or call 978.526.9410.



Members of the Corcoran & Havlin Insurance Group

▶ The Massachusetts Association of Insurance Agents (MAIA) is pleased to announce that the Corcoran & Havlin Insurance Group of Wellesley, Medfield, and Duxbury underwent an intensive review in order to be re-certified as a Five Star Insurance Agency. The Five Star Award of Distinction is awarded by MAIA to an independent insurance agency that successfully completes a "fitness review" which examines an agency's five key imperatives: Customer Focus, Management/ Leadership Excellence, Human Resource Excellence, Process & Product Excellence, and Future Success. Visit www.chinsurance.com or call 781.235.3100.





an official donation location for Toys
For Tots. As always, it gives them great pleasure to be part of this organization during this time of the year. Please consider bringing a new, unwrapped toy to their office

located in Mill Village at 365 Boston Post Road in Sudbury, or call them at 978.443.6530 to arrange for a pickup.

▶Your French Gift celebrates its first anniversary with the launch of a gift registry program available at the Wellesley Hills store and the online store. You can now register for weddings, baby showers,

birthdays, wish lists, and more for nationwide shipping. The unique imports boutique increased their bridal product offering in tableware, crystals, linens and objets d'art. A larger selection is also available in their baby department, now covering all the little one's needs. Visit www.yourfrenchgift.com.

First Commons Bank celebrated its fifth
Anniversary during the week of September 15 by
providing special banking offers, lunches, and
refreshments to clients and visitors. The bank provided free parking on Monday, September 15 in
Wellesley Square and Newton Centre. First
Commons Bank also announced its first stand-alone



First Commons Bank employees

branded automated teller machine (ATM), located in the mall at Newton's Chestnut Hill Square. For more information, visit www.firstcommonsbank.com.

▶ Jesamondo Salon & Spa, located at 154 E.
Central Street in Natick, is now partnered with
Boost Beauty & Wellness Medical Aesthetics, and
make-up artist Stacey Frasca's Studio 28 line of
cosmetics to offer the best and latest trends in hair,
nails, skincare, and body treatments. Please see
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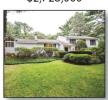
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forum

LINDA KEENAN writer

LINDA KEENAN was a senior producer/head writer at CNN for seven years. More recently, she was the author of the satire collection *Suburgatory*, which helped inspire an ABC comedy of the same name.

Fund a Ph.D. Save a Child. And Honor a Survivor

a friend I'll call Ann recently emailed with news about the orphaned teenaged girl she mentors. The girl, I'll call her Emily, is a beautiful, just-turned-18-year-old, about to "age out" of the system. While Ann has had suspicions about past care providers that included their integrity and motives, today she was ebullient. As Ann described the elaborate graduation rituals, teen girls "made up to the nines" and "all decked out," I wanted to rejoice. But instead, I heard the voice of Kate Price.

She is a fellow mom at Sprague Elementary School in Wellesley, and I knew she researched child sexual exploitation at the Wellesley Centers for Women. I had worked at CNN for years, and found her work both fascinating and crucially important. Writing night after night during the height of the priest abuse scandal did not harden me to the trauma of abused and exploited kids. If anything, watching grown men weep as they related their crushing memories of betrayal by those they trusted with their souls just made me infinitely angrier.

So after hearing from Ann, I immediately recalled what Kate had once told me: that the most vulnerable kids are those just aging out of the system, with no caring adult to keep tabs on them. Pimps sometimes literally circle these facilities.

Knowing this, I was concerned that Emily was actually being "groomed" for prostitution. After giving Kate the details (which I'm obscuring for privacy's sake) she told me, yes, this did smack of possible grooming. She gave me very specific things Ann should tell Emily and emphasize that she is not isolated, should any predator begin their sickening and methodical process.

I was so grateful to have an expert right there on the playground.

What I didn't know at the time was that Kate is far more than a mere expert. She is a survivor of the very abuse we were seeking to prevent.

Recently Kate "came out" in *The Wellesley Townsman* and elsewhere as a child and teenage victim of heinous exploitation by a family member. Coming from a news background, I knew what happened to so many kids like this: a lifetime of addiction, homelessness, sometimes suicide.

The fact that Kate had overcome the odds was staggering to me. I was thoroughly inspired at how she got herself on a Greyhound bus, and got an education here in New England. How lucky we are to have her example and expertise in our midst.

But it must be said that Kate, who admits she must have some kind of "resilience gene," is the exception and not the rule. That's why we need to ensure that she has the funds she needs to continue her child sexual exploitation research.

Kate is seeking our community's help in funding her sociology Ph.D., which is an appalling necessity. Do we really care so little for vulnerable children that her Ph.D.







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"I urge my neighbors and especially our local charities to join the fight that grievously threatens thousands of kids here and abroad so that Kate's research, and dream, is able to blossom."

is not fully funded? Contributing to her fund would indeed fulfill her dream, supporting a cherished neighbor who beat back the worst life has to offer.

But it is far more than that, and I urge the many charities in Wellesley and Weston, especially those dominated by moms, to consider donating. Kate's site can be found at www.gofundme.com/supportkpadvocacy.

This is about raising awareness that survivors need support well beyond the "crisis" point of their exploitation. And Kate's research directly bolsters the safety and welfare of our daughters and sons. Her thesis would include the first long-term evaluation of a mentor initiative involving survivors of commercial sexual exploitation of children.

Poor children are disproportionately affected by this scourge, which I personally think, living in an affluent community, is all the more reason to contribute. As Kate points out, the cyclical violence often found in impoverished places is what needs to be broken.

And yet don't be deluded that wealthier children are somehow totally safe from predators. Any child who gets involved in drugs, for instance, or has mental illness, is at risk.

Apparently, as a society, we've decided we just don't have the tax dollars or institutional will to fully fund life-saving social science research like this. But I would hope the Wellesley/Weston community, with all of its more-than-ample advantages, would hold itself to a far higher standard.

It so happened that Kate's "coming out" occurred around the same time as the Ice Bucket challenge to support research in ALS. I know a vastly underpaid Ph.D. student researching the disease and of course he was thrilled to see money coming in because, even fully-funded, he barely scrapes by. And he doesn't have a family to help support, as Kate does. I urge my neighbors and especially our local charities to join the fight that grievously threatens thousands of kids here and abroad so that Kate's research, and dream, is able to blossom. Vulnerable kids like Emily, and survivors like Kate, deserve no less.

As I said, Kate is the exception. We need her trajectory, her success, to be the rule.

Was Emily being targeted by predators? We will probably never know. But I do know one orphaned girl is just a little safer, thanks to Kate's knowing words.

Please support KATE'S CAMPAIGN at www.gofundme.com/supportkpadvocacy.



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Step into the arcane, intriguing, and, by any measure, exclusive world of fine watches

PETER GOLDEN writer

it is a place apart, quite literally. High in the Jura Mountains of the Swiss Alps lies the Vallée de Joux. Located 50 kilometers from Geneva, it is noted for its cold winters and, in more seasonable weather, sparkling lakes and verdant meadows. But that is not all that sparkles in the Vallée de Joux. For in this obscure mountainous region are located no fewer than five of the finest watchmakers in the world.

You may never have heard of them, but to aficionados of *haute horlogerie* (the high art of mechanical watchmaking) *manufacteurs* like Audemars Piguet, Blancpain, Patek Philippe, Vacheron Constantin, and Jaeger-LeCoultre—all located in the "Joux"—are fabled names. In one way or another, each evokes associations with notions of quality and style not dissimilar to the automotive world, where luxury marques such as Rolls Royce, Ferrari, and Lamborghini set the standard for style and performance.

Many watchmakers tend to associate themselves with great names from history, international sporting events, and deeds of daring-do. But marketing style aside, exquisite hand craftsmanship, engineering expertise, and high-tech manufacturing underpin the efforts of those in competition for one of the most valuable pieces of real estate in the world—your wrist.





What makes these complex miracles of miniaturization such objects of fascination? Consider their size: typically no more than 40 to 45 millimeters in diameter and ten or fifteen deep, they often contain upwards of two hundred parts, including two dozen or more jewels (to ensure the integrity of moving parts), multiple movements, and generous amounts of precious metals. Often the product of many months

of handwork executed by highly trained technicians, they are typically made in limited quantities and are almost impossible to replicate.

SOLD FOR A SONG

Such exclusivity often leads to imitation, but don't be fooled. Low-cost "knockoffs" range from reasonably functional "tribute watches" (Parnis











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Architects of Time

and Seagull, both Chinese made, have a reputation for quality and, to their credit, are sold under their own name) to simple frauds, sold for a song and without the vaguest reference to genuine articles other than a cleverly copied dial and the tawdry polish of a base-metal case. Consider the sublime features of a genuine Cartier (classic style, romantic tradition) or Tag-Heuer (athletic character, high precision) set upon your wrist. Who knew the relentless march of time could look so good – or carry a price tag similar to that of a mid-range sports sedan?

But then again, your wrist (and surely that of your significant other) represents an opportunity for self-expression that demands something special: a wearable piece of art. With the holidays soon to come and your desire to assert your individuality (or acknowledge his or hers in the most generous terms), it may be just the time to find out more about fine mechanical watches.

For while moderately priced digital watches keep time with almost faultless accuracy and scores of quality brands make excellent gifts for the holidays and special occasions, fine mechanical watches, made to the most exacting standards and representing centuries of tradition, all at once communicate an aura of precision, beauty, and integrity that verges on nothing less than incomparable.

A Personal Journey

One need not scale the heights of the Swiss Alps to begin your personal journey into the world of fine watches. And should you really wish to develop a bit of vocabulary so as to understand terms like *chronograph*, *tourbillon*, *minute repeater*, and *caliber* (the first three types of specialized, highly complex watch movements, the last a synonym for a mechanical watch movement) the Internet offers many ways to gain fluency. Chief among them is "A Blog To Watch" (www.ablogtowatch.com) which, while encom-





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passing a virtual universe of reviews, interviews, and insider news, keeps tabs on the events, product introductions, and personalities that make the world of high-end wristwatches tick.

Another place to begin such a virtual journey might be the website of the Fondation de la Haute Horlogerie (www.hautehorlogerie.com).

Understated, straightforward, and packed with valuable information, this is the perfect place to begin to learn about—and learn to care for—some of the most exquisite and unique mechanical devices ever made. Or scan the magazine rack at Barnes & Noble where the watch journals can be found right beside *Road & Track*. While owning a fine watch hardly entails the obligations associated with a highend car, periodic maintenance undertaken by skilled hands (typically every four or five years) is a must.



BUT HERE'S A BETTER IDEA

Along Newbury and Boylston streets in Boston's Back Bay and elsewhere in downtown Wellesley, trusted purveyors of fine watches with names like Shreve, Crump & Low and Lux Bond & Green are to be found. Long's, located in Natick near the malls, and Watches Etc. near the Wellesley Free Library (the latter for repairs and advice) have much to offer, too.

Leonid Pishchik, the well-regarded proprietor of Watches Etc., views the world of fine watches from a unique vantage point – that of a certified, independent watch repair specialist. While he is pleased to change the battery on your digital watch, his special area of expertise lies in the area of the finest made. "Most manufacturers prefer to service



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Local locations are Copley Place and the Burlington Mall 100 Huntington Avenue, Boston; 617.267.8463 75 Middlesex Turnpike, Burlington; 781.272.8463 www.tourneau.com



Architects of Time

their watches in house," he notes. "It's their way to maintain brand exclusivity and charge high prices for service or repairs. Although I have expertise in fine watches, if I can't obtain parts, I must still advise clients to deal directly with the manufacturer."

The dedication of the well-established merchants mentioned in this article to service, quality, and customer satisfaction are your best guarantee that should you wish to learn about, purchase, or even sell a fine, mechanical time piece-whether a creation of a legendary name or simply a well made watch-it will be truly representative of the special value and good looks your taste demands.

Indeed, if you are like most Americans, the \$35 you spent some years ago for a perfectly useful Timex - which may well still "take a licking and keep on ticking" - are proof of your thriftiness and common sense. But I left mine at home when I recently stopped by for a chat with Brian Walker at Shreve, Crump & Low's Newbury Street watch salon.

The Shreve name has been synonymous for over a century with good taste and luxury. The Walker name should be a familiar one to long-time Wellesley residents, as well. Many will remember the family-owned David & Company jewelry store of years past. Now, as proprietor of Boston's most iconic jewelry store, Wellesley resident David Walker has created a beautifully appointed watch salon on the second floor of the 39 Newbury Street location.



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"There's a real sense of excitement that develops when people come here," says David's son Brian, whose professional and knowledgeable demeanor puts one immediately at ease. "We've added 15 lines of watches to our offerings here in the last few years, with many considered the finest in the world."

As Brian speaks, my eyes run to the displays built into the walls of his office and then out the door to the main floor of the watch salon. Dark-stained woods and recessed lighting highlight a collection of luxury timepieces that would gladden the heart of any Swiss elf. Rich leather bands and gleaming metal expansion bracelets girdle gold, stainless, and even platinum watchcases (for hardness as well as value).

If you feel the urge to give or possess a timepiece of superior quality and lasting value, I suggest you begin your own exploration into the heritage, style, and utility of such German and Swiss makers as A. Lange & Söhne, IWC, Audemars Piguet, Blancpain, and Vacheron Constantin. Ranging in price from five to ten thousand dollars and (very quickly) on up, and with diamond encrusted women's watches running into the hundreds of thousands, they represent the enduring traditions of the very finest mechanical watchmakers in the world.

Other collections catch my eye as Brian guides me into the main salon. A boxed set of Bell & Ross timepieces may speak to your interests if you fly your own plane or pilot a fast boat. With dials like those found in the instrument panels of aircraft and robust, black rubber wristbands, they emanate a sense of control and frank masculinity. On my observation, Brian smiles and gestures around the room. "The truth is," he notes, "many of our clients shop on their own behalf, and we find that more and more women are buying fine watches regardless of their intended man's style."

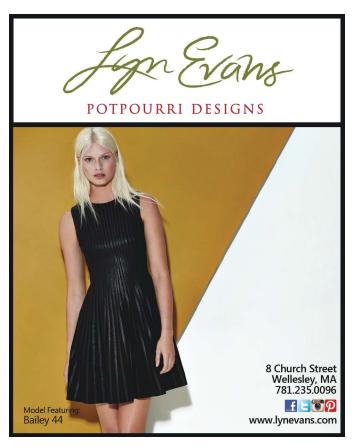
Whatever your taste and intentions, whether you seek an extraordinary gift for a beloved family member or want to celebrate a personal achievement, permanently retaining an architect of time becomes the launch point for an exploration into the reaches of your imagination.

PLAN FOR THIS ADVENTURE

But don't be too casual in the way you plan for such an adventure. The watch you may purchase can last a lifetime, even become an heirloom. So take your time, study a bit, attend a watch auction, see if your personal jeweler deals in used or special pieces (Shreve's does an active trade, as does A.M. DePrisco in Wellesley), and generally get to know your way around the dial.

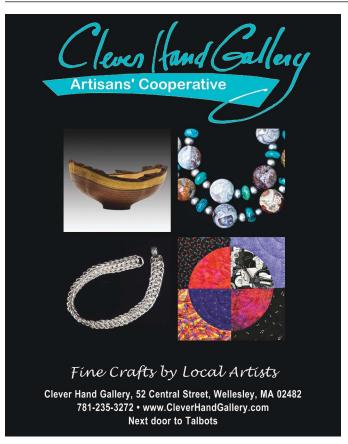
Back out on Newbury Street I involuntarily glance at my wrist. Just before leaving Shreve's, Brian snapped open the deployant clasp of a moon phase watch rendered in 18-carat gold and







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slipped it over my wrist. It was substantial, even heavy, and its 45mm-wide dial made a bold statement. But now my wrist was bare and my trusty Timex left at home. However, I am in downtown Boston and it makes good sense to nip around the corner to the watch emporium of Lux Bond & Green on Boylston Street.

If the names Patek Philippe or Rolex strike your fancy, Lux Bond & Green is the place to go. Long's Jewelers also has a nice selection of Rolex watches.

What makes Rolex the watch of choice among so many successful men and women? Start with an obsessive dedication to quality, in-house fabrication of every part (including ultra-high-strength stainless steel and selfsmelted, proprietary gold compounds), and a simplified yet radiantly luxurious design.

TIMELESS MODELS

Elaine Clark, who for over a decade has been serving the scores of watch buyers who come to Lux Bond & Green's downtown Boston store, takes a moment from her busy day to tick off the features of this widely worn luxury watch. "Rolex is not a trend brand," she says, extending an impeccably manicured hand across a case of radiantly glowing, if understated, watch-jewels. "Timeless models, like the 'Datejust,' and the wide use of 18-carat gold in designs that have proven themselves sufficiently reliable to become collector's items draw buyers to our stores.

So perhaps now the flame that burns in the heart of every watch fancier has been kindled in your own. But take care not to expose yourself to too much heat. One can always reach into the stratosphere, the place where watchmaking ambition and technical virtuosity intersect, and haul down a Roger Dubuis, a diamond-encrusted Hublot, or a Richard Mille.

For those more comfortable flying at less dizzying heights, any number of trusted, quality watch brands make excellent gifts or personal purchases. A Tissot, Ball, Hamilton, Shinola (digital, made in Detroit, and definitely hip), or Movado will delight most mortals.

But for you, well, there is ample time to dream: High in the Swiss Alps in the Vallée de Joux the architects of time are always at their benches, designing complex, feature-rich movements, adding more luxurious embellishments to cases and bracelets, then arriving at Basel World (the annual industry trade fair) with designs stunning in their complexity and innovation.

And if, after all, the price of such satisfaction is within your reach and there is someone you love very much, the holidays are here and a superbly made watch would seem to be no more than the fulfillment of something you both so well deserve.

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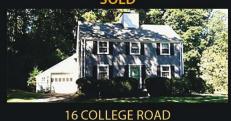


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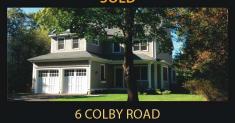
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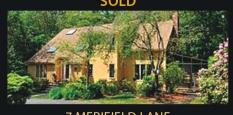
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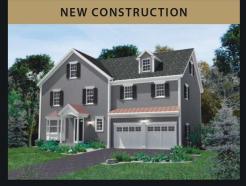
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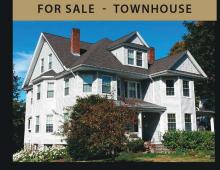


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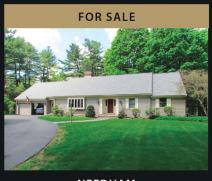
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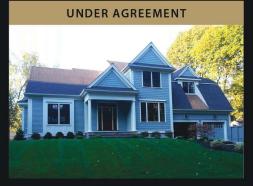
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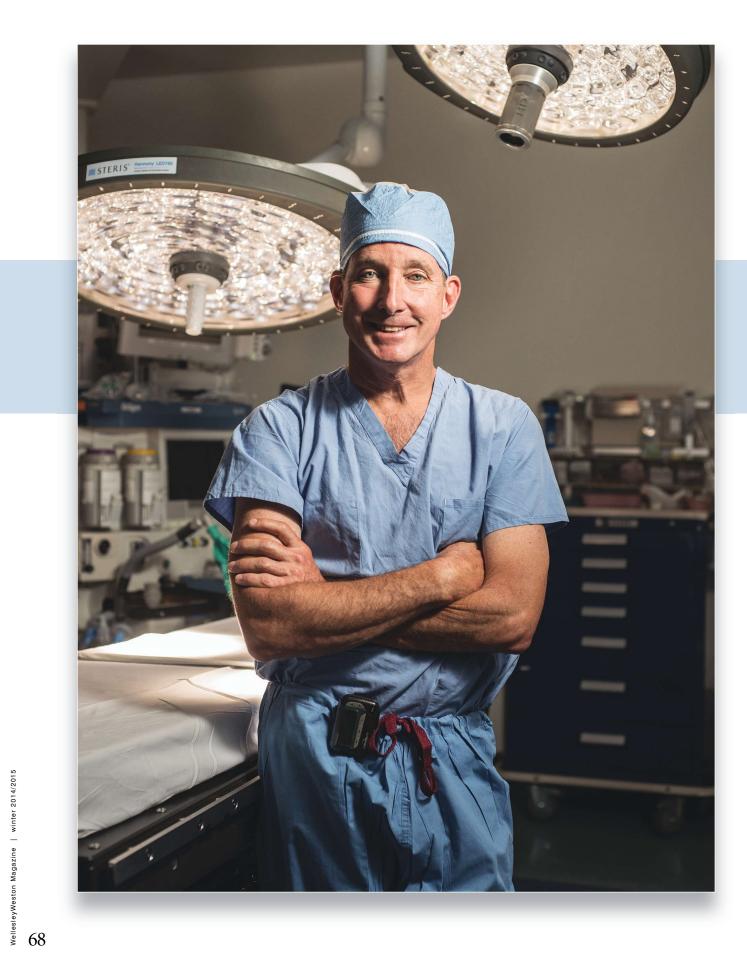
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A SELF-PROCLAIMED TO A SELF-PROCLAIMED A FACE TO FACE INTERVIEW WITH DR. DAVID MOONEY

ELIZABETH SUNEBY writer BRIAN SMITH photographer

david mooney pulled up for his interview in a pick-up truck, reminisced about his Midwestern roots, and called himself a "fix-it kind of guy."

But the handiwork this fix-it-man performs day in and day out has nothing to do with two-by-fours, hammers, or nails—at least not during the workweek. Instead, Mooney works tirelessly to restore the health of severely injured children. Dr. David Mooney, M.D., M.P.H., FACS of Wellesley is the Trauma Medical Director at Boston Children's Hospital, one of the largest pediatric trauma programs in the country.

Mooney and his team typically treat more than 35 trauma patients a day, the largest number of any pediatric trauma unit north of Philadelphia. In fact, 45 percent of the children who are admitted to a hospital in Massachusetts are admitted to Boston Children's Hospital. Each year, about 12,000 injured kids — from the eastern half of Massachusetts, the northern half of Rhode Island, and southern New Hampshire to the southern tip of Maine — come into Boston Children's emergency room and approximately 1,000 of these patients are admitted for a longer stay.

"I take care of the profoundly injured kids who come to Boston Children's Hospital. If possible, I see them in the emergency room, care for those admitted, and treat children at our trauma clinic," Dr. Mooney states matter-of-factly about his life-saving work.



TREATING CHILDREN FROM NEW ENGLAND

"Trauma is the number one cause of death for children, not cancer, which is what most people think," explains Mooney. The Centers for Disease Control and Prevention reports "Unintentional Injury" as the predominant reason children between the ages of one and twenty-four die young. For kids between the ages of one and four, the primary cause is drowning; while for children between the ages of five and twenty-four, the prevalent cause is motor vehicle accidents.

"Bye-bye Syndrome"—when children rush outside to say goodbye to mom or dad backing the car out of the driveway and the parent accidently runs over their child—is one of the more preventable motor vehicle fatalities, explains Mooney. "Every car should have a rear view screen and beep when backing up if an object is behind it," says Mooney, who advocates for car companies to make life-saving design changes to their vehicles.

In addition to drowning and car accidents, Dr. Mooney points to various injuries caused by typical youth activities for bringing children into his trauma center: Little League baseball players with spleens ruptured by wild pitches, no-school-snow-day sledders with head injuries, football and lacrosse players with liver and kidney injuries, and bicycle riders who have fallen on their handle bars and popped their intestines. These are just a few of the types of injuries he sees.





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TREATING BOSTON MARATHON BOMBING VICTIMS

Ready for a typical day's caseload, on April 15, 2013, Dr. Mooney was on call in the hospital when his wife Linda telephoned to tell him about the Boston Marathon bombings. As soon as Mooney's colleagues heard about the horror, they came in to join him. Mooney and his staff treated ten victims. "I had seven of my surgeon colleagues here. We just had so much help from people who literally had to walk the last few blocks to the hospital because the police had shut down streets around the hospital. When we told them we needed help, they helped, and when we told them we didn't need them, they got out of the way."

Mooney reported to *People* magazine about the severity and uniqueness of the bombing victims' injuries, stating:

These kids were really badly hurt. They had soot all over their faces, burnt hair and burnt eyebrows and tourniquets on their

legs that first responders had put there to save their lives and keep them from bleeding to death... A little girl had a lot of injuries, and nails were sticking out of her body. We were removing nails from the flesh in her side. That was the thing that gives you pause... It was horrible. It was hard to imagine someone would do this.

While eight-year-old Martin Richard, who was killed in the bombing, was not a patient at Boston Children's Hospital, Dr. Mooney wishes the child had made it to his trauma unit so he and his staff could have had a chance at saving his life.

One third of children who live through any medical trauma experience post-traumatic stress disorder (PTSD), an acute anxiety disorder that lasts more than four weeks. Dr. Mooney explains that PTSD doesn't correlate with the severity of an injury, but instead with the reaction

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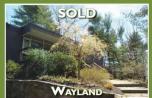


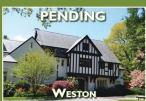




























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of the mother — and, interestingly, not the father — to the injured child. "We give lots of attention to mothers of children we care for; I'd say we schmooze the daylights out of them." At Boston Children's every child in the trauma unit is screened for PTSD in order to put a treatment plan in place for those needing support.

TREATING HAITIAN EARTHQUAKE VICTIMS

Driven to help when he knows his trauma skills are urgently needed, Dr. Mooney made sure he was part of the first Disaster Medical Assistance Teams to arrive in Haiti after the catastrophic earthquake devastated the nation in 2010. "I told my wife and my boss that I had to go," explains Mooney, who

traveled with Boston Children's Emergency Department pharmacist Shannon Manzi and pediatrician-in-chief Gary Fleisher.

Within 30 minutes of arriving at the passport office in Boston, Mooney got the necessary papers, and by 8:00 pm the next night left for Haiti with his Boston Children's Hospital colleagues to join an international team of doctors. As Mooney reported to Bob Oakes of WBUR, Boston's NPR radio station, "On our travels from the airport to our site, we were struck not just by the degree of devastation, but by the smell and seeing a pile of dead bodies on the street."

Working in a temporary site set up near a school, Mooney treated children quake victims with broken bones, many protruding through the skin, as well as with severe wounds and infections, including tetanus and gangrene, not often seen in the United States anymore. "We struggled hard not to do amputations. If someone has an amputation in Haiti, they'll likely never be employed and they will be a burden to their family and to that society until they die." While exhausted from two weeks of virtually non-stop intense work, Mooney found it difficult to leave patients under his care and to see more coming in he knew he could help had he stayed longer.

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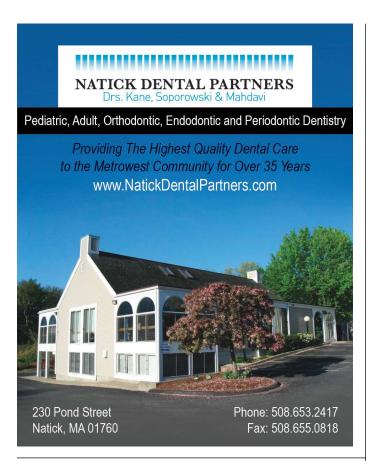
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an interview with dr. david mooney

tiple traumas, and non-penetrating wounds, Dr. Mooney spends about one quarter of his time conducting research to evaluate and improve pediatric trauma care. His research on the long-term outcomes of non-surgical management of blunt trauma to the spleen reveals minimal risk of long-term complications, sparing children and their families' longer recoveries. As surgeon Mooney comments in layperson terms, "It drives me nuts to see kids having spleens removed unnecessarily."

In his never-ending quest to improve the care of injured children, in 2011 Dr. Mooney helped found the first national professional organization dedicated to treating and preventing childhood traumas, the Pediatric Trauma Society, and served as the group's first president. With a mission to improve outcomes, the society focuses on optimal care guidelines, education, research, and advocacy. The group held its first annual meeting in November of 2014.

OFFERING SERVICE AND HOPE

David Mooney met his wife Linda during his medical residency in Burlington, Vermont. Vermont-native Linda, now a nurse practitioner, and David raised four children while moving from Vermont to Missouri to New Hampshire and, in 1999, to Massachusetts when they settled in Wellesley. Two of their four children graduated from Wellesley High School.

Mooney himself was born and educated in St. Louis, Missouri, where his family has lived since the 1700s. He attended St. Louis University High School, St. Louis University, and St. Louis University School of Medicine, giving him the honor of being a triple "Billiken," the distinctive mascot of his schools, considered a good-luck figure and the god of things as they ought to be.

Dr. David Mooney certainly lives up to the promise of a triple Billiken. He unselfishly treats vulnerable children with profound medical injuries — helping them to be as they ought to be, by looking beyond the immediate sadness and horror with optimism for their futures and gratitude for the chance to serve humanity.



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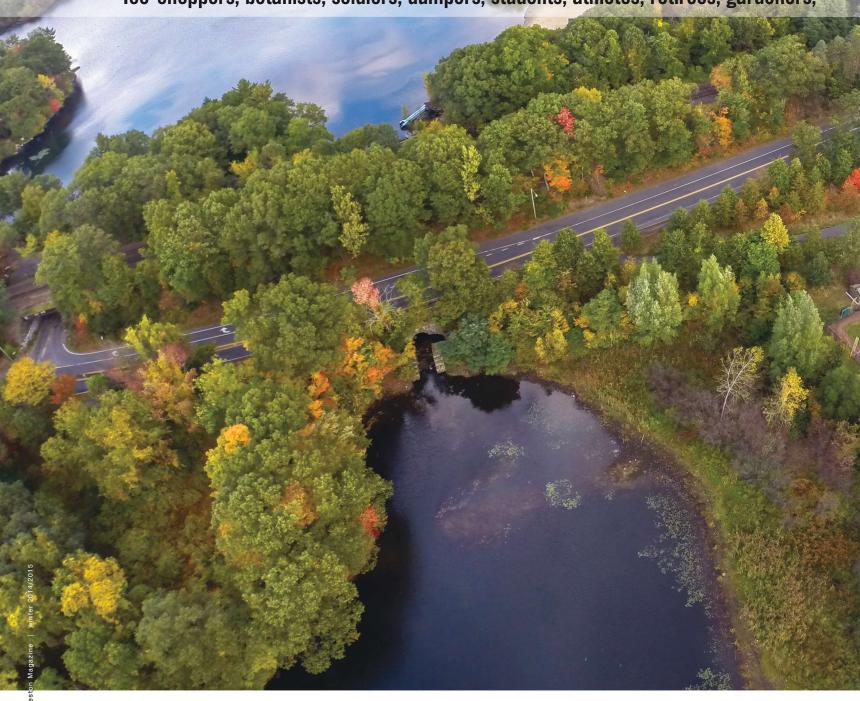
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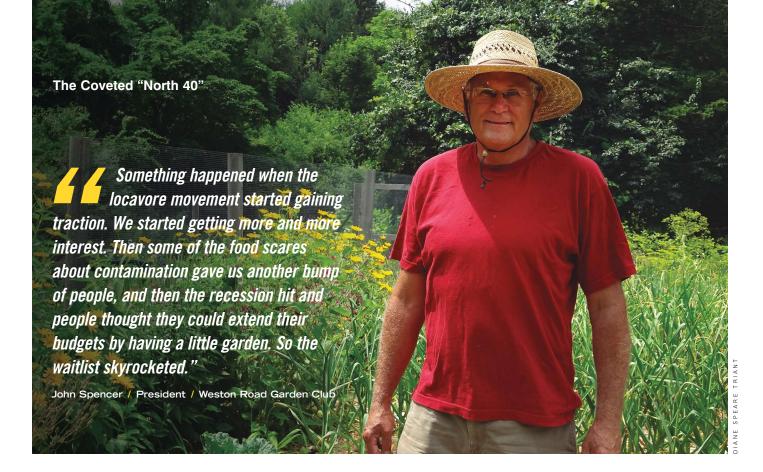
developers, and townspeople have all vied for this small patch of earth

10 a classic line from the 20th-century cinema archive, Gerald O'Hara chides his daughter for her disinterest in their land:

"Do you mean to tell me, Katie Scarlett, that land doesn't mean anything to you? Why, land is the only thing in the world worth working for, worth fighting for, worth dying for, because it's the only thing that lasts."

Members of the Weston Road Garden Club in Wellesley would seem to agree. Just ask Dorothy Cullinan. The Kirkland Circle resident waited six years for the right to cultivate, tend, and harvest a small plot of land in what is informally known as "the community gardens." She joins close to 300 town residents who work 55 plots comprising several acres of Wellesley College's celebrated "North 40" holdings. For Cullinan, watching her strawberries, squash, and Swiss chard emerge from the earth and mature was definitely worth working for and worth waiting for. "I put my name on the list in 2008," she says. "I'm here a lot. It's very peaceful for me. I actually lost my daughter in 2008, so this is really helpful for me to come over here and be with her. She enjoyed gardens."

Wellesley College's North 40 acres (46.77 acres to be exact) have, of course, been the center of much lively discussion and debate about town since last April. At that time, the college announced its intention after 141 years to sell or lease a portion of its campus - a triangle of land located north of the commuter rail tracks, transected by an aqueduct, and bounded on the other two sides by Weston and Turner Roads. Following an appeal to the Supreme Judicial Court which lifted academic restrictions on the acreage, College President H. Kim Bottomly explained the decision: "By selling this property... Wellesley will gain additional financial resources to support our campus renewal plan. The College is committed to conducting a process that is respectful of our surrounding community and acknowledges any potential concerns." Committees created by both the college and the town-as well as town boards and citizens' grass-roots groups - have been busy these months addressing the pros and cons of this once-in-a-lifetime



offering. Phrases such as "indenture restrictions," "wetlands protection area," "green space," "traffic impact," "vernal pools," "wellheads," "hazardous waste," and "project of significant impact" have entered the everyday vocabulary of Wellesleyites.

Suggestions for the North 40's future have included: selling it to a conservancy; developing it for residential housing, "cluster-type" affordable housing, town athletic fields, or a new elementary school; retaining it, as is, for open space, trails, and gardens; or leasing it long-term to eventually return College ownership (one resident declared the acreage perfect for a potential "Hillary Clinton Presidential Library!")

If the sale comes to fruition (and as of this writing the town has evidenced strong interest in being the purchaser), those who would first feel the pinch are Cullinan's fellow horticulturists who have enjoyed the privilege of using the land since the mid-20th century—and for only \$100 annually to cover the cost of irrigation.

The President of the Garden Club, John Spencer, explains why these Wellesley residents have been willing to wait years for the privilege of sinking their spades and trowels into the North 40 earth, and are now distraught over the possibility of losing it. "Something happened when the locavore movement started gaining traction," he explains. "We

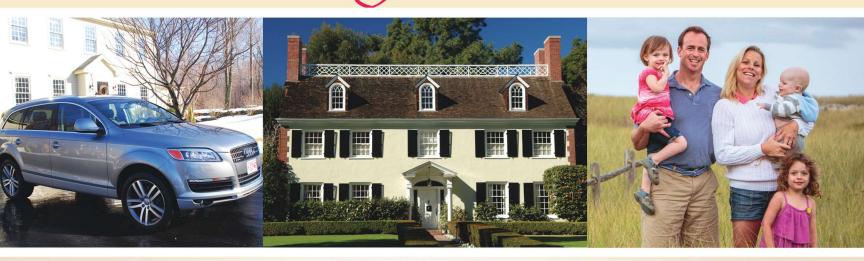
started getting more and more interest. Then some of the food scares about contamination gave us another bump of people, and then the recession hit and people thought they could extend their budgets by having a little garden. So the waitlist skyrocketed. I'm still dealing with family names from 2008."

Ice and Trees

But decades before the Weston Road Garden Club even existed – in fact, soon after Wellesley College founder Henry Durant donated six tracts of land to the college in 1873 – various other constituencies had eyed the tempting virgin acreage for a panoply of hoped-for uses.

In 1899 the Boston Ice Company found that the Weston Road land (not yet known as the North 40) provided the perfect short cut to its ice-cutting operations on Morses Pond. The company made an agreement with the college for a right-of-way through the property. Unfortunately, by 1929 records of the transaction had been lost, and a college employee had the idea to padlock a gate across the pathway and "await developments" to see if anyone complained. Indeed, an irate Roland Hopkins—President of the Boston Ice Company—obliged. "We have paid \$10 each year from January 1899 until January 1929 to be

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PLAN OF LAND

The Coveted "North 40"

able to reach our property on Morses pond," he wrote. The gate was unlocked.

Another group – this one on campus – set its sights on far more than simply a passage through the acres of land. In November 1925, Professor Margaret Ferguson (for whom the College greenhouses are named) typed this request to the college business manager: "The Botany Department has looked forward for some years...to ask for a considerable amount of land which it could have under its control for strictly academic purposes. We understand that the college has recently abandoned all its farm activities and that certain lands [on Weston Road] are released."

Ferguson proposed a variety of Botany

Department projects to be carried out on ten blocks of the acreage: the study of plant succession according to the "Denuded Quadrate Method;" the development of a natural forest of white and pitch pines, black and red oaks, hickories, elms, sugar maples, beech, ash, chestnut, and hemlock; an outdoor laboratory to demon-

strate methods of cultivation, pruning, and spraying; and, finally, a continuation of the department's studies in experimental genetics, involving the cultivation of 15,000 to 20,000 pedigreed plants.

top: 1925 map of the North 40 shows proposed use of the acreage by the Botany Department; right: Professor Margaret Ferguson established botany laboratories on the acreage during the early 20th century; background: The North 40 woodland trails are favorites with dog-walkers

The Botany Department has looked forward for some years...to ask for a considerable amount of land which it could have under its control for strictly academic purposes. We understand that the college has recently abandoned all its farm activities and that certain lands [on Weston Road] are released."

Margaret Ferguson / 1925 / Professor at Wellesley College

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The Coveted "North 40"

In order to support these ambitions, she detailed the need for a Skinner water sprinkling system, lime to enrich the soil, fencing for the genetics garden, regular plowing of the land, and a toolhouse. Her letter concluded rather audaciously: "You understand that the Botany Department has no funds with which to begin this initial work, but it dares to hope that you will be able to secure a special appropriation for this purpose." Ferguson must have been persuasive, indeed, for by return mail she received a \$10,000 appropriation!

Wellesley College students joined townspeople in growing Victory Gardens for the WWII war effort

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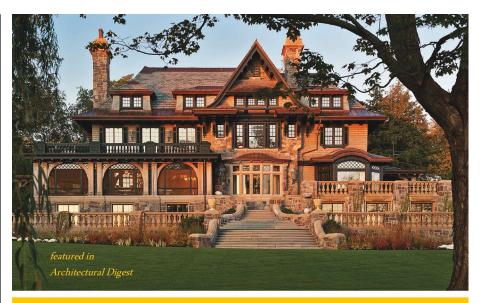
Vegetables and Trash

The advent of World War II elicited a patriotic response from Wellesley College, which granted requests from town residents to establish Victory Gardens on a portion of the Botany Department land, by then known as "The Weston Road Laboratories." Countrywide, there were some 20 million Victory Gardens producing 40 percent of the nation's vegetables. Fred Campbell, 91, of Weston was a private in the army in those days, and remembers riding by the Weston



With rationing, they helped to ease the national food shortage, freeing up goods for the troops."

Fred Campbell / A WWII Veteran remembers the Weston Road Victory Gardens in the 1940s



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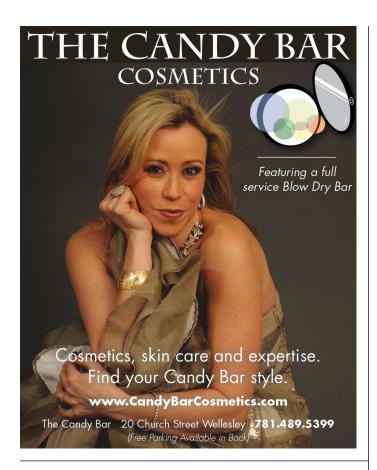
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The Coveted "North 40"

Road Victory Gardens. "With rationing, they helped to ease the national food shortage, freeing up goods for the troops," he says. The college even housed caretakers at 146 Weston Road, "to look out for the gardens" in exchange for rent.

As post-war interest in Victory Gardens waned, a "gentlemen's club" was formed to keep the spirit of community gardening extant on college property. It is this collegial group that morphed into today's Weston Road Garden Club.

The college's willingness to share its land with residents during and following the war emboldened town officials to press the college for a landfill lease. The town was in need of a temporary dumping area in that pre-Recycling Facility era, and—under duress—the college agreed. An indenture of September 1955 leased to the town 22 woodland acres (three lots) for a Sanitary Landfill at the annual rent of \$1 for a period of 5 years. The agreement stated that "the town may remove trees situated on the 17-acre parcel" but must, in turn, "plant along the southerly line two rows of white pine trees or other suitable trees three to five feet in height." Officials complied, planting 13,800 seedlings in 1960. (Wellesley College recently tested the disposal area, finding marginally elevated levels of two contaminants likely to require remediation.)

The landfill lease encouraged other town agencies to try their luck. In 1975 the Wellesley Recreation Commission—anticipating 990 participants in soccer, up from 72 in 1966—wrote to Wellesley's Vice President: "We are sorely in need of additional boys and girls soccer fields [and] propose that a portion of your 48 acres of land be converted into four soccer fields and a parking area." The College, though, had other notions percolating for what it now dubbed "The North 40."

Golden Agers and Gardeners

In December of 1973 a memo from College President Barbara Newell announced the formation of a committee "to explore the possibility of the college's developing a retirement community so that students could know older people and so that these people could take advantage of the college." Intergenerational learning featuring college faculty

and students would be available to the community, which might even serve as "a center for research on older people." By the mid 1980s, Nan Keohane had become president of Wellesley and fast-tracked the idea by appointing a Trustee Committee, chaired by former Wellesley resident Barbara Levings.

"After a thorough review, we selected a prominent Boston developer (Longwood Retirement Associates) who offered an attractive package to the college for a continuing care retirement community," recalls Levings. "At that time the Boston area had only Carleton-Willard and a fledgling North Hill."

As Levings' committee moved forward, arranging for test borings on the former town dump site, looking into building a bridge over the railroad tracks, and even announcing a partnership with Harvard Community Health Corporation, details of the plan became known to the town. Objections erupted concerning loss of open space, increased

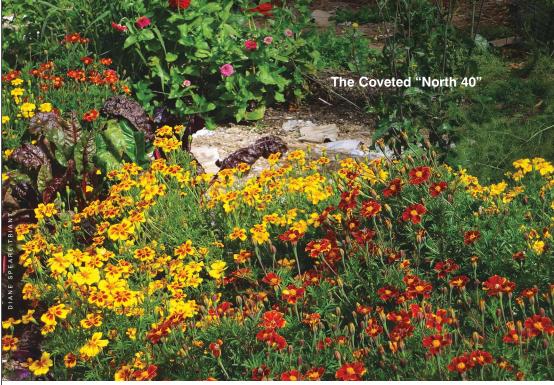


Several hundred townspeople turned out when Wellesley College explained its decision to sell or lease its 46.77 acres north of Route 135.









The college has been very generous with these gardens. I'll be heartbroken to see them go."

John Spencer / President / Weston Road Garden Club

traffic, and lack of proper access. Concurrently, though, 700 townspeople flooded college post boxes, many requesting space in the new facility.

Levings cites three factors which led to the continuing care facility's demise in 1990: "The College was about to initiate a major capital campaign; Boston's real estate market was in major decline; and vociferous neighborhood disapproval promised a tough fight." In a 1989 letter to "Friends of Wellesley Lifecare," the college indicated that it would step back for a period of reflection concerning the project. That period of reflection stretched for 24 years into 2014, during which time hikers, dog-walkers, the Regeneration Student Farm, and the Weston Road Garden Club have held friendly sway on the property, watering one another's gardens, sharing strategies to discourage marauding raccoons, and engaging in friendly competition to produce the first ripe tomato. "The college has been very generous with these gardens," says Spencer. "I'll be heartbroken to see them go."

Meanwhile, the good earth waits patiently for its next role to be revealed. There is something in the nature of native soil that is both seductive and emboldening. Even those who by any legal definition do not own a stake in it nonetheless feel a universal right to voice their opinion. And so, the various constituencies continue to meet, strategize, plan, and debate. Whatever the outcome may

be in this small corner of Wellesley, it is clear that numerous parties consider the land "worth working for and worth fighting for."

Indeed, it is the only thing that lasts. WW

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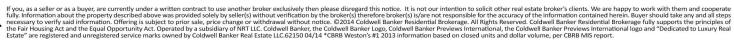


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STEVE MAAS writer

clarence landry's gravelly voice and bopping body rocked an audience not even a third of his age at the student union at Boston University.

The 70-year-old retired postal supervisor soloed as part of a show presented on a late August morning by the Golden Tones chorus, a group of seniors from the western suburbs who perform nearly every week at retirement homes, schools, and homeless shelters. Singing everything from Rodgers and Hart to Lennon and McCartney, they delight audiences while busting stereotypes about the senior set.

That night in Wellesley, some 40 seniors discussed the finer points of Tennessee Williams's *A Streetcar Named Desire* as a Boston University drama professor lectured on what makes actors tick. In the audience was a woman who recalled Marlon Brando's performance, not in the movie but on Broadway.

Compared with their parents' generation, today's seniors are anything but retiring. For some, that is literally the case, whether by choice or economic necessity. But many are discovering new passions and rekindling old ones. They turn to yoga, Zumba, and tai chi to strengthen their bodies; a growing array of learning programs to satisfy their appetite for knowledge; and one another to pursue interests, ward off loneliness, and provide support through the inevitable challenges of aging.

The Golden Tones chorus serenades Dick Close, a longtime member of the group who was celebrating his 90th birthday.





The magic of music

The Golden Tones chorus began more than a quarter century ago with about a dozen seniors in Wayland who would just gather around the piano to sing for the fun of it. Today, they number more than 60 members from throughout the western suburbs.

"There's a perception that we're a bunch of old people. But anyone who sees us in action will see we still have a lot of energy and spark," said Caroline Jacobs, 75, a retired Harvard administrator.

Landry, who lives in Wayland, didn't start singing in public until he was in his 40s and friends persuaded him to take part in a karaoke night. He said that by nature he's shy, but give him a microphone and he's transformed into a showman.

Bob Mosher, an 80-year-old retired Polaroid engineer from Weston, says he has been singing since he was in his college glee club. He sings bass in the Golden Nuggets, a subset of the chorus that does more multipart numbers. Particularly satisfying, he says, is being able "to bring a little joy to people who don't get an awful lot of joy." His wife, Cindy, makes the bowties for the guys, which go from gold to red around the holidays and to green for St. Patrick's Day.

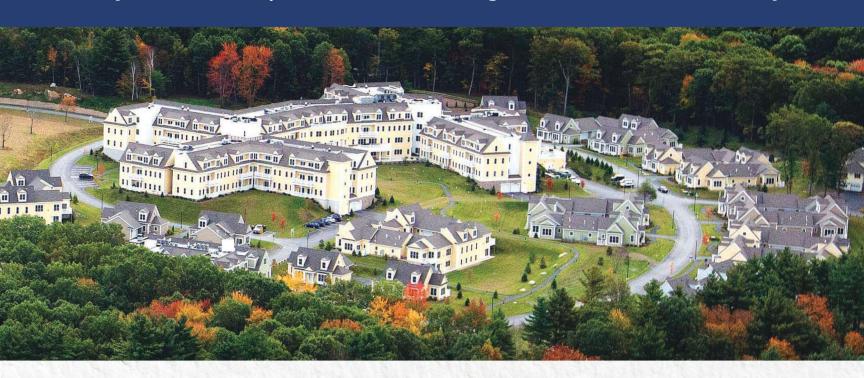
As men, Mosher and Landry are outnumbered by more than three to one by the women in the chorus. But that tends to be typical for sen-

iors' groups as well as community performing groups at large. Anyone can join, regardless of musical experience; there are no auditions.

"There's safety in numbers. And there are enough people who can stay on key that the occasional person who is new to choral singing is brought along with the crowd," says Deborah Marion, the full-time director, who manages and rehearses the chorus, selects the program, books performance dates, and coordinates fundraising. Besides Marion, only the group's two professional piano accompanists are paid.

Members aren't obligated to attend every concert and rehearsal. They have formed a caring committee to visit colleagues who are ailing or have lost loved ones. "We're a pretty close-knit community," says Jacobs. "We look after each other, not just in our singing lives."

The singing itself appears to be good medicine, according to anecdotal evidence and preliminary scientific research. Just ask Joan Aureli of Wayland, 79, who says she found it easier to sing than speak after recovering from her third stroke. When her sciatica isn't acting up, she also plays the violin. She did so professionally for many years with the Waterbury Symphony. But what excited her most at BU was a student who told her she had attended all three of the chorus's annual concerts. Inspired by Aureli's example, the student, now a senior, stuck with violin despite a heavy course load.



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In Weston, seniors are at the cutting age of a music craze that's already sweeping the West Coast: the resurgence of the ukulele. "It has attracted such a diverse group of people and they have so much fun," said Eileen Bogle, executive director of the town's Council on Aging. "Ukulele is not that difficult. You can play it with not that many chords. You would be amazed at how many people have ukuleles in their attics and their basements." Among the participants are Mary Rossi, 90, and son Arthur, 62. "It's a great way for her to get out of the house and socialize," says Arthur, who lives in South Natick.

Inspired by its neighbor, the Wellesley Council on Aging is offering

ukulele lessons this fall. This comes on the heels of another music initiative, one inspired by Herbert Gliick, a resident who started taking trombone lessons after he turned 70. The Wellesley Town Band, whose members range from teenagers to octogenarians, rehearses weekly at Wellesley Middle School.

top: Golden Tones chorus members Jo Ann Wong, Clarence Landry, and Naomi Knight (front) and Dick Close (back) sing at the annual "Puttin" on a Little Ritz" fundraiser; bottom: Arthur Rossi, Jr. and his mother Mary playing

Neighbor to neighbor

Sidney Friedman's lecture on "What Actors Do" was presented by Wellesley Neighbors, which sponsors educational, cultural, and social activities in addition to vetting support services to help member seniors live independent lives. Originally known as Wellesley at Home, it has grown to nearly 140 members and expanded into Dover, Natick, Needham, and Weston.

The group has partnered with Wellesley College, which offers its facilities for programs. They have collaborated on a seminar program, funded by a grant the college received to hire retired professors. Last spring, Alan Schechter, who for nearly half a century taught American politics and Constitutional law at Wellesley, presented the course "1964-2014: 50 Years of Conflict and Social Change" for Wellesley Neighbors members.

"They were as serious as the most serious Wellesley college students in terms of really doing the homework and coming to class prepared," says Schechter, 78, who mentored Hillary Clinton when she attended Wellesley in the 1960s.

"In almost every class, somebody told of an experience," he says, "such as women recalling how the feminist movement transformed their professional lives in the 1960s and '70s."

Wellesley Neighbors promotes socializing by breaking its membership into neighborhood clusters; sponsoring groups based on common





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THE ORIGINATOR OF CULTURED PEARLS. SINCE 1893.



interests, such as film, music, walking, or bridge; and holding monthly lunches. Hank Solomon, a 79-year-old retired business consultant from Wellesley, organized a men's lunch group, where the conversation actually goes beyond sports as members open up about their lives. One of the participants is confined to a wheelchair and has some difficulty communicating. "We put him at the front of the table, and he just loves it," says Solomon.

Lifelong students

This fall has seen a third continuing education program established in Weston and Wellesley. All rely primarily on volunteers, tapping into the wealth of academic, business, and professional experience among area retirees. And all seek to enrich social as well as intellectual life.

LLAIC (Lifelong Learners: An Independent Collaborative) boasted more than 300 members before it held its first class in September. It

was founded by former volunteer leaders of the Osher Lifelong Learning Institute at Brandeis. They decided to break away after Brandeis decided to exercise greater authority over the institute, commonly known as BOLLI. "We felt that when you have a program for retired professional people, they should be playing an important role in deciding how the program is run and money spent," says Richard Mansfield of Sudbury, who chairs the board of the new collaborative.

Classes are held during the day Monday and Thursday in space rented from Temple Beth Elohim in Wellesley. Mansfield points out that "these courses have topics like what you'd see at the undergraduate and graduate level, as opposed to 'how to plan your trip to Italy."

This fall's 16 courses include such varied topics as cryptography, the Spanish Inquisition, Chekhov, and the two operatic incarnations of *Figaro*. The collaborative hopes to build community through theater outings, lunchtime speakers, and current events and reading groups.



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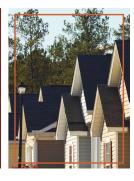
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When they're not in class, students can gather in a "schmooze room."

Membership in Lifelong Learning at Regis College has quadrupled to more than 400 since it was launched a decade ago. Offering more than 35 courses, the program is open to any adult. But since the classes are during the work day, students tend to be retired or semiretired. This fall's offering ranged from the movies of World War II, to Behind the Mask of Louisa May Alcott, to a very timely course on epidemic diseases.

The courses are run seminar-style with lots of give and take. That doesn't mean they lack rigor. "Just because there are no term papers or exams doesn't mean they are not meaty," says Jill Rosen, the program coordinator and liaison with Regis.

Rosen characterized most of the students as retired professionals. Over the years, she has seen the gender split go from 70-30 female to 60-40. "We've had parents and [adult] children come," she says, highlighting the broad age range. "They find out things about each other they probably had never known through discussions around history and literature."

The lifelong learning members share a classroom building with the regular Regis College students. "Membership has very adamantly said they want to remain on campus," Rose explains. "They like the academic atmosphere."

The granddaddy of adult programs is Wellesley Weston Lifelong Learning, which



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turns 40 next year. The founders viewed it as much as a way to keep retired teachers and professors engaged as a source of continuing education. Today, it draws seniors from some 20 towns to courses taught by retired people from a wide range of backgrounds.

As do the other programs, Wellesley Weston relies on students and teachers for course ideas.

One suggestion made five years ago particularly caught the community's imagination. It came from a new registrant with an unusual past.

"You ought to have a course about World War II and people's participation," he told Bruce Belason, the program's president. "The people are getting old."

The newcomer was Shigeo Kondo, who spent most of his childhood in New Jersey but was forced to return to his native Japan after the outbreak of war. Kondo, who served as a medic but never saw action, gave the first lecture in the class. Since then, 100 different speakers have shared their experiences, including a Holocaust survivor and the navigator of a B-24. Now, as the course has moved into the postwar period, it has featured a lecture on '50s rock.

Courses, which range in size from 5 to 300 students, are offered Monday mornings at the Unitarian Universalist Society of Wellesley Hills. While subjects like current events (Jerome Grossman, uncle of the state treasurer, led discussions into his 90s) and opera are guaranteed to be big draws, Belason says he was surprised that a course on the geology of New England drew 50 people. It was taught by a former high school teacher,







left and right: Guests enjoy dancing at "Jukebox Saturday Night" sponsored by the Wellesley Council on Aging; middle: John Schuler and his wife Dwin enjoy an "Evening with the Dixie Diehards," sponsored by the Wellesley Council on Aging

Frank Villa, whose knack for demystifying topics like global warming and stem cell research has made his "Science in the News" class a perennial favorite. Kondo's wife, Kyoko, who was featured in the summer 2014 Wellesley Weston Magazine, has taught an origami course.

Call it Council on Living

If you look back at Council on Aging calendars from 30 years ago, they tend to be dominated by shopping excursions, health programs, and card games. Today, as the retirement years can stretch over 40 years, the councils are finding that they are in effect serving two generations of seniors. While still offering health and social support programs for older seniors, the councils are trying to surmount an image problem.

"We are not just a place where people who are old and infirm come to play bingo on Tuesday afternoons," says Gayle Thieme, director of Wellesley COA. "I like to think of us an opportunity center rather than a senior center."

Weston COA's Bogle stresses that she takes her cues from the residents. "I'm really a facilitator — how are we going to engage people and keep them active," she says. "The most fun for me is when I see people who don't know each other meeting for the first time and realizing that they don't live that far from each other."

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But that word "Aging" in the name can turn people off. How do you get people in the door who feel that just by crossing the threshold, they're acknowledging they're not youngsters anymore? Even Belason, 79, of the lifelong learning program, acknowledged that he had been reluctant to go the COA. What drew him in was a talk on home generators.

For others, Bogle says, it might be a seminar on estate planning, Medicare, or genealogy. Once inside the senior center, which is located in the ground floor of the Weston Community Center,

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they'll discover an array of programs that exercise the mind and body, uncover hidden talents, and offer opportunities to volunteer. Residents help their neighbors learn new languages. Even in her 90s, local author Pat Richard has continued to draw big crowds with her passion for architecture.

The campaign to build a dedicated seniors' center in Wellesley has raised the profile of its COA. "We've gone from being a sleepy little department to a household name," says Thieme as the council has spread the word about programming that ranges from tai chi and yoga, to monthly outings to area restaurants and semiannual golf tournaments, to themed dances and lecture series. "It's easier for me to tell you what we don't do than what we do," Thieme says.

At last spring's "Jukebox Saturday Night," more than 100 people danced to the music of the '50s through '70s. Tie-dyed scarves and peace symbol key chains were among the party favors. The event was co-sponsored by the fundraising group Friends of Wellesley COA, which helped bring the younger end of the senior set to the gala.

In partnership with the Wellesley Free Library, the COA offers a speaker series that is open to all ages, with subjects as varied as ancient Rome, Medicare, and the outlook for Boston's sports teams.

Like the COAs, the library is looking at seniors much differently than in the past. Even

(CONTINUED ON PAGE 109)



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(CONTINUED FROM PAGE 104)

ten years ago, senior services were viewed primarily in terms of large print books and home delivery. "It was more thinking about the disabilities that come with being a senior citizen," says Elise MacLennan, assistant director of library services. "We still think of those things, but it's not the main focus."

Indeed, MacLennan says she was hesitant to characterize activities as being for seniors. "We have to move away from labeling things as a service for seniors because people don't want to think of themselves as seniors," MacLennan says. "[They are] interested in the same things you and I are," be they concerts, lectures, or computer classes.

Thieme advises people not to get worked up about labels. Instead, she says, "look at all you can do in your older years." ww

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How the Wellesley Blub Shaped Wellesley

The town's first and oldest club celebrates its 125th birthday

BETH HINCHLIFFE writer

in 1889, the new town of Wellesley was experiencing an eight-year-old's growing pains. For over 200 years it had been a sparsely populated farming village known as West Needham. But then in the mid-19th century the railroad roared into town, bringing with it successful Boston bankers and lawyers who built their mansions and moved their families here.

These first commuters also wanted the power to create their own prosperous and pretty suburb, so in 1881 they led a bitter and divisive, if eventually triumphant, fight to gain their independence from their mother town of Needham.

But while the new town leaders now struggled to bring the best of current life to the infant Wellesley, they also struggled with each other. It was an identity crisis that pitted not just farmer vs. businessman, but more importantly neighborhood vs. neighborhood. The three main areas



top: As the Wellesley Club celebrates its 125th birthday, the 2014 officers and directors are: Robert Sechrest, Donna McCabe, President Morris (Rusty) Kellogg, and Suzy Littlefield (seated); Thomas Skelly, Kathleen Nagle, Sara Jane Shanahan, Dona Kemp, and Andrew Patten (standing); bottom: About ten years after the Wellesley Club was founded, this postcard of Wellesley Square shows some of the development and building it encouraged. The building on the left today houses A.M. DePrisco Jewelers and the towers of the Town Hall/Library are still visible in the background.

were so self-contained as to be almost separate towns, distinct geographically and socially. If you lived in Wellesley Village (the Square), you rarely even passed through Lower Falls. If you lived in Lower Falls, you didn't associate with people from Wellesley Hills. And if you lived in Wellesley Hills, you saw no need to visit the other sections.

How to unite into a single town, unified in its thrilling quest for a modern identity? George Eliot Richardson had an idea. A 37-year-old banker and son of liberal Cambridge, he had recently moved his family to Wellesley, blaming his hometown's "threat of the heavy electric cars [which were] making an ever noisier street ... unsuitable for children." He was deeply invested in his new town, but troubled by the divisions, especially at Town Meeting where, he wrote, "decisions were reached more from sectional prejudices than from mature considerations."

And so the newcomer Richardson approached experienced town leaders with what was at the time an extraordinary idea: the formation of a social club which would also serve as a forum for debates. It would

be a place to enjoy "the broad and liberal spirit of Wellesley" and accomplish their urgent goals of bringing the best services to the new town; but, more importantly, the club would encourage respectful and courteous relations. That goal of civility, he felt, was essential as the base on which to build as the town grew.

In response, a handful of the most influential men from the three sections met at the Woodlawn Avenue home of Joseph Fiske, the wily political veteran and Town Moderator who had led Wellesley's successful fight for separation. These five men decided that, yes, the town did need "collaboration, not individualism," and that a group called the Wellesley Club was a fine idea indeed. So they sent out invitations, and 40 men showed up on October 21, 1889 at the United States Hotel in Boston to discuss further the possibility of this unique club, whose purpose, Richardson told them, would be "to promote literary and social culture among the members, and especially to consider and discuss questions relating to the welfare of the Town of Wellesley."

WELLESLEY HISTORICAL SOCIETY, WELLESLEY, OF top: George Eliot Richardson,

the founder of the Wellesley Club in 1889, said that the purpose of the Club would be "to promote literary and social culture among the members, and especially to consider and discuss questions relating to the welfare of the Town of Wellesley." bottom: This is how Wellesley looked at the time that the Wellesley Club was formed. This photo, taken from Maugus Hill, shows Wellesley Hills Square immediately below. The four-story building in the center is the Elm Park Hotel on Washington Street, on the site of today's Clock Tower; beyond that you can see Route 9.

How the Wellesley Club Shaped Wellesley

It was a daring idea back then. There were no clubs in town at all, not unless you consider the now-defunct Newton-Needham Society for the Apprehension of Horse Thieves. And some dismissed the idea of meeting for dinner in a downtown hotel to be "just a bit giddy and ostentatious." But the 40 men decided to give it a try, agreeing that "there was a place for an organization where discussions and debates on town affairs might follow social hour at the dining table."

And so on November 18, 1889, eight years after the town gained independence, 57 charter members came together for the first official meeting of the Wellesley Club, to adopt a constitution and by-laws, warily pump hands, sit at dinner tables for roast beef with men from the other villages, and launch the first and oldest club in Wellesley.

The first officers were carefully selected to represent the three villages. President Albert Clarke (a Civil War Colonel and the town's elected representative to the Massachusetts House) lived in the Hills; Vice-President Nathan Abbott had settled in the Village; and Secretary Joseph Peabody (one of the original five Club founders) was from the Falls.

These first years were as exciting as they were challenging. The most influential men of the town met monthly for animated debates that soon realized Richardson's goal of being collaborative, not confrontational. Wellesley began to be known as "the town that gets what it wants." When it had wanted independence, it got it. Now that it wanted





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How the Wellesley Club Shaped Wellesley

(and was willing to spend money on) the latest innovations that neighboring towns only dreamed of, the Wellesley Club decided how to get them. If the members approved, then soon these improvements appeared throughout what was becoming a town obviously touched with care.

These early meeting topics included whether they should have (and since they all passed, then how to implement): their own electric lighting plant, trolley cars, new railroad stations (designed by Trinity Church architect H.H. Richardson), more schools, sidewalks, town fire equipment (to replace horse-drawn wagons of vol-

unteers), street lights (this took two meetings), a cemetery, a park commission, and a widened Washington Street (this debate was repeated periodically for more than a decade).

Throughout the years, it came to be said that whatever was decided at the Wellesley Club on Monday night, Town Meeting would most likely pass on Tuesday.

Soon the members, filled with button-busting pride at their successes, decided to take even more proactive leadership. Since they wanted their town to be not only the most modern but also the



MASSACHUSETTS: F.B. WILLEY

most beautiful and harmonious, in 1902 the Club elected a Town Improvement Board to "arouse a spirit of civic betterment in Wellesley." Under the Board's supervision, the town enjoyed such communal activities as the Village Christmas Tree, care for vacant lots, and area clean-ups. Also, conscious of the past as well as the future, the Club voted to establish a committee to look into starting a Wellesley Historical Society.

Disgruntled by the lack of objective information available about the crucial decisions to be made in town, in 1903 the Club decided that a central, weekly town newspaper was needed, "a serious, impar-

top: This wonderful, rare photo shows the October 16, 1905 meeting of the Wellesley Club at the Copley Square Hotel in Boston. Founder Richardson is visible at the head table in the distance, the man with the beard at the right side of the fireplace. bottom: A view of the (still recognizable) intersection of Route 16 East (straight ahead) and Route 9 East (today's ramp to the right) in Wellesley Hills, along with typical daily traffic, at the time when the Wellesley Club was founded.

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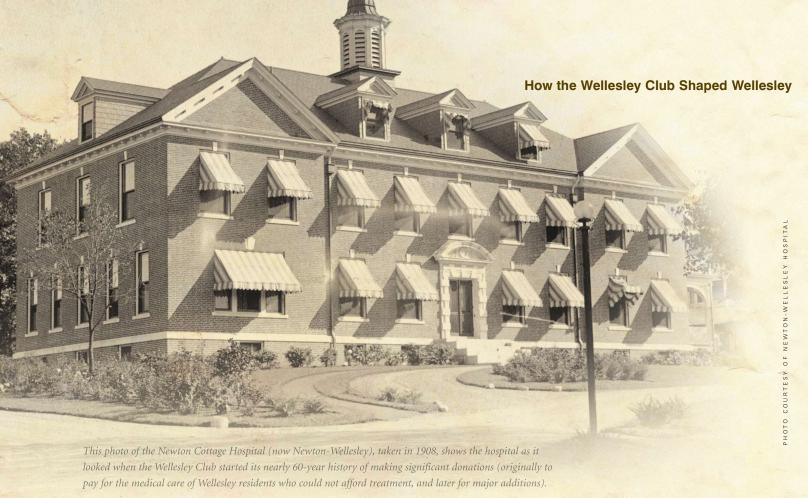






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tial vehicle for examining town government" and, reflecting the earliest concern, "uniting the three neighborhoods." With a flourish (and subsequent headlines), the Club oversaw the creation of the Wellesley Publishing Company and on April 6, 1906, Wellesley's 25th birthday, the first issue of *The Townsman* appeared.

And in 1904, the Club initiated perhaps its most remarkable community undertaking when it created the Wellesley Hospital Fund, "for benefit of the sick poor of the town." The Club had been discussing the idea since 1894, and now felt the time was right to appoint trustees to combine Club funds and members' donations, totaling a remarkable \$6,000. At first the money was used by Friendly Aid to support a district nurse, and then it went to the Newton Cottage Hospital

to care for Wellesley residents unable to pay their bills. For nearly 60 years, the Wellesley Club provided generous and mostly silent annual financial support to the hospital, as well as one-time gifts of \$100,000 in 1946 and \$50,000 in 1960. In gratitude, the hospital changed its name to Newton-Wellesley.

The Club had become the most significant force in town, to the delight of Richardson, who noted that "it is next to impossible for a new member to realize the sense of pride and satisfaction that some of us take in seeing the Wellesley Club so strongly supported." The railroad added a special car on the 9:25 p.m. train so that members could ride home together. The only time that the town's selectmen moved their own Monday meetings was to defer to the Club's Monday meetings (and they still do today).

Over the next decades, the membership limit was continually raised from the original 100 until in 1964 it reached today's total of 300, with a waiting list of 100. There was even a waiting list for the waiting list, a serious status which became legendary when The New Yorker magazine excerpted (in a wry end-of-the column observation under the headline "Anti-Climax Department") a paragraph from a Townsman profile of Robert L. McMillan, president of Shattuck, Clifford and McMillan advertising agency. The piece proudly touted among his honors that he was "a member of the waiting list for the waiting list of the Wellesley Club."

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How the Wellesley Club Shaped Wellesley

By the middle of the 20th century, once the town had grown into its identity as a mature and well-nurtured town, the Club turned to learning from lectures rather than participating in debates. Experts of state and national fame were eager to speak, including governors, senators, high-ranking White House aides, and prominent economists.

Perhaps of greater note was the constant flow of speakers who were Wellesley residents of significant accomplishment: internationally renowned professors and every president of the three town colleges, the owner of the (then-) Boston Patriots, a congressman and Cabinet Secretary, Boston reporters and anchors, one Nobel Prize winner and two Pulitzer Prize winners, celebrated investment advisors, a network television president, an ambassador, a Presidential speechwriter, and numerous political and social activists.

Even with the rise of feminism in the 1970s and 80s, and despite the fact that, in 1984, seven of the nine Wellesley board chairs and



top: In 1988, the Wellesley Club voted to admit women. Katherine (Gig) Babson was the first woman member, shown here at the Club's 1989 Centennial celebration with her father, former Club President David Babson. bottom: At the Wellesley Club's Centennial celebration on November 14, 1989, all living past Presidents gathered for a portrait. (front row): Donald Babson, David Babson, Roger Perry, and then-President Frank Conway; (remaining group members left to right): Tony Parker, Ernest Sargeant, Wilson Piper, Dana Danforth, Franklin

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How the Wellesley Club Shaped Wellesley

on Town Affairs Night were women (as were 46 percent of Town Meeting Members), the issue of gender equality in the Club took its time to bubble to the surface. When interviewed by *The Wellesley Townsman*, a longtime board member said angrily, "women [in the club] would be the end of it."

Then, on October 3, 1988, by three votes, members voted to admit women. Four years later, Katherine ("Gig") Babson, Wellesley native, Town Moderator, Advisory Chair, longtime Selectman, and daughter of a Club president (David Babson, 1950-51), moved off the waiting list to become the first woman to join the Wellesley Club, and seven years later was elected President.

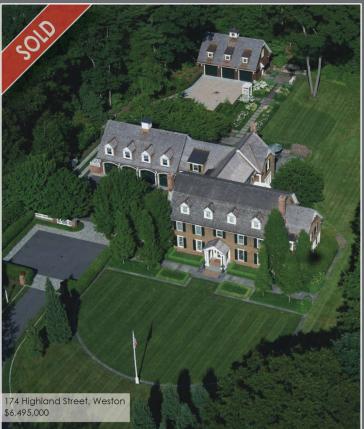
In recognition of societal shifts, meetings were cut back to four times a year, and three of those meetings are now held not at the long-standing Harvard Club "clubhouse" in Boston, but in or around Wellesley—at Wellesley College, Babson College, the Crowne Plaza, or the Wellesley Country Club. Yet the Club remains conscious of its responsibilities to history and to the future, organizing and funding the Centennial Time Capsule, which was sealed by President Dick Gardner behind a bronze plaque in the library at a dedication ceremony on November 29, 1981, to be opened in 2081.

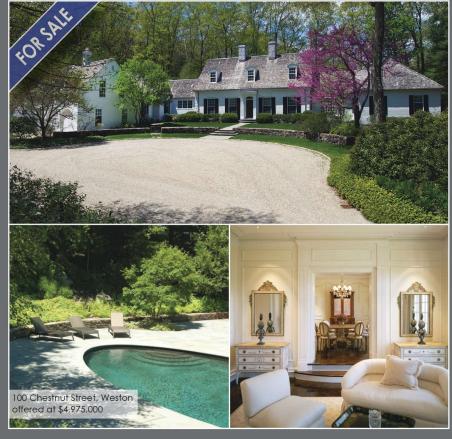
A century ago, when founder George Richardson was asked, "Of what good is the Wellesley Club?," he replied with words that could still stand today:

"[At Town Meeting since the founding of the club] has there not been a distinct advance in their action and general morals? I claim that the improvement is already due to the unconscious influence of our club, bringing as it does many of the citizens to one social center... making them acquainted with each other, and as a result of that acquaintance showing them that they are members of one community, and that forbearance, generosity, public spirit, and good judgment are really what all should practice.

As long as it maintains its present standard, so long will there be a place for it and so long will its quiet influence permeate the whole community."



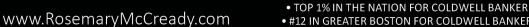






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A Scouting Tale







WESTON AND WELLESLEY SCOUTS MERIT ADMIRATION

if you happen to see a Wellesley Girl Scout around town—perhaps at a parade, community cleanup, or, of course, selling cookies—be sure to wish her a happy birthday. Wellesley's troop is celebrating 100 years of scouting in 2015.

But there's a wider range where you'll run into Girl and Boy Scouts from Wellesley and Weston. It's not only the cookie or popcorn fundraisers, activities that are in scouting's traditional image. "We have a great many organizations we devote our time to, including Heifer International, where we spend a fall day at a farm in Rutland, Massachusetts, doing hands-on farming service work," says Belinda Harter, who leads Wellesley's Girl Scout Troop #73200.

"One of the most exciting things about modern scouting is the complete freedom to explore, for both Boy and Girl Scouts," agrees Matt Janchar, Cubmaster for Pack 157 in Weston, parent of two Cub Scouts, and an Eagle Scout himself. "Programs are so multifaceted,

which really helps youngsters uncover true hidden passions and talents." Indeed, scouting offers a crack at everything from physical fitness to science, community service and exploring and the outdoors.

"One of the most exciting things for me is watching boys discover a new experience that strikes a spark of passion they may not have uncovered except for scouting," Janchar points out. "While other activities kids can get involved in, such as sports or a musical instrument, can be narrowly focused, scouting lets boys find a new experience that resonates with them."

In Weston, Cub Scouts enjoy a science day each February, where a tenured MIT professor (who happens to be a Cub Scout dad) teaches the boys about scientific principles. In recent years, Pack 157 boys have also had overnight campouts at The Museum of Science, on a tall ship in Mystic Connecticut, in the middle of the Pawtucket Red Sox's ball field, and at Battleship Cove in Fall River.



"Some of our activities are repeated each year, and some we rotate, so boys get all different types of experiences," Janchar explains. One annual event that takes place nationwide is the Pinewood Derby. Boys have an opportunity to work one-on-one with a parent—or grandparent—to design, carve, paint, weigh, and race a Pinewood Derby car against fellow scouts, a tradition that millions of American boys have participated in since 1953.

Weston's Boy and Girl Scouts, however, are unique in that they have a dedicated meeting place, the venerable Weston Scout House on School Street. "It is a fabulous resource because we automatically have a place to conduct our meetings and activities," says Tricia Tilford of Weston, who serves on the Board of Directors for the Girl Scouts of Eastern Massachusetts. Tilford, who herself earned a Gold Award (the highest level of Girl Scouting), also serves as Pack 157's committee chair.

W A E

"ONE OF THE MOST EXCITING THINGS ABOUT MODERN SCOUTING IS THE COMPLETE FREEDOM TO EXPLORE, FOR BOTH BOY AND GIRL SCOUTS."

Matt Janchar | Cubmaster for Pack 157

left: Girl Scouts from Wellesley's Troop 73200 caring for bunnies during a Heifer International volunteer day at a farm in Rutland, Massachusetts; right: Cub Scouts from Weston's Pack 157 explore science concepts at the Weston Scout House

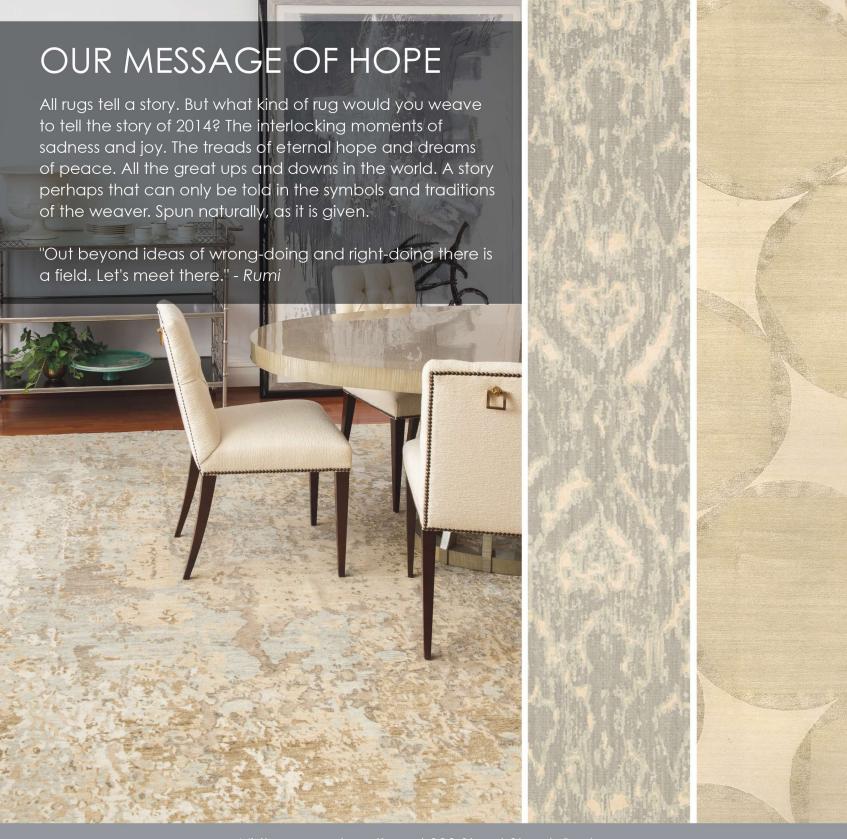
Back in 1938, Weston's Girl Scout Council began fundraising to purchase land for a Scout House, which came to full fruition in 1941. With a large outdoor grassy area, and inside facilities like a fully functioning kitchen, storage, and workspaces, the Weston Scout House serves the town's Brownie, Girl Scout, Cub Scout, and Boy Scout troops.

"There are maybe only a half-dozen Scout Houses in eastern Massachusetts," Tilford states. "We are blessed because not many communities have such a resource."

Boys to Men

Perhaps no one can relate the thrill and benefits of scouting better than an active scout.

"Boys gain a lot of life skills from scouting and learn things that carry through life that you don't necessarily get through sports," says Matthew Hornung, an Eagle Scout and a junior at Wellesley High School. "If you're a soccer player who ends up with an injured knee later in life, you may be permanently sidelined. But a lot of abilities



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"IT IS A FABULOUS RESOURCE BECAUSE WE AUTOMATICALLY HAVE A PLACE TO CONDUCT OUR MEETINGS AND ACTIVITIES."

Tricia Tilford | Board of Directors, Girl Scouts of Eastern Massachusetts

left: Weston Cub Scouts Pack 157 raise the flag outside of the Weston Scout House on School Street; top right: Members of Wellesley Boy Scouts Troop 185 teach first aid skills to students at Wellesley High School's annual Seminar Day; bottom right: Girl Scouts from Wellesley's Troop 73200 hiking in the White Mountains

learned in Boy Scouts are relevant to day-to-day life, such as basic first aid, lifeguard training, and the leadership and community values that naturally come with those kinds of talents."

Hornung, who currently serves as senior patrol leader in Wellesley's Boy Scout Troop 185, joined Cub Scouts in first grade, and has been part of a large, thriving unit of Wellesley scouts ever since. The boys have gone on fall biking trips on Nantucket, canoeing in Maine, and numerous camping trips. "The biggest advantage of these kinds of trips is that you can safely engage in these activities that are a bit harder to duplicate on your own," Hornung says. "Our troop has hiked the Presidential mountain range in New Hampshire in January, which, if you tried do on your own, is incredibly dangerous. But we are with experienced people who are well prepared."

The older scouts get, the more experience they gain, and the better prepared they are to face challenges. "We empower our girls to run every activity," says Harter. "They run their meetings and plan projects. While the adults gather their ideas and certainly help implement them, the older girls get, the more they realize that the choices are theirs to make. It gives girls a strong sense of confidence and life skills, from money management to learning the value of volunteering."

Indeed, community service is a strong value across Boy and Girl Scouting. "It's very important to teach boys and girls at an early age that they can have an impact on the world, even though they're young and can barely hold up a full bag of food," says Tilford, referring to the annual town-wide Scouting for Food drives that both Boy and Girl Scouts engage in. "Scouting certainly teaches kids to explore the world, be self-reliant, and set goals and achieve them. But it's also about considering other people in the process."

In fact, Wellesley's Scouting for Food just completed its 24th annual drive, which benefits the Wellesley Food Pantry. The food pantry

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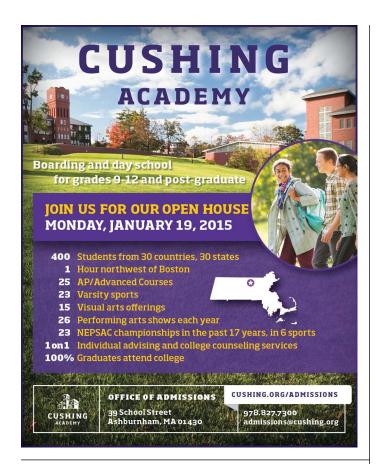
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A Scouting Tale







IT'S FASCINATING TO OBSERVE THE EVOLUTION OF AMERICAN SOCIETY SIMPLY BY TAKING A LOOK AT BADGES FROM 100 YEARS AGO.

serves a total of 200 town households, and the joint Boy-Girl Scout drive is the pantry's largest source of donations each year. "2013's effort involved a total of 351 Boy and Girl Scouts, who collected nine tons of food from residents," enthuses Rula Salemeh, the drive coordinator who is a parent of both a Boy and Girl Scout.

The diversity of community service is amazing: Weston and Wellesley Scouts have made holiday ornaments and caroled with local seniors, planted blueberry bushes at Wellesley High School, painted area churches, helped veterans place flags at Wellesley's Woodlawn Cemetery, created an ongoing visitation program at retirement homes, and more.

Smart Cookies

While the core values of scouting have not changed since their founding, it's fascinating to observe the evolution of American society simply by taking a look at badges from 100 years ago.

Back in 1911, Boy Scouts could earn badges in Maritime Signaling, Blacksmithing, Poultry Farming, and Mining. Similarly, 1920s Girl Scouts had the opportunity to achieve their goals via the Dairy Maid, Telegrapher, and Canning badges.

It's telling that Girl Scouts have existed in Wellesley for 100 years, when you consider that the Girl Scouts of America is only 103 years old. "Our town was an early adopter of scouting," says Harter.

But this isn't your grandparents' scouting. Fast forward to the present day: you can probably guess what sort of goals and themes are

available to youth in the modern era. Boy Scouts can show their commitment via the Game Design, Programming, Sustainability, and Citizenship in the World badges. Meanwhile, Girl Scouts here and across the country are busy earning the Financial Literacy, Website Designer, Locavore, and Inside Government badges.

Scouting has kept up with the times in a number of other significant ways as well.

"The speed of life and the pressures kids face are much greater than in previous generations," Tilford points out. "In Girl Scouting, we have developed programs that address anti-bullying, self-confidence around body issues, and learning about the media and how it distorts messages. The Girl Scouts of America really want to address these concerns."

Harter agrees that in Girl Scouting, "the cliques are broken down." Every year, all Girl Scouts in Wellesley are invited to a "town encamp-



Members of Wellesley's Boy Scout Troop 185 perform community service in town

ment" for the weekend. "Even the youngest group of Daisies [typically first grade girls] come for part of the day, and there are all sorts of activities, all run by the Girl Scouts," she says. In recent years, the encampment has taken place at sites in Brewster, Plymouth, and the Girl Scout-owned property in Waltham. "We usually get about 250









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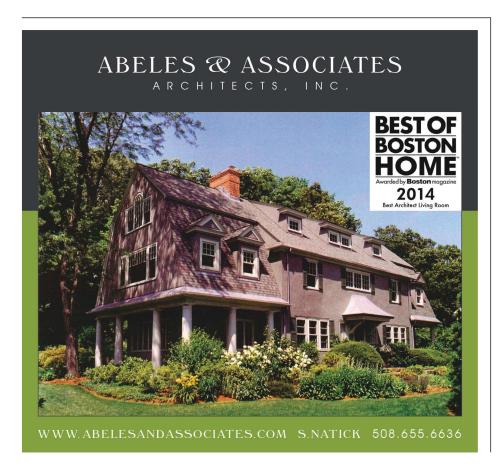




Girl Scouts of all ages gather at Wellesley's annual Girl Scout Encampment

Girl Scouts, and we have a fun ceremony where girls cross a wooden bridge to progress to the next level," she says.

Next June, the Wellesley Girl Scouts are going to Costa Rica for a nine-day service trip. "The girls have been saving money for years via fundraising," Harter says. This is a well-traveled



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WESTON BOY SCOUTS TROOP 157
www.troop157.org

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WELLESLEY BOY SCOUTS TROOP 182 www.troop182.org

WELLESLEY BOY SCOUTS TROOP 185 www.troop185wellesley.org

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www.ktc-bsa.org

WESTON GIRL SCOUTS TROOP 73083
Contact: bldillaway@gmail.com

WELLESLEY GIRL SCOUTS TROOP 73200
www.sites.google.com/site/girlscoutswellesleyma

GIRL SCOUTS OF EASTERN MASSACHUSETTS
www.girlscoutseasternmass.org

WESTON SCOUT HOUSE www.westonscouthouse.org



troop—the girls have already been to India and Switzerland, meeting other scouts around the world to hike glaciers.

Hornung agrees that the Boy Scouts of America have programs that help today's young men excel in sometimes rough waters. "Scouting is what you make of it," he points out. "You can be halfheartedly involved but you get a halfhearted experience. The more effort you put in, the more rewards you get, including leadership development."

But for Harter, it all boils down to a simple essence. "There are just really good kids in scouting." WW



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Do You Think You Can Dance?

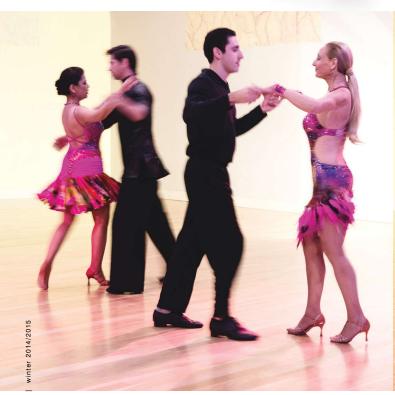
or solo, the social dances are designed to have everyone switching partners frequently. Low-key competitions are also part of the mix. Menard was paired once with Fred Astaire Dance Studio instructor Kemar Bennett and won that week.

An experienced choreographer as well as instructor, Bennett works with both female students and couples in many forms of dance including Ballroom, Latin, Hip Hop, Modern, and Contemporary. Male students are paired with female instructors.

"If you can walk, you can dance," Bennett will say to those who try a free introductory lesson. In just 30 minutes, he'll teach the basic steps that are the foundation of almost all ballroom dances that are split into two categories: either smooth or rhythm.

"Smooth" dances include the Foxtrot, Tango, and the different variations of Waltzes. Bennett explains that couples strive to keep a straight body line as they travel widely around the dance floor. "Rhythm" dances generally stay in a more confined area, but allow for more freedom of expression through sexy hip actions and other movements suggestive of romance. Salsa, Merengue, Rumba, Cha-Cha, Mambo, and Samba are all rhythm dances. So, too, are the many variations of Swing that are enjoying a huge revival across the country. This broad category includes Jive, Jitterbug, Lindy Hop, and Shag, among others.

The popularity of shows like *Dancing with the Stars*, *So You Think You Can Dance?*, and various spinoffs have had a meteoric impact on the interest in ballroom dance, but can also be intimidating. Fred Astaire Dance Studio director Renzo Aida cautions viewers to keep in mind that these are slickly produced shows with professional dancers and confident, telegenic participants. Their outfits are not only dazzling, but also specially crafted to move well and accentuate each body in the most flattering way.





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Wellesley | \$840,000



Wellesley | \$769,000



Wellesley | \$764,000



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Brookline | \$455,000

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THE MOST FLATTERING WAY."

Clothes like these don't typically hang in the closets of the average person, Aida says. So he encourages everyone at his studio to simply relax and just be themselves. If you're most comfortable in casual clothes, he says, "wear jeans." If dancing is the one time during the week you can get dressed up and feel glamorous, "go for it."

Aida said meeting newcomers where they are at is an integral part of what makes dancing fun for people of all ages and athletic abilities right from the start. "It's just getting them to come that first time," he said. Some may be fearful that they are not in good enough shape or worried about an old injury flaring up.

Knowing this, many dance studios also offer strength and conditioning classes in addition to private and group lessons. Or when dancers decide they want to strengthen particular muscle groups or increase cardio fitness, there are a vast array of gyms and fitness studios in the local area from which to choose.



One such niche gym is Pure Barre in Linden Square in Wellesley that opened in January 2013. Manager Ali Pellerin says that despite the name and prominent ballet barre in the studio, most of her clients are not former dancers beyond perhaps a few classes they took as children.

Pellerin says each 55-minute class is designed as a full-body workout concentrating on the areas many struggle with the most in terms of tone, mostly hips, thighs, seat, abdominals, and arms. She described the gym's low-impact technique as being friendly on the joints because it does not involve any bouncing or jumping. Every newcomer is asked about medical history and any injuries, Pellerin says, so the instructor can introduce modifications to any exercise or movement that may be too intense for a particular part of the body as it heals.



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Allowing an injury the time it needs to heal is something physical therapist Matt Penney stresses with all his patients, no matter what their sport. Penney is co-owner of Advanced Sports Therapy on Walnut Street in Wellesley and provides physical therapy services at Wellesley College. He is also a Certified Golf Fitness Instructor and works closely with the Wellesley Country Club Fitness Center to provide rehabilitation services for its members.



Many of the injuries he treats are due to repetitive stress caused by a particular sport, such as elbows and rotator cuffs for tennis players and golfers or feet, ankles, and knees for runners and dancers. "Correct treatment of an acute injury will minimize recovery time," Penney says.

The key to preventing re-injury is to learn how to sustain good posture and muscle balance to both the injured area as well as the body in its entirety. In physical therapy, patients are taught specific exercises and stretching regimes, Penney said, but it is important to work with the entire body.

Penney explains that it can be hard for serious athletes in any sport to modify or even alter their training routines after a serious injury. But one of the surest ways to heal fully is to remain physically active during the recovery period by either modifying one's chosen sport or switching to something completely different. For those used to running, cycling, or weight lifting, dancing can be an excellent alternative.



But what about when dancing is not only your part-time passion, but also your fulltime profession?

Just as *Dancing with the Stars* pairs a celebrity novice with a professional dancer, many studio owners like Olga Kinnard make their living coaching and competing with their students. Kinnard had been running a studio in Allston for many years, but wanted more space to expand her offerings and host social dances.

When she saw the warehouse on Prescott Street in Wellesley Hills that had been used to store luxury cars, she fell in love. She put in hours of sweat equity to transform it into Dance Republic: a dance and fitness studio by day and chic nightclub on weekends when it hosts social dances open to the general public.

But in the process of rehabbing it, she injured her back. The pain was so intense, she simply couldn't dance for months and months. It was a devastating setback, not only for her, but also her dance partner and fellow Dance Republic instructor Ferenc Nemeth. The pair competes at the highest levels and

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has won the 2010 North American Show Dance Championship as well as the 2011 Eastern US Professional Rhythm Competition and the Eastern US Show Dance Championship.

In the way that Penney had described modifying one's activity during the healing period, Kinnard reduced the intensity of her practices for a while and concentrated on strengthening and

Sophie Underwood

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conditioning instead. She is now sharing this determination to get back in competition-level shape with her students during the fitness classes she offers at Dance Republic during the day. They include Zumba, Plexi-Dance, and something called Flex-O-Tone, a class Kinnard developed especially to strengthen the back. No matter what kind of shape people are in when they show up, Kinnard says, "If they can walk, they can dance and have fun."

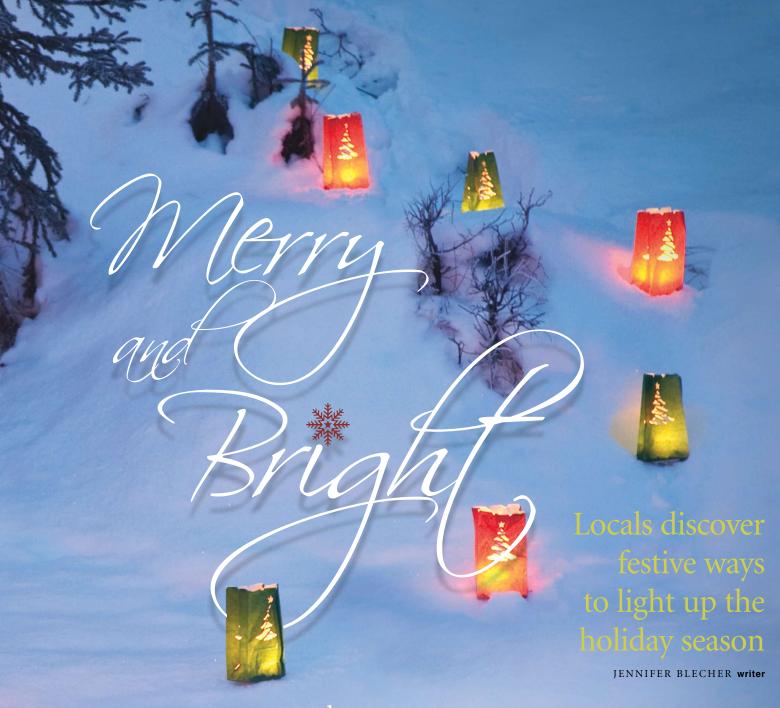
It was the "having fun" part that Sophie Underwood of Wellesley has been looking for a way to stay in shape. She has tried a number of different gyms and workout routines over the years, but the idea of dancing for fitness is relatively new. A friend who is taking ballroom dance classes highly recommended she try Dance Republic.

After trying her first Flex-O-Tone class, Underwood said she was ready to try Zumba next. "I love the space. It's very beautiful, very festive," she said. And when she heard there are social dances held on Saturday nights, she quipped, "Time to hire a babysitter!"









Songs aplenty herald the holiday season as the most wonderful time of the year, but around these parts it's also one of the busiest. Here's your guide to some of the most festive events of the season, all of which are guaranteed to keep you in good cheer.

Wellesley's Winter Wonderland Holiday House Decorating Contest

Should you happen to be walking the streets of Wellesley on the evening of December 21st and notice a group of revelers wearing Santa hats and carrying gold trophies, do not be alarmed. In fact, you should probably follow them, for they will lead you to some of the most festive homes in town. This group of nighttime wanderers is the Holly Jolly Crew, a team of Wellesley Recreation Center employees in the process of judging homes for the second annual Wellesley's Winter Wonderland Holiday House Decorating Contest, in which decorated homes are



awarded prizes in four different categories: The Griswold Award, Best Theme, Judge's Choice, and Traditional New England Theme.

"Wellesley's so pretty, especially around the holidays," says Melissa Roy, Public Relations and Marketing Coordinator at the Wellesley Recreation Center. "We have so many different people that celebrate all different holidays and we thought this contest would be a great way to build a sense of community here in town." Residents can nominate their own homes, or those of their neighbors, by sending a nighttime photograph of the home to the Wellesley Recreation Center. With a

range of award categories encompassing the most elegant of garland wrapped in twinkly lights to the most enormous of blow-up snowmen, there's something for everyone. "It's a fun, easy way for people to participate in a community activity," says Roy. "We just want to bring people together and have some fun."

TO NOMINATE A HOME, send an email with a picture to recreation@wellesleyma.gov by December 15th. Judging will take place on December 21st.

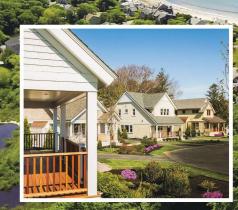


"Twas the night before Christmas and all through the yard Not a vegetable was growing, not even Swiss chard."

So begins the *Gardener's Night Before Christmas*, the holiday anthem of the Weston Garden Club (WGC) that is recited every year on the first Thursday in December to the approximately 100 WGC members who meet to construct over 80 wreaths that are distributed throughout Weston. A tradition decades in the making, the day is a festive one; filled with good food, conversations among old friends, and, of course, lots of instruction in wreath making. But the event is not all fun and games. Preparations begin in November, when members of the WGC spend three frigid days pruning trees and collecting over 40 bags worth of greenery. And then there's the actual hanging of wreaths. "It's a little

top: A photo submitted for the 2013 Wellesley's Winter Wonderland Holiday House Decorating Contest; bottom (I and r): Members of the Weston Garden Club hard at work creating wreaths; center: One of the Weston Garden Club's holiday creations













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dangerous," admits Cynthia Chapman, a WGC member. "But some of the oldest members are the ones that put the wreaths up and they do it fearlessly."

For many WGC members the day marks the beginning of the holiday season and the club takes great pride in its work. "The wreaths look so lush," says Chapman. "No wreath you buy in a store would compare to the ones we make,

especially the one we make for town hall." For that wreath, the best greens are pulled—arborvitae, chamaecyparis, special pine—and only the most experienced wreath makers are invited to work their magic. As the long day grows to a close and the wreaths are stacked for distribution, members of the club depart with scraps for their own home wreaths and the concluding words of their anthem echoing in their heads: "Merry Christmas to all and to all a green thumb!"

OPEN TO WESTON GARDEN CLUB MEMBERS. For more information, visit www.westongardenclub.org.

Little Cup of Hope

On December 7th, the halls of the Brae Burn Country Club will be filled with over 150 pajama-clad children decorating cookies with gooey frosting, crafting and dancing their hearts out, and taking pictures with Santa in honor of the true spirit of the holidays: giving back to others. It's all part of Little Cup of Hope, a fundraiser started three years ago by Wellesley resident Sarah Williams and photographer Roger Pelissier and his wife Nancy. "I wanted to do something that would help kids understand the importance of giving back during

the holiday season," says Williams. "But I wasn't quite sure what that would be, until one day when I walked into Roger's studio." On the studio walls were pictures of terminally ill children that Pelissier had taken for the charity Flashes of Hope, which connects professional photographers around the country with families of sick children. "To say those pictures were incredible is an understatement," says Williams.

Williams and the Pelissiers began to talk and craft a vision for a day that would raise funds for Flashes of Hope and provide some comfort to the hospitalized children, many of whom are in the hospital for long stays. They came up with the idea of a ticketed holiday fundraiser for families, with child attendees bringing in a pair of slippers for donation. The first year, they raised \$10,000, enough to cover the operating cost of Flashes of Hope at Boston Children's Hospital for one year. The second year, they raised \$20,000 and were able to donate half of that to the Neuroblastoma Treatment Program at Boston Children's Hospital.

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Merry and Bright

And they show no signs of slowing down. "The incredible thing about Flashes of Hope," says Williams, "is that no matter how sick a child is, they want to smile for the camera. Roger is able to capture that and give it back to the families to treasure forever."

FOR TICKETS AND MORE INFORMATION, visit www.littlecupofhope.com and www.flashesofhope.org.



If you're the type of person who buys a home because it has the perfect spot for a Christmas tree, then you can't miss the Festival of Trees at the Massachusetts Horticultural Society at Elm Bank. With horse-drawn wagon rides through the fully decorated Elm Bank property, pajama story hours, craft activities, visits from Santa, and live music performances, there is something for everyone at this event. And, of course, there are the trees. Approximately seventy-five professionally



The Festival of Trees, sponsored by the Massachusetts Horticultural Society at Elm Bank, features horsedrawn wagon rides and an array of beautifully decorated trees

decorated trees will fill the Hunnewell Carriage House, creating a magical holiday environment. At the end of the festival the trees will be raffled off to ticket purchasers.

New this year, the Massachusetts Horticultural Society will be unveiling Snow Village at Elm Bank, an enormous model train set with Christmas village that is part of a larger model train set that the society received recently as a gift. "It's almost overwhelming it's so beautiful,"



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says Katherine McDonald, the Executive Director of the Massachusetts Horticultural Society. "There are all these villages that work together and we plan on highlighting different parts over the years. It's going to be great."

THE FESTIVAL OF TREES will run from November 28th through December 14th. Check www.masshort.org for ticket information and event schedules.

Luminary Night

The materials in the Wellesley Junior League's Luminary Night kits are simple ones: white paper bags, plastic food containers, tea candles, and foam stickers. But when you add in the participation of hundreds of Wellesley residents with quite a few matches, these kits transform an ordinary December evening into a magical one. Entire blocks glow with flickering candles inside bags and families take to the streets to enjoy the view and the company of neighbors. "It's such a nice event because it's non-denominational, it's so pretty, and it gets everyone into the spirit of the holidays, "says Christina Ely Loftus, co-chair of the event this year with Marijoy Bertolini. "Anyone can do it, but what's also really nice is that people buy kits for their elderly neighbors as a gift and set them up for them."

In some neighborhoods the night is particularly festive, with horse-drawn carriage and trolley rides, as well as food and hot drinks. Now in its eighth year, the event is an important fundraiser for the Wellesley Junior League, with around \$18,000 being raised last year in support of the group's charities. "This event really brings Wellesley together," says Loftus. "But our goal is to eventually light up the entire community. We want this to grow and grow."

LUMINARY NIGHT starts at sundown on December 7th. Kits can be purchased online at whjwc.org or several locations around town, including the Wellesley Marketplace. $\boxed{\mathbb{W} \mathbb{W}}$

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Exploring Pathways to Green Careers

JENNA RINGELHEIM writer

When asked of her childhood experience, Sasha Rabin Wallinger recounts her interactions with the trees. "I knew the names of all the trees, from birch to apple. I remember how peaceful it was to walk amongst the trees, even though it was the suburbs. I loved watching the change of the seasons... and the local production of maple syrup." Born and raised in Wellesley, it was not until her adult years that Sasha learned how renowned the town's leaf-filled streets actually were. In fact, 2013 marked Wellesley's 30th Tree City USA Award from the Arbor Day Foundation. Receiving more awards than any community in the nation, Wellesley's tree management program preserves some 10,000 trees.

Fifteen years later, Sasha continues to admire the different shades of green. No longer on her hometown street, but on fashion runways while visiting Paris. As an

entrepreneur, artist, author, and catalyst for social change, Sasha works to create future-facing programs that connect the people and processes behind sustainable design and innovation with Haute Verte Couture. Through her global consulting firm, Sasha uses the triple bottom line (People+Planet+Profits) to enhance products with a focus in the outdoor apparel and fashion industries.

Sasha is not the only Wellesley or Weston graduate now working in the green economy, in fact there are many. And their expertise and experiences are diverse, from green building and sustainable transportation to wildlife biology and food justice. Those interviewed for this article did have one thing in common: a deep reverence for the natural world, first found as children in their hometowns.



Sasha Rabin Wallinger

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"I was lucky to
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than two miles
from my house."

Changing Business for Good

Alex Linkow fondly recalls his experience bass fishing on Lake Waban at sunset. "I was lucky to have one of the most beautiful college campuses in the country, less than two miles from my house. Fishing, hiking, and walking around the lake, those are memories that will always stick with me. I still get back there whenever I can. Just to sit and enjoy the scenery."

In high school, Alex's interest in environmental work was solidified by two pivotal experiences, both as a counselor at Alton Jones Environmental Education Center and through an Outward Bound program on Thompson Island in Boston Harbor. Yet it was not until his time at Skidmore College that Alex began to explore the idea of combining his love of nature with his studies in business. "I took a class my sophomore year entitled 'Business and the Natural Environment.' In many ways it focused on what business had done wrong. Later, I

interned for the Sierra Club, helping companies 'see the light'. It was then that I realized that I wanted to help businesses doing good, rather than just working with businesses to be less bad. I wanted to work with people and companies that were interested in going beyond compliance to practices of sustainability."

Now armed with a dual MBA/MS from The Erb Institute, a partnership between the Ross School of Business and the School of Natural Resources and Environment (SNRE) at the University of Michigan, Alex is the Director of the Fair Food Fund. A project of the Fair Food Network, the fund is being developed to invest in ventures that connect small and medium-sized sustainable New England farms with the growing demand for local, sustainably produced food. Over the past two years, Alex has meet with many regional stakeholders to gain a better understanding of the current challenges, needs, and opportunities in the New England food system.



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Seeing the Forest for the Trees

Also working in the realm of green business is Grey Lee, the Executive Director of the US Green Building Council, Massachusetts Chapter. "When I was about ten, I built an Ewok Village in my backyard with my brothers and neighbors. We constructed about five huts made out of branches and leaves and basically lived in them for a summer. It was my first foray into construction and green buildings."

In high school, Grey was an exchange student in a large city in the south of Brazil. "I experienced a total immersion not just in a foreign culture and language, but also a totally urban lifestyle which was new to me, being from little old Weston. I became fascinated by urban systems and high-rise apartments."

Back in the States, Grey's family would travel to Washington, DC every year for Thanksgiving, where he witnessed the booming wave of suburban sprawl radiating throughout that region. Each year the





incremental changes were noticeable. "I started to connect how land development patterns drive environmental impact and resource use intensity. I went to UVM [the University of Vermont] for environmental studies and learned more about land use and balancing traditional uses, like agriculture, with city growth."

After a stint on Capitol Hill, Grey followed his urban planning and real estate interest to a Master's program at the London School of

Words of Wisdom

"Say yes to everything. Be a part of clubs, celebrate different friends, and different realities. Make something that is uniquely yours. Challenge your boundaries. All of this can inspire you to see hidden connections that might not be illuminated otherwise."

-Sasha Rabin Wallinger

"Study 'whole systems design' and 'systems thinking' – the integration of multiple disciplines is the path of the future. Embrace a portion of the field, a skill or interest where you feel you can develop your abilities enough to express your creative side. Whatever piques your interest, read everything about it; if a particular author gets you going, read everything he or she produces. Find professionals you want to emulate and find a way to do what they're doing. Start writing about what interests you and build your personal brand around those topics. Stay supportive of those peers and your 'guiding stars' and one day you will be asked to step onto the stage. Solving the complex challenges of sustainability will require creativity, leadership, and passion. Good luck!"

-Grey Lee



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Economics in real estate economics and finance. "I have worked in commercial real estate and enterprise (including green building) sustainability consulting. Through my connections in the industry, I eventually moved from project-by-project work to take the reins at an organization pushing for transformation through policy and regulatory frameworks and also market adoption of green building practices. Green buildings and sustainable communities help solve a lot of environmental issues."

Inspired into Activism

Although Matthew Hornung expects to graduate Wellesley High School in 2016, he is already well on his path to an environmental career. He is currently a co-president of the Wellesley High School Green Team, serves on Wellesley Village Church's Environmental Ministry, sits on Wellesley's More Power to Choose Working Group, and

is a co-founder and co-editor of The Green Pages, a digital newsletter that reports on the "green" happenings throughout Wellesley Public Schools. "At WHS, we aim to improve the habits of high school students and families to make them more sustainable and environmentally-friendly. We look to accomplish this through a variety of mechanisms, ranging from student-driven awareness initiatives to promoting already-existing town programs. We also engage in conversations with the school's administration to collaboratively develop more resources within the school's walls that help improve our environmental sensitivity."

Matthew states that Wellesley Middle and High School have been very open to campaigns with environmental messages and have implemented habitual and infrastructural changes within the school's walls. "This spring we scheduled the Alliance for Climate Education to come give an assembly to freshman science classes. By visiting the

Betsy Littlefield

Wellesley High School, Class of 2003

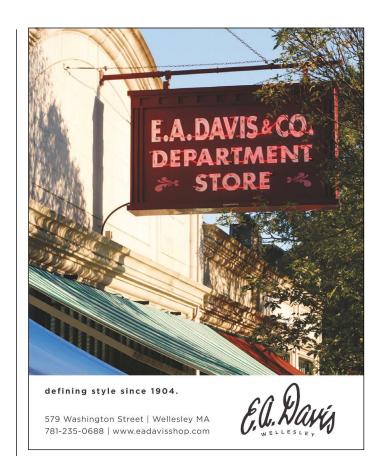
Research Scientist at Great Basin Center for Geothermal Energy at the University of Nevada, Reno (Reno, NV)

Geothermal makes up a small part of renewable energy production in the US, with most of its capacity in California and Nevada where the geologic conditions are favorable. There are many undeveloped geothermal resources, which are slowly being brought online. Our group at University of Nevada, Reno is training the next generation of geothermal geologists through our degree programs and intensive summer courses (National Geothermal Academy). There is a lot of interest among young people to develop more geothermal resources for electrical production, and also for direct uses like aquaculture, greenhouses, food dehydration, and heating and cooling buildings (implemented in the new Wellesley High School, for example).

morning car line at school, we have campaigned for signatures on the updated bottle bill, and plan to do the same with a strong no-idling initiative this winter."

It is clear that Matthew's activism has been inspired by his connection to place. "When it comes to the natural environment, Wellesley is home to a spectacular variety of reservations and trails throughout its interior. Personally, I live just up the street from Boulder Brook Reservation and a short bike ride away from Reeds Pond, Overbrook Park, and Perrin Park. Having spent almost my entire childhood living in Wellesley, I've taken for granted my ability to spend free afternoons year-round in the woods, or atop a cliff, or next to a brook or pond. Even as a high school student that doesn't necessarily go 'play outside' on a regular basis, it's wonderful to be able to travel around town while still being in some form of nature. Trails like the Fuller Brook path are particularly enjoyable, especially for someone, like me, who prefers to travel around town on bike."

JENNA RINGELHEIM graduated from Wellesley High School in 1998. Although her first job was working for the Wellesley Natural Resources Commission, Jenna now supports environmental and social change leaders around the country as the National Program Director for the Environmental Leadership Program. In her spare time, Jenna can be found exploring the trails of the Pacific Northwest with her two Portuguese water dogs, Tasman and Millie. She lives in Portland, Oregon.



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EVE LORENZ

Prior to joining Benoit Mizner Simon & Co., Eve was responsible for the marketing and sales of Bowdoin Place Condominiums, a 75 unit luxury condominium project on Boston's historic Beacon Hill. As a resident of Wellesley for 22 years, and a current resident of Weston, she also has extensive

knowledge of these two towns and the surrounding communities in Boston's suburbs. Her professional experience in real estate, combined with a background in interior design and art merchandising, provides a unique perspective for helping buyers who are seeking the home of their dreams and sellers who are preparing to sell a home. Eve is committed to meeting her client's real estate needs.

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The Diabetes Breakthrough

KERI LYMAN writer

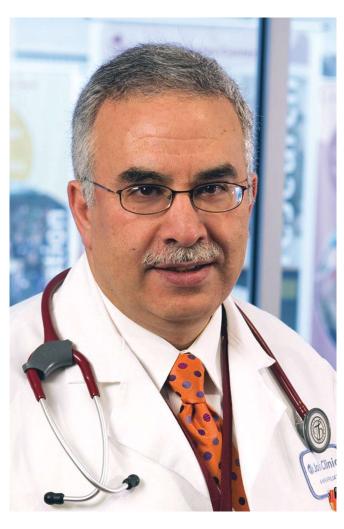
for years we have been hearing about the increasing number of people who have type 2 diabetes, a crisis that goes hand-in-hand with the obesity epidemic in the United States. According to the American Diabetes Association, about 29 million Americans currently have this disease – more than nine percent of the population and double that of 20 years ago – and a growing number of these cases are obese children and adolescents.

Beyond the statistics, type 2 diabetes now touches nearly all our lives in one way or another: you probably know someone who has the disease or you may have it yourself. If left unchecked, diabetes can lead to heart disease, stroke, kidney failure, nerve damage, vision loss, and hypertension. It also can cut as many as 12 years off a person's life. And frighteningly, 65 to 80 percent of people who have type 2 diabetes will die of a heart attack.

Many people resign themselves to living with the disease and think there is little they can do, but Wellesley

resident Dr. Osama Hamdy, M.D., Ph.D., who is an assistant professor of medicine at Harvard Medical School and a medical director of the clinical obesity program at the world-renowned Joslin Diabetes Center, says there is hope.

A medical researcher working in the diabetes field for 29 years, Dr. Hamdy says that if a patient with diabetes loses just 7 percent of his or her body weight (as little as 10 to 15 pounds for many overweight people), it can dramatically improve or in some cases *reverse* the course of the disease. And in the case of the 86 million Americans who have pre-diabetes, which develops before type 2 diabetes, losing this amount of weight can even *prevent* the disease.



Dr. Osama Hamdy, M.D., Ph.D.

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"Ultimately, the only intervention for diabetes we know that definitely works is weight loss," says Dr. Hamdy.

In his book that was released earlier this year, *The Diabetes Breakthrough* (Harlequin), Dr. Hamdy offers a 12-week diet and fitness plan modeled after Joslin's successful clinical Why WAIT (Weight Achievement and Intensive Treatment) program. This program, which Dr. Hamdy designed, has helped hundreds of patients get their diabetes under control. In fact, according to this book, the Why WAIT program is the "only clinical program to show long-term successful weight loss for people with diabetes."

The book, which was co-written with Dr. Sheri Colberg, a respected exercise physiologist, notes that program participants have seen dramatic results, including: a 50 to 60 percent reduction in medications, an average weight loss of 25 pounds in 12 weeks, a 50 percent success rate at keeping all the achieved weight loss for five years, and a 21 percent drop in patients who needed to use insulin.

Osama Hamdy, M.D., Ph.D.
and Sheri R. Colberg, Ph.D.

DIABETES

BETTER
HEALTH IN JUST
12 WEEKS

BASED ON A SCIENTIFICALLY
PROVEN PLAN TO LOSE WEIGHT
AND CUT MEDICATIONS

According to Dr. Hamdy, this book is NOT a diet plan for those just looking to improve their shape. "This is a medically designed weightloss program based on more than 15 years of research that works not just in the short but in the long term," he says.

As *The Washington Post* says of *The Diabetes Breakthrough*, "If you're looking for a quick guide to eating and exercising, this isn't the book for you. But if you want to understand your disease as you try to get better, it has a lot to offer."

The 12-week program outlined in the book, says Dr. Hamdy, offers a gradual program that is "simple and easy. Everyone can do it." However, following the plan does require a lifestyle change for many program participants. For example, while the average American eats about 2,500 calories a day, this weight loss plan is based on 1,500 daily calories for women and 1,800 for men. This includes having diabetes-specific meal-replacement shakes for breakfast and lunch (plus a vegetable or salad) for the first six weeks. Also, over the 12-week period, participants are expected to gradually increase their workouts to reach 300 minutes a week of mixed exercise that includes strength training, as opposed to the more common recommendation of 150 minutes of weekly cardio exercise.

"This is not a book to make money. It's a scientific book that is a real legacy for me."

- Dr. Osama Hamdy

Despite this, the book has earned four stars out of five on readers' reviews on Amazon.com, where it is sold. One woman gushed, "A wonderful book to learn about diabetes and obesity, only what you would expect from Harvard professors ... I can only say *The Diabetes Breakthrough* taught me plenty of valuable information that I didn't find anywhere else." A not-so-enthusiastic reader said that "If you have the will power to 'do it yourself,' at least this book gives you the info you need and a framework to use to make it work."

So how does Joslin's Why WAIT program work? It's made up of four parts: dietary intervention, exercise, behavior modification, and medication adjustment. The book guides readers through diet modifications and a gradually increasing exercise plan to help them reach their goals. There is a different chapter for each week of the plan. According to the book, over a 12-week period, readers can:

- FOLLOW A DIET PLAN that provides specific proportions of carbohydrates, protein, and fat to better manage blood glucose levels and body weight.
- ■INCORPORATE GRADUAL EXERCISE, focusing on strength exercises to build muscle, not just cardio workouts like most weight loss plans.
- LEARN HOW TO CHANGE BEHAVIORS that caused them to gain weight in the first place.
- LEARN HOW TO CONSULT THEIR HEALTH-CARE TEAM about revisiting the doses and types of diabetes medication to enhance weight loss and learn to closely monitor their blood glucose levels.

"The number one rule for being successful at losing weight *and* keeping it off and reversing or improving your diabetes course is that you absolutely have to lose the fat, but keep the muscle," says Dr. Hamdy in the book's introduction. The problem with most diets is that you lose a combination of both fat and muscle when you follow them. For a diabetic this can be a real problem since there can be a "worsening of blood glucose control due to lack of muscle." Also, diabetics tend to lose more muscle as they age than the average person. This program's goal is that participants' total weight loss includes only 10 to 15 percent muscle mass in comparison to 30 percent or more in other plans.

According to the book, another problem is fad diets. Those "that promote rapid weight loss by severely cutting calories can lead to a medically dangerous condition called starvation ketosis, which occurs when your body ineffectively attempts to burn fat when your carbohydrate or calorie intake is very low and is specifically harmful for people with diabetes."

People with diabetes or at risk for diabetes, says Dr. Hamdy, should be especially concerned about visceral fat, or the fat that accumulates inside the belly, because this fat makes a body resist its own insulin. "We know that a waistline about 40 inches for a man and 35 inches for a women make the risk of diabetes and heart attack significantly higher," he notes.

For Dr. Hamdy, this book has been a labor of love. His family has suffered disproportionately from diabetes. As he says in the dedication, this book is "In memory of my parents, who died from diabetes before I knew how to help them."

With this in mind, Dr. Hamdy says it is extremely rewarding to make Joslin's Why WAIT clinical program available to people across the nation (*The Diabetes Breakthrough* is also being translated into Chinese, Russian, and Spanish). "This is not a book to make money. It's a scientific book that is a real legacy for me," he says.

THE DIABETES BREAKTHROUGH is available on Amazon.com and at other locations.

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Partakers When mentoring a college student becomes a transformative experience

PETER GOLDEN writer

SUPPOSC you've come to a point where you're reasonably secure in your family life, career goals, and position in the community but you want to do something more; something that will satisfy your soul.

A hobby would be nice, or travel. Maybe learning how to race a sailboat, explore Venice, or play the classical guitar is the way to go. But by nature you might be someone who's really searching for greater meaning in your life, and now is hardly the time to stop. Giving back may sound intriguing to you, though you can't explain exactly why.

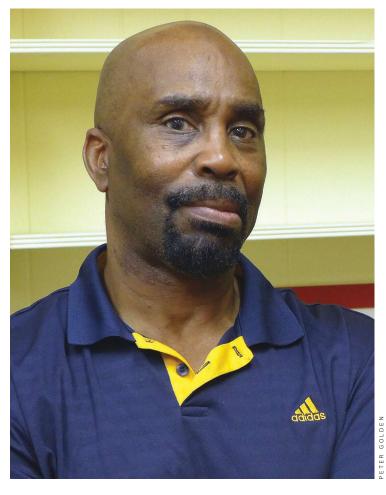
Something in Your Nature

Might it be because there's something in your nature that wants to cross boundaries, even test

comfort levels? Something that gets you involved in a commitment that's short on frills and flourishes, yet long in terms of something profound, even transformative?

Isn't that an impulse we all shared when we were younger, but somehow forgot as the years rolled by? Could it be time to reclaim it?

Which is where the Partakers come in, if only because the mission of this unique group is so singular and important. Working out of a small, nondescript office in Auburndale, the group pairs mentors from Wellesley and Weston (and many other communities throughout Greater Boston) with individuals incarcerated in Massachusetts prisons who are attending the Boston University Prison Education Program. Through this program, Boston University



Arthur Bembury, Executive
Director of Partakers

ROOMSCAPES







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Partakers College Beyond Bars Mentoring Program offers inmates emotional and academic support as they work toward fulfilling their dream of completing a college degree. As a result, the trusting relationships that can develop between inmates and their mentors are sometimes

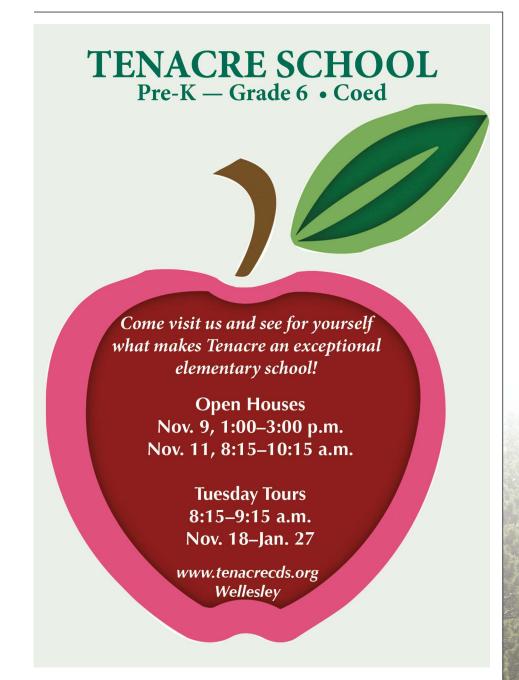
unexpected but are often profoundly meaningful to all involved.

A Soccer Mom

Jane Carlson is a self-described former soccer mom and scout leader, an attorney, and a long-time activist in Weston town government. At First Parish Church she heard a Partaker talk about mentoring an inmate at MCI Norfolk. After services one Sunday, the idea was put forward that it might be rewarding to work with some of the women incarcerated at MCI Framingham.

"It was time for me to step out of the ordinary, and I thought that if I did it as a member of a team (Partakers work together to ensure the longevity and diversity of the support effort), it wouldn't be so scary," Jane says.

"But it wasn't scary at all," she adds, "and I soon learned that personal safety just isn't an issue. The fact is the woman I'm supporting is blazingly bright. She gets easy A's in the toughest Boston University courses she can find at Framingham. Our team is very involved, so we go by ones and twos a few times a month to help with the work, or just to be there."





"It was time for me to step out of the ordinary, and I thought that if I did it as a member of a team, it wouldn't be so scary."

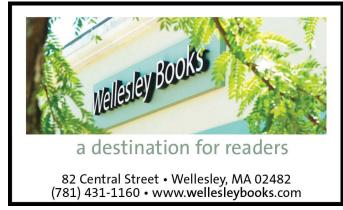
- Jane Carlson

Bright and Motivated

In sum, what's going on is that a group of somewhat atypical but bright and highly motivated young people are doing exactly what they should have been doing before they went and did something seriously bad. And while the fact that their intellectual curiosity may come accompanied by a fair quotient of residual anger, lack of life knowledge, depression, and guilt, when a mentor takes a long-term interest in one's academic success and even personal well-being—well, good things happen.

In fact, over 300 inmates have achieved college degrees with the help of mentoring friends from Partakers. "We've got over 20 support organizations, including lots of churches and seminaries, and hundreds of individuals involved," says Arthur Bembury, Partakers Executive Director. "The idea here is to take the courses, graduate, get













"Think about the idea of going out into the world and promoting healing and justice and love," says Anderson, ideas that she makes real through her long-term involvement with prison mentoring programs such as Partakers. Sitting in Anderson's office looking out over Central Street on a sparkling, sun-lit morning, another Partaker, David Oliver, talks about his involvement. "I got interested in the idea of 'nurturing community," he says. "This is my third year of working with

a bright, inquisitive young man who now knows that someone on the 'outside' is really paying attention. That can make a real difference."

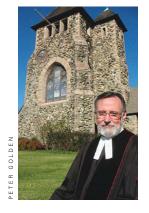
Tom Wintle, Jane Carlson's minister at First Parish Church in Weston, echoes David Oliver's sentiments. "I've always believed that lives can be turned around," he says. "That when you care for people they can be changed and that education is a redeeming experience."

Recidivism

Hard statistics confirm the thinking behind Bembury's program and how it works. Recidivism among inmates achieving college degrees is negligible, versus almost 60 percent in the general inmate population who will return to prison. But there's something else going on, as you can tell when talking to Diane Anderson, Interim Minister of Pastoral Care at the Village Church in Wellesley.

released, give back to the community, and make sure you stay out of

trouble. Mentors can play a positive role in all of that."



"I've always believed that lives can be turned around. That when you care for people they can be changed and that education is a redeeming experience."

- Tom Wintle, Minister, First Parish Church in Weston

Redemption

One more question might be asked here: Who is it that is redeemed, the mentor or the mentored?

In the act of committing one's personal time to building an enduring relationship with a total stranger in a challenging and fraught environment, who really benefits? Completing a college degree in the best of circumstances can test the most resolute soul.

But talk to a Partaker and the notion of redemption moves into the realm of shared experience. And when a prison inmate steps out of the mundane and into the life of the mind, the thought that one might foster such a miracle becomes nothing short of profound.

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Show Me the Money

Merit Scholarships for College

LISA LESLIE HENDERSON writer

college is an expensive proposition. The estimated cost to attend Amherst this year is \$68,979. Boston College weighs in at \$63,296. University of Massachusetts at Amherst is a relative bargain at \$23,198 for in-state residents. How are families affording four years of college payments for their children?

According to the National Center for Education Statistics, 85 percent of college students receive some form of financial assistance to help defray or postpone the cost of a college education. This tuition assistance can take the form of grants, loans, and work-study opportunities underwritten by the college or university the student will be attending and/or the state and federal government.

In addition, many colleges and universities, corporations, and foundations grant merit-based scholarships. These subsidies,



M

which are awarded on the basis of academic performance or special interests and talents, rather than financial need, take the form of grants that do not accrue interest nor need to be repaid. Merit money can be helpful to any family, but is especially useful to families who are not eligible for financial aid, but for whom the price of college may be a stretch. Securing a merit scholarship can also be an effective way for students to contribute to the funding of their education.









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"Colleges and universities that grant merit-based scholarships do so to achieve their institutional priorities," explains Michael Denning, Interim Head of Upper School at Nobles who previously headed the College Admissions effort at Noble and Greenough School for over fifteen years.

Many schools use merit scholarships, or tuition discounting, to attract and enroll strong students who might otherwise choose a different college. Using sophisticated predictive models, colleges build estimates of what it might take to lure an attractive applicant away from another school. College X, for example, may offer a \$25,000 merit scholarship to a strong applicant who also applied to College Y, a school that does not offer students merit money. College X bets that reducing the cost of tuition by \$100,000 over four years will capture the attention of the student applicant and his or her parents and eventually tip their decision in its favor. Does tuition discounting work? A 2012 study by the National Association of Colleges and

What Does It Really Cost to Attend College?

Given the availability of scholarships and other financial assistance, the true cost of attending a given college is the net price, or the cost of attendance after all scholarships and grants have been applied. Schools often have a net price calculator on their websites to help families estimate their likely out-of-pocket cost. To compare the tuition and net prices of colleges and universities, see the US Department of Education's College and Affordability Center (www.collegecost.ed.gov), which publishes this data across sectors (private and public, two- and four-year programs), as well as lists of schools with the highest increases in tuition and fees and net prices.

Business Offices found that those schools that offered the largest awards had the highest yield.

Colleges and universities also use merit funds to enhance their community by attracting students who will bring particular talents, interests, or types of diversity to the school. Texas A&M's Regents Scholarships, for example, are earmarked for students who are the first in their family to attend college. University of Virginia offers legacy scholarships to encourage a family tradition of attending the same





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school. Through its David S. Olton Award, Johns Hopkins University provides funding for undergraduates engaged in research in the biology of behavior. Colorado State University, which offers coursework in Equine Sciences and Veterinary Medicine, provides merit money for students to promote the sport of rodeo. (They host the oldest collegiate rodeo in the country.)

Corporations, foundations, and associations invest more than \$2 billion in merit scholarships. Every year The Kennedy Library Foundation awards \$10,000 to the winner of their Profile in Courage Essay Contest, which invites students to discover and document contemporary courageous U.S. elected officials. The Coca-Cola Scholars Foundation invests in students who are leaders in academics and in service to others. The American Association of Candy Technologists

offers an annual scholarship to a student with a demonstrated interest in sweet-snacking technology.

"There is a ton of private scholarship money out there," explains Wellesley resident Oakes Hunnewell, Founder of Hunnewell Education Group, which assists students and families in finding the right boarding schools, colleges, and gap year programs to attend. "While it can be a labor-intensive process to research and apply for these funds, securing the money is not as hard as you think because not that many students apply."

What Is The Best Way To Find Merit Scholarships?

At some schools, admitted students are automatically considered for merit programs. In this case, students' grades, test scores, talent, and

A Closer Look at Athletic Scholarships

There is a lot of talk among parents on the sidelines about athletic scholarships. The truth is that, while talk is plentiful, athletic scholarships are few and far between. Indeed, only about 2 percent of high school athletes win sports scholarships every year.

Why are there so few? Division 3 (D3) schools (NESCAC schools, for example) are not permitted to award athletic scholarships to their students, nor are the service academies (Army, Navy, Air Force). Unlike their Division 1 (D1) counterparts, Ivy League schools do not award athletic scholarships. However, athletic ability can certainly enhance students' chance of being admitted to these schools and of securing merit money, provided that students can meet admissions standards. That means that only the remaining Division 1 and Division 2 (D2) schools can technically offer athletic scholarships.

Athletic scholarships at D1 and D2 schools are regulated by the NCAA, which has very strict rules about the number of scholarships that can be awarded for a given sport. Coaches can choose how they allocate these funds across their athletes, which often leads to small awards. As a result, the average athletic scholarship is less than \$11,000. In keeping with NCAA rules, these scholarships have to be renewed annually at the coaches' discretion.

In addition to athletic talent, D1 student athletes must meet academic eligibility guidelines, which include test scores and grade point average minimums. (At many D1 schools these standards are more flexible than those expected for the general admission.) Students also have to be willing to commit the necessary time to play a sport. A recent NCAA survey found that D1 football requires (on average) a 43.3 hour commitment per week in season, baseball 42.1 hours (but it has a longer season), men's basketball 39.2 hours, and women's basketball 37.6. In some cases this commitment may preclude participation in certain majors or study abroad options.

If students do choose to go this route, it is recommended that their high school or club coach send an email early to introduce them to the coach. (They act as an intermediary, as coaches can't legally approach students.) This email can describe the position played, the teams and coaches for which the student has played, and a link to YouTube for simple and short (2-5 minutes) videos of play. Drum up interest and even verbal commitments, but know that an athletic scholarship is not official until the student has the school's official grant-in-aid form in hand.







involvements serve as their application. Other times, high schools can open the door by nominating students for specific scholarships. Davidson College, for example, encourages high schools to nominate outstanding students who demonstrate "academic excellence and purposeful engagement in the classroom, with student and civic organizations, on the athletic field, or in the arts" for their Belk Scholarship Program.

Talking with a college counselor is a fruitful place for students to begin to sort through the myriad scholarships out there. (Googling "scholarships" renders more than seven million responses.) Years of on the job experience provides them with unique insight into which schools, companies, and foundations offer merit grants and for what reason. Reaching out directly to schools that a student is interested in attending can also be useful. University of Colorado Boulder, for example, provides a scholarship resource hub for current and prospective students.

Several online directories exist that execute free customized scholarship searches for students. Among them are StudentScholarshipSearch.com (part of Edvisors), Scholarships.com, Niche (formerly College Prowler), Big Future (by The College Board, the same folks that brought us the SAT), and Fast Web. These sites do not award scholarships, nor assist in the application process, but they do help locate relevant scholarships and provide contact information. Here's a tip: Results can be greatly enhanced by filling out all the optional questions in the scholarship profiles.

Making the Match

There are many scholarships out there, and even the most outstanding students will not be eligible for all of them. The key is to carefully examine qualification criteria upfront to determine if there is a solid fit. It is also important to weigh the size of the potential award and the requirements that may accompany it. Sports scholarships, for example, include expectations for athletic and academic performance. Students recruited for their community service efforts are likely to be expected to continue pursuing this interest on campus. It is also important to

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At the End of the Day, Academics Matter

"A student's grades, the level of coursework taken, and his or her test scores are essential to being considered for admission at the really competitive colleges," explains Lisa Jacobson, who, as founder and CEO of Inspirica, has worked for three decades coaching students and their parents through the college application process and preparing students academically. "These factors get a student into the 'maybe' pile instead of the 'no' pile. A student's interests and activities help colleges to get to know students." These activities can make the difference in an admissions decision—and in allocation of merit money.

"Doing test prep can dramatically improve students' prospects,"

Jacobson explains. "Every 50 point improvement in test scores opens up access to a new set of colleges. Finding the right tutor that can inspire students to do the work and reduce the pressure can make a big difference."

Ideally students would research tutors in the winter of their sophomore year with the intent to begin test prep the following summer. That having been said, Jacobson says, "It's never too late. Any time with a tutor can be helpful." The caveat is that expectations for outcomes have to be realistic. "If you only have time to prep the basics, that is what you know on the test."

read the fine print when it comes to how specific colleges treat merit scholarships. Cornell University, for example, reduces the loan or work components of their financial aid packages to students receiving merit scholarships—it does not reduce the parent contribution.

Thinking creatively about their background and interests will help students uncover multiple areas of eligibility. Is one of their parents a Veteran? AMVETS, The American Legion, and Veterans of Foreign Wars offer scholarship opportunities for veterans' dependents. Are they scuba divers? Rolex has been offering their Our World-Underwater Scholarship program to students considering careers in the underwater world for 40 years. Is performing arts their thing? The CBC Spouses Heineken USA Performing Arts Scholarship honors the late performing artist Curtis Mayfield by providing financial assistance to students pursuing performing arts careers in music, drama, and other arts vocations.

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Location matters when it comes to merit money. Is the applicant from Wellesley? The Wellesley Scholarship Foundation (WSF) offers scholarships to "deserving Wellesley students to make up the difference between the cost of college and what their parents can afford." Similarly, the Wellesley Hills Junior Women's Club offers scholarships on the basis of demonstrated financial need, academic achievement, and involvement in community service. The Association of Commercial and Institutional Builders of Massachusetts offers scholarships for men and women from Massachusetts who have attained their sophomore or junior year and are enrolled in a degree program focused on construction or engineering.

Go the Distance

"Many students run out of steam before they finish the application process," observes Hunnewell. Needless to say, students cannot win any scholarship to which they don't apply. Breaking the process down into steps helps seniors keep from feeling overwhelmed:

- HONE YOUR BACKGROUND to find sources of eligibility.
- RESEARCH SCHOLARSHIPS.
- ■BUILD A LIST OF RELEVANT SOURCES and update it frequently with online scholarship searches to see if any grants may have been added to the databases.
- PUT TOGETHER A DEMONSTRATION

PORTFOLIO where necessary (performances, game clips, research papers) that shows who you are and what you can do.

- APPLY TO MULTIPLE SCHOLARSHIPS and pay attention to deadlines, requirements, and typos.
- FOLLOW UP to make sure your application is complete.
- RELAX knowing that your efforts may open up unforeseen opportunities and ease the financial burden of a college education. ₩₩



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Wellesley Women Artisans

Getting the Art Out in Town

NAZ SIOSHANSI writer

While Wellesley is not the artistic communities of Fort Point or the South End, there is a burgeoning artistic population in town that is slowly growing in public presence. Meet the Wellesley Women Artisans (WWA). Started by Elizabeth Cohen, Abby Glassenberg, and Caroline Watson, the mission of the organization is simply to bring more art to the town.

"When we first moved to town ten years ago, I felt very isolated as an artist," remembers Glassenberg. "There was the Wellesley Society of Artists, but everyone was a painter and older, so I didn't feel at home with that group."

Instead Glassenberg, who designs sewing patterns for dolls and stuffed animals,

focused on creating her own business called While She Naps. The business is aptly named for the hobby-turned-profession that she does while raising her three children.

"My business started at the library. I would attend BookBabies with my kids and then check out books on sewing. Before I knew it, I was making stuffed animals." That led her to start experimenting with creating her own sewing patterns. Since then she has published two books and is working on her third. One of her books, *Stuffed Animals: From Concept to Construction*, was an Amazon Best Book of the Year for its category. But this energetic mother didn't stop there. She has an Etsy shop, writes a blog, and teaches adult sewing classes at Sew Easy on Linden Street. Between all of these activities, she found the time to create the WWA.



SA NEIGHBO

front row (I to r): Lisa Neighbors, Julie Vari, Elizabeth Cohen, and Emily Redmond back row (I to r): Laura Fragasso, Crystalle Lacouture, Carolyn Mackin, Ingrid Berquist, and Julia Blake History is being made...

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During this same time period, Glassenberg noticed that another mother's posting on the Wellesley Mothers Forum had an Etsy shop listed in her signature. "So I emailed her...not because of the question that she posted, but because I wanted to meet another local artist." That other mother is Caroline Watson, a Wellesley resident who has an MFA in photography.

These three busy mothers by day, artists after bedtime, finally managed to connect and meet for dinner at Alta Strada. "That is how WWA was created. We wanted it to be an organization with two criteria: First, you have to identify yourself as an artist; it doesn't mean that you have a formal training in any artistic field. And second, you have to live in Wellesley. There are no board members, membership fees, or mandatory meetings."

Once they had established the group and basic principles, they "simply" needed fellow female resident artists to join. "I approached a woman at the playground because she was wearing these really funky glasses, and it turned out that she was a children's illustrator. So she joined." This is the artist Jennifer Schneider, whose work is often seen around town.

Julia Blake, a painter, remembers being approached by Lisa Neighbors, a member, at the Wellesley Marketplace last year. "We both had booths and she came by to talk to me." Neighbors is an accomplished photographer whose work has appeared in numerous publications, including *House Beautiful, Martha Stewart Weddings*, and *Real Simple*. "She invited me to join the group and that's how I heard about it," Blake says.

"I heard about it from a friend and a neighbor," says Neighbors. "A lot of us happen to live in the College Heights neighborhood," adds Glassenberg. "I don't know if it is because that is where the word spread, coincidence, or something in the water!"

Currently there are 16 members of the group, ranging from artists to print makers. "I love this group because it is a wonderful outlet. I









love the sense of community that it provides and the work that it inspires—and the sense of support. It reminds me of living in San Francisco and the creative outlets I had there," Neighbors says.

The group gets together approximately once a month. "We typically meet at one member's house and talk about what each of us is doing. People ask for advice on current projects and where to show their work," shares Neighbors. Every few months, the group will do some "art making," where one of the members will lead the group through an exercise in their field. Recent activities have included monoprinting, which is painting on a piece of glass and then rolling it under a press, and creating mixed media sculptures at Warren with salvaged materials from the transfer station.

While creating a community of artists is a key goal of the organization, other goals include bringing more art into the community and visibility to the local artists. As such, the group started Art in the Park two years ago as part of the Wellesley Wonderful Weekend. On that weekend's Saturday, the town is invited to participate in a community art project in Simmons Park, located next to the library. Two years ago,

the group collected picture frames from the transfer station and strung them with twine and string. Residents of all ages were invited to weave in the frames however they wanted. All the frames where then connected and hung together.

"This was a real dream of mine," shares Laura Fragasso, who heads this endeavor. "I had always wanted to get everyone out, doing art, in a public space." Fragasso, who focuses on mixed media sculptures and assemblage, also runs the Wellesley Community Art Project, which displays the work of different artists in empty storefronts. "I heard of the WWA when they contacted me to see if there was a space available for them to display their members' work. We used the space that is now Kidville and, as an outcome of that opportunity, I learned of and joined the group!"

Fragasso's passion is to take unwanted things and make them into art. "I am currently working with vintage books, focusing on what the previous owner might have underlined or dog eared."

For this year's Art in the Park, Fragasso and the WWA collected vinyl records from the transfer station. "It was great. The transfer sta-



Lisa Neighbors, Annie Newman, Jenny Schneider, Laura Fragasso, Julie Vari, Crystalle Lacouture, and Abby Glassenberg

tions' employees got into it. They would call us as soon as a new set of records were dropped off. As a thanks, we brought them some of the painted records and decorated the side of a shed with them. It is the perfect example of getting the community involved."

Fragasso was also appreciative of the town's natural resource commission. "They supported us and let us keep the art work up for a few weeks for the town to see. The municipal light plant was also fantastic. They gave us a lot of technical support—helping us play old records while people painted. It was really great...everyone was out there painting the records from young kids to grandparents."

Similarly, the Wellesley Merchants Association was welcoming when another member of the group, Crystalle Lacouture, contacted them about participating in the 2013 Holiday Stroll. "They were quite enthusiastic at our proposition to present unique displays of locally made art in the shops during the stroll," Lacouture says.

"As a curator, I tried to organize the exhibition to show each artist's work in venues where there was some type of visual or thematic connection with the style or media used by the artist. For example, Elizabeth Cohen's beautiful ceramic vessels were displayed in Wasik's Cheese Shop, and the accomplished author/illustrator Emily Redmond

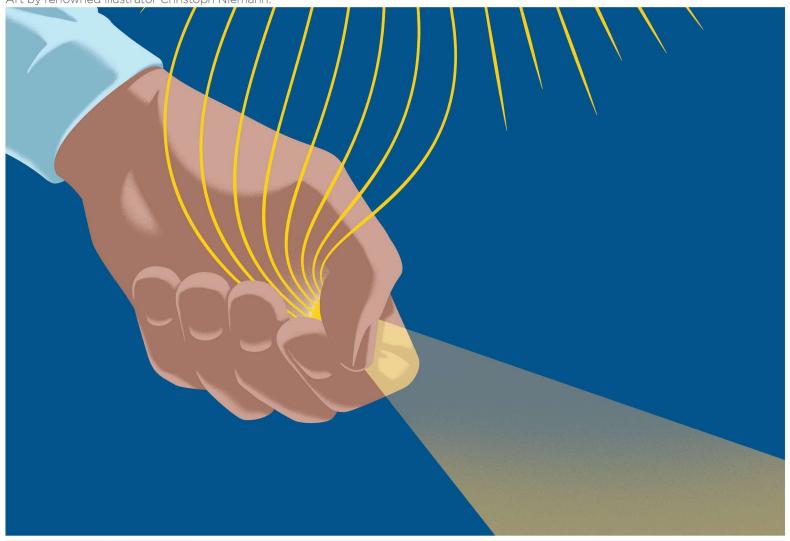
had a display at Wellesley Books, where her books are sold. In most cases the artists were on hand to talk to viewers about their work. We donated 20 percent of all sales directly to the Wellesley Education Fund, which was a great way give back," says Lacouture.

The other community-wide event that the WWA has planned for 2015 is a larger open studio tour. Julia Blake headed a smaller studio tour this May where seven artists displayed their work. "We had six open studios and there was a steady flow of visitors." For 2015, the group hopes to expand the number of open studios and plans to spend more money on marketing the event.

While it took some time for these women to find each other, this group has grown rapidly across the past two years, in terms of both members and presence. Ten years ago, Glassenberg felt isolated as an artist in town. Today, she and other female resident artists have a creative outlet, support group, and community in town.

For more information, visit http://wwartisans.blogspot.com

Art by renowned illustrator Christoph Niemann.



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The Angel in My Pocket: A Story of Love, Loss, and Life After Death

An Interview with Sukey Forbes

NICHOLE BERNIER writer

in july, Weston's Sukey Forbes—a member of the old New England tribe that includes great-great-great-grand-father Ralph Waldo Emerson—published a memoir about the gift she never asked for and would give back in a heart-beat: the spiritual growth and comfort that has come in the ten years since the loss of her daughter, Charlotte.

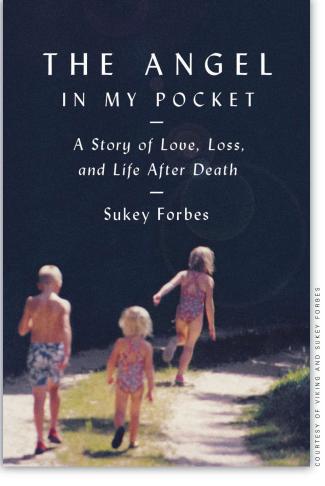
Sukey and I first became friends over coffee at Peet's two years ago, both of us authors in the publication chute comparing notes on the business side of creative writing. On the street front bench that morning, I was struck by the clear-eyed calm with which she described the rare genetic fever disorder that took her six year old, and the writing of a deeply personal memoir documenting her descent to the darkest of places and back again.

This summer I sat down with Sukey on the eve of her move to California, where her family once lived and her two surviving children are attending school. In her beautiful shell

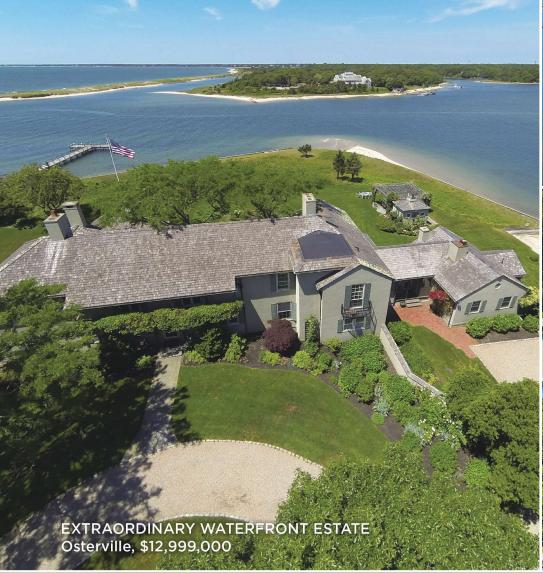
of a packed home, we discussed the complex emotions of publishing the book she wished she'd had on her nightstand in 2004, and the motivation for writing it: her unorthodox journey to answer that most visceral question that haunts a bereaved parent. Where has she gone?



The community absolutely embraced us. We moved into a lovely small community in Weston, where all our neighbors had initially come over in the old-world way and brought baked goods. Very quickly they put together a meal drive, and between them and the new school











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books "people grieve so differently"

community and my old friends from Dana Hall where I attended high school, I think we had meals for four months. At Christmas time, the neighbors banded together and pitched in for a large star illuminated in pink lights that they lifted up into a tree, and did this for years.

In some ways I think it was easier to be here and not have to be going back to school and seeing all Charlotte's old friends. On the other hand, I missed her terribly and there was no evidence of her anywhere.

You've said part of your motivation for writing the book was the feeling you weren't doing grieving right – and to help others learn from your experience. In hindsight, is there such a thing as "grieving right?"

Elisabeth Kubler-Ross came up with the five stages of grieving that were very helpful to me, and they've become benchmarks of the grieving process we have in the Western world, or certainly in the US. I clung to them because what I really wanted was a roadmap, and there is no roadmap, largely because people grieve so differently.

But I didn't go through them in a linear way and I spent less time in some stages than others. "Grieving right," as I see it now, is allowing yourself to let whatever emotions come up to just wash over you without questioning them, allowing them to come into and then move through you.

That question, "Where has she gone?" It's such an honest and instinctual obsession for a parent, after spending years trying to corral your children and keep them under your wing. What is your vision now of where she is?

I did struggle so much with the where has she gone, much like a mother in the park, that I couldn't even fall into, descend into, my grief until I knew that she was okay somewhere. I think many of the more organized religions have an architecture built into their belief system so that there is "heaven." I didn't have that, being brought up without much more than an Emersonian God-in-nature-and-divinity-inside-ourselves tradition.

My belief system has evolved to viewing life and death as points on a continuum. The soul lives on. Charlotte as my six-year-old daughter and child who moved through life with me—I have a separate relationship with that experience than I do with the essence that is Charlotte. Where I believe the essence of Charlotte is, is separate and yet here. But that there is some sense of communication back and forth, some sense of an ability to connect, and some sense of continuity that we will be together again. That transformed my entire process.

Comfort comes to everyone in varying ways, and my way isn't *the* way. Others receive answers through prayer in a church or volunteering in a community. But my way was going to a medium, and my entire world shifted in that moment. I wrote about that in detail in the book. If someone told you that you could essentially have a conversation with the person you had lost, wouldn't you consider it? To have that actually



happen, in a quantifiable way, was mindblowing for me.

How has this experience changed you — aspects of your personality and your relationships with people?

One of the gifts of going through this process is you realize the deep humanity out there in so many people. I think losing a child is universally considered to be the worst experience one can have, and I was really touched by the kindness in people. Over time that softened something in me and, no question, has allowed me to be more open-minded and generous toward other people in ways I may not have been before.

I think I am much softer with my children. I thought I was soft before, but I am much more open to sitting back and letting them be who they are, and not imposing who I think they ought to be as much, which is something we all struggle with as parents. My children, my relationship with their father [her ex-husband], and friends and family members — there's a softening when you've been rubbed that raw by pain.

There's also, however, a hardening. The threshold for the suffering of others goes way down. When situations have a strong impact on how I or someone I love is moving through the world, I am much more likely to say something than I was before. I think you sort of suffer into wisdom, is the expression.

Could you ever have imagined this is where you'd be in ten years, in those first few difficult months?

I wanted someone to say to me, "You can get to that place and I'm living proof." If I had had this book, I would have clung to it and said, "Yes, that will be me." But it wasn't there. I didn't dare dream it because I was so shattered. I wanted to die initially, but once it became clear I was going to live, I slowly moved on by small baby steps toward a better outcome.



books "a beautiful legacy for her"

Actually I remember driving with my husband and saying, "Everybody keeps telling me stories about how so-and-so lost a child, AND THEY WERE NEVER THE SAME." The "and they were never the same" was so heavily weighted it was like a death sentence. The best I thought I could hope for is living some attenuated form of the life we'd had before, and that seemed like such a horrible endpoint for all that suffering we were going through. So we were talking about this in the car, and I said, "What am I going to say to these people who say they were never the same?" And he said, "Just say, 'You're right, I'm going to be better." And that planted the first seed inside of me.



Aside from its spectacular critical reception — glowing reviews from *The Chicago Tribune* and *Worth* magazine, and making *The Boston Globe* nonfiction bestseller list — what has the public response been to your book?

I've been surprised by how well received the book has been. I thought people would challenge me more on my belief system, because going to a medium to seek comfort is a very fringey thing to a lot of people, and I've been overwhelmed by how supportive people have been.

I always felt that while this book had a natural audience in bereavement, it had a wider audience in anyone who struggled in any hardship in their life. My sister has always referred to Charlotte's death as my Chirotic moment, essentially a turning point. Mine was losing a child, yours could be something different. But it's what you do in that moment, and this book which starts with the decision to live, and how to do that.

Have you found it difficult to be on tour, talking constantly about Charlotte?

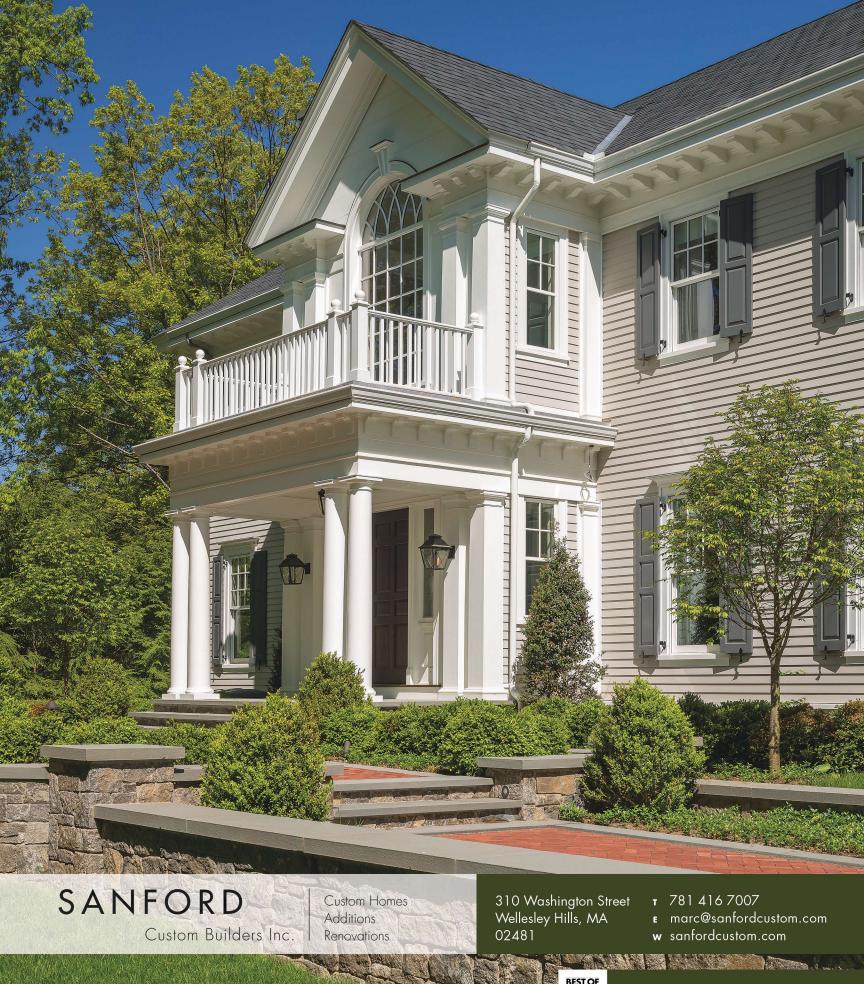
A month before the book came out, I was really struggling. I thought, how am I ever going to read without weeping? There was a lot of anticipatory anxiety. It's been a good challenge for me because I don't do public vulnerability very well, and I've had to do that. I get choked up and my voice catches, and one has to learn to be okay with it.

But has it been hard to talk about? No. I live with this every day. I think about her all the time. I talk about her all the time. I carry her with me in my heart. I have conversations with her all the time—they're one-sided, by the way, I'm not that crazy—so it's not that unusual aside from the fact that I'm speaking to a large group. And it feels like such a beautiful legacy for her.

THE ANGEL IN MY POCKET: A STORY OF LOVE, LOSS, AND LIFE AFTER DEATH (Viking, 2014) is available at Wellesley Books.

NICHOLE BERNIER is the author of the novel *The Unfinished Work of Elizabeth D.* (Crown/Random House, 2012) and a 14-year contributor to *Condé Nast Traveler* magazine. She lives in Wellesley with her husband and five children.

COURTESY OF VIKING/PHOTO BY E



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Music and Theater Live in the Suburbs

JANET MENDELSOHN writer



The Center for Arts in Natick (TCAN)

the most exciting live music we heard this year was not in one of Boston's prestigious halls, or in a sports stadium, a pricey urban nightclub, or under a huge harborside tent. No, the most exciting live music we've heard this year took place in a former suburban fire station. When multiple Grammy Award-winner Stanley Clarke took the stage at **THE CENTER FOR ARTS IN NATICK**, known as TCAN ("tee-can") with two dynamic musicians, both younger than 25, on percussion and piano, the trio's creative energy electrified the room. Clarke is a jazz legend. Like everyone else in the audience, we were close enough to see Clarke's extraordinary finger work on standup and electric bass. We could read every emotion in his face. To our left was a couple who had driven up from Connecticut. On our right were several professional jazz musicians. Between numbers, their collective comments amounted to "Wow."

Acoustically excellent performing arts venues in Boston's suburbs like TCAN draw those in the know from all over. Their modest ticket prices, convenient locations, free parking,

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comfortable seating, clear sightlines, and diverse schedules featuring national and regional artists attract audiences who come for the show, not just to socialize or take selfies with the stage as backdrop.

"During the 1990s, there was a real absence of live music in Metrowest," says David Lavalley, TCAN executive director. "TCAN grew out of a church coffeehouse. Its first dedicated space was a downtown Natick storefront that seated 60. At the same time, Natick Mall was being re-developed and the new tax revenue enabled the town to replace its aging Central Fire Station, built in 1875. There was talk of putting a parking lot in its place. Instead, a group of local citizens purchased the building from the town and raised funds for a venue for regional and national musicians, theater groups, and artists."

Following a \$2.5 million restoration, TCAN opened in 2003 as a nonprofit venue that now offers more than 300 events and classes annually. The historic building retains its retro feel, with brick walls, high ceilings, and four arched bays, transformed into a contemporary 290-seat performance space with a gallery for work by regional artists.

"Over the last 30 to 40 years, there have been fewer and fewer places for live music because it is very difficult to make viable as a business,"

said Lavalley. "Costs are high. Our 501(c)(3) nonprofit status means we're able to raise money through donations to keep ticket prices low and available to a wide range of people."

More than 24,000 people attended TCAN performances in 2013. Fifty-nine percent were from Metrowest. More than 4,000 came from central and western Massachusetts, other New England states, and New York and New Jersey. In addition to a paid staff of six, the venue relies on nearly 200 volunteers who usher, raise funds and business sponsorships, and staff the box office and membership drives.

Comedy, blues, jazz, folk, alternative, classical, children's, rock, pop, New Age, roots and country, community theater—it's all here. Among 75 performances in the past 18 months were regional talents and such boldface names as Tom Rush, Peter Wolf, Leo Kottke, Borromeo String Quartet, James Montgomery, Rickie Lee Jones, and comedian Sandra Bernhard. The tribute band Beatlejuice was here, as were Dave Davies of The Kinks, Loudon Wainwright III, and multi-genre harpist Deborah Henson-Conant.

Tuesday night Folk/Acoustic Open Mic, held monthly, has had a loyal following since 1997. Rock Off Main Street, a staple for 15 years







and sponsored by Berklee College of Music Summer Programs, features young teens. The TCAN Players present three plays a year. Family programs include classes for children and popular entertainers like Ben Rudnick & Friends, and Karen K and The Jitterbugs.

"TCAN has transformed Downtown Natick," says Tim LePain, a longtime Natick resident who serves on TCAN's Finance Committee. "Restaurants do better because of it, galleries have opened, and largely because of it Massachusetts has designated the Natick Center Cultural District as one of 25 in the state."

Movies are a coming attraction. A \$1.2 million capital campaign is underway to renovate the building's second floor as a 160-seat digital screening room. "We'll program it like an art house cinema, like the Coolidge Corner," Lavalley says. "We'll screen animation, short subjects, and independent films. It will also benefit our expanding partnership with Walnut Hill School for the Arts, particularly their new Writing, Film and Media Arts Program." A partnership with the internationally known school in Natick includes a six-week intensive theater workshop for teens at TCAN taught by Walnut Hill faculty.

left: Stanley Clarke, middle: Buckwheat Zydeco, right: Joan Osborne

Act III

Eighteen years ago, Gwenn Vivian, who studied jazz piano at Berklee College of Music, decided instead to focus on the business side of entertainment. She opened the Acton Jazz Café first in the basement of an industrial building, later moving it to a less-than-hip shopping center in the same town. Despite being 30 miles outside Boston, the club earned a spot on DownBeat magazine's list of great international jazz and blues venues five years in a row. "That's how we get a lot of European tourists who know about us," Vivian says. "Jazz has a

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much bigger audience in Europe and Japan than it has in the US where it was born."

This fall, the venue moved again, to a mid-1800s farmhouse in Littleton. With the new location comes a new name, ACT III.

While live jazz, blues, Latin, and folk music are still the core, food and drink were always part of the mix. Act III alters the recipe with Turkishborn chef Joseph Alptekin running a more upscale dining operation, featuring mostly Mediterranean cuisine for lunch, dinner, and Sunday buffet brunch. "This is a place for people who love music," Vivian says. "But there's no money in clubs. The restaurant and bar are the bread and butter that allow me to pay musicians what they deserve."

The guiding principle here is a belief that live music creates a relationship between musicians playing and listeners listening. Act III is intimate; seating 30 in the dining room and 25 in a bar that Vivian hopes will attract a younger crowd to jazz. In an unusual layout, the venue co-mingles with Gallery 529, an artist's cooperative. You enter

near the bar, a handsome room with dark woodwork, deep red walls, and a gold ceiling, then walk through the art gallery to reach the combined performance space and dining room where picture windows overlook gardens and an outdoor patio.

There's light music through dinner but no cover charge until 9:00 pm when shows begin. Vivian, a vocalist who heads her own quintet, says that nearly every musician she books teaches at Berklee or the New England Conservatory of Music, or is a national artist on tour. Continuing longstanding Acton Jazz Café traditions, there's Blues Jam on Thursday nights, Folk Open Mic on Tuesday evenings, and Jazz Jam every Sunday from 4:00 to 9:00 pm.

Firehouse Center for the Arts

posed historic building, rescued by local citizens who gave it a vibrant new life. Last July in the brick-walled theater, Bellevue Cadillac, a

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left: Grace Kelly, right: Jimmy Vaughan

sometimes outrageous jazz and swing band, turned a capacity crowd of adults into joyous roomful of singing, laughing friends. Trumpeters bobbed and weaved, the trombonist swooped and soared. It felt like New Orleans had come north.

"Firehouse is a real success story," says Beth Falconer, managing director of the venue that opened in 1991. "It saved something beautiful downtown that everyone can enjoy. It engages people of all ages who find a home here, from our Senior Readers to [volunteers] giving backstage support. They can direct a show, usher, or be in the audience. It gives community members access to all the arts, sharing something that will never happen exactly that way again."

The nonprofit 501(c)(3) Firehouse annually presents some 200 dance, theater, film, and music events. Its production of *39 Steps* swept regional community theater awards last year. People 55 and over in the Senior Readers Program work with a professional actor on scripts, addressing issues of limited mobility and memory and performing three times a year at the Firehouse and nearby assisted living places.

Built in 1823 as a market house and lyceum, the building in its early days hosted such notable speakers as Ralph Waldo Emerson, Oliver Wendell Holmes, and Daniel Webster. It was Newburyport's Central Fire Station from the mid-1800s until 1980. Now the 195-seat theater and two-level art gallery, adjacent to a busy waterfront park, restaurants, and shops, are the heart of the seaport.

"One of the things that's difficult about managing arts organizations, whether nonprofit or commercial, is building a future audience that will choose to make live performance a part of their lives," says Beth Falconer. In suburban Boston, these venues are doing their part to make that happen.

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Juniper Creative dishes on creative plates

ELIZABETH SUNEBY writer



Wellesley's new restaurant Juniper is certainly living up to its name. The aromatic evergreen plant is prized for filling in space fast, and that's exactly what's happening as patrons line up to enjoy a meal at the sister restaurant of Needham's Sweet Basil that opened its doors in July of 2014 at 13 Central Street.

Eastern Mediterranean cuisine

Juniper carries on the Eastern Mediterranean fare of Milestone, the bistro that formerly occupied the space, but with Greek, Israeli, and Lebanese inspired cuisine all its own. Think shareable mezze plates and full entrées to please carnivores, pescatarians, and vegetarians alike. Think local beers; wines from California, Europe, and Eastern Mediterranean countries; and house-made cocktails using plant-based sweeteners and herb-infused bitters. And be sure to think (and leave room for) homemade pita bread and Israeli couscous, as well as globally inspired, homemade desserts.



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Dave Becker, Matthew Kaplan, and Tim Fichera

dish, Dave, Tim, and Matt unanimously selected the grilled swordfish marinated with coriander and parsley and prepared with chickpea panisse, roasted beet-orange salad, and the North African chile-paste harissa-infused aioli sauce.

Creative collaboration

Tim and Dave have known each other since high school days in Newburyport, Massachusetts. Both started out in the restaurant business as dishwashers, working their way up to head chefs, and have remained friends ever since. In fact it was

Dave, at the time head chef at Sweet Basil, who introduced Tim to the sous chefs at Ming Tsai's acclaimed Blue Ginger restaurant where Tim landed a job. "I had used up my bag of tricks as head chef at a restaurant in Newburyport, so I was ready to move on. I needed to work at a really awesome place where I could learn," explains Tim. A few years later, when Dave assumed ownership of Sweet Basil, he hired Tim from Blue Ginger to replace himself as executive chef at Sweet Basil.

Dave was also instrumental in sparking Matthew's interest in the restaurant business. As a high school student from Needham, Matt worked in the kitchen at Sweet Basil and, during his junior year, even wrote a paper about Dave. Matt attended Boston University and earned a degree in hospitality administration. After graduation, he pursued "front of the house" restaurant responsibilities, including in positions at Kimpton Hotels and Restaurants, a chain of boutique properties in the United States. Matt moved back to Boston from a Kimpton restaurant in Philadelphia, because, as he explains, "I couldn't pass up the opportunity to partner with my former boss to open a second restaurant." Dave and Matt work together closely, in fact so

The Juniper team — Owner, Dave Becker; Executive Chef, Tim Fichera; and General Manager, Matthew Kaplan — could have replicated the beloved Italian fare served at Sweet Basil, but predictable and safe are not what motivates these men. Many of the Sweet Basil staff have worked together for years, and Dave realized that providing opportunities for growth and creativity were paramount to attracting and retaining talented people. Tim explains his decision to leave his head chef job at Sweet Basil to assume the role at Juniper: "After making likely about 7,000 of our signature rosemary chicken dishes and perfecting the sauce over several years, it was time for me to recharge."

Tim's menu at Juniper includes smoked eggplant baba ghanoush, pickled beet hummus, and red pepper muhammara spreads. Fattoush salad, crispy oysters, and lamb tartare. Seafood couscous, chicken and pork souvlaki, quinoa falafel, and grilled skirt steak flavored with a Middle Eastern baharat spice mixture. And for dessert, pecan bourbon baklava — a twist between pecan pie and traditional baklava — and Greek revani semolina cake soaked in orange blossom syrup with a dollop of whipped cream. When asked to choose their favorite main









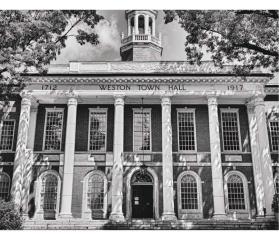
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local cuisine "the upbeat, comfortable atmosphere"



closely that along with a friend they rolled up their sleeves and painted Juniper entirely by themselves. The threesome started at about 8:00 am and finished up 20 hours later at 4:00 am, rewarding themselves with an IHOP breakfast after the job was complete.

Farm-and-art-to-table

The Juniper team sources ingredients locally whenever possible, including from Natick Community Organic and Volante Farms. But at Juniper, homemade and local extend well beyond the cuisine. Most of the menu selections are served on hand-thrown pottery glazed in hues of creams, light blues, and light greens crafted by Dave and other local potters. Dave is also a cookbook author, with his titles *Stewed* and *Sweet Basil* available for sale so customers can try their hands at some of his tried-and-true recipes.

The artwork hanging on Juniper's walls is the creation of Dave's late grandfather, Fred Becker, who died at the age of 90 in 2004. Becker senior was a well-known artist and printmaker accepted into the Graphic Arts Division of the Works Project Administration, the New Deal agency that employed millions of Americans during the difficult years between 1935 and 1943. In 1948, he established a printmaking department at Washington University in St. Louis and taught there for 20 years before joining the fine arts department at the University of Massachusetts

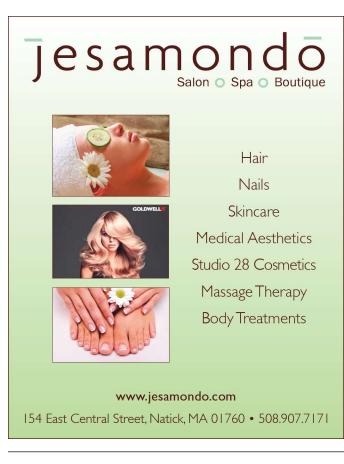


where he taught for close to another 20 years. Beyond gracing Juniper, Becker senior's artwork is part of many prestigious museum collections, including the Metropolitan Museum of Art, the Museum of Modern Art, and the Whitney Museum of American Art in New York.

No pretenses

Dave, Tim, and Matt strived to replicate at Juniper the upbeat, comfortable atmosphere that brings Sweet Basil customers back over and over again to dine at that cozy spot. Dave captured their intent in an interview with *Boston* magazine, saying, "I hate being in restaurants where you have to watch your posture... I like it when people are laughing and chewing with their mouth open."

Chew and laugh at a stool at Juniper's bar, at the high-top tables in the bar area, or in the back of the restaurant at a cozy booth. In the nice weather, grab one of the few outdoor patio tables. Wherever you sit, the Juniper team hopes you enjoy your meal, the artwork, decor, music, and service... and come back with family and friends to share other seasonal selections on the menu.





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food & wine

Soup's On

PATTY LENZ BOVIE writer



long before Andy Warhol immortalized it in his famous Campbell's canvases, soup has nourished people of all generations, from all over the world. Here's a look at the origins of soup, how it's evolved over the years, and how its soul has stayed very much the same.

When the days grow darker and the temperature plummets, there's nothing like a big bowl of soup to give you a warm glow, both inside and out. Soup is one of those dishes that's not only full of hearty nutrients; it's also brimming with nostalgia. Maybe it's the Mmm, Mmm, Good Campbell Soup slogan from many of our childhoods or the hearty chowder your grandma used to make, but it's one of those ubiquitous foods that almost everyone — from every culture and generation—can relate to.



JAN GLEYSTEEN ARCHITECTS AND RICHARD MANDELKORN PHOTOGRAPHER



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In colonial days, European immigrants brought their unique soup recipes with them. German immigrants were known for potato leek, which uses a water base, and quickly became an American staple along with chicken soup, the "mother of all soups." In her book *The Way to Cook*, Julia Child wrote, "In the old days of a chicken in every pot, everyone seemed to have a rich, succulent chicken stock perpetually simmering away on the back of a coal stove." The reality was, with no refrigeration, this was the only way to make a chicken last.

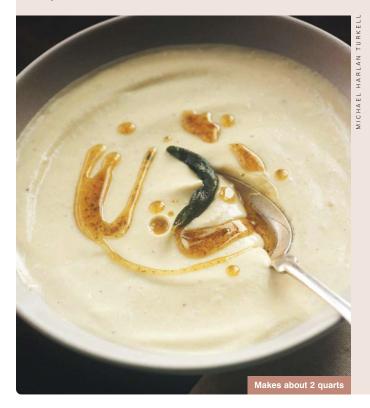
The word soup comes from the French *soupe*, for bread soaked in broth. In 16th-century France, soup was touted as an "antidote to

CAULIFLOWER SOUP

Wellesley resident and Chef Jeremy Sewall of Island Creek Oyster Bar and Row 34 in Boston includes a number of soup recipes in his new cookbook written with Erin Byers Murray: The New England Kitchen: Fresh Tastes on Seasonal Recipes (Rizzoli New York, 2014). This satisfying winter soup is light but feels rich. Make it a day in advance so the flavors can deepen a bit.

½ cup (1 stick) unsalted butter

- 8 large fresh sage leaves
- 1 head cauliflower, green leaves removed, head intact, stem trimmed Kosher salt and freshly ground white pepper
- 3 Tbsp. canola oil

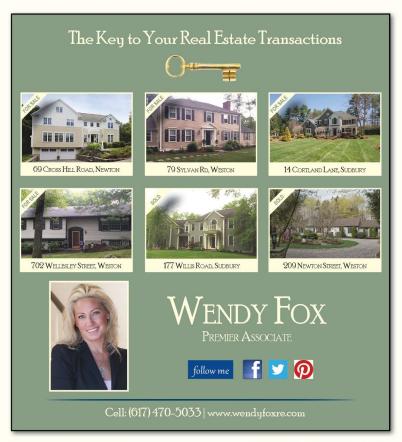


- 1 leek, white part only, split lengthwise and washed
- 1 small Spanish onion, peeled and cut into 1-inch pieces
- 1 Yukon gold potato, peeled and cut into 1-inch pieces
- 5 cups Vegetable Stock (see recipe on page 206)
- 2 sprigs fresh thyme
- 1 fresh bay leaf
- 2 cups heavy cream
- 2 Tbsp. freshly squeezed lemon juice
- Preheat the oven to 400°F.
- In a small sauté pan, melt ¼ cup of the butter with 2 of the sage leaves over medium heat; be careful not to brown the butter.
- Place the head of cauliflower on a baking sheet and brush the outside with the melted sage butter. Put the additional sage leaves on top of the cauliflower head; season with salt and white pepper and roast for 30 minutes. The cauliflower should have some color on the outside but will not be completely cooked through.
- Remove from the oven and let sit until cool enough to handle; reserve the sage leaves. Cut the cauliflower into 1-inch pieces.
- In a large stockpot, heat the oil over medium heat. Add the leek, onion, and potato; sauté for 3 minutes, stirring frequently so that the vegetables don't color. Stir in the chopped cauliflower and roasted sage leaves, then add the stock. Bring the mixture to a simmer; add the thyme and bay leaf. Simmer for 20 minutes, or until the vegetables are almost tender. Add the cream and simmer for 10 more minutes. Remove from the heat and let cool slightly. Remove the bay leaf and thyme sprigs.
- Puree the soup in a blender (this may take a few batches) until smooth.

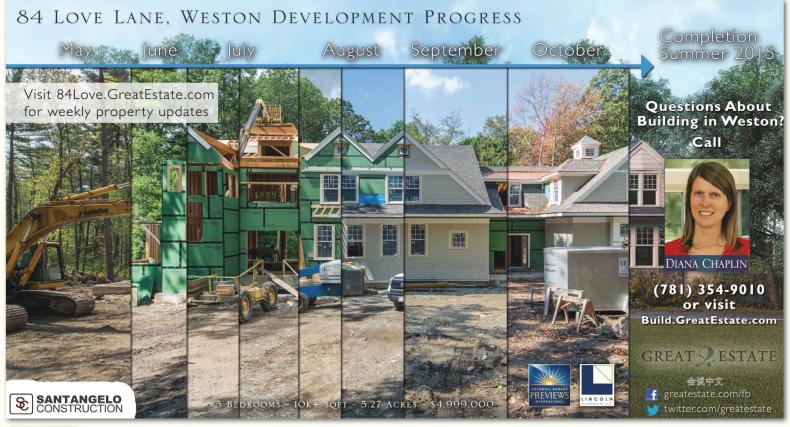
 Strain the soup through a fine-mesh sieve; season with salt and white pepper.

 Return the soup to the pot.
- Slowly warm the soup over low heat, stirring frequently so that it doesn't burn. In a small sauté pan, heat the remaining ¼ cup butter over medium heat until it begins to brown lightly, about 3 minutes. Add the remaining 6 sage leaves and cook for 10 seconds, until just crisp; remove from the heat.
- Just before serving, season the soup with the lemon juice. Ladle the soup into individual bowls and pour the brown butter and sage leaves over the top of each serving.

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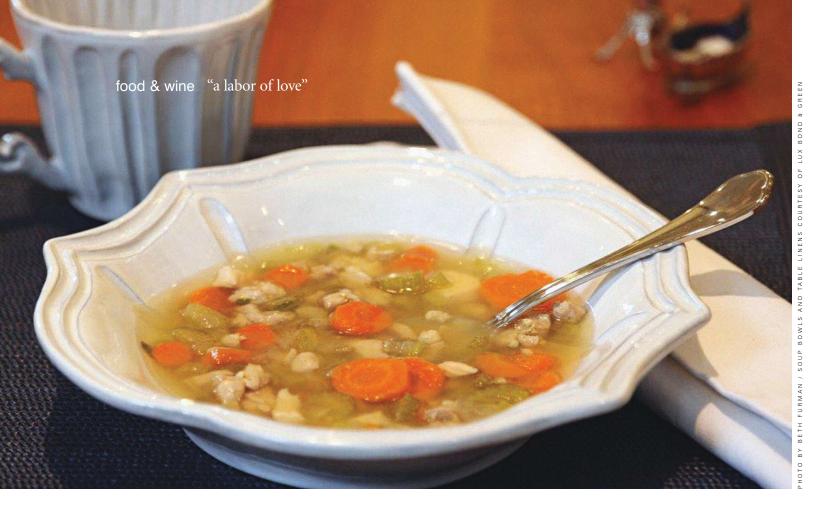






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"The smell of chicken soup cooking makes my home smell like home, and brings back all sorts of good memories."

Sally Rosenfield, Senior Vice President at
 Cure Alzheimer's Fund

physical exhaustion." Today, chicken soup is still considered by many to be the "best medicine" for the common cold.

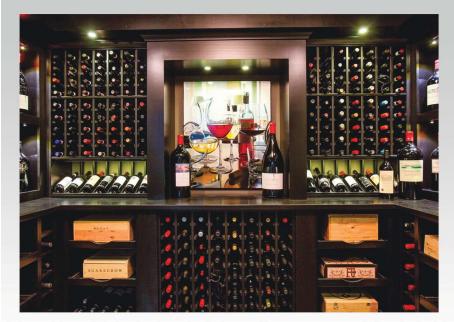
Homemade chicken soup is a labor of love and takes hours and hours to cook. Wellesley resident Sally Rosenfield, Senior Vice President at Cure Alzheimer's Fund, remembers the first time she ever learned to make it. "When I was newly married, my mother-in-law taught me how to make chicken soup with a clear broth (which you have to strain three times) and *knaidlach* (matzah balls in Yiddish). I still make her recipe for the Jewish holidays and whenever someone is sick — chicken soup is such a comforting and delicious treat," Sally says. "The smell of chicken soup cooking makes my home

Adapted from Craig Claiborne's The New York Times Cookbook. This is a lower-fat version of the original cream of tomato soup my mother used to make when I was growing up. It is still my absolute favorite, even without all the cream.

- 1 stick butter
- 1 large onion, peeled and sliced
- 35 oz. crushed tomatoes
- 4 basil leaves or 1/2 tsp. dried
- 2 sprigs fresh thyme or ½ tsp. dried
- 1/4 cup of flour
- 3 3/4 cups chicken stock
- 1 Tbsp. sugar
- Salt and pepper to taste
- Melt the butter in a large pot. Add the olive oil. Add the onion, thyme, and basil and stir on low/medium heat until the onion is wilted (about 10 minutes). Pour in the crushed tomatoes and simmer for 10 minutes, stirring occasionally. Be careful not to let the soup burn. Next, mix the flour in a small amount of chicken stock with a fork until all the lumps are out. Pour the mixture into the soup, as well as the remaining stock. Simmer another 30 minutes. Finally, add the sugar. Pour the soup into a blender or food processor and blend until smooth. Pour and serve.

smell like home, and brings back all sorts of good memories." When Sally's oldest daughter Emily got married in 2013, Sally made her a cookbook as a gift with all the family recipes in it. "Last Rosh Hashanah Emily made the chicken soup — what a passing of the torch!" adds Sally.

Having once lived in Weston, but now a Wellesley resident, Peter Jacobs, an independent marketing communications writer, remembers loving soup as a kid. "My grandmother and mother would always make





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CHEF SEWALL'S VEGETABLE STOCK

Vegetable stock is easy to make; use it for cooking soups and vegetable dishes.

- 1 small onion, cut into 1-inch pieces
- 1 carrot, cut into 1-inch pieces
- 1 stalk celery, cut into 1-inch pieces
- 1/2 Granny Smith apple, cored
- 1/2 cup chopped fennel bulb
- 1 small orange wedge
- 3 cremini mushrooms, chopped
- 2 sprigs fresh thyme
- 3 pieces fresh parsley stem
- 2 bay leaves
- 5 whole black peppercorns

To make the stock:

- In a large stockpot, combine all the ingredients with 5 quarts cold water and bring to a simmer over medium-high heat; cook, uncovered, for 30 minutes.
- Let cool for 30 minutes; strain through a finemesh sieve. Store in an airtight container in the refrigerator for up to 5 days or freeze for up to 1 month.

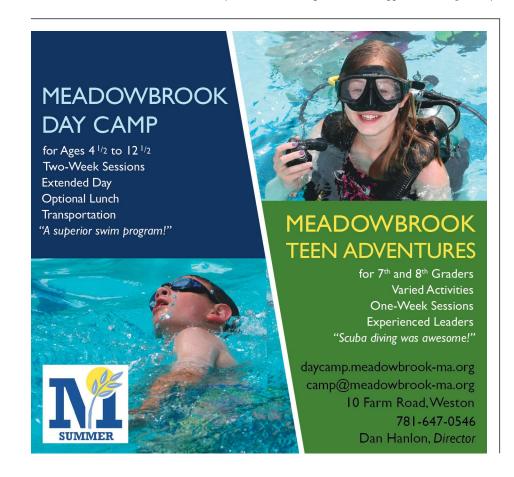
The New England Kitchen is available for purchase at www.jeremysewall.com and at Island Creek Oyster Bar and Row 34 in Boston.

Wellesley resident Alice Kokodis, Employment Counsel at Edwards Wildman Palmer, remembers her grandmother Yiayia standing behind the stove, all burners turned on, preparing a traditional Greek dish. "One of my favorites was *avgolemono*, or egg-lemon soup, always

"What a marvelous resource soup is for the thrifty cook—
it solves the ham-bone and lamb-bone problems, the everlasting Thanksgiving turkey, the extra vegetables.
In addition, soup is a most attractive and nutritious way to take the edge off insatiable youthful appetites."

- Julia Child, The Way to Cook

served piping hot with a slice of homemade bread," Alice says. "I remember walking home from school on cold winter afternoons, knowing that a bowl would be waiting for me, even before I had the chance to take off



By Diana Hnatov, a childhood friend and amazing cook who taught me that you can make soup out of just about anything. This is incredibly easy to make, highly nutritious, and absolutely delicious.

3 leeks (white parts only)

Chicken stock (approximately 1 quart, enough to cover all the vegetables when they're in a medium sized pot)

Butternut squash (1 whole squash, peeled, seeded, and diced, or 1 package pre-cut squash)

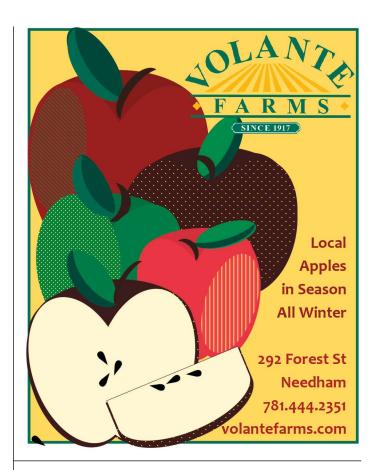
- 2 Tbsp. butter
- 1 Tbsp. olive oil

Cinnamon, nutmeg, salt and pepper to taste

- Wash and dice the leeks. Since leeks grow in sand it's important to clean them well or your soup will be gritty. Cut off the green parts (so your soup isn't green) and the white tip. Slice the leeks lengthwise, then fan out the layers under running water to clean out the sand. Chop the leek and set aside.
- Melt the butter in a medium sized pot. Add the olive oil. (It helps prevent the butter from browning, while the butter provides a rich taste). Add the leeks, a dash of nutmeg (optional), and a dash of cinnamon. Stir occasionally until the leeks are wilted (about 10 minutes over low/medium heat). Cook them long enough to bring out the flavor, but don't let them brown.
- Next, add the squash to the pan and pour in enough chicken stock so the squash is completely covered. More stock makes a thinner soup, but not enough means the vegetables won't get cooked. Cook on medium/high with the cover off (about 20 to 30 minutes until the squash is soft enough to poke a fork through it). Pour the soup into a blender or food processor and blend until smooth. If it's too thick add more chicken stock or a little cream for a richer soup. Pour and serve.

my coat and boots." According to Alice, the key to her Yiayia's avgolemono was the chicken stock, which she made with a whole chicken, potatoes, carrots, and celery and left to simmer for hours. "My sister loved to look in the pot, waiting for the opportune time to pull out the wishbone from the chicken and challenge me to a game of tug of war," she adds. "Now, my husband, the chef in the family, continues to make avgolemono, but instead of orzo, he uses alphabet pasta which our kids absolutely love!"

While soup gained popularity with the invention of canning in the 19th century, there's nothing like homemade soup for flavor and health benefits. Over the years, soup has evolved from a source of sustenance to the ultimate comfort food. Served hot or cold, it can be the





CREAMY OYSTER STEW

Stew is often thought of as a poor man's food with humble beginnings; for this version, Chef Jeremy Sewall elevates it ever so slightly with fennel and white wine. But what really makes this dish work is its abundance of oysters.

- 16 medium oysters
- 2 Tbsp. canola oil
- 1 small bulb fennel, finely diced, trimmings reserved
- 1 shallot diced
- 1 garlic clove, minced
- 1/4 cup white wine
- 2 cups heavy cream
- 1 bay leaf
- 2 Tbsp. unsalted butter
- 1 stalk celery, thinly sliced
- 1 Tbsp. freshly squeezed lemon juice
- 2 tsp. grated lemon zest
- 1 Tbsp. fennel fronds

Kosher salt and freshly

Ground white pepper

4 slices Rustic Bread (see recipe in *The New England Kitchen: Fresh Tastes on Seasonal Recipes* by Jeremy Sewall and Erin Byers Murray)

- Shuck the oysters, reserving the meat and ½ cup of the oyster liquor or juice. Refrigerate until needed.
- In a medium saucepan, heat the oil over medium-high heat and add the fennel trimmings, shallot, and garlic; cook until they begin to color lightly, 3 to 4 minutes.
- Add the wine and bring to a boil. Lower the heat and let simmer for 3 minutes; add the cream and bay leaf and continue to simmer until the cream is reduced by almost half, about 18 minutes.
- Remove from the heat and strain through a fine-mesh sieve, discarding the solids.
- When the cream is nearly reduced, melt the butter in a large saucepan over medium heat. Add the diced fennel and the celery and cook until they become translucent, about 6 minutes. Add the strained cream sauce and bring to a boil. Stir in the lemon juice and zest. Add the oysters and oyster liquor and bring the stew just to a simmer. Remove from the heat and stir in the fennel fronds. Let sit for 30 seconds. Season with salt and white pepper.
- Lightly toast the bread slices and place one slice each in small, shallow serving bowls. Spoon the oyster stew over the bread and serve.

Serves 4



perfect dish for so many occasions. A savory butternut squash soup with a crusty piece of bread make for a hearty lunch, while an elegant lobster bisque sets the tone for a formal dinner party.

On a cold, bleak day nothing so pleasant comes to mind as a big bowl of soup. Chunky, hearty, buttery, velvety — soup is always a treat. It's a great way to use up old vegetables or leftovers and make something delicious out of them. There's Chinese wonton with tasty pork dumplings that swim in a delicate broth and French onion with its melted gruyere. From Italian wedding soup and Japanese miso to the Indian mulligatawny made famous by *Seinfeld's* infamous "Soup Nazi," every culture has its own unique take on this delicious dish.

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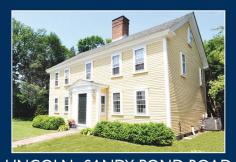
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McGlynn, Clinton & Hall at Candy Bar Cosmetics Supporting the Run to Home Base Program for Veterans





HOTOS BY PAIGE MARINO





1 Larry McGlynn and Rich Testa 2 Donna Testa, Marissa Vieira, and Candace Evans Lucas 3 Donna Testa and Patti McGlynn 4 Melissa Alexander, Susan Brisk, and Maria Martin

Inspirational Luncheon with Sukey Forbes



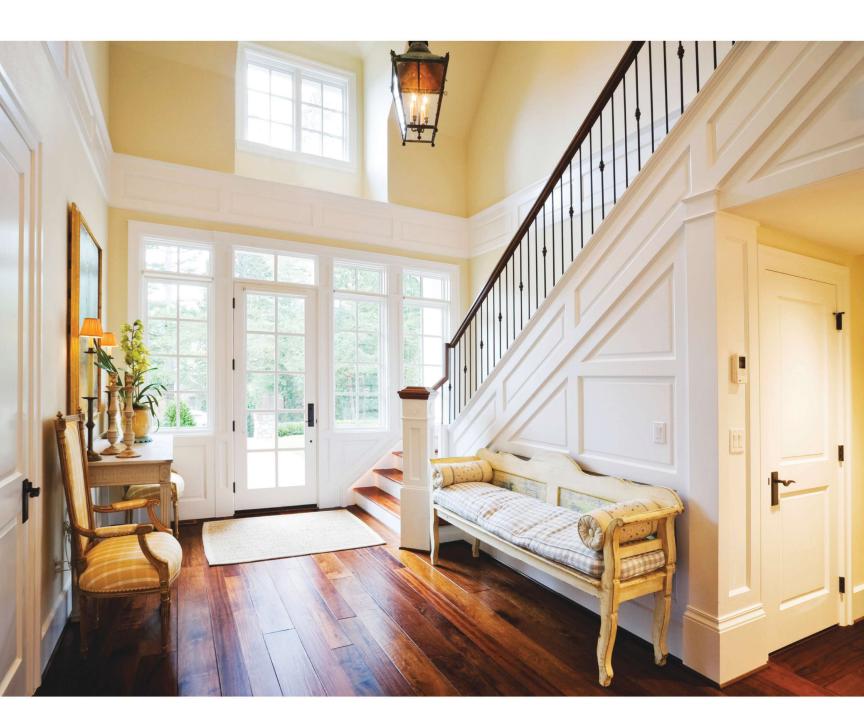


1 Carolyn Carney, Sukey Forbes, and Susan Kingsley 2 Luncheon attendees pose with *The Angel in My Pocket*, the new book by Sukey Forbes

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Aesthetic Reconstructive & Implant Dentistry Newton-Wellesley **Grand Opening Event**



1 Kim Martin, Shari Ameli, and Elizabeth May 2 Dr. Touradj Ameli and Sarah Gates 3 Lisa Hillson, Prof. Jeremiah Eck, Charles Floyd, and Dr. Touradj Ameli



Roxbury Weston Preschool Screen on the Green



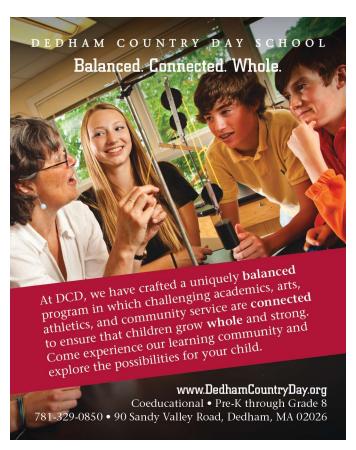


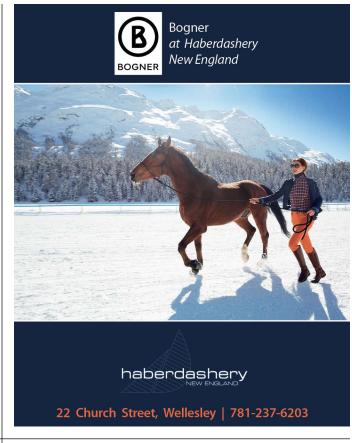
1 Felix Martin and Max Whitworth 2 Kevin Kirmelewicz, Olivia Kirmelewicz, Tina Kurkjian, Maison Kirmelewicz, Ryan Kirmelewicz, Kelly Kirmelewicz, and Alex Kurkjian 3 Luke Betty, Carter Calzini, Grant Berry, Reid Betty, and Akul Srinivasan

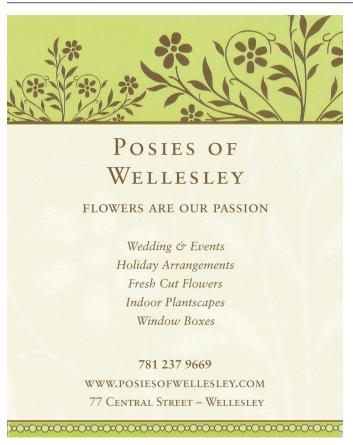














$about \ town \ {\tiny (\texttt{CONTINUED FROM PAGE 212})} \qquad \text{For more information on these events and additional photos, visit wwmblog.com}$

Berkshire Hathaway HomeServices Town and Country Real Estate and Advantage Real Estate Merger Celebration





1 Gail Lockberg, Jill Finkelstein, Gary Lockberg, Representatives from Berkshire Hathaway HomeServices, and Agents from Wellesley, Natick, and Needham 2 Sue Yannacone, Gail Lockberg, Jill Finkelstein, Gary Lockberg, and Mark Jeffers

Wellesley Chamber of Commerce Golf Outing









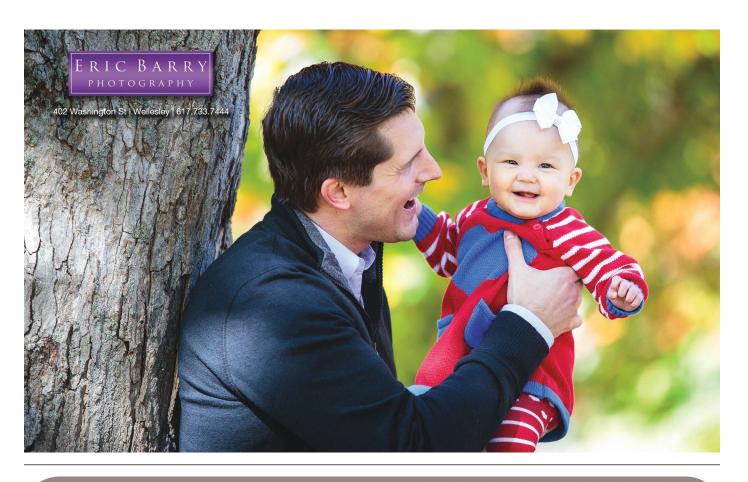
1 Nate Macke, Mike Byrne, Rick Hurd, and Greg Dunn 2 Drew Metzdorf, Martha Murphy Metzdorf, Deb Young, and Sean Young 3 Pam Conover and Kathy Mullaney 4 Peter Lull

Style Me Beautiful at Anna Nieman Boutique





1 Joan Epler and Courtney 2 Victoria, Manuella, Anna Nieman, Malgozshata, and Joan Epler



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about town (CONTINUED FROM PAGE 214)

Wellesley Mom's Day Out













1 Marissa Vieira, Candace Lucas, and Kathy Haskell 2 Nancy Haas and Sarah Antoniazzi

- 3 Veronica Sagherian, Samantha Bartfield, and Heather Schultz 4 Jill Sudman and Pattee Lebner
- **5** Alison Ross, Tracy Cranley, and Deb Hansen **6** Pattee Lebner, Marjorie Halperin, and Laura Fisher

Wally the Green Monster at Lux Bond & Green







1 Trevor Lamarche, Nancy Haas, Maria Tigou, Becky Soderman, and Paula English 2 Samantha and Bryce Bartfeld 3 Johanna and Simon Murray

Wellesley Historical Society Annual Dinner









1 Grace and Mike Doyle, Marie Daly, and guest 2 Joan Benzie, John and Karen Celi 3 Marie Daly, Stan and Burkey Pratt 4 Mark and Jo Ann Holland, Buck and Suzanne Frederick





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Wellesley Free Library Foundation Celebration

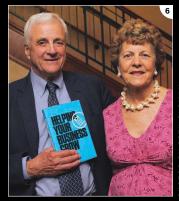












1 David Powell, Ann Fenno, and Brooks Fenno 2 Luisa Hunnewell and Beth Sullivan Woods 3 Jennifer Siedman and Elise MacLennan 4 Maxine Creanza, Peter Cory, and Heather Sawitsky 5 Dodie Bump, Bob Harrington, Jane Andrews, and John Wilkins

6 Brooks Fenno and Elizabeth P. Powell

Newton-Wellesley Hospital's Annual Golf & Tennis Tournament





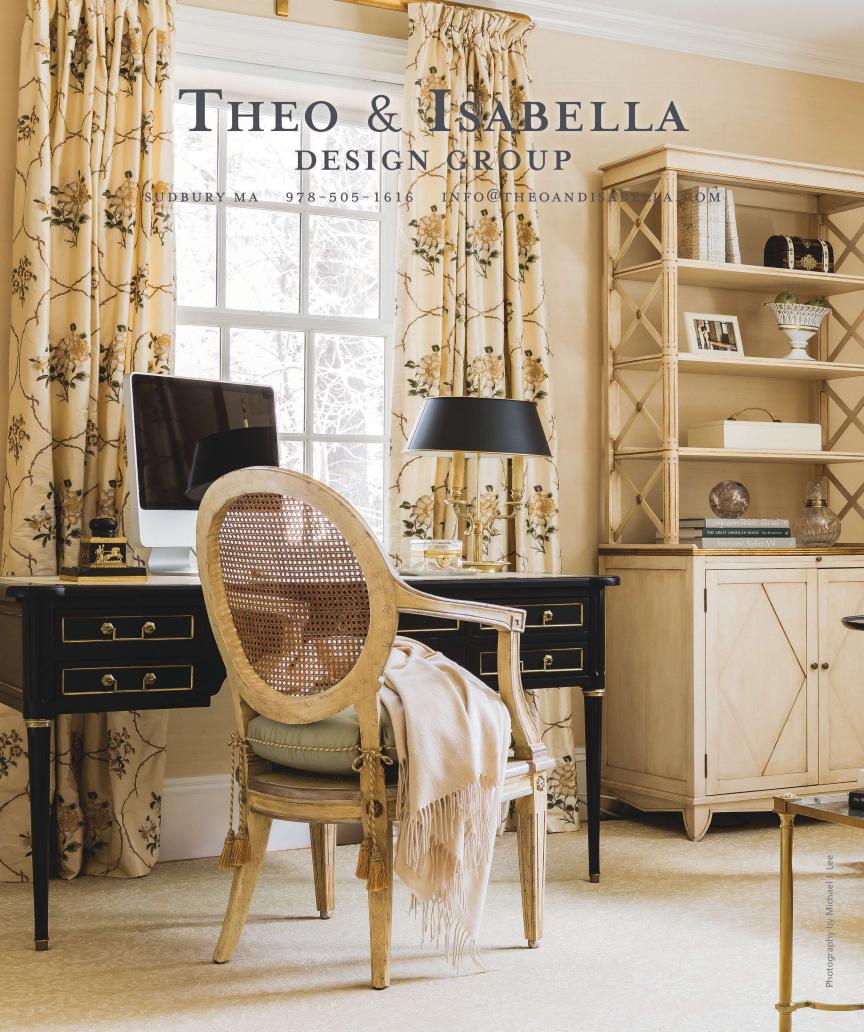


1 Jeff Thomas, Gary Lockberg, John Maloney, and Sid Queler 2 Ted Bunn, Sean Willman, Carol McMullen Rush, and Sean Rush

3 Bill Cadigan, Chris Kelly, Kevin Lynch, and Mike Frank 4 Jim Kaplan, John Nelson, Frank Lombardi, and Stuart Schwartz







Haberdashery of New England Opening Party



1 Paul Pasquarosa, Eva Maurice, Ray Maurice, Stuart Waterman, and Candace Lucas 2 Eva Maurice, Michael Maurice, Ray Maurice, Stuart Waterman, Gretchen Atkins, and Wendy George



Come OUT MetroWest - A Celebration and Fundraiser







OTOS BY PAIGE MAR





1 Brent Lewis and Charlotte Harrington 2 Mary Mackie, Lauren Lorincz, and Beth Kurth 3 WAGLY Executive Director Jack Lewis and Guest 4 Barbara Hayes, Kathy Kaufman, Brian Fuss, and Octavio Gonzalez 5 (top row): Pedro Carrasquillo and Stephen Sykes, (bottom row): Anna Morrison and Rita Bourne

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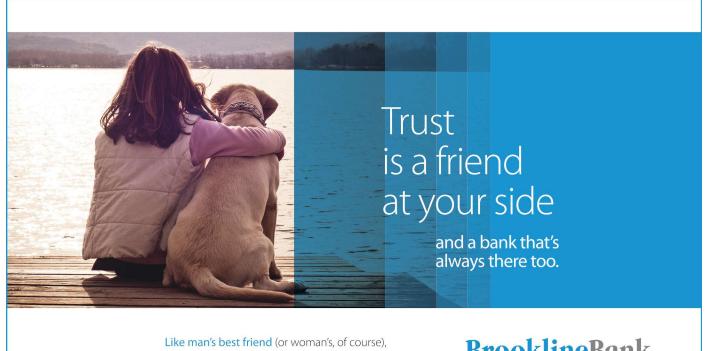
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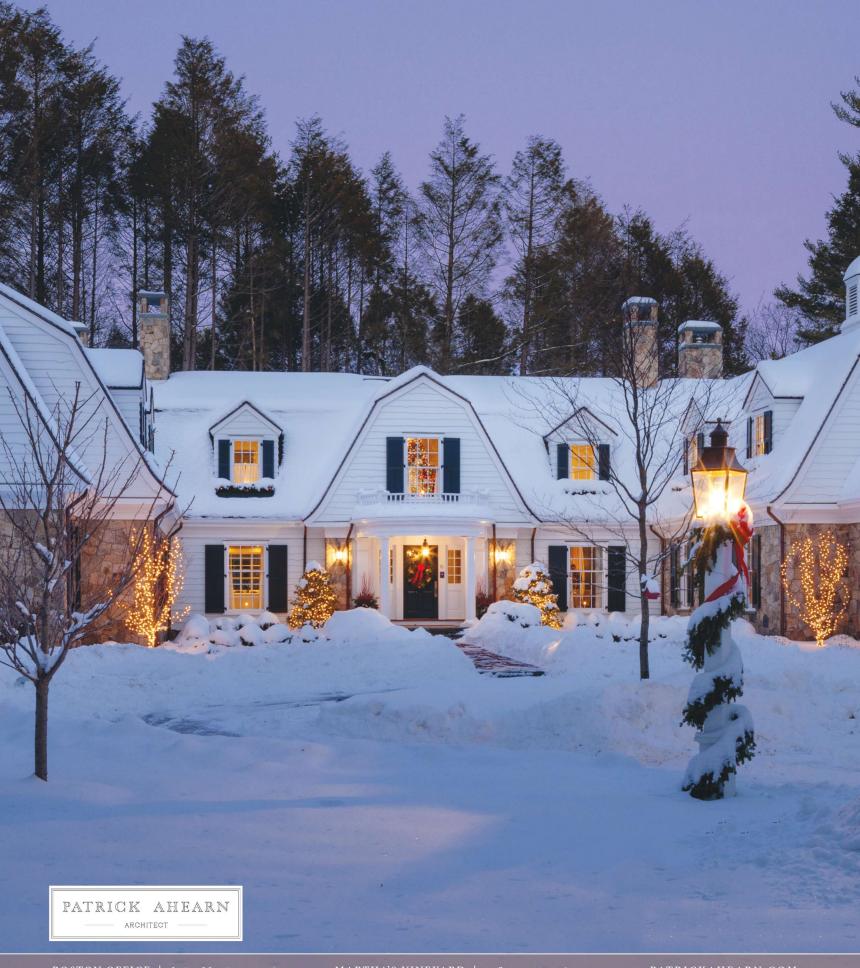
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