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Meet the Legal Mind
We sit down for a face-to-face interview with Lon Povich, Chief Legal Counsel to Massachusetts Governor Charlie Baker.

Boston Welcomes the 2016 World Figure Skating Championships
The world’s most accomplished figure skaters will gather in Boston this spring. Local residents share their stories about this complex and highly competitive sport.

Our Religious Leaders
In the first article in a series, meet four leaders who are active in the spiritual lives of our communities.

Is the Durants’ Work Done?
Take a look at the history of gender-focused education and its relevance today.

Community Consulting Teams
Founded in Weston, this all-volunteer organization of business professionals helps nonprofits achieve their goals.

A Perfect Cup
It’s easy to warm up this winter as no matter where you turn, the coffee gets better and better.

Slope Style
Weston athlete Eddie Gildea is flying high as a member of the US Ski Team’s Freestyle Division.

Special thanks to Susu Aylward for creating the gingerbread house featured on our delicious-looking cover. To order your own gingerbread house, call Susu Bakery Boutique & Cafe at 781.237.7977 before November 29.
The Green Scene
Ruth Furman’s year-end checklist will help you prepare your gardens for the cold months ahead.

10 Tips for Braving Winter’s Icy Blasts
Winter-wise Weston and Wellesley residents share their tips for enduring the deep freeze.

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

Forum
Readers speak out on issues of importance to them. In this issue, Karen Paradise D’Ortenzio offers advice on how to help children who find reading difficult.

Business
Louis Joseph grew up in Wellesley and is now reaching new heights as the founder of Alps & Meters, an alpine ski sportswear line.

Fitness & Health
Want to look younger? Local skincare professionals offer advice on nonsurgical treatments for aging skin.

Good Works
Family Promise Metrowest offers help and hope to families with children who are homeless.

Family Matters
Discover how to keep the excess of the holiday season at bay and create a spirit of giving in your home.

Artist Profile
Mosaic artist Lauren Mehrberg “paints with glass.”

Books
We’ve assembled a list of books where Wellesley and Weston figure prominently in fiction and nonfiction.

Food & Wine
Local bakers share their secrets for a sweet and scrumptious holiday season.

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

Last But Not Least
This page gives our readers the opportunity to express themselves creatively with writing, art, and photography. In this issue, Wellesley resident Sharon Johnson describes how difficult it is to say farewell to the family home and cherished possessions.
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Many of the residences at 50 Liberty will have views of both the harbor and the city. Views to the harbor, the city or both are not available in all of the residences. The view illustration shown is for illustrative purposes only and is not representative of the view available in all of the homes at 50 Liberty. Image is for illustrative purposes only and does not accurately depict proposed future improvements.

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you have an opportunity this holiday season to make a positive impact on our local economy and help the environment. It will be fun, easy, efficient, rewarding, and is summed up in two words: shop local.

When you purchase your holiday gifts from the fabulous retailers in our area, you’ll not only generate revenue for our local economy, but you’ll do your part to help the environment by cutting down on pollution from transportation and packaging waste. And, supporting our businesses is a pleasure due to the abundance of wonderful options. The finest jewelers, clothing stores, spas, salons, home furnishings stores, and gift shops … the list goes on. If you love to give gifts as much as I do, I know you’ll find it rewarding to visit a store, consult with a knowledgeable sales professional, and touch and experience what you plan to give to the special people in your life. Need I say more? Join me and shop local!

Of course the holiday season is about much more than buying and receiving gifts. That’s one of the reasons I enjoyed reading our Family Matters article in this issue. Called “Helping Kids Find the True Meaning of the Holidays,” writer Patty Lenz Bovie provides suggestions and creative ideas for families to experience all of the joys of the season. She includes a list of ways to give back to the community, traditions to start on your own, and suggests family-friendly books and films. And of course what holiday would be complete without sweets — and lots of them. Our Food and Wine department features profiles of four local bakers who share their holiday favorites and provide recipes for us to try in our own kitchens.

I also enjoyed reading our Face to Face interview with Lon Povich in this issue. As Chief Legal Counsel to Governor Charlie Baker, Lon, a Wellesley resident, had much to say about his career and role in our state’s government. It was refreshing to learn, especially in the current political climate, that Lon is a Democrat working for a Republican governor — one example of how Governor Baker is more interested in experience and getting things done than party affiliation. As Lon said, “He wants the best ideas he can find. …”

We’re also looking for the best ideas here at Wellesley Weston Magazine, and I encourage you to begin the New Year by sending us some topics you’d like us to cover in future issues. Or just send us a note and tell us what you like (or don’t like) about the magazine. We’re always looking for ways to be even better, and our best ideas come from you.

Happy Holidays!

—Beth

*Wellesley Weston Magazine*’s blog is the talk of the towns with the latest event photos, calendar listings, and conversations for the people who make things happen in Wellesley and Weston. Log on today and you might see yourself in our expanded About Town and Inbox section. Post a comment by going directly to wwmblog.com or visit our Web site at www.wellesleywestonmagazine.com and click on About Town or wwmblog.
i saw a t-shirt the other day that made me laugh out loud. It said: I Have OCD/Obsessive Christmas Disorder. If my mother-in-law was still with us today, she would have bought the shirt immediately and worn it proudly, because from July 5 (when her shopping commenced) through December 27 (after returns were made) she lived and breathed Christmas. Our children dubbed her “The Christmas Monster,” a moniker she accepted with good humor and pride.

She earned the name with her countless phone calls asking us, “What do you really want? What do you really need? What size are you now?” (I always loved that one.) Then the boxes would arrive filled with dozens of wrapped gifts, our names written in black magic marker, and always with the instructions: Open First, Open Fifth, Open Last. I’m not sure why the instructions were necessary as she never missed a Christmas with us, but I guess she just wanted some semblance of order. It was always a surprise to discover what was in those little packages. Inevitably there were items we never even realized we needed (or wanted), like electronic nose hair clippers, onion goggles, T-shirts with Shakespearean swear words, and hand-knitted snoods. No matter what the gift was, however, one thing was always clear: My mother-in-law loved her family more than life itself, and giving us wacky gifts was one expression of that love.

However, for my mother-in-law, the holiday season was about much more than giving gifts. As a Presbyterian minister, the majority of her time was spent helping others, regardless of the time of year. But she was especially busy between Thanksgiving and New Year’s Day. Over the course of our next few issues, you’ll meet others from a variety of faiths who devote their lives to others, and are inspirational and spiritual guides to many of us. In the first article in the series “Our Religious Leaders,” we meet four dynamic individuals: The Reverend Sarah Sarchet Butter, Rabbi Joel Sisenwine, Chaplain Alyssa Adreani, and Father William B. Palardy. If you have someone in your life you would like us to interview, please email me at jill@wellesleywestonmagazine.com.

This time of year can be overwhelming for some of us, especially our little ones, with the abundance of social gatherings and sensory overload in the stores. I hope you’ll take the time to read our Family Matters article that has excellent advice on how to focus on the spirit of giving, establish meaningful traditions, and help those who are less fortunate than we are. In Good Works, learn about another opportunity for giving back with Family Promise Metrowest, an organization that helps homeless families.

I hope your holiday season is filled with happiness and creating precious memories with those you love.
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flo\footnotesize\textregistered\hspace{1em}wers are gone, leaves have fallen, and daylight has dwindled, which means that winter is on our doorstep. This is usually a down time for gardeners, when sullen dark days are interspersed with cold and white days. The seemingly endless snows of last winter may merely be a cold memory, but before we snuggle up indoors, we should take heed of the ravages winter inflicted, go through our year-end checklist, and make sure our gardens are prepared for the worst Old Man Winter may offer this year.

**Outdoors**

The best winter mulch is, of course, snow, and while we had plenty of it last year, too much can pose problems. Our area cannot depend on winter-long snow cover but is usually subject
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to intermittent snow with frequent sudden thaws. Make sure your new plantings have been mulched and, if there are bare or sparse areas, top up the mulch to no more than two inches with wood chips, compost, or even oak leaves. The mulch keeps soil temperatures even and helps retain moisture that the plants will need over the winter. Moist soil holds more heat, so if it’s a dry year-end, make sure to water until the ground freezes. This is particularly important for new plantings.

Evergreens will benefit from a coating of anti-transpirant or anti-desiccant, which will reduce water loss and winter burn. These sprays wear off so do reapply mid-winter on a windless, mild day (over 40 degrees F). If your yard is in a windy location or if your evergreens have suffered in prior winters, then burlap wrap or a windbreak should be installed. Plantings under eaves are vulnerable to snow falling from roofs and an A-frame type shield works well. Upright evergreens (arborvitae or yews) can be loosely wrapped with a strong twine to prevent heavy snow from accumulating and pulling branches down. Be sure to check these protective coverings regularly during the winter. Before wrapping the evergreens, remember to prune them for use in wreaths or indoor decorations.

Herbaceous perennials and grasses can be cut back now if you haven’t already done so, or you can plan to leave them for wildlife and winter architecture. However, I find if the plants are left uncut too often their stems and stalks fall or break, resulting in a messy jumble. Leave uncut plants that are tucked away in corners or out of the way spots; also leave some piles of twigs or compost around so insects have winter shelter. Roses benefit from a good mound of soil,
compost, or muck at their base to protect them from the freeze-thaw cycles.

Lastly, your hard-working gardening tools should be cleaned, oiled, and sharpened; if yours have wooden handles, rub them with tung oil or wood wax.

**Indoors**

With the outdoors in order it's time to get the perfect Christmas tree (if you celebrate Christmas) and, when you find it, care for it like it's a bouquet of fresh flowers. Ask for a fresh cut (about ¼-inch) at the base and once home keep the tree well watered and check the stand daily. After the holidays the tree branches can be cut and used to protect perennial beds, and the trunk can be chipped for mulch. Seasonal houseplants are a welcome splash of color; look for ones with plenty of buds as they last longer. Although the foil wrap is decorative, remove it as it inhibits good drainage. In general, these plants need plenty of light and a draft-free location.

Once you’ve survived the holiday hustle and bustle, it’s time to light the fire, sit down, and peruse the New Year’s seed catalogs. Go ahead—browse and dream.

Happy gardening reveries!

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**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.
10 tips for...

BRAVING WINTER’S Icy Blasts

NO MATTER HOW SEVERE the weather gets this winter, Weston Patrolman Mike Rizzitello can say he has experienced worse. A dozen years ago, as a member of the US Army’s 10th Mountain Division, Rizzitello battled 20-degree cold — and the Taliban to boot. So he’s not fazed by the prospect of spending an afternoon outside on traffic detail during a New England Nor’easter.

Along with Rizzitello, we asked other winter-wise Weston and Wellesley residents and workers to share their tips for enduring the deep freeze: AMY CHRISTIANSEN, education program manager, Land’s Sake in Weston, where she runs the student maple sugaring program in late winter; JIM REILLY, who heads up the Wednesday morning walking group for the Wellesley Council on Aging; crossing guard RENE SPENCER, who shepherds Schofield Elementary School students across Cedar Street in Wellesley; and Scoutmaster LEN BROWN, who leads Troop 157 in Weston on winter camping trips and hikes.

ONE Dress in Layers

Besides providing the flexibility to add and subtract clothing depending on the temperature and your level of activity, layers create air pockets that further insulate you from the cold. “My goal is to not sweat, because that’s going to make you cold later,” said Brown. With four successful hikes up Mount Washington, where the wind-chill temperature can drop dramatically at the tree line, the scoutmaster is a master of the art of layering.

Here’s how Brown adjusts his wardrobe on a typical climb: At the base, he protects his upper body with a zip-top SmartWool shirt. It’s made of merino wool, which comes in various weights and feels like silk. As it gets colder, he puts on a light fleece Patagonia pullover, consisting of waffle-like material that traps air. At the tree line, he pulls out his Marmot DriClime Windshirt from a pocket of his backpack. Wind and water resistant, the jacket consists of two polyester layers with an air pocket in between. To block the wind, he adds a hooded Gortex rain jacket (the Arc’teryx Alpha SV), which slips easily over the smooth windshirt. On his lower body, Brown wears undershorts and long underwear, both made from merino wool. Finding that heavy wool trousers chafed when he was active, he switched to winter cycling pants. At the tree line, he adds a Gortex bib, made by Arc’teryx, which covers him from the mid-torso down and is held up by over-the-shoulder straps.

TWO Put Your Feet First

Feet can be tricky. If they’re too warm, they sweat and then become cold. Rizzitello, who recalls fellow soldiers in Afghanistan suffering from frostbite on their feet, said that he wears boots with Thinsulate lining when he expects to be standing for long periods outside. He keeps a second pair of boots with less insulation for when he expects to be on the go. To keep moisture out, waterproof boots are a must. Brown swears by Sorel boots, which have rubber soles, leather uppers, and removable woolen linings. He
dries out the linings by the fireside when camping overnight. When the thermometer falls below 20, he wears SuperGaiters for added insulation over the upper part of his boots and his lower legs.

As a crossing guard, Spencer is especially concerned about ice. She wears lined rubber boots with ground-gripping treads. For icy hiking, Brown says it’s worth the premium price to buy Kahtoola MICROspikes, which attach to boots much like snow chains to tires.

On snowy days, Reilly leads the walking group wearing calf-high Australian-made Emu sheepskin boots. Lined with merino wool, the water-resistant boots come with rubber bottoms.

three Keep A Warm Head
It turns out your mother was wrong. We don’t lose nearly half our body heat through the top of our head. In fact, we lose less than ten percent—about proportional to the amount of skin on our noggins. But that exposed skin can get plenty cold. So do wear those ski hats and mufflers. It sounds like something from Planet of the Apes, but Brown confronts Mount Washington’s fiercest winds with Outdoor Research’s Gorilla Balaclava. It wraps completely around his head and fits snugly around his neck. Its removable mesh facemask protects the nose while letting air in.

four Don’t Get Caught Bare-Handed
Gloves, mittens—or both? Christiansen prefers mittens, as they allow her fingers to keep each other warm. But she noted that she doesn’t need much dexterity to carry buckets of sap. Rizzitello wears Thinsulate-lined gloves. If it’s very cold, he’ll wear mittens underneath.

five Get Wick It
Think about the wick of a candle. It serves to draw up the wax to the flame. When it comes to clothes, wicking materials draw moisture away from the body. So think wool (particularly the smooth, non-itchy merino wool) and not cotton. Reilly goes with a lighter alternative, long underwear made of silk, which keeps warmth in and moisture out.

six Beware the Sun
While the winter sun keeps a lower profile than its summer cousin, its reflective power peaks as it bounces off the snow. Wear sunglasses around town; goggles, which afford UV protection, when on the slopes. Brown wears a wide-brimmed hat and rubs his face with a sunscreen stick to prevent sunburn.

seven Leave Nothing Exposed
Christiansen’s snow pants have elastic bottoms that cling to her ankles. Combined with zippers and snaps, the pants keep snow from sneaking into her boots. She wears a fleece-lined hooded Carhartt jacket that falls well below her waist. “You don’t want it short because air can get” under your clothes, she said. To keep her wrists snug, she puts her mittens on before her jacket. For added warmth around his neck, Brown wears a fleece neck gaiter; if it’s too warm, he’ll wrap it around his wrist.

eight Stay Hydrated
You might not feel as thirsty in winter as in summer, but don’t let that fool you. Even if you’re not working up a sweat, water escapes as vapor through your breath. Ideally, drink water and eat plenty of fruit. Caffeinated beverages tend to increase calls of nature. Speaking of which, a sign that you’re not drinking enough is urine that is not clear or light-colored. Before heading off on a hike, fill an insulated bottle with hot water and stow it next to your body; otherwise, you’ll find yourself with a chunk of ice. Climbing Mount Washington, Brown brings a thermos of hot chocolate. What better way to celebrate reaching the summit?

nine Eat Up
Before spending a long day outside, Amy stokes her inner furnace. One of her favorites is banana-zucchini bread, packed with chocolate chips, dried cranberries, and walnuts. “You burn a lot of calories to stay warm,” she said. For winter camping, Brown brings along precooked food, such as Szechuan beef or beef stroganoff. It’s difficult and time-consuming to cook raw meat on a camper stove, he notes.

ten Be Prepared
Rizzitello keeps a chest in his vehicle containing extra T-shirts, socks, and gloves; bottled water; and hand and toe warmers. The warmers are single-use air-activated heat packs that can be stuffed in shoes and gloves. The package may state they last up to eight hours, but our cold-weather veterans say the warmth wanes after four hours. Brown packs additional gear, including a down parka, in his backpack or carries it on a sled. He snaps smaller items, like earmuffs, around his arms. Spencer has the good fortune of generous parents, who on frigid days give her warming packs and steaming hot coffee. And then there are the gifts that warm her heart, like the box of cookies a Girl Scout troop left on her car.
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Bella Santé Day and Med Spa, located at 190 Linden Street in Wellesley, welcomes esthetician Krystyna Portalewska. Having trained in Europe and the United States, Krystyna’s facial massages focus on the release of tension in connective tissue and are a natural alternative to facelifts by reducing wrinkles and fine lines. Krystyna’s other specialties include customized facials, peels, age management, waxing, and body treatments. To book an appointment, please contact Bella Santé at 617.424.9930 or visit www.bellasante.com.

Debi Benoit, principal of Benoit Mizner Simon & Co. was, for the seventh consecutive year, ranked as one of the top real estate agents in the nation according to REAL Trends as advertised in the Wall Street Journal/Real Trends 2015 Real Estate Top 250 Sales Professionals by Dollar Volume. In 2014, Benoit’s sales volume exceeded $100 million and her 2015 year to date sales volume already exceeds $100 million. Benoit’s numbers have consistently placed her as the #1 broker in Wellesley since 2006.

Legit activates the “athleisurewear” you need to look your best while pursuing an active lifestyle. Stop by Legit’s holiday party on Tuesday, December 1 from 6:00 to 9:00 pm for shopping and cocktails. Visit Legit online at www.legitactivewearonline.com.

The Elizabeth Seton Residence and Marillac Residence in Wellesley recently hosted a discussion and book signing with award-winning reporter and author Greg O’Brien. His acclaimed book On Pluto-Inside the Mind of Alzheimer’s, is the winner of the Beverly Hills International Book Award. In the book, O’Brien writes about living with the disease...
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and not dying with it. His inspiring presentation was filled with the same hope, faith, and humor he uses in his writing. Visit www.ALZ.org.

Dr. Touradj Ameli of ARID Newton-Wellesley Dental Specialty Group was selected by multinational medical technology company Carl Zeiss Meditec AG to advise and lead their microsurgery strategic business unit in prosthodontics and restorative dentistry. A board-certified prosthodontist, Dr. Ameli and his team have been practicing minimally invasive dentistry since 1996.

Teri Adler of Pinnacle Residential Properties was listed as a Top 20 Agent in Middlesex and Norfolk Counties in June and August. The website www.BostonTop20.com publishes monthly lists of the top 20 agents in Massachusetts. Pinnacle is also pleased to announce that its co-owner and co-founder Vin Spoto has been named Chairman of the Board of the Better Business Bureau/Boston (BBB). The BBB’s mission is to be the leader in advancing marketplace trust by setting standards and encouraging best practices. Visit www.pinnaclehouses.com.

IMPULSE by Adamas Fine Jewelry is Wellesley’s premier destination this holiday season for wearable, distinctive, and on-trend fine and fashion jewelry. Their style consultants will help you find the perfect gift for yourself, or help you create your wish list to share with loved ones. Mention WellesleyWeston Magazine and receive 20 percent off your purchase as a first time buyer. See their ad on page 21 and insert between pages 32-33.

Longtime Wellesley resident Ruth Treitman is nearing a milestone: $75,000 raised for juvenile diabetes research through the sale of her silver jewelry at the Clever Hand Gallery. Ruth has always donated the proceeds from her sales to support worthy causes. The Juvenile Diabetes Research Foundation became her charity of choice after her granddaughter Jo was diagnosed with the disease in 2005. For more information, call Ruth at 781.237.2716 or email her at ruth@treitman.com.

Dana Hall School in Wellesley is a boarding and day school for girls in grades five through twelve. Placing emphasis upon sound academic education and the preparation of each individual for college and for life, the School balances exposure to new ideas and the challenge of analytic and creative thinking with concentration on the development of self-esteem, leadership, and respect for others. Visit www.danahall.org.

The Wellesley Free Library circulation desk has a new name: the Ellen and Melvin Gordon Circulation Desk. Continuing years of generous giving to the WFL, this past winter Ellen and her late husband Melvin made a generous gift to the WFL Foundation and the desk was named in their honor. And on January 30 and 31 come play a round as the WFL will once again be magically transformed into an 18-hole miniature golf course. For information, email jsiedman@minlib.net.

The Wellesley Historical Society and the Wellesley Community Center are teaming up again to present “Winter Wednesdays” for a second year.

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Winter Wednesdays takes place every Wednesday afternoon for eight weeks over the winter. Each week features a different historical topic that allows elementary school age children to learn history in a fun, hands-on way. For more information, call 781.235.6690 or email the Society’s executive director at director@wellesleyhistoricalsociety.org.

Newbury Street is coming to 77 Central Street in Wellesley with the opening of AVA Boutique. Discover one-of-a-kind designs by Carlos Pava. Shop hand-selected women’s international fashion apparel, accessories, shoes, and gifts. Enjoy a calm, comfortable store designed for a personalized shopping experience. AVA is open Monday through Saturday from 10:00 am to 6:00 pm, and Sunday from noon to 5:00 pm. For more information, visit www.avapavaboutique.com.

Cutting Edge Homes is excited to welcome Carolyn Kelly as the Director of Construction, a new position within the Architects + Builders firm. Kelly brings her superior leadership and project management skills along with her dynamic and creative international expertise in residential and commercial design to the team. She is responsible for directing all aspects of luxury residential projects while working closely with clients, staff, vendors, and subcontractors. For more information, visit www.ThinkCuttingEdge.com or call 508.435.1280.

Wellesley residents Mark and Gwenn Snider, co-owners of The Nantucket Hotel, invite you to spend the holidays at their award-winning hotel (named “One of the Top 25 Hotels in the United States” by TripAdvisor). Stay for Thanksgiving and enjoy a traditional feast, experience the famous Christmas Stroll, or celebrate 2016 at their Gala New Year’s Eve Ball with an orchestra and champagne! This year’s theme is “An Evening to Remember.” Visit www.thenantuckethotel.com for more information.

Adult & Pediatric Dermatology, PC, located at 386 Washington Street in Wellesley, announced that Michael S. Krathen, MD and David E. Geist, MD have been accepted on the medical staff of Newton-Wellesley Hospital. With an array of cosmetic services including the new procedure Kybella™, Janice Cleveland Washburn, MD and Michael Krathen, MD provide a range of medical and surgical care to patients of all ages. Dr. Geist specializes in Mohs micrographic surgery. Call 781.235.1533, visit www.apderm.com, and see their ad on page 187.

Stop by Gustare Oils & Vinegars’ tasting room at 83 Central Street and sample some of the store’s newest winter arrivals. Gustare’s fresh and flavorful oils and balsamic vinegars can take your winter menu to the next level. Gustare’s gourmet gift boxes are perfect for the foodies on your holiday list, and all orders over $75 are shipped free through the holidays. Stop by the shop or visit www.gustareoileoil.com for recipes, online shopping, and more.

Twelve Points Wealth Management hosted a food drive for the tenants of Damon Mill Square office park in Concord to help fill the shelves of OpenTable.org with much-needed shelf-stable breakfast food items. Employees were thrilled to have collected approximately 200 items for donation. Twelve Points plans to continue to support Open Table, a local nonprofit organization that strives to build a community of support beyond providing food resources. Visit www.twelvepointswealth.com.

Wellesley resident Chris Kelly has been appointed to Needham Bank’s Advisory Council. In his role, Kelly will help cultivate new business and foster community relationships for the Bank.
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The 2015 Wellesley Turkey Trot will take place on Thanksgiving Day, November 26, at 8:00 am. The event will include a 5K run/walk through scenic Wellesley as well as a Kids’ Fun Run of less than one mile for children 10 and under. There will be prizes and raffles and this is a great way to begin Thanksgiving Day! Be sure to come out and help make a lasting impact on your community. For additional information, please visit www.wellesleyturkeytrotfoundation.org and www.wellesleyturkeytrot.racewire.com.

Haberdashery is pleased to announce the arrival of beautiful cashmere capes, scarves, and sweaters from the finest Italian manufacturers to keep you warm in the cold wintery days to come. Please visit Haberdashery at 22 Church Street in Wellesley to shop for the holiday season and see the new apparel from designers including Fabiana Filippi, Bogner, and Luciano Barbera.

Alice Petersen, GRI, ABR has been recognized by her office, Olde Dartmouth Realty, Inc. as the highest producer for the past five years. Attributing her 24 years of experience and knowledge of the real estate market to her success, Alice unites potential Wellesley and Weston buyers to the Southcoast area of fine waterfront and waterview homes. Known as “the best kept secret,” the coastal area serves the second and vacation home market. Please refer to her ad on page 112.

Tony Coutlis, owner and operator of Aerobic Dog, a first class pet care provider, is celebrating 11 years of serving Wellesley and Weston families. Aerobic Dog specializes in play groups, pet and house sitting, dog walking, private in-home puppy training, and cat visits. The company is fully bonded and insured, veterinary recommended, American Red Cross certified in Pet First Aid, and a member of Pet Sitters International. Tony can be reached at 508.380.3380 or visit aerobicdog.com.

Wellesley architect and resident Jan Gleysteen AIA was recently named “Houzz Influencer” by Houzz.com. This honor is given to professionals “whose
advice and posts are most appreciated by the Houzz community. Houzz features thousands of inspirational images from top design professionals across the country. For more information on Jan Gleysteen Architects and their work please visit www.jangleysteeninc.com or contact Jan Gleysteen Architects, Inc. at 781.431.0080.

Dr. William LoVerme has become one of the first in Massachusetts to offer Kybella™, the new FDA approved injection to reduce submental fullness or “double chin.” This medicine will be offered at his Wellesley office. It is injected into the area behind the chin and dissolves the fat. Call for more information at 781.263.0011. Dr. LoVerme has been in practice at Newton-Wellesley Hospital for 30 years and continues to practice state-of-the-art medical procedures for both surgery and noninvasive cosmetic rejuvenation.

Local resident Pam Kubbins is excited to announce her Global Ambassador Program. Based in Wellesley, the team at Pam’s Pashminas & Exotic Scarves will be photographing her beautiful collection of scarves in the fantastic countries of Scotland and France. Pam’s gorgeous, high-quality pieces are always available online at www.pamspashminas.com and at numerous local shows throughout the year, including the Wellesley Marketplace, the 10th Annual Newton Holiday Craft Sale, and Celebrate Newton 2015.

Pine Straw is now open in Waban at 1625 Beacon Street. Both Wellesley and Waban locations will be fully stocked with fresh gift ideas for the holiday season. Stop by and check out cozy sweaters and blankets from Barefoot Dreams, Pendleton, and Faribault. Sample hot cocoa from Concord’s Cocoa Santé, and enjoy a variety of winter treats. Complimentary gift wrap and great service are always available. Be sure to check out Pine Straw’s new website at www.livegivepinestraw.com.

Deborah A. Katz is pleased to announce that Kevin M. Corr has joined Katz Legal Group LLC.
as Of Counsel. Attorney Corr has spent 23 years focusing on sophisticated domestic relations and divorce matters. He has been a faculty member and contributor to legal education programs sponsored by MCLE, the Massachusetts Bar Association, and the Boston Bar Association, and he was honored by Massachusetts Lawyers’ Weekly as a 2010 Lawyer of the Year.

Berkshire Hathaway HomeServices Town and Country Real Estate recently held its first REthink Council training where agents discussed new ideas, insights, issues, and trends happening in the local market. The team also welcomed Kate Tedoldi, a successful entrepreneur with extensive knowledge of the local area, whose strategic approach and adaptability to the changing market benefits sellers and buyers. She comes from a “real estate” family, where she learned to be passionate and determined about her real estate career. Visit www.bhhstownandcountry.com.

Wellesley Theatre Project (WTP) will present Disney’s High School Musical, Jr. on Thursday, December 3; Friday, December 4; Saturday, December 5; and Sunday, December 6. All performances will take place at the Ellsworth Theater at Pine Manor College located at 400 Heath Street in Chestnut Hill. Tickets are priced $12 for adults and $6 for students and seniors, and may be purchased in advance online at www.wellesleytheatre-project.org or at the door for $15 for adults and $10 for students and seniors.

The A.J. Rose Carpets and Flooring family is celebrating its 38th anniversary of serving Greater Boston families’ flooring needs. With big store inventory and small store service, AJ Rose is proud to offer award-winning customer service and state-of-the-art retail showrooms at these convenient locations: 599 Worcester Road (Route 9W) in Natick, 136 Cambridge Street (Route 3A) in Burlington, 1160 Broadway in Saugus, and online at www.ajrosecarpets.com.

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Dayton Home welcomes two new experienced and talented design associates to the team: Diane Flynn and Jackie Healy, and everyone at Dayton home is very grateful to Wellesley as they celebrate three years in business here. Dayton Home’s third show by The Copley Society Artists is titled “The Visual Feast” and an artists’ reception will be held on November 17. For information, call 781.772.1630 and visit www.dayton-home.com.

J. Todd Galleries, located at 572 Washington Street in Wellesley, will be devoting a special section of the gallery to display affordable, original artwork with the gift shopper in mind this holiday season. Many of their top artists will have original paintings available for under $1,000. This exhibition will be up through the holidays and for the Holiday Stroll. Visit www.jtodd.com.

Dedham Country Day School will be hosting Classroom Observations on November 20 and January 14, from 8:30 to 10:30 am. Come spend a typical morning on the campus and experience what it’s like to be a DCD student. These events are for parents only and require registration at www.dedhamcountryday.org/admissions. Follow the link on the page to register. Contact Deb White in Admissions at dwhite@dcds.net or 781.329.0850 with any questions.

For the fifth year in a row, Beth Israel Deaconess Hospital–Needham (BID–Needham) has received the Get With The Guidelines®-Stroke Gold-Plus Quality Achievement Award for implementing specific quality improvement measures outlined by the American Stroke Association for the treatment of stroke patients. BID–Needham was
also recently recognized for its commitment to patient safety with an “A” grade from The Leapfrog Group, a national, nonprofit hospital safety watchdog. Join their email list for the latest news at www.bidneedham.org/sign-up.

Mortgage Equity Partners (MEP) was recognized as a top lender in three categories by Banker & Tradesman. The company is proud to be one of the “Fast 50” for 2015 in the following areas: #2 in residential loans total volume, #5 in residential loans total units, and #10 in refinances total volume. For more information about MEP or to apply for a mortgage, contact Craig Tanny at 781.309.1805 or ctanny@meploans.com.

Wellesley resident Pamela S. Gilman of Barton Gilman LLP was recently selected by her peers for inclusion in The Best Lawyers in America® 2016 in the area of Personal Injury Litigation – Defendants. This is the fifth consecutive year that Gilman, a partner in the firm’s Boston office, has received this prestigious national honor. Gilman has won over sixty jury trials in Massachusetts. In her distinguished career, she routinely represents clients in complex medical malpractice, personal injury, premises liability and products liability matters.

Three Stones Gallery owner Jennifer Montgomery Johnston announced that the holiday show Light | Lumière | Ligero will run November 11 through January 13. The show includes works by Lincoln residents Holly Harrison and Jim McManus, Jill Pottle, Bruce Davidson, and other artists. Located at 115 Commonwealth Avenue in West Concord, the gallery features contemporary fine art and photography, tiny treasures, and a rotating collection of gift items. For more information please visit ThreeStonesGallery.com.

Wellesley Dental Group is excited to announce its newest technology: the intraoral scanner. This state-of-the-art device takes digital impressions, eliminating the need for gooey, time consuming ones. Implementing this technology has changed the way dental professionals can create custom sports guards, design crowns, and even facilitate full-mouth restorations. Drs. Ali and Ali, and the entire WDG team, are trained and certified on the new technology, and are ready to help improve the patient experience.

Jesamondo Salon & Spa is pleased to announce its partnership with medical director and plastic surgeon Dr. Daniel Driscoll, M.D. Winner of “Best of Boston” by Boston magazine 2012-2014 and Chief of Plastic Surgery at Tufts Medical Center, Dr. Driscoll is partnering with Jesamondo Salon & Spa to provide injectables such as Restylane®, Botox®, Radiesse, and others, in addition to laser treatments for wrinkles, spider veins, and more. Visit www.jesamondo.com.

Susan McDonough, senior sales manager of William Raveis Real Estate Wellesley and South Natick offices and past president of The Greater Boston Association of Realtors, has been named chairperson of the Association’s Global Task Force. McDonough says the goal of the committee is to bring greater diversity to the Realtor membership, provide educational and networking events, and to increase the opportunities for agents to work with international homebuyers and investors.

Mitchell Gold + Bob Williams is pleased to announce that its new 9,000-square-foot Burlington store is now open on 3rd Avenue. The Burlington store features the company’s award-winning prod-
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Mitchell Gold + Bob Williams saw a need to expand its reach north of Boston. Following the success of its expanded Natick showroom, which opened in May of this year, the company decided to expand its footprint in the greater Boston area. The new office opened in Newton, just north of Boston, making it more accessible to clients in the region.

The Princeton Review New England office continues to offer exceptional test preparation services to high school and graduate students of the Greater Boston area but now in a new location. The office has moved right next door to its previous location. Stop by any time Monday through Friday between 9:00 am and 6:00 pm to find out how The Princeton Review can help your student reach his or her college admissions goals this fall.

Salem Five announced that Jeffrey Page has joined its team as senior vice president and sales manager. In this role, he will oversee a mortgage sales team and work directly with clients on a variety of mortgage options. Page has 27 years of mortgage industry experience, most recently as vice president in the residential mortgage division at Citizens Bank. Prior to that, he was vice president in the mortgage division at both Andover Bank and Shawmut Bank. Page is also the head golf coach at Babson College.

Women of Means, a nonprofit organization dedicated to providing free and compassionate medical care, education and advocacy to homeless women and children in the greater Boston area, has changed its name to Health Care Without Walls. The new name reflects the evolution of the 15-year-old organization, highlighting its mission of bringing health care directly to where it is needed most—beyond traditional medical facilities. For more information, visit www.healthcarewithoutwalls.org.

Wellesley resident Lisa Abeles, of Abeles & Associates Architect’s Inc., is pleased to recognize Melissa Greenlaw’s ten years as office manager. Melissa works collaboratively with Lisa on client, vendor, and contractor communication and has been instrumental in creating a positive experience for the project team. Melissa is a 22-year resident of Wayland and an active volunteer.

Prospective students and parents are invited to join Head of School Ned Parsons, admissions representatives, faculty, and students for an evening informational program about The Rivers School. The Middle School Admissions Evening will be Thursday, January 7 from 7:00 to 8:30 pm. For more information, please call the Admissions Office at 339-989-2293.

Wellesley Bank is building on its foundation of financial success and market share growth by unveiling a new office in the heart of Newton by early spring of 2016. The new office is built with sustainable materials and reflects the Newton community with a physical setting that enhances the premier service they provide for their clients. Wellesley Bank provides comprehensive premier banking and wealth management services to successful people, families, businesses and nonprofit organizations.

For more Inbox news, please visit www.wellesleywestonmagazine.com.
I remember learning some fun facts about reading on a website and one of them was that if a person reads about one topic for a certain number of years, he or she can become an expert on it. I am sure that for typical readers this will work; however, I found this fact interesting because it made me think about the students with whom I work. Will this idea work for students who have a learning disability or are on the autism spectrum or are just unable to learn like typical students? Even if they are interested in a specific topic, is their reading so slow and labored that they do not take in all the information because they are concentrating on the letters and how they go together and how they sound, rather than on the topic itself?

When children have learning difficulties along with reading difficulties, their whole learning experience is difficult. They will say they do not like to read or just give up on other subjects because reading is cross-subject, and a student needs to decipher what the teacher is teaching and what is being said in the textbook. How is a struggling student supposed to read an article in social studies and take notes on it when he cannot understand the words or decode the various sounds in the English language to make a word?

How can you help your children? One idea is to set a goal at home to practice reading every day. What are their interests? Have them practice with a book, magazine, or newspaper that is at their level. As long as they read, it does not matter what it is; for some students, it might be reading a menu or a graphic novel. The goal is to practice every day.

Struggling readers have an even higher level of anxiety; those students who have learning disabilities along with reading disabilities have it harder than most.

It is important to set goals for these students and praise them when they reach the goal. By setting goals, you will see how they progress when they meet each initial goal and then you can develop more intermediate goals for them to reach.

Do not measure their success against students who are typical readers. Signs to look for if your student is struggling: trouble sounding out words or recognizing words out of context; confusion between letters and the sounds they represent; slow, choppy reading aloud; reading without expression; and not paying attention to punctuation.

Teach your children how to ask for help and how to understand their strengths and weaknesses. This will enable them to use the resources they need, and to ensure that they receive the accommodations they require for success. Children who struggle to read often give up if they are not given the proper instruction. The best way to instruct students is to involve all of their senses so that they can learn and apply the new skills.

People sometimes see these students as "lazy," but students who struggle are not
lazy. Their brains are wired differently and their frontal lobe may not be fully formed yet. Their executive functions do not work properly so they are unable to organize sounds and words in their head. The information they are trying to take in through reading does not always connect with these students and they flounder and feel frustrated. Give these students the benefit of the doubt because usually there are some learning differences that are holding them back. Differences in brains can make it harder for children to process phonemes, the small components of reading. They need to know the sounds of the letters and how the letters go together to form words.

It is important to create a positive learning environment that takes into consideration individual learning styles. It is also important to scaffold your instructions, to give them step-by-step directions of what they need to do. It is okay for the children to read slowly; they are learning and they are continuing to improve, that is what is important. Determine what is going to assist the students most effectively in accessing the instruction to the best of their abilities. Allow the students to respond in their own way; for example, do they need extra time, an organizer, or an assistive device? Some accommodations let students learn to the best of their ability and allow them to access information in different ways that do not require them to visually read standard print. Some alternative file formats that work best are read about apps on phones or tablets, such as Audible or iBooks; or checking out books on CD from your local library. The most important goal is that the student is making effective progress.

When students who have learning and reading disabilities find a genre that they like to read at their own level and feel comfortable, they will begin to read more.

Who knows? After reading a subject of their interest for many years, they might become an expert on it!
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it’s morning in your smart home. You’ve chosen to wake up at 7:00 am. So at that time precisely, soft music begins to play from speakers hidden in the walls, the shades on the windows rise, and the lights slowly turn on, all because you hit the “wake up” icon on your iPad the night before. It seems more like the Jetsons than 2015, but it is happening right now in houses across the country and here in our towns.

According to Tim McInerney, director of product marketing at Savant Systems, which provides smart home systems for Elite Media Solutions in Wellesley, “I tell people to go back 100 years when their great grandparents were alive. Not everyone had a bathroom in the house. Now we have complicated water and septic systems that we completely take for granted,” he says. “In the next 10 years, we expect to see a sea change in technology, and in time smart homes will seem normal, as normal as having indoor plumbing.”
How can you make your house “smart”?  

The online site www.howstuffworks.com says, “Any device in your home that uses electricity can be put on your home network and at your command. Whether you give the command by voice, remote control, tablet, or smartphone, the home reacts. Most applications relate to lighting, home security, home theater and entertainment, and thermostat regulation.”

McInerney adds that it’s not quite that simple and easy. He notes you need to add a specific box or device to any item, such as a lamp, that plugs in or you need to install new appliances that are specifically made for smart homes. While you can purchase individual components to install yourself, such as devices that control lighting or thermostats, if you want a fully automated smart home, it requires a certain amount of technological savvy to install these systems. McInerney says he thinks of having a smart home system as similar to a heating system. You wouldn’t set up eight separate space heaters. Instead, you would have the whole system professionally installed.

Brian Gibson, president of Elite Media Solutions, which he founded in 1986, says he offers customers “custom home integration,” the ability to program their whole house with a simple touch of an iPad, iPhone, or Apple Watch. This can start as low as $1,000 for a main processor. This lets people install a couple of devices and allows them to build on their system as more technology becomes available at a reasonable price.

Gibson, who has smart home technology installed throughout his store and showroom — including an amazing system that can turn a mirror into a television — says he does a fair number of basic installa-
The Smart Home

In addition, he says he installs several systems each year that exceed $500,000, and lots of systems that go for between $20,000 and $80,000.

When you stand in the home theater room at Elite Media Solutions, it’s hard not to be amazed. Using one app on an iPad, Gibson closes the shades, dims the lights, starts the movie, and turns up the surround sound speakers inside the wall. It is clear that these technologies could be very useful at a holiday party.

“It shouldn’t be hard or complicated,” says Gibson, who says his system is just “one app talking to a central control system.”

Still, it’s also important to remember that many individual smart home technology products, such as those that control thermostats, home security, and lighting, are now available at stores such as a Home Depot for a reasonable price. One of these products is a Nest thermostat, which costs about $250. It allows you to control and monitor your home’s temperature using your smartphone, whether you are at home or the airport.

A technology like Nest can be especially valuable during these winter months because it allows you to monitor your heating system and dramatically reduce costs. Designer Scott Bell, who is a partner at Sudbury-based Theo & Isabella Design Group, says people can realize savings of 20 percent on heating and cooling expenses using thermostat controlling devices.

So who has these smart homes now?

Right now, the most advanced whole-home technology is still pricey and, as such, is generally available largely to the affluent market. However, that is rapidly changing as prices fall for automation systems as well as indi-
Individual components. According to McInerney, over the past few years he has seen the cost of whole-home smart systems come down from hundreds of thousands of dollars to tens of thousands, less than a kitchen or bath remodel. And this has boosted the number of people using this technology. In fact, www.howstuffworks.com notes that “Sales of automation systems could grow to $9.5 billion in 2015. By 2017, that number could balloon to $44 million.”

However, at least for the time being, the technology is quite expensive. While the idea of a fully automated smart home is appealing to many of his clients, says Jeffrey Klug, partner at the Boston-based architectural firm Butz + Klug. He says, “More and more clients, especially those building new houses, begin by saying, ‘I want everything (including high-end music and TV systems),’ until they get the price.” Then they back down.

Bell agrees. “Because of the amount of technology and wiring of a house,” he says, “these homes are out of reach of most people.”

Still, Beatrice M. Fulford-Jones, a London-based interior designer who works locally, says she sees many ways for customers to take
advantage of reasonably priced smart home components now and believes smart homes are “not only for the super rich anymore.”

At Wetherby Place, a living community she recently designed in Somerville, “There is an intelligent garden irrigation system that understands the weather and automatically sends messages to the owner’s smart phone, such as ‘Rain Delay.’” Other “standards” in her design are: a smart TV/ multimedia system that automatically powers down into sleep mode when it senses the absence of an occupant and thermostats, smoke alarms, and a security alarm systems that features cameras and video cloud storage.

“All these devices connect securely to the Internet and communicate with the homeowner via smart phone,” Fulford-Jones says. “They are programmed to deliver personalized comfort, safety, and energy savings.”

Bell says where they are starting to see demand for these homes is in new construction, like Wetherby Place, especially over the past three years. In fact, according to McInerney, it’s the standard of new homes in high-growth areas, such as Texas, Arizona, and Southern California. “It’s like if you are buying a new car, you expect it to have the latest technology,” he says. He also notes local homes with smart technology sell faster and for a higher price than other homes.

Sean Cutting, president of Cutting Edge Homes, Inc., says that 80 to 90 percent of the area houses they built have at least some smart home components. Specifically, they focus on practical and functional applications like technology that unlock doors remotely and controls the alarm, thermostat, and exterior lighting. “We tend to encourage people to focus on technology that improves their quality of life, not things they don’t need,” he says.

Charles Orr, principal at Hutker Architects, adds that, “Many of our clients use the smart home applications for a wide range of functions. From mood and whole house lighting to remote monitoring of
Find out what her clients know.

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heating and security systems, these abilities give our clients control and comfort that their homes are performing at the highest level.”

Mollie Johnson, owner of Mollie Johnson Interiors, Inc., says she also has seen increased demand for smart home components with clients doing large renovation projects.

**What can smart homes do?**

The list of smart home applications is long and incredible, including having a sound system read you the front page of *The New York Times* while you are shaving in the bathroom, programming a cartoon to come on the TV when the kids get ready for school and having it turn off when it’s time to catch the bus, turning the coffee machine on from bed, and having the lights come on in random intervals at dusk so it looks like you’re home.

This also can be important technology if you have elderly parents. Gibson says Elite Media Solutions has installed a system that has a camera in every room to watch an older person with dementia. This allows adult children to monitor their parents from their own homes. Having an automated house can keep seniors in their houses rather than them having to move to an assisted living facility.

The technology is also bleeding over into other areas of the home, such as the exercise room. Larry Gulko, cofounder and CEO of TechnoHome, which provides very high-end fitness equipment for the house, says that his equipment takes advantage of the latest technology to “bring fitness to the next level.” The company’s elliptical machine has surround sound on the handles. The screen in front lets you access the Internet, watch TV, listen to Pandora, and Skype with friends. Most interesting is it lets you work with a trainer no matter where they are in the country.

And, according to McInerney, it’s just the beginning of what smart homes can do. He sees a time when you might say, “Hey, I’m kinda cold,” and your house will increase the temperature. By then, he expects us to be so used to advanced technology like this that it’s no different than having a smart phone.
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Hammond is pleased to present the following listings ...
Meet the Legal Mind

Advising Massachusetts Governor Charlie Baker
Lon adeptly answered questions posed by a diverse group of approximately 35 citizens of the Commonwealth, ranging from college students to retirees, from passionate environmentalists to hard-core capitalists. He fielded queries from fellow lawyers, fundraisers, doctors, high-tech executives, dyed-in-the-wool Democrats and Republicans alike—even a former Ambassador and a few who call themselves politically unaware.

While not an elected official and in a supporting role to the Governor, Lon is certainly up to the charge of public speaking. For an hour and a half, he educated and regaled the group with his knowledge, intelligence, and wit. Enjoy a few of his many responses captured in this article.

_Wellesley Weston Magazine: What is your role as chief legal counsel?_

**Lon Povich:** I’m the governor’s lawyer. I don’t appear in court for the Commonwealth, that’s the attorney general, and I don’t represent Governor Baker in his personal matters. I represent him in his role as governor. So, if he needs legislation or an executive order drafted; if he needs a reaction to legislation such as a veto message, that’s a job for my team and me. I provide counsel regarding his legal powers, reviewing lawsuits that involve the governor, and consulting with lawyers throughout the executive branch on important issues facing their agencies. I work with the attorney general’s office on legal matters in which they represent the state. But, I consider one of my most important roles is to help with the selection of judges. The governor has the constitutional power to appoint judges subject to the advice and consent of the Governor’s Council and the chief legal counsel has a big role in the process. So, that’s what I do on Mondays. On Tuesdays, I do whatever the governor asks.

_WWM: Why were you interested in this job?_

**LP:** At this point in my career, I’ve held diverse lawyer positions, so I knew what I was getting into. I worked at a big law firm [Goodwin, Procter & Hoar], was a federal prosecutor [Assistant United States Attorney — Economic Crimes Unit], worked in this office as a deputy about 20 years ago [Deputy Chief Legal Counsel in the Weld administration], and then I spent the last 18 years as the general counsel first at the Boston Consulting Group for 11 years and most recently at BJ’s Wholesale Club.

I knew Governor Baker from my days and his days in the Weld administration, but was not close to him and had only stayed in light touch. I was never politically involved with him; I didn’t work on either of his campaigns.

After Charlie Baker got elected and through friends of mine, I made it known to him that I was interested in the chief legal counsel role. So, the Governor-elect invited me to his house in Swampscott the second Saturday after the election. I thought this was a pretty good sign. During our conversation he basically asked me, “Do you really want to leave your big corporate job with good benefits to come work for the state again?” I answered with a story:

“When I was 20 and a junior at Dartmouth College, I went back to my home state of Maine for an internship in the governor’s office...
because my sights were set on being a future governor of Maine. The governor at the time, Joseph Brennan, a wonderful guy, had about eight people working for him, and they assigned me to work for his legal counsel. I looked at Governor Brennan and thought his was the job I wanted, but if I couldn’t get the governor job, the lawyer job wasn’t so bad.”

And then, about fifteen years later, my mentor from the law firm I had been working at, at the time, asked me to serve in the Weld administration, which was my first time being a Democrat in a Republican administration. Once again, I looked at the governor and thought, well, I really do want to be governor, but the lawyer job’s not so bad.

So, I told him, “Now I have the chance to work for you.” I’m no longer interested in being governor; I realize chief legal counsel is the job I’ve been trying to get for 35 years. I love public service. I like being in the governor’s office because it’s the pinnacle of the executive branch, and I like being an advisor without having to either raise money or get elected. I think it’s the best of both worlds. I get to work on public policy, I get to be involved in the issues of the day, and very rarely do people write about me.

_WWM: Should we be surprised that a Republican governor chose a Democrat as a lawyer?_

_LP: I don’t know. Massachusetts’s politics is what Massachusetts’s politics is. The governor is a moderate. He surrounded himself with smart people. The people in his cabinet, you may not agree with all of them all the time, but they are very experienced in their fields.

_“I love public service._

_I like being in the governor’s office because it’s the pinnacle of the executive branch, and I like being an advisor without having to either raise money or get elected. I think it’s the best of both worlds.”_
He’s more interested in their ability to get things done and execute his vision of a Commonwealth that works for its citizens than he is about party affiliation.

For example, anyone who knows Stephanie Pollack, Baker’s secretary of transportation, would likely describe her as a liberal. She worked for the Conservation Law Foundation for about 20 years. Governor Baker was intrigued by her high level of thinking and two decades studying the transportation system of Massachusetts, not only as a means to get people from here to there, but also as a vehicle for economic growth. He was so impressed that he didn’t even care about her registration.

Everybody signed up, including me, to execute his agenda. He wants the best ideas that he can find, and that’s just one example. There are seven other cabinet secretaries, each well steeped in what they know, and when he makes a decision we are all behind it.

_WWM: How do you go from being general counsel of a large corporation to basically general counsel for Governor Baker? How do you grasp the nuances of the really intricate details?_

_LP: A litigator typically holds this job. While I was a litigator early in my career, I think corporate general counsel experience is equally relevant. The key to the job is the ability to grasp a lot of different issues,
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consult expert resources, communicate well, and be an open and accessible team player. The biggest difference between the public and private position is the level of scrutiny. The governor relies on you and the administration relies on you, so if you make a mistake in this role, it ends up in the newspaper.

There is a lot of stuff I don’t know. I mean, this job is like playing Jeopardy all day long without the ability to pick the categories. It’s really a challenge. But, I never BS Governor Baker. If I don’t know the answer, I find it. And, I have a really great team working for me.

**WWM**: Do you take the T to work? What about that commuter rail?

**LP**: I take the T once in awhile but usually drive to work. My guess is that you’re asking me this because of all the recent problems with the T. Look at anything that the governor said in the first or second campaign and you would be hard pressed to find him ever mentioning the T or anything that about rail heaters, switches, anything like that. He had no idea that this was going to be a problem. This is not what Charlie Baker ran for governor to deal with, but this is what showed up.

*…[T]his job is like playing Jeopardy all day long without the ability to pick the category. It’s really a challenge.***
The MBTA problems are now Governor Baker’s problems. The Legislature approved his plan for a financial and management control board to run the T for the next three to five years. We’ll see what they can do, but it’s on his watch now.

**WWM: What other problems does the Governor want to solve?**

**LP:** In the first six months of his administration, Governor Baker launched three big initiatives. One was the T, one was the opiate crisis, and the third was homelessness.

And while we have a relatively low prison population in Massachusetts, the governor is focused on initiatives to restrict the number of people who end up in the criminal system and to lower the recidivism rate. Many
Inmates in Massachusetts are in poverty, addicted, under-educated, or unable to be productive members of society. Admittedly, there are some pretty evil and ill characters in jail too, but he believes that attacking social problems and improving re-entry programs will both improve lives and have fewer folks in our prisons.

Baker also is focused on making health care more affordable. If you add the GIC — health insurance for state employees — to MassHealth and health care pension costs, health care is more than half of the state budget. If you can’t deal with health care, you can’t deal with the state budget issues. Everything else is minor in comparison.

**WWM:** After a Clinton or Bush presidency, would you prefer to follow Baker to Washington or occupy his office in the Commonwealth?

**LP:** I get a choice? The governor claims — and I believe him — that he is never running for national office. So, I’ll take Governor of Massachusetts.

**WWM:** Does the governor laugh at your jokes? Is that part of the reason he hired you?

**LP:** I didn’t make any jokes during my interview. But, yes, he laughs at my jokes. If he lived in Wellesley or Weston and had kids your age and you stood on the sidelines with him at a soccer match, you would find him a really good, down-to-earth guy.
if you are anywhere near TD Garden between March 28 and April 3, the cheers you’ll hear radiating from rink-side will not be for breakaways or heart-stopping saves by the Boston Bruins, but instead for triple axels, quads, and death spirals by the world’s most accomplished figure skaters.

For the first time in Boston’s history, the city will host the International Skating Union’s World Figure Skating Championships. All the skaters with sights set on the 2018 Winter Olympic Games in Pyeongchang, South Korea, will descend on Beantown as it welcomes approximately 200 athletes from near and far.

A Long Heritage of International Competition

Considered figure skating’s most prestigious competition, the World Championships began in 1896 and has been held annually ever since with the exception of during the two World Wars. The 2016 competition marks the 13th time the event will be hosted in the United States and the first time since 2009, when Los Angeles held the honor.

Each participating country’s skating federation may enter at least one skater in each of four disciplines: men, ladies, pairs, and ice-dance. Some countries are allowed to enter two or three participants if their skaters performed well at the previous year’s World Championships.
Skating Championships
A Strong Skating Community Here in Boston

“Boston is a city rich in figure skating history that has always embraced this sport,” explains Boston native and Wellesley resident Paul George, who competed with his sister Elizabeth in three National Championships. The Georges trained with acclaimed coach Maribel Vinson Owen at the Skating Club of Boston. Sadly, their beloved coach and the entire 1961 US figure skating team, many of whom were dear friends, died on February 15, 1961 in a plane crash en route to the World Championships in Prague.

Under the guidance of two European coaches, the surviving US skaters persevered. The tragedy ramped up the Georges’ commitment to their sport and the brother and sister team went on to be the 1962 US Junior Pair Champions, the 1962 Eastern US Sectional Senior Pair Champions, as well as achieve their Gold Test in Pairs. Signaling a return of American figure skating on the world stage after the horrific 1961 plane crash, in 1968, three-time World Champion Peggy Fleming won an Olympic gold in Grenoble, France.

“Figure skating is a complex sport. It requires technical skills, physical and mental strength, aerobic stamina, as well as the grace to emphasize the beauty of athletic movement.”

— Paul George, former competitive skater and US Olympic Committee Member
Wellesley resident John Powers, *The Boston Globe*’s Olympic writer since 1966, recalls the glory days of American figure skating, observing that all the way through the 1990s, the World Championships vied for popularity with basketball’s March Madness. John notes that interest peaked in 1994, when Boston’s Nancy Kerrigan was attacked by a hit man hired by the ex-husband of fellow skater, Tanya Harding, to take rival Kerrigan out of contention for a spot on the 1994 US Olympic team. The twisted plot failed, Kerrigan competed in Lillehammer, Norway, and won a silver medal. Ironically, the broadcast of that year’s women’s skating final was the sixth highest-rated program in US television history. Unfortunately, no American woman has won the World Championship since Kimmie Meissner in 2006 and no American man since Evan Lysacek in 2009.

Wellesley’s Amy Webster Berg began her skating journey in the fall of 1975 at age six. “Shortly after I started skating, I remember watching Dorothy Hamill win Olympic gold, jump-starting the dreams of every young, aspiring skater in the country, including me!” After attending the 1981 World Championships in Hartford, Connecticut, and becoming mesmerized by live skating, Berg began skating with a partner in her hometown of Yarmouth, Maine. Together they competed in the 1982 fall season. With New England and Eastern regional competition wins in hand, Amy moved to Wellesley to train with famed ice-dance coach Barret Brown. She enrolled at Wellesley High School, lived with a family in exchange for after-school childcare, and trained at the Babson rink from 5:00 am to 9:15 am each day. Amy and her partner won bronze at the US Nationals at the junior level during her senior year of high school.

Upon graduation from high school, Amy entered Bowdoin College and played on the women’s ice hockey team. But, after watching the 1988 Calgary Olympics on TV in her dorm room, Amy decided she wasn’t “done with figure skating.” She returned to Boston to train,
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transferred to Wellesley College, attending part-time, and pursued her dream of competing on the world stage at the Skating Club of Boston. Together with her partner, she won four more medals at Nationals at the senior level, was named an alternate to the 1994 Lillehammer Games, and won the bronze at the 1997 World Professional Championships.

As with Amy, Jessica Bussgang Rosenbloom of Wellesley, caught the figure skating bug at a young age—perhaps the two budding skaters were sitting close to one another in the stands at the 1981 World Championships. In middle and high school, Jessica skated seven days a week for four to five hours a day and competed at the New England regional level, passing all the US Figure Skating Association’s eight levels of tests, the gold medal in school figures, and freestyle. She gave up skating when she entered college to participate fully in college life.

But, while a student at Harvard Business School in 1989, Jessica ventured down the road to the Skating Club of Boston to learn the ropes as a trial judge. Since 1991, Jessica has been a US Figure Skating
judge and currently judges at the national level, traveling all over the country to competitions. Jessica and the other judges perform their responsibilities as a labor of love without compensation, only reimbursement for travel. She explains her attraction to judging, stating, “I get the best seat in the house to watch the competitors as they glide out onto the clean, pure ice. And each year, the competitors’ creativity and technical skills increase, so it never gets old.”

An Exacting Sport and Enormous Commitment

All involved on and off the ice rink have huge respect for the constantly escalating physical, artistic, and time demands on today’s elite skaters. “Hockey players have 30- to 45-second shifts, figure skaters typically compete on the ice for 3 to 4 minutes and can’t let down for even a split second,” explains Paul. Paul also acknowledges the difference between the demands of competitive skating today and when he competed in the 1960s. “While I attended Harvard University as a full-time student, I played on the intermural hockey team and I participated in Nationals once as a singles skater and three times in pairs. That
“It takes an enormously well-trained athlete to perform an athletically challenging and aesthetically impactful program on the world’s biggest frozen stage. The Championships are always that.”

— Amy Webster Berg, former competitive skater and hockey coach

Amy compares the demands on a hockey player versus a figure skater, “I coach hockey players for power, agility, and technique. On the ice in my hockey skates, I put aside the grace, elegance, and poise competitive figure skaters need to display on top of sheer athleticism.” She continues, “Figure skaters try to make their complex and demanding routines look easy, while hockey players showcase aggression.”

While Paul only skates occasionally these days, he remains connected to competitive sports. Since the 1970s, he has held substantive and influential roles in management and administration. Today, he is a member of the US Olympic Committee’s Nominating and Governance Committee, president and trustee of the US Figure Skating Foundation, treasurer and director of the USA Hockey Foundation, and director of the Harvard Varsity Club. From 1996 to 2004, Paul served as vice president and director of the US Olympic Committee. And in 1998, as the Chef de Mission of the US Delegation at the Winter Olympic Games in Nagano, Japan, he walked proudly alongside the US athletes in the opening ceremony procession.
If you are in town in late March, try to get a ticket to the World Figure Skating Championships. Or at least, watch it on television or on your computer. As John asserts, “It’s the best show you’ll ever see.” Consider that extremely high praise coming from a journalist who covers multiple sports and has attended thirteen World Championships and ten Olympic competitions.

2016 ISU World Figure Skating Championships
SCHEDULE OF EVENTS

- **March 30:**
  - Short Dance 10:00 am - 3:17 pm
  - Opening Ceremonies 5:00 pm - 5:45 pm
  - Men’s Short Program 6:00 pm - 10:56 pm

- **March 31:**
  - Ladies Short Program 12:15 pm - 5:53 pm
  - Free Dance 7:30 pm - 10:49 pm

- **April 1:**
  - Pairs Short Program 1:15 pm - 4:46 pm
  - Men’s Free Skate 6:45 pm - 10:52 pm

- **April 2:**
  - Pairs Free Skate 12:54 pm - 3:53 pm
  - Ladies Free Skate 7:00 pm - 10:55 pm

- **April 3:**
  - Exhibition of Champions (non judged performances featuring all of the 2016 winners) 2:00 pm - 4:15 pm

Note: Check [www.worlds2016.com/schedule/](http://www.worlds2016.com/schedule/) for Practice dates and times.

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members of the Village Church reached out to WellesleyWeston Magazine recently to share the good news about the appointment of the Reverend Sarah Sarchet Butter as Senior Pastor there. She seemed like a wonderful choice to profile as we introduce our new series: “Our Religious Leaders.”

In each of the next few issues, we’ll be profiling four leaders who are active in the spiritual lives of our communities. They may lead an indi-
individual congregation like Rabbi Joel Sisenwine at Temple Beth Elohim in Wellesley; or serve in an interfaith capacity like Chaplain Alyssa Adreani at Newton-Wellesley Hospital; or head a religious institution like Father William Palardy at Pope St. John XXIII National Seminary in Weston—all of whom are featured in the following pages.

Because there are so many leaders among us serving in many different capacities, it may take a while for us to profile that special person who has aided you, or someone you care about, in your own faith journey. But in the months ahead, we hope to introduce you to all those who share so much of themselves each and every day in making Wellesley and Weston the type of spiritually rich communities we call home.

Left to right: The Reverend Sarah Sarchet Butter, Rabbi Joel Sisenwine, Chaplain Alyssa Adreani, and Father William B. Palardy
The Reverend Sarah Sarchet Butter
Senior Pastor at Village Church in Wellesley

The Reverend Sarah Sarchet Butter, the new Senior Pastor at Village Church in downtown Wellesley, loves when people recognize her at the supermarket, a restaurant, or at a school function.

“Please say hello,” she encourages, whether you’re meeting her for the first time in church or in the community at large.

Some religious leaders like to put geographic distance between their home lives and their professional roles, but for Butter, it’s the blending of the two that is among the greatest rewards of being a minister. So when the family decided to leave the suburbs of Chicago for the suburbs of Boston so she could accept the call to serve in Wellesley, they knew they wanted to buy a house in town as well.

“The Holy Spirit is a matchmaker,” she said of her appointment that began full-time in August. “It’s been love at first sight for all of us.”

Her husband, John, is a physician and now teaches and practices internal medicine at Beth Israel Deaconess in Boston. Their daughters, Elizabeth and Caroline, are enrolled in Wellesley public schools, but Butter is cautious about sharing too much about them.

“It’ll cost me,” she says with a laugh.

Years ago, her kids struck a bargain that if she mentioned them in a sermon, or in the media, she would have to pay a royalty because it was, after all, their story. They settled on the price of $5. Butter is delighted to report “all have been happy with this arrangement.”

Originally from Michigan, Butter attended Alma College there and majored in biochemistry preparing for a career in medicine. Instead, God surprised her with a call to ministry, and she went on to earn a Master of Divinity from Princeton Theological Seminary. Later, with a passion for learning how to lead, manage, and grow complex organizations—including churches—she made an unconventional move to pursue an MBA from the Kellogg School of Management at Northwestern University.

Moving from the Midwest to serve an historic New England church established in 1798 is quite a change, but a very welcome one at this stage in her vocational journey. Butter has over 25 years of pastoral experience. Ordained in 1992, she served congregations in Cincinnati and Chicago. For the past 12 years, she had been serving as Senior Pastor of the First Presbyterian Church of Wilmette in Illinois. A life-
long learner, she will earn a Doctor of Ministry this spring from the Garrett-Evangelical Theological Seminary in Evanston, Illinois.

The Village Church, which is the largest congregation in the Massachusetts Conference of the United Church of Christ, has a professional staff that includes two associate pastors, two pastoral residents, a pastor at large, and more.

“I am joining a wonderful, experienced team here,” Butter said, but does acknowledge with joy and admiration that the shoes of the Reverend Martin Copenhaver are pretty large ones to fill. Copenhaver, a highly respected thought leader and prolific writer with a national reputation, accepted the appointment of president of Andover Newton Theological School in June 2014.

The lengthy search process for a new senior pastor, Butter said, was a time of discernment for both the church community and her family. But so far, it feels like a very good fit all around.

If someone in the community has been thinking of attending Village Church, she encourages him or her to simply stop in for a visit. “Come, and we’ll be new together,” she said. “God delights in doing new things.”

**RABBI JOEL SISENWINE**

**Senior Rabbi at Temple Beth Elohim in Wellesley**

Since Joel Sisenwine became Senior Rabbi at Temple Beth Elohim (TBE) in Wellesley in 2000, the congregation has grown from 550 families to some 1,200 and erected a new 42,000-square-foot synagogue, completed in 2010. The new building’s openness, abundance of natural light, and works of art all help to inspire members to be the best people they can be, Sisenwine said, “to lead rich Jewish lives, and to participate in the sacred bonds of community.”

Architecture can send a powerful message about how we see ourselves and how we want to live, Sisenwine said. He notes that many suburban homes have ample back decks, but no front porches. The former bespeaks privacy, he said, while the latter is about engaging in the wider community.

A native of Philadelphia — “with its many front stoops” — Sisenwine attended the University of Pennsylvania as an undergraduate. He furthered his studies at Tel Aviv University and the Jewish Theological Seminary, and was ordained a rabbi by Hebrew Union College in 1995.

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“If I wasn’t the rabbi here, it would be where I’d choose to belong,” Sisenwine said, an alignment that doesn’t always happen for religious leaders and their families. He lives in Newton with his wife, Heidi, a teacher at the Rashi School, and their three daughters. The entire family attends TBE.

Nor do all of his colleagues working in urban settings understand his desire to serve a suburban congregation. On the surface, he said suburban life can look deceptively comfortable. There’s a joke he likes to tell about God calling out to a drowning man to “tell me your position.” The man answers with his job title.

“Despite all his wealth and prestige, that man remains adrift,” Sisenwine said. “He is drowning because he does not know his true position in the world, in his community.”

Participating in a community of faith, however, opens that door and can strengthen one’s sense of belonging and purpose. At TBE, Sisenwine said he considers it a failure if students learn the Hebrew alphabet in their classes before they learn one another’s names.

“It can be harder with adults,” he said, noting the trend to take spirituality inward and making it a solo practice, be it meditation, yoga, or communing with nature. “These are all things I like to do,” he said, but they are safe practices. “Once you introduce other people, things can get messy,” he said.

But moments of difficulty are often the moments closest to God. “Our desire to help is a spiritual impulse,” he said, and acting on that impulse he calls, “flexing one’s mitzvah muscles.” In Hebrew, mitzvah means commandment or a charitable, beneficial act performed by another person.

And like all muscles, they can atrophy, Sisenwine said. Being a member of a vibrant faith community like TBE gives people the chance to exercise those muscles with one another and work toward making
the world a better place, be it through volunteering, financial support, political action, or, perhaps, simply showing up on the softball diamond.

“I play second base,” Sisenwine said, of the TBE team. “I think it’s because I can make a mistake and easily be redeemed.”

CHAPLAIN
Alyssa Adreani

Interfaith Chaplain and Coordinator of Spiritual Care at Newton-Wellesley Hospital

Alyssa Adreani remembers being four years old and reading jokes out of a book to her uncle as he received treatment at Dana-Farber Cancer Institute in Boston. Recalling the laughter of her mother and uncle amidst all that pain still resonates deeply, and may have been one of the earliest steps in her journey to becoming a hospital chaplain.

In 1996, Adreani was diagnosed with ulcerative colitis (UC) and for eight years faced painful setbacks and numerous hospitalizations before finding a successful treatment that has kept her symptom-free since 2004. She said she feels tremendous gratitude for each and every day of good health.

It was during one of her stays at Newton-Wellesley Hospital (NWH) that a chaplain intern asked if there was anything he could do for her. “Yes,” she said, “tell me all about your internship!”

That conversation stayed with her as she
continued in her career as a development officer for area nonprofits. The spiritual yearning kept building, however, until she decided to quit her job and attend the Boston College School of Theology and Ministry. She earned her master’s degree in pastoral ministry in 2011 and soon thereafter became a part-time chaplain at NWH.

When NWH decided to employ its first full-time chaplain, she relished the opportunity to take on the expanded role of coordinator of spiritual care. She now serves as interfaith chaplain and collaborates with a multi-faith team of part-time chaplains and pastoral care volunteers.

“Most people believe in something,” Adreani said, but for many, “spiritual” is a much more comfortable and open term than “religious.” Unlike most places of worship with a set denomination, a hospital’s “congregation” is an ever-changing mix of patients and their families. Adreani said she attends medical rounds each week in the ICU, oncology, and other specialty units to learn about who may be in need of pastoral care.

But she and her team are very cognizant of the needs of those who provide front-line patient care, too. “Hospital staff go from bedside to bedside with little time to catch their breath,” Adreani said, “let alone begin to process some of the pain and suffering they see each day.” She said this includes everyone from doctors and nurses to administrators and custodial staff.
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—Josette and Dan Ramirez

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—Carleen and Dave Vantine

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—Margaret and Matthew Blodgett

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So when Penny Foote of Weston volunteered in 2014 to help facilitate mindfulness meditation sessions in the chapel, Adreani was delighted to help. The idea has been embraced by other volunteers and expanded to now include two daily sessions of 20 minutes each. They are held at noon and 12:30 pm, Tuesday through Friday, and are free and open to the public.

Be it in leading a meditation or sharing in a one-on-one conversation with a patient, visitor, or staff member, Adreani said she sees her role as chaplain as an opportunity to be truly present, and mindful of the spiritual needs of others. To do so, she starts most conversations with a simple, “How can I be helpful to you today?”

FATHER WILLIAM B. PALARDY
Rector and President at Pope St. John XXIII National Seminary in Weston

A Milton native and true Boston sports fan, Father William Palardy has Red Sox paraphernalia decorating his office at Pope St. John XXIII National Seminary (PSJS) in Weston where he serves as rector and president.

An infielder and pitcher in his younger days, Palardy now enjoys coaching first base when the PSJS softball team squares off against rival Saint John's Seminary in Brighton. The Saint John players may be younger, Palardy laughed, “but we've got more experience.”

At the time of its inception in 1964, PSJS was the only seminary in the world, outside of Rome, dedicated to preparing older candidates (ages 30 to 60) for the priesthood. The diversity of their life experiences and professional backgrounds enriches both the Seminary community and their future ministries in the Church, Palardy said. As Rector, it is his responsibility to oversee the priestly formation of each candidate along his journey to ordination.

Palardy made his own decision to become a priest relatively early in life. After graduating from Milton Academy and Harvard University, he attended Saint John’s and was ordained in 1985. He served for three years as a parochial vicar in the Boston area, before pursuing his PhD.
in patristic studies at Catholic University in Washington, DC. Patristics is the study of the most prominent Church writings from the end of the Apostolic period until the beginning of the Medieval period.

Palardy returned to Saint John’s in 1992 to teach and, while there, published a two-volume set on the Sermons of St. Peter Chrysologus. He was asked to become Academic Dean at PSJS in 2005, a position he held until he was named rector and president five years later.

“It’s a very dynamic community,” Palardy said. These men have come to their calling later in life, and bring with them various professional backgrounds such as law, medicine, business, teaching, sales, banking, social work, or military service.

Alumni, faculty, staff, the Archdiocese of Boston, and the area’s Catholic community at large, have all enriched the Seminary’s recent 50th anniversary year. The name was changed from Blessed John XXIII National Seminary upon the canonization of its patron saint in April 2014.

This past June, construction began on the new Learning Center that will house a state-of-the-art library and additional meeting and study space. Athletic facilities will also be upgraded, all part of the “Pathway to the Future” campaign launched during the 50th anniversary celebration.

Community members are invited to participate in the Seminary’s annual Lawn Party...
in the fall or the Fran and Stephen Rowen Memorial Golf Tournament at the Weston Golf Club each spring. “And all are welcome to join us for Sunday Mass,” Palardy said.

Asked how students in his Patristics class fared this fall, he smiled and said not quite as well as those at Saint John’s did during the Red Sox “miracle season” of 2004. When it came time for the big exam that fall, he let them work together to answer the questions out loud. Everyone passed with flying colors. “Never happened before and it'll never happen again,” Palardy said with a smile.

While the Red Sox didn’t win another championship this year, he’s already looking to next season: “This year’s Patristics class did well, even without extra credit from the professor or the Red Sox!”
JAMIE PEEBLES
Jamie is no stranger to the process of designing, building, and marketing property. His interest in real estate started when he partnered with his father developing Greystone Lane in Weston. In 2010, he began selling real estate in Southwest Florida from Naples to Port Charlotte.

Jamie recently returned to his roots in the Boston area where he has joined Benoit Mizner Simon. Jamie knows Weston and the surrounding communities inside and out. He is looking forward to helping new buyers find the perfect home west of Boston, and established residents invest in their dream vacation or retirement home in southwest Florida.

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pauline and Henry Fowler Durant had a bold vision. They were strong proponents of women's education and wanted to provide women with an advanced education on par with what Henry had enjoyed at Harvard. And they wanted to realize that vision right here in Wellesley.

It was the late 19th century and only 0.7 percent of women in the US attended college. Access to higher education was limited for women as most colleges only admitted men. Women's education generally consisted of public elementary school or private finishing school, where girls would study music, literature, languages, and religion — subjects that would support their future roles as wives, mothers, and benefactors. Those women who wanted to become teachers — the only socially acceptable career opportunity at the time — could study at seminaries, provided that they remained unmarried.

There were precedents for opening the world of advanced education to women. Forty years before, the first coeducational college, Oberlin, was formed. Co-education challenged prevailing Victorian era beliefs, however, which extolled the virtues of domesticity for women. It was commonly believed that men and women had different intellectual and emotional capabilities, and if educated together, it would lead to the demise of both sexes. Even Oberlin initially expected its female students to take a separate “Ladies Course” of study.
Do we still need gender-focused education?
Mount Holyoke took a different approach. Rather than trying to coeducate men and women, in 1837 it became the first all-women’s college. Its founder encouraged women to “go where no one else will go, do what no one else will do.” Mount Holyoke became known for its academic excellence—poet Emily Dickinson studied there—and served as a model for many of the women’s colleges that would be formed in the coming years.

In 1870 the Durants founded the Wellesley Female Seminary. (It would be renamed Wellesley College before opening its doors in 1875.) The Wellesley couple believed that women were capable of much more than their present lives allowed. Henry talked of preparing women for “great conflicts, for vast reforms in social life, for noblest usefulness.” The pair envisioned Wellesley College as a vibrant academic community of women with tough admission standards, rigorous academics, and female faculty members and administrators where possible.

Bold visions can take time to realize. During its first year of operation, Wellesley College enrolled 314 students; however, only 18 graduated four years later. While some students left to be married, others left because of the school’s challenging curriculum. Rather than reducing the rigor of the curriculum, the Durants opted to help
FIRST TIME GUESTS RECEIVE $25 OFF OUR SIGNATURE HYDRAFACIAL
young women be better prepared before entering Wellesley College. In 1881, Henry formed the Dana Hall School, an independent boarding school for girls in Wellesley. If Dana girls successfully completed their courses, they would be guaranteed admission at Wellesley College.

Over the next 25 years, Wellesley College grew into a highly respected academic community with a demanding curriculum that included all of the major sciences and the liberal arts. Today, Wellesley is the highest-ranking women’s college in the US. Its alumnae include Hillary Clinton and Madeleine Albright, both former Secretaries of State; Diane Sawyer, television journalist; Robin Chase, cofounder and former CEO of Zipcar; and Desirée Rogers, CEO of Johnson
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Publishing. No longer a feeder school for Wellesley College, Dana Hall continues to thrive, educating girls from 5th through 12th grade, preparing them to succeed at schools like Harvard, Haverford, and Middlebury, and in life after college.

In terms of the larger educational landscape, today women comprise 57 percent of the 20.2 million students enrolled in American colleges and universities. They are more likely than men to complete college and attend graduate school. Women make up nearly half of the present US workforce; 40.4 percent of women are the primary breadwinners for their families.

What a difference 145 years can make! If the Durants returned to Wellesley today, would they still see a need for gender-focused education?

“Absolutely,” says Caroline Erisman, head of school at Dana Hall. “Girls’ success suggests that we should continue to do more to address gender learning differences rather than less.”

Erisman cites research that concludes that while boys’ and girls’ brains are mostly alike, there are some important differences that need to be addressed in their education. This is not as simple as separating boys and girls into different classrooms or schools. This means that teachers must adjust the curriculum, and how curriculum is taught, for gender differences. Often additional adjustments are necessary to address learning differences within a given gender — there

Without the distraction of boys, girls can focus more on their academic selves.
are some girls who can’t sit still or do fine motor work in the early years and some boys that can.

What might gender adjustments look like? Consider that girls often show a decline in performance and interest in math and science in middle school, even if these were areas of strength before. Project Lead the Way (PLTW) has developed a gender-oriented STEM curriculum to sustain students’ interest. To engage female students, PLTW teaches math and science by solving real world, humanitarian-type projects such as exploring techniques for turning non-potable water into drinkable water. At Dana Hall, teachers are encouraged to pause longer in class to give girls the chance to speak up. A math lab is open before, during, and after school so that students can get the assistance they need to be successful. Do these adjustments work? Research shows that girls’ school grads are six times more likely to consider majoring in math, science, or technology than their coed peers and three times more likely to consider an engineering career.

Erisman will tell you that girls’ schools also build a strong sense of self-confidence during the precarious period of adolescence. “Everywhere they look there are female role models at Dana,” Erisman explains. “We don’t have equal opportunity; we have every opportunity! We teach girls how to be leaders and how to advocate for themselves and give them plenty of opportunities to do so while they are here.”

Margaret, a recent Dana graduate, remembers, “When I was at Dana, I felt I could do anything I set my mind to, and learned to be a leader in all facets of my life.”

Without the distraction of boys, girls can focus more on their academic selves. Some
girls feel that they can express themselves more freely and frequently than in coed settings. Students appreciate not having to primp for school and feel they are seen for who they are, not for what they look like. Distraction can also take the form of social media. Recognizing that adolescents are exposed to and very involved with social media, Dana Hall collects students’ phones in the morning and returns them at the end of the school day. Girls experience what it is like to single-mindedly attend to their classes, teachers, and friends.

If the Durants came back to Wellesley today, they would no doubt celebrate the extraordinary achievements of girls and women over the past 145 years. They would likely encourage teachers not to rest on their laurels and to explore how digital technology is having an impact on girls’ learning.

Surely the Durants would inquire about our boys, “Why are girls and women outperforming boys and men across every school category from elementary school through graduate school?” No doubt they would remind us in their experience, the way to solve an achievement gap is not by dumbing-down, but by more effectively helping students reach their potential. They would encourage us to ensure access to an education and academic success for girls and women—and now for boys and men—in every school environment, regardless of whether it is single-sex or coed.
COMMUNITY CONSULTING TEAMS

in a scenario familiar to leaders of many nonprofit organizations, you’ve identified a strategic problem or a growth opportunity and it’s time to take a hard look at the agency’s finances, marketing, or organizational structure. But the staff is already overloaded and there’s no budget for professional consultants. If your organization is in Greater Boston, Community Consulting Teams (CCT) offers a solution.

Since 1990, when CCT was founded in Weston, the all-volunteer organization of business professionals has contributed pro bono management consulting valued at more than $13 million, according to CCT. More than 500 volunteers, in teams of six to eight, have completed over 180 projects for small- to medium-sized agencies serving in such diverse sectors as education, healthcare, the environment, arts and culture, youth services, elder care, social services, social entrepreneurship, and international disaster relief.

bottom: Community Consulting Teams’ Kick Off Meeting
top right: NEADS, also known as Dogs for Deaf and Disabled Americans, is one of the nonprofits CCT serves

JANET MENDELSOHN writer
In addition to their extensive work experience, the volunteers are MBA graduates of such top-ranked business schools as Wharton (UPenn), Yale, Tuck (Dartmouth), Sloan (MIT), Johnson (Cornell), Fuqua (Duke), Kellogg (Northwestern), and Darden (UVA). They often hear about CCT through their graduate school network or alumni office at a point in their careers when they want to apply their business skills in new ways and give back to the community. Those interviewed for this article say while serving others, they’ve made good friends.

For nonprofit organizations, it means a level of attention focused on their specific needs that otherwise would not be affordable.

Clients are established 501 (c)(3) organizations with demonstrated need and annual budgets typically between $500,000 and $5 million, but it’s not a hard and fast rule, says Weston’s Carolyn McGuire, a Tuck alumna and CCT founding member still actively involved. They must have an established board of directors, a full-time executive director, and three or more full-time employees, at least one of whom will devote time to the project. Client applications are evaluated each fall. Approved projects are executed January through May, with final deliverables presented to the clients’ boards of directors in May or early June.
“We look for projects that are time critical for the client’s mission and where we can best serve,” says McGuire. “They must be tightly scoped and strategic in nature.” Annually, some 80 client leads might narrow down to about 20 grant applications received. A site team visits most on the short list before a dozen or so are chosen. These are presented to the volunteers who rank their top three or four preferences based on their personal interests, industry experience, and business skills. Potential clients know selection is contingent on volunteer staffing, she said.

Part of what makes CCT work is the effort they put into matching people and projects so they’re mutually rewarding. McGuire’s first project was to design a new communications strategy for a well-known mentoring organization. Reportedly within 12 months the new approach resulted in a 100 percent increase in mentor applications. Her most recent team focused on ways to develop a stronger, more consistent revenue stream for The House of the Seven Gables in Salem, an historic landmark museum that relies on proceeds to support programs for adolescents from the area’s immigrant communities.

Professional consulting firms would charge fees ranging from $100,000 to $150,000 per project for the services provided, according to Weston resident Elizabeth Atkin, CCT marketing chair. That’s well beyond the means of nonprofits like NEADS, also known as Dogs for Deaf and Disabled Americans, based in Princeton, Massachusetts. Their project illustrates how CCT functions.

“We’ve been providing service dogs for nearly 40 years, without advertising and largely by word-of-mouth,” says NEADS CEO Gerry DeRoche. He contacted CCT because he and his board were increasingly concerned about how to best use social media and had observed
changing patterns in both how people heard about NEADS and why they apply for a service dog.

DeRoche says NEADS started as a hearing dog program. Another program was created for veterans returning with physical disabilities but increasingly serves those with PTSD. “Also, for some reason, some people apply for a dog and then disappear,” he says. “We wanted to know why.”

“We created a business case statement and the team stayed true to that,” says DeRoche. “There were two project leaders so one was available when the other couldn’t be, and each team member brought a unique expertise. One was very strong in social media, another in marketing, another in analytics, and so on. They were well organized, documented everything they did, and often bounced things off me, keeping us informed all along the way.” DeRoche says he and his coworkers spent hundreds of hours working with the team and collecting information for them. At the end, the team did a thoughtful presentation to his board.

“Paid consultants would have cost much more than we could afford,” says DeRoche. “The volunteers took time to learn what our business is about and why we do things the way we do. To the casual observer, some things might seem crazy but they kept quiet until they understood why. I really appreciated that their work was all based on analytics, so it was all actionable.”

“What really surprised me,” he continues, “was how they gave us a clear understanding that our website and our approach are dog-centric, not client-centric.” For example, the team’s research found that someone searching online for a dog for an autistic child would be unlikely to find NEADS because the organization refers to trained “social dogs” and “assistance dogs,” using an industry term, while most people call them “service dogs.” In addition, information for applicants was buried too deeply in the website. As a result, about two-thirds of those who initiated applications for dogs were not qualified, wasting their own time, and that of the NEADS staff.

Wellesley resident Lorri Veidenheimer brought her skills to NEADS as a volunteer. She has helped companies bring consumer products to market, notably Sassy Baby Toys and several Kraft foods. She also did ten years in business-to-business.

“They didn’t come to us with a clear issue,” she recalls. “It was difficult [at first] to get our arms around it. As with many nonprofits, the numbers aren’t always available. They can’t keep up technologically.
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Their passion isn’t necessarily about getting things into a database. At NEADS, their passion was with the dogs. We needed to understand [their numbers] so we could make the right recommendations [but] they hadn’t known what to track.”

Veidenheimer created a marketing plan with a complete situation analysis for NEADS’ new marketing hire, who was not yet on the job, to give her a running start. Another volunteer created a video for the web to help people understand that being matched with a dog is a serious long-term commitment. They recommended refocusing the website on people for whom NEADS-trained dogs are a good match and creating materials outlining what to expect after an application is approved, such as how dogs and their new partners are trained.

“Even though we get client evaluation forms, they’re not always completed or honest. This will help improve the overall experience for our clients,” says DeRoche.

In 2013, the Massachusetts Horticultural Society (MassHort) was wrestling with whether to start charging admission to its Elm Bank
gardens. When a CCT project team interviewed visitors at Elm Bank and at the Boston Flower & Garden Show, in which MassHort participates, they identified who uses the property and why, from avid gardeners to families and dog walkers.

MassHort President Katherine Macdonald, who also has an MBA, says their recommendations included guidance on how a botanical garden should operate to add value to visitor experience. Their research propelled MassHort to begin charging admission when its new visitor center opened and educational programming increased.

“CCT’s people are working professionals with MBAs who understand business issues,” she told me. “They bring a fresh perspective and no bias. At a nonprofit, nobody has time to waste so their efficiency was very helpful and their impact was real. You can’t

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organize a project like this with your own volunteers and have it presented to you as a business case.”

CCT began 25 years ago, inspired by a group of Stanford University business school alumni doing pro bono work in San Francisco. When one of them moved here, he tried to replicate that effort but couldn’t find enough Stanford grads in Boston. Instead he recruited friends who had graduated from other top business schools. According to Carolyn McGuire, that’s what gives CCT its true strength. “We use best practices taught by the top schools.”

Today, CCT Boston coordinates with B-schools’ alumni offices and clubs to help spread the word. In Atlanta a similar organization was founded by a former member but the two groups are unaffiliated.

Mark Allen, a NEADS project leader who lives in Wellesley and, like Veidenheimer and Atkin, received an MBA from Kellogg, is semi-retired from his career in sales and marketing high tech at IBM and startups. He has also volunteered on projects for Household Good Recycling of Massachusetts, Walk Boston, and ROCA, which teaches job skills to high-risk youth and helps them get and retain jobs. Echoing others, he said projects demand an average of three to five hours a week in spurts and the camaraderie on teams is as satisfying as their results.

He added, “Over the years, I’ve heard that the deliverables are as good as any consulting firm available for hire.”
A Perfect Cup

NO MATTER WHERE YOU TURN, THE COFFEE GETS BETTER AND BETTER
it’s one of those things that is purely a matter of personal taste: You like your coffee “just so,” and who’s to say otherwise?

The perfect cup of coffee may be waiting for you at Dunkin’ Donuts on Linden Street or on Route 9 in Wellesley, or in a right-sized mug when you stop by Ye Olde Cottage Restaurant in Weston. Or maybe you’re currently heading toward the kitchen to fire up your Mr. Coffee, Keurig, or Nespresso. One way or the other, what you want should be what you get when it comes to the perfect cup.

I, on the other hand, have only recently been awakened to the drama of coffee. Yet I’m old enough to remember Chock Full o’ Nuts cafés and the days when a percolator was a status symbol. Just one cup of steaming, sweet, and frothy latte expertly prepared for me by Weston’s own Joey Gagliardi on the snazzy new espresso machine in the waiting room of Coach & Carriage, his Natick auto body shop, did it. Joey grew up in Calabria on the boot of Italy, attended a culinary institute as a kid, and has fond memories as a youngster of his mom dropping an egg or two in his breakfast latte.
The Land of Craft Roasters

So under Joey’s influence and out of curiosity, I find myself entering the land of craft roasters and artisanal brews and have begun to meander my way down what I’ve come to call “the Mocha Mile.” It’s an odyssey that begins at Quebrada near the Clock Tower in Wellesley Hills and ends more than a mile later at Bruegger’s Bagels near Wellesley College.

In my jaunts I’ve found café’s, bakeries, and restaurants where coffee is either the main course or serves to promote the consumption of baked goods, ice cream, tapas, bagels, sandwiches, mixed drinks, and exotic cuisines. It helps to sell groceries, too, like at Whole Foods Market in Wellesley, where a substantial roasting and packaged coffee section is supplemented by a full-fledged coffee bar. In my little odyssey I am following the lead of thousands in Wellesley and Weston and countless of millions around the world with similar intentions. Coffee is all the rage, no matter where you turn.

For a while I think I have a handle (no pun intended) on the perfect cup, but there’s a thought gnawing at the back of my mind that there may be something better.

Len Brault, CEO of Heirloom Coffee, and an online vendor of gourmet beans from Costa Rica and Vietnam, notes that “coffee is the second most actively traded commodity in the world, ceding pride of place only to oil.” Every year Brault imports upwards of a hundred tons of what he calls “the other black gold” from all over the world. But even that impressive amount is miniscule next to global coffee consumption. More than 142 million bags of beans (at 132 pounds each!) are feeding the world’s quest for the perfect cup every year, with a rapid gain in popularity in India and China.

Chatting up Baristas

Truth be told, I’m becoming a bit obsessive: chatting up baristas, eyeballing the technical features on espresso machines, and just recently finding my way around a Sudbury gas station to poke around enormous sacks of unroasted beans stored in the back room at Karma Coffee. There, sitting on a stool and bathing in the fragrant scent of roasted coffee with Karma proprietor David Conboy, I learn about the ins and outs of artisanal brewing. “Some of the best beans in the world are grown by small farmers in Ethiopia, most of whom operate at the subsistence level,” says Conboy, who takes his beans seriously enough to regularly travel to North Africa to check on coffee crops and new varieties.
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“We vigorously support fair trade,” he adds, noting that large-scale producers and chain shops can’t hope to match small, specialty roasters like Karma who make a positive out of unique sourcing, small batch roasting, and the freshness that comes with trading in ten- or twenty-bag lots instead of cargo container loads. And while he is no fan of large chains, he still credits Peet’s and Starbucks with transforming the coffee consuming landscape. “Dark flavor profiles have become a lifestyle choice,” he says.

After sticking my nose into the business end of one of Karma’s coffee roasters — one built to accommodate a king’s ransom in beans — I then fall into a reverie of sorts while sniffing at bulging sacks bearing country-of-origin stencils so esoteric I half wonder if I might not have somehow slipped into a Humphrey Bogart movie. In line with the delightful odors emanating from the inventory, I “nose” a cup of Ethiopian Yirgacheffe proffered to me by Conboy.

The flavor, while subtle and a world away from my philistine tastes, sets me to thinking: coffee is really no different from wine in very important ways, the wake-up value of caffeine notwithstanding. It is redolent of a particular place and time, of water, sun, soil, farming techniques, and all the rituals of preparation and serving. As such it becomes a means of self-expression and personal identity — and all the more so for those of us in pursuit of the perfect cup.

Hundreds of Places

Coffee is certainly a special drink, hailing from hundreds of places in dozens of countries, with Brazil, Vietnam, Colombia, and Indonesia leading the list followed by Ethiopia, India, Honduras, and Mexico. Further down in the rankings are countries like Uganda and other African states, all with unique cultures, cultivars, and environments; all rich in flavor and tradition.

Closer to home, I take a short drive to Whole Foods Market in Wellesley and seek out the coffee section, where I find a recent Wellesley College graduate named Kaitlin Bradshaw presiding over a substantial roasting, merchandizing, and café operation. While servicing bin-
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A Perfect Cup

Most of us love coffee, depend on it, treat it with the utmost care, and could not go long without it.

stored beans in her well-stocked inventory, Bradshaw responds to my question about local preferences by saying, “Here we're seeing the trend going away from K-cups and moving back toward older, more traditional ways of brewing. People want a more deliberate, hands-on approach and a handcrafted cup. Everything old is new, again.” In the world of coffee retailing, by the way, Bradshaw offers a surprisingly diverse and reasonably priced selection of specialty beans.

A Mystery Cult

Coffee is really more of a mystery than an addiction. It may warm, energize, comfort,
and play a social role, but there's no way to really explain it. Brew a cup of Colombian, Vietnamese, or any of upwards of three hundred other varieties from dozens of coffee exporting countries around the globe and the variables mentioned earlier all add up to a small but entirely authentic kind of experience of time and place that's virtually inaccessible in any other way. Inhale deeply and you're in a faraway country! Not a bad way to take a quick trip to exotic places.

Most of us love coffee, depend on it, treat it with the utmost care, and could not go long without it. And we are not alone. Len Brault confirms this and adds a unique perspective gained from buying expeditions all over the world. "The perfect cup will be hand picked at just the right time from a bush planted by the same farmer who harvested it. It will go directly to a craft roaster who will process it to meet the criteria of a specific flavor profile. Absolute
While coffee is one of the most widely sold and written about products in the world, the following resources are suggested as a useful way to better understand what by any measure is a matter of personal taste.

- **“HOW TO MAKE PERFECT COFFEE,”** by former Marines Michael Haft and Harrison Suarez, was published in *The Atlantic* on August 22, 2013. It is a concise and highly informative introduction to the fine art of coffee making. Bookstores and libraries have entire shelves devoted to the topic, but this is a great place to start.

- **HOME COFFEE MAKING EQUIPMENT** ranges from $15 countertop brewers to espresso machines running into the thousands of dollars. Among the most informative and straightforward websites devoted to merchandizing coffee-making equipment is www.seattlecoffeegear.com. Espresso machines, grinders, and roasters—they’re all there, along with candid pro and con reviews and “how to” videos. Also worth noting: the most novel device must pass muster according to the “KISS Rule.” If it ain’t easy to run and clean, don’t buy it.

- **FOR IMMEDIATE GRATIFICATION,** visit the coffee aisle at Whole Foods on Washington Street in Wellesley. Shelves are stocked with a wide array of beans and pre-ground coffees, some at surprisingly affordable prices. Sample the wares at Whole Foods in-store coffee bar, too, where an array of espressos and specialty drinks invite cravers of caffeine to indulge.

- **SAMPLING ARTISANAL ROASTERS AND IMPORTERS** is an easy way to experience unique strains, blends, and “profiles” sourced from coffee growers around the world, and all without leaving your kitchen table. David Conboy at Karma Coffee Roasters (www.stiryoursoul.com) works directly with African growers to bring Fair Trade coffee directly to you while Len Brault of Heirloom Coffee (www.heirloom-coffee.com) focuses his efforts on Southeast Asia and Central America. Both have an encyclopedic knowledge of coffee, are locally based (Sudbury and Medford, respectively) and vend coffees of incredible quality and unique flavor. Or surf the web for hundreds of other “micro roasters.” You’ll be setting out on an odyssey without end, but one well worth taking.

- **BAG IT!** And pick up some beans at your local barista bar. More than a dozen stores and cafes serve espresso in Wellesley and Weston alone. So while you’re grabbing a cup o’ Joe at your favorite place, ask for a bag before you leave.
control, right down to the grind and brew, will follow the coffee you drink right down to the moment you lift the cup to your lips.”

Let’s leave the last words in this flavorful and endlessly fascinating discussion to the good souls who make Wellesley Center a must-go destination for coffee lovers, like Susu Aylward, she of the eponymous bakery café in Wellesley Center: “I thought our coffee was good, but after I went to ‘coffee college,’ I saw the light. Once I learned to make top-quality espresso, I knew I would never make coffee in the same way again.”

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When Eddie Gildea was in grade school, his father built a 12-foot high ramp in the front yard of their Weston home for the youngster to ski and skate down. “Other kids in the neighborhood enthusiastically joined in, and their parents would nervously ask me, ‘You’re taking that down soon, right?’” recalls James Gildea, Eddie’s father.

Eventually, the ramp came down, but Eddie continues to fly high. The now 18-year-old is a member of the US Ski Team’s Freestyle Division. These days, Eddie performs side flips and switch double corks. When he’s not practicing his fancy moves at the US official training facility in Utah, he’s showing them off in competitions around the globe. He’s got his eye on the prize: “My goal is to get to the 2018 Winter Olympics in South Korea,” he says.
He’s got a pretty good shot, too. At the moment, he’s ranked third in the United States among all American freestyle skiers age 19 and under.

If there’s anyone in your household under the age of 21, ask him or her if they know what slopestyle skiing is. Because that is Gildea’s forte. “Slopestyle is a series of jumps and features that was added to the Olympics last year in Sochi, Russia,” he says. Turns out, the US men swept the podium in Sochi, while the American women fared almost as well.

Slopestyle, which demands that skiers and snowboarders traverse obstacles like rails, boxes, and jumps, has been at the heart of the Winter X Games, which focuses on extreme sports, for a decade or so. “This kind of sport is very popular among younger kids,” says Gildea, without a trace of irony.
Free to Ski

From the age of three, Gildea was a recreational skier. “I loved going to the terrain park at Gunstock in New Hampshire for as long as I can remember,” he says. At age 13, he joined the Waterville Valley ski club, which rounded out his talents nicely—in summer, he enjoyed skateboarding with his friends. “Much of slopestyle gets its roots from skateboarding moves,” he says.

By the time he was 15, Eddie had reached a crossroads. As his ski competition results improved, he was invited to increasingly more prestigious events. And he kept placing at those events.

“Eddie has a mentor who has trained Olympians, and he believed in Eddie a bit more than I did,” laughs his father. “As parents, his mother and I thought he would take a year off from school while pursuing skiing, and if it didn’t work out, he would come back to attend The Holderness School in New Hampshire, where he was accepted.”

That first year of skiing didn’t earn Eddie the results he wanted. But during his second year, which coincided with the Sochi Olympics, the circuit was a bit more open while Olympians were focusing on the big event. Their absence meant Eddie earned a place on the World Cup circuit for his sport. He competed and placed 14th in the world during a competition in Switzerland. “We realized it might be foolish to drop out at that point when the best skier from Norway complimented him,” says James.

To be exact, the Norwegian skier came up to Eddie and acknowledged, “Those double corks you did were sick!”

Now he lives and travels with professional skiers who are mostly in their early twenties, going from event to event on the freestyle skiing circuit known as the AFP (Association of Freeskiing Professionals).

The AFP World Tour is composed of events in alpine resorts
around the globe in places like New Zealand, Switzerland, France, Iceland, Czechoslovakia, Andorra (a principality between Spain and France), Canada (Whistler), and the US (Colorado and Maine).

Recently, Eddie competed at the European Open in Loch, Switzerland. “I didn’t do too great in practice that morning — I wasn’t in my zone and a lot of other guys were really killing it,” he recalls. “I needed a good result, so I was stressed going into the competition.”

While he was still doing warmup tricks, Eddie made move called a switch double cork. “At the apex of my jump, I looked up and I could see the sun rising over the Swiss Alps. The moment lasted a fraction of a second, but it felt as long as a minute,” he says. “That instant made everything worth it. It reminded me of why I love to do slopestyle, and it took the pressure off.”

Getting Onboard Early: Ski Teams for Youngsters

If your young ones love to get out there on skis, then it’s not too early to get them involved in a more formal program. Two good nearby options are the Bogastow Ski Team at Nashoba Valley in Westford, Massachusetts, and the Gunstock Freestyle Academy in New Hampshire.

Bogastow has teams for skiers ages 7 and under, and several for children ages 8 and above. Young skiers train and compete in slalom and giant slalom courses against skiers from other local clubs. Bogastow competes in the Eastern Massachusetts Buddy Werner League. The season runs from December to March.

For older kids aged 9 to 18, another option is to go a bit farther north to New Hampshire. The Gunstock Freestyle Academy seasonal coaching program is for experienced skiers and snowboard riders with the main focus on jumps and rails. Your children can learn new tricks, perfect old ones, and get ready for freestyle competition. Helmets are always required.

BOGASTOW SKI TEAM: www.bogastow.org/
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*Eddie Gildea at the 2015 Iceland Winter Games in Akureyri, Iceland*
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In May of 2015, Eddie was one of six named to the US Rookie Slopestyle Team. There are two teams, in fact—the professionals and the rookies. “The pros are the ones who were in the last Olympics, while the rookies are those considered to have the best shot for the next Olympic four-year cycle,” says James.

School, Free Style

The catch-22 aspect of Eddie’s sport is that there’s no college training ground, as there is for football, basketball, hockey, and other conventional sports. “You either ski freestyle recreationally, or you compete against the pros,” he says. “There is no college circuit or developmental path.”

Speaking of school, Eddie is a high school senior this year. He spends approximately two hours a day completing online schoolwork, with six to eight hours of skiing. He has also completed honors-level math classes using Stanford University’s Education Program for Gifted Youth.

As a US Ski Team member, he can use the benefit of free tuition at Westminster College in Salt Lake City, near his training facility. “For the Alpine skiers who don’t make the US ski team, they’re recruited by Dartmouth or Harvard,” he points out. For his extreme sport, however, there are no guarantees.

His education is undoubtedly enhanced by the global athletes he competes against. “The people are another reason why I love the sport
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Slope Style

Ski Conditioning Tips from the Experts

Would you like to be in peak ski form before you hit the slopes this winter? Local fitness experts Jeff Dosdall, manager and personal trainer at One2One BodyScapes in Wellesley; and Erica Dolen, owner of Crossfit Marauder II & Well-Fit, also in Wellesley, have some great tips to help you accomplish that lofty goal. Core (abdominal and lower back) and leg strength are especially important in skiing, and that’s why both Jeff and Erica recommend squats for starters as they work your quadriceps, hamstrings, and glutes. For your core, Jeff recommends that you forget about crunches and situps and instead try one of the plank challenges that you can find all over the web, particularly on YouTube.

As a former alpine ski instructor and NASTAR ski racer, Erica knows firsthand how to get maximum results and increased performance on the slopes and says that the best exercises will “increase lower body strength, power, balance, agility, and core.” She adds that cardio endurance is also important, though often overlooked. Erica also likes deadlifts to condition your hamstrings and glutes, and side lunges to train your inner thighs.

Here are some exercises to try on your own:

Squat:

**To Perform** a squat, Jeff says to start in a standing position with your feet shoulder width apart and pointed forward. Your arms should be straight out in front of you at shoulder height.

**To Begin** the squat, move your hips backwards as if getting ready to sit on a low bench that is just behind you. Squat until your thighs are parallel to the floor and then return to standing position. Don’t let your knees slide forward beyond your toes or come closer together. Be sure to keep your knees positioned above your feet with your weight evenly distributed heel to toe. Your head and chest should be up and your back straight.

**Start With** two to three sets of ten repetitions and gradually build up to three sets of fifteen reps. As you master the squat, try adding a four-inch bounce at the bottom of the squat or even try jumping out of it and landing with nice, soft knees as quietly as possible to stimulate your muscles in the same way downhill skiing does.

**Deadlift:**

**To Begin** the deadlift, Erica says to stand with the middle of your feet under the barbell. Your feet should be positioned at hip-width with your toes pointing out at approximately 15 degrees. Don’t touch the barbell with your shins yet.

**Grab** the bar, keeping your arms about shoulder-width apart. From the front view, your arms should be hanging just outside your legs.

**Bend** your knees until your shins touch the bar. Don’t move the bar and keep it over the middle of your feet.

**Lift** your chest and straighten your back, making sure not to move the bar. Don’t drop your hips or squeeze your shoulder blades.

so much,” he enthuses. “We get such an eclectic mix of characters from all over the world.”

During an event last winter in Maine, a group dinner was held at a nearby house for over a dozen athletes from all corners of the skiing world. “Around the table we had the number one skier from France, X-games athletes, Canadians, and Robby Franco from the Mexican Olympic team,” Eddie says. “All these different cultures came together, and we all cross paths constantly—at certain times of the year, we spend more time with each other than our families.”

Even in summer when the circuit is quiet, Eddie is booked. He goes to Mount Hood in Oregon, which he calls, “a mecca for Olympic-level skiers” to use a terrain park located there.
He also does a lot of skateboarding in the off-season and engages in trampoline training. “We typically learn our tricks on a trampoline and then do it on the snow,” he explains.

Without a doubt, this lifelong Westonian has golden dreams and a golden future in the world of skiing. An unfortunate recent ACL tear in New Zealand will sideline Eddie for the start of the 2015-16 winter season, but he hopes to be fully recovered and back on the circuit by the end of next year.

“The Olympics are a lofty goal but by no means unrealistic,” concludes James.
you don’t have to be a fan of HBO’s *Game of Thrones* to know that we will soon be blanketed in snow. And that’s exactly what Louis Joseph is counting on.

“Winter is my favorite season, and I have a deep passion for the sport of skiing, both alpine and telemark techniques,” says the founder of Alps & Meters, a new traditional and alpine ski sportswear line. “I find great comfort and pleasure in a mountain setting and feel that the quiet of the snow and trees, majestic scenery, and the sensation of skiing make for a wonderful, timeless and natural sporting experience.”

This ski enthusiast was indoctrinated into our land of ice and snow early on, after a childhood family move to Wellesley during the Blizzard of ’78. Ever since the then six-year-old donned his first down jacket, the slopes have been an endless source of happiness and excitement. Youthful New England winters were spent on New Hampshire mountains such as
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Cannon, Attitash, and Wildcat, while Joseph’s adult years found him schussing down slopes in Park City, Utah; Jackson Hole, Wyoming; Chamonix, France; and Saalbach, Austria.

It was on one trip in 2000 to the northern Scandinavia mountain of Åre that literally put the idea of Alps & Meters into Joseph’s pocket. Hidden among other goods in a local shop, he saw an item that would soon become his outerwear company’s muse—a gorgeous vintage ski sweater.

“[It] changed the way I thought about performance outerwear,” he remembers. “The sweater’s classic knitwear presentation felt like a direct connection to the history of alpine sport. And it seemed to me that the threads of the piece were woven with a romantic sensibility that conveyed a strong sense of authenticity and timelessness.”

The garment of his heart’s desire boasted a fully knitted body, beautifully crafted from a series of dense yarns. The deep navy complexion was complemented by accents of burnt orange near the wrists and at the shoulders. It rang of simple, alpine traditions, while also considering on-mountain movements and winter comfort.

Pushing aside the puffy ski jackets of the day, Joseph had found his perfect sweater. He was drawn to how the natural fibers and textures stood in stark contrast to the modern shiny outerwear that people sit-
ting next to him on the lifts and skiing down beside him on the slopes usually wear.

“I left Sweden with that unique garment and wore it around the world to the mountains of Utah, Colorado, Washington, Wyoming, Canada, Austria, Argentina, and New Zealand,” he remembers. “Wherever I went, people were drawn to the sweater, appreciative of its unique material complexion and authentic persona. It was clear to me that many alpine enthusiasts felt the same emotional reaction to the piece that I had experienced during my time in Sweden.”

It was this sweater’s classic color scheme, high-wear area reinforcement patchwork, and construction elements that led him to create Alps & Meters’ first signature product, the Shawl Collar Jacket. Ideas for the rest of the line soon flowed like an avalanche.

**The Collection**

With a 17-year background in soft goods, including working on transformational product concepts as the Global Director of Strategy & Innovation at PUMA SE, Joseph was no stranger to big ideas. In 2011, one of those big ideas changed his career path and the concept of Alps & Meters was born.

After three years of R&D, designing and brainstorming, a trio of products was launched in winter of 2014. The iconic Shawl Collar Jacket is the star of the collection, a timeless garment that forges traditional 100 percent lambs wool knitwear and rich leatherwork with contemporary waterproof DuPont Teflon coating. It’s cut for comfort with side venting, has waterproof utility pockets for easy access, and even adds a safety measure of a high visibility emergency orange lining with a reflective logo. Top that off with Alps & Meters’ Classic Pom Hat and Alpine Winter Collar, both with the same wool and waterproof combo, and you have the perfect winter wear ensemble. And as a bonus: the hat even has a secret waterproof stowaway pocket.
The vintage-inspired line caught on quickly with Joseph’s fellow ski crowd and has since been found in the likes of Winterfell (another Game of Thrones coincidence); Stowe’s spot for winter outerwear, as well as online at www.alpsandmeters.com.

Bringing the Past into the Future
When they design their wares, Joseph and his team continue to look at the past to move their company and its pieces into the future. Even his favorite non-Alps & Meters piece of clothing in his closet is a nod to yesteryear and its “they don’t make things like they used to” notion of quality.

“It’s my father’s official US-issued Pea Coat, which he wore while serving in the Coast Guard in the 1950s,” he says of his go-to clothing choice. “Made from heavy boiled wool with a uniquely high collar, this jacket’s cut and sewn simplicity belies a warmth, durability, and protective nature that rival contemporary outerwear of today.”

“When designing our products at Alps & Meters, we’re consistently referencing timeless techniques of construction that deliver unique performance benefits,” he continues. An example is the wool knit of the Shawl Collar Jacket that not only provides warmth, but also the comfortable range of motion needed when pulling those moves that get you down the mountain.

In a sea of L.L. Bean and Patagonia down jackets, let’s not forget the uniqueness of
Joseph’s signature jacket. As the Shawl Collar coat braves season upon season of winter wear, it becomes even more beautiful. The full grain leather panels break in to capture each individual owner’s wear characteristics.

It’s part and parcel to the unique creation of the jacket. “Both knitting and leather techniques have been part of garment making for hundreds of years. I think there’s something special about the fact that such elements may still be used with maximum design effectiveness today,” he says.

Introducing the 2015 Line
Joseph is proud to note that the 2015 line will bring three pieces to the slopes: a knit wear Alpine Guide Sweater, a sturdy and classic Alpine Anorak, and a traditional Alpine Winter Trouser. All of these additions might be new, but they each still work through the old concept of high quality matched with innovative style.

“The new Alpine Anorak was modeled on a vintage 10th Mountain Division military winter garment held within the Alps & Meters archive,” he says of one of his favorite and most exciting items for this winter. “This unique piece combines a beautifully deep neck-tie with face shield, and hooded construction coupled with an interior waterproof-windproof membrane. Additionally, the beautiful waxed canvas exterior of the piece has been provided by storied fabric provider British Millerain Co, LTD. of England that has been supplying such technologically advanced fabrications to luxury protective brands since 1880.”

Regardless of the performance piece in question, Alps & Meters relies on its creation philosophy called Forged Performance, which fuses classic garment construction techniques, natural materials, and contemporary technologies.

“The outcome of our creative efforts delivers outerwear with sturdy, old-world utility and a
rich material complexion making highly functional pieces packaged in a romantic aesthetic,” explains Joseph. “We think of all of our products as having been ‘designed by tradition.’” This blast from the past even takes on an ironically modern edge, serving as the hashtag for the company’s social media outreach: #DesignedByTradition.

“The Alps & Meters on-mountain customer is a traditionalist who respects sturdy, old-world values and timeless methods of making,” says Joseph of those who wear his label. “These individuals are drawn to the genuine people, romantic places, and ever-lasting memories that are tied closely to mountains and mountain villages around the world.”

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Looking Younger

Nonsurgical treatments for aging skin

CATHLEEN STENQUIST writer

i’ll admit that I’ve taken a few extra glances in the mirror lately. My son’s upcoming wedding and the self-imposed pressure to look my best have gotten me thinking more about my skin.

I recently spoke with a variety of local skincare professionals and found that from inexpensive “quick fix” treatments to more expensive procedures promising dramatic results, the world of skincare is continuously evolving for the better.

Here is a sampling of the latest and greatest options from less to more invasive that I found for those of us who want to look younger and fresher but aren’t ready to commit to plastic surgery. While the cost for each treatment is listed, please note that the prices are approximate and may have changed.

A Quick Fix

For an affordable pick me up, PATCHOLOGY’S FLASHPATCH™ EYE GELS WITH HYDRASURGE ($1.67 per application) are cleverly designed gel pads to use as part of your daily skincare routine. “After cleansing, apply them under your eyes,” Candace Evans-Lucas, owner of The Candy Bar advises, “and then let them stay on while you brush your teeth. That five minutes will help to infuse your delicate tissue paper thin skin with caffeine, hyaluronic acid, collagen, and vitamin C to reduce puffiness, hydrate, and improve the elasticity and tone of your skin.”

If you would like a quick treatment for your entire face, FLASHMASQUE FACIAL SHEETS ($6.25 per application) would be a good option. There are three versions to hydrate, exfoliate, and brighten your skin, which are used once per week before makeup or at night. The translu-
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cent masque material, which accelerates delivery of its key ingredients in five minutes, is in the shape of your face and has eyes, nose, and mouth cut-outs for comfort.

**Customized Facials**

Slightly more expensive but well worth it, a **FACIAL WITH A PEEL** is an effective way to address the dry, rough skin that comes along with the winter months. A facial is a complete skin care treatment that also has the lovely added benefit of nurturing your spirit. The esthetician examines your skin under a magnifying lamp, discusses any skin care concerns, and customizes a facial to address your needs.

**CHEMICAL OR NATURAL ENZYME PEELS** ($50 - $175 at your skin care spa) are a wonderful add-on to your facial and have the added benefit of encouraging collagen production, one of the best things for aging skin. For those who are allergic to chemicals or dislike extractions, try Jesamondo Salon & Spa’s **DERMASOUND FACIAL** ($155). This noninvasive ultrasonic treatment uses distilled water with low frequency sound waves to exfoliate and clear out pores, allowing the follow up steps in the facial to penetrate deeper. And facials aren’t just for women. Men can benefit from Jesamondo’s **MEN’S REFINING FACIAL** ($105), which is specifically formulated for those who suffer from ingrown hairs brought about by shaving.

If you are annoyed by those darker age spots on your cheeks, Bella Sante’s **PIGMENT BALANCING CHEMICAL PEEL** ($175) may be something to consider. It works in two ways: Vitamin C lightens discoloration and a medical grade exfoliation allows powerful skin lightening ingredients to penetrate deeper and bring dark pigmentation to the skin’s surface where it can be lifted away. Bella Sante’s signature **HYDRAFACIAL** ($175-$225) treats dehydrated, stressed, or damaged skin. The treatment begins with a facial lymphatic drainage massage to increase circulation and eliminate toxins. Antioxidants are then applied along with a combination of lactic, glycolic, and salicylic acids. LED light to reduce redness completes the procedure and skin is left looking healthy and radiant.

**More Intensive Treatments**

**MICRODERMABRASION** is offered at most spas and skincare centers and is a more intensive treatment for sun-damaged skin. Aluminum oxide crystals, very close to the hardness of diamonds, are blown against the skin and then suctioned away. The slight suction pulls up the crystals and draws blood to the skin’s surface carrying nutrients and oxygen, resulting in a smoother skin surface. This treatment is primarily for those with leathery, sun-damaged, or very pigmented skin and for those with allergies to chemicals and who cannot tolerate peels.

The next generation in microdermabrasion is the **BIO-BRASION EXFOLIATING PEEL** ($150 or as part of facial $215) such as that offered at Elizabeth Renee Esthetics. This crystal-free, low-suction abrasion system, which can be used on any skin type, lifts away dead, dry, damaged layers of the skin revealing the healthier, more evenly pigmented layers beneath. Elizabeth Renee Esthetics recommends the Bio Brasion Facial, which includes the peel plus additional steps that focus on brightening, clearing, or smoothing.

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LASER GENESIS (starting around $300) is one of the most desired treatments at Forever Young Laser and Skin Care Center due to the enjoyable user experience (no downtime or pain) and the excellent results. It is safe to use on any skin type and best of all there is no need for anesthetic gel or ice before treatment. During a series of four to eight treatments, a wand is slowly waved across the area to be treated that uses laser heat to stimulate collagen growth. The new collagen reduces lines, scars, and pore size while instantly polishing the skin. Individual treatment results are subtle but the overall effect after multiple treatments can be very dramatic.

Fillers

A wide variety of injectable fillers, such as RESTYLANE® and JUVÉDERM®, are made of hyaluronic acid, a naturally occurring molecule normally found in deep layers of your skin. The fillers are a very versatile product offering a more natural reversal of the aging process by helping to get rid of mild to moderate wrinkles and minimizing deeper ones. Some of the newer improved techniques and fillers allow the doctor to sculpt your jaw line, minimize jowls, enhance your cheeks, and address superficial lines around your lips. The cost of the procedure depends on your goals, facial anatomy, and the number of syringes required. The results can vary but are very natural looking and can last from six to twenty-four months. “We all lose firmness in our face as we age. These fillers can restore a more youthful look with a minimal investment of time,” says Dr. Madeline Krauss of Krauss Dermatology.

Worth the Price

“EXILIS™,” according to Erin Bradford, the licensed medical esthetician at Accurate Aesthetics, “is a radio frequency bipolar device that is a newer and less painful version of Thermage™ (a nonsurgical skin tightening procedure). During each 30- to 60-minute treatment, a computer-controlled device is
guided over the treatment area. Patients feel a warming sensation as the energy is delivered to the deeper layers of skin, while the cooling on the skin’s surface makes them feel comfortable. The deep heat stimulates collagen to tighten surfaces of the skin and shrinks fat cells. Small and large applicators allow treatments for the face and neck as well as larger areas of the body, and the effects last one to two years. You generally need four to six treatments for complete results with costs ranging from $250 to $1,200/per visit depending on the size of area treated.
Concerned about your double chin and don’t want liposuction? You might want to look into KYBELLA™ ($1,500/treatment), the first FDA-approved injectable drug that permanently removes fat cells under the chin. During this 30-minute treatment, a grid of dots is laid out on the desired area under the chin and 10 to 20 small injections are administered. Over a period of days, the body absorbs destroyed fat cells, providing a smoother look. The treatment is repeated in 4 weeks and most areas require 2 to 4 sessions for optimal results. It is recommended for patients with mild to moderate isolated areas of fat and not for those with very loose skin. Dr. Samuel Goos, president of Adult & Pediatric Dermatology, PC, advises, “Patients will see a noticeable change after two treatments. I think we will eventually see uses for Kybella beyond the under chin area, such as the fat commonly found in the bra area.”

Not ready for a surgical facelift? Julie Finn, practice manager for Dr Jeannie Chung, says that ULTHERAPY™ is a popular treatment that uses ultrasound energy to lift, tone, and tighten skin on the neck, under the chin, and at the brow. It also can be used to improve lines and wrinkles on the décolletage. The cost ranges between $3,000 to $5,000, depending on the size of the area treated. Ultherapy works by introducing broad and shallow sound waves that trigger collagen production, tightening the tissue between the muscle wall and the skin surface. It is best for people with mild to moderate issues and any discomfort can be addressed with pain management options. The great news is that it requires as little as a single visit to achieve results that can last three to five years.

No matter which treatment you choose, you should still maintain your skin during these dry winter months with a good routine, namely: sunscreen (SPF 30), regular gentle exfoliation, a healthy diet, and adequate hydration.
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“the average age of someone who is homeless in Massachusetts is eight years old,” said Judy Mongiardo, Network Coordinator for Family Promise Metrowest (FPM). From 2007 to 2014, the number of homeless families in the state increased by 94 percent, from 2,468 families to 4,781, according to the Massachusetts Coalition for the Homeless.

“It’s one thing to hear these statistics,” Mongiardo said, “it’s quite another to share a meal or prepare a place to sleep for one of these children night after night.” And that’s exactly what the nonprofit FPM has been doing in Wellesley and surrounding communities since it served its first homeless family in 2008.

A cooperative, interfaith partnership, FPM offers help and hope to families with children who are homeless—referred to as “guests”—by providing safe, transitional shelter, meals, and supportive case management as they seek permanent housing. The one-on-one dynamic of cooking and sharing a meal, or helping a child with homework, can help transform the perception of family homelessness as one of overwhelming, but anonymous, proportions, to one with the very tangible goal of helping individual families — who have names, faces, smiles, laughter, and dreams — to find permanent housing within our communities.

Mongiardo volunteered for the program back in New Jersey, where it was started by Karen Olson in the 1980s. Olson had noticed the growing number of parents working full-time at minimum wage jobs who were unable to afford the rising rents in the area. A disruption
such as illness or divorce could result in no longer being able to make ends meet.

Yet, they earned too much to qualify for state homeless shelters. They were stuck with no place to go, often living out of cars or doubling (and tripling) up at the homes of families or friends.

Rather than pushing for new facilities or services, Olson looked to see what resources were already available in the community that could serve as temporary havens while families got back on their feet. Classrooms in area churches and synagogues were not being used overnight. Furthermore, these buildings came fully equipped with kitchens, dining rooms, and play areas and, perhaps most importantly, were filled with members who might want to help.

Working with others in the community, Olson brought together a core group of 13 houses of worship, called “Host Congregations,” to commit to housing homeless families for four weeks each year. “Support Congregations” were enlisted to supply volunteers to help run the program each night and provide ancillary support during the day.

When Mongiardo relocated to Wellesley with her family and joined the Village Church, she wondered if there would be interest in forming a local Family Promise affiliate. Around the same time, Christ
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Lutheran Church in Natick was also exploring the idea and the two congregations began working together.

It took five years of organizing to pull in 13 host congregations, but the program welcomed its first guests in October 2008 and has been serving homeless families ever since. Now it is one of 192 Family Promise affiliates across the country, and one of four here in Massachusetts, together with Worcester, Leominster/Fitchburg, and the North Shore.

Thinking of Volunteering?
There are many ways to get involved, whether as an individual or with your entire family. Training is provided to all volunteers prior to working with guests. Here are just a few of the ways you can choose to help.

- **Provide a Meal.** Two or three volunteers are needed to prepare dinner for 10 to 16 people that is dropped off at the host congregation the evening it is to be served.
- **Dinner/Family Time Hosts.** Two (or more) volunteers share in the meal with guest families at the host congregation and to help clean up and socialize afterward. Activities may include helping children with homework or playing games.
- **Overnight Hosts.** Two volunteers familiar with the layout and safety protocols of the host congregation are provided their own sleeping accommodations during the night in case after-hours help is needed. Typically, they arrive after “family time” and depart at 6:45 am weekdays, slightly later on weekends.
- **Provide Breakfast.** Sunday through Friday, guest families are up and out early, so generally a simple breakfast of cereal, bagels, and fruit is served. On Saturdays, volunteers cook a hot breakfast. Volunteers provide the food.
- **Provide Lunch.** Volunteers are needed to supply and pack lunches for guests each morning before they leave the host congregation.
- **Set Up or Break Down Sleeping Quarters.** Several volunteers are needed on Sundays to convert classroom space into sleeping quarters and back again at the beginning and end of each week-long stay. This involves moving furniture.
- **Laundry.** On Sundays, volunteers take bed linens home to wash.
- **Weekend Assistance in the Office.** Volunteers staff the Natick day center in three-hour shifts on Saturdays and Sundays, either from 9:00 am to noon or noon to 3:00 pm. Duties vary depending on work volume. Sometimes the most valuable contribution is simply being a warm presence for guests or playing a game with a child.
- **Host a Drive.** Volunteers can develop their own “drives” within their work place or community group to collect necessities, such as cleaning supplies, toiletries, school supplies, and more.
- **Professional Assistance.** Be it ESL or GED tutoring, resume writing, money management skills, if you have a special talent or interest you would like to share, please get in touch via the web at www.familypromisemetrowest.org or call 508.318.4820.
Happy Holidays!

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The FPM network has grown to include 50 member congregations; 19 who serve as hosts, 31 who are support congregations, served by some 2,000 volunteers. But Family Promise is about much more than just shelter, stressed Executive Director Sue Crossley.

During the day, families come to the organization’s office space at the Common Street Spiritual Center in Natick that is open from 6:00 am to 6:00 pm, 365 days a year. Called “The Day Center,” the facility serves as a home base where guests can store their belongings.

A volunteer from Christ Lutheran Church gets ready to serve a meal.
longings, do their laundry, and have a physical address and phone number while looking to secure work and housing.

FPM employs case managers that assist each family in identifying their root causes of homelessness. Budgeting is addressed and families are required to save 80 percent of their income after expenses. A new program, Steps for Success, also provides a comprehensive approach to employment that encourages families to reach their highest earning potential. Computers are available and staff and volunteers help with writing resumes and preparing for job interviews. Family Promise also provides transportation subsidies and safe, reliable childcare while parents are looking for work. School-age children continue to attend their regular schools, or enroll in schools locally.

After school, area teachers and high school students volunteer to help with homework. During the summer, subsidies are given for children to attend local summer camps. Many families remain in the shelter program even after a parent initially finds a job, or completes training for a high-paying field, because it takes time to save for first and last month’s rent, and to build in a safety net.

“The high cost of housing means that working full time isn’t always enough,” Crossley said. The problem of affordability even affects families earning twice minimum wage or $16 an hour working in day care centers, nursing homes, or office administra-
tion, she explained. The most they can afford is $850 per month (one-third of their gross income) while the affordable rate set by the state in Natick is $1,400 per month.

There is simply not enough affordable housing and the problem has been growing steadily for decades. A major initiative FPM has been focusing on is to work directly with individual towns to increase the stock of affordable housing either through new construction or housing vouchers.

“When we educate children about the problem in schools, they often think of homeless people as being older adults in cities,” Crossley said. “But it’s right here in the suburbs, too.”

A favorite story often shared with new volunteers is about how a local family helped make a meal at the host congregation where they were regular members. After dinner, the children played and the adults talked.

The son told his parents later that night that it was fun and he would be happy do it again.

“But when will the people who are homeless show up?” he asked.

“Homelessness is not an ‘us/them’ issue,” Mongiardo said. “Barriers come down when we get involved and become part of the solution.”
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Helping Kids Find the True Meaning of the Holidays

PATTY LENZ BOVIE writer


But with the nostalgia ultimately comes the reality of holiday stress. It hits us like a cold front before our Thanksgiving turkeys go in the oven and doesn’t give way until the New Year’s ball has dropped. Realities like never-ending Christmas and Hanukkah lists. Tight budgets. Long lines at the mall. Late-night wrapping. And kids who tear through package after package, still unsatisfied.

The truth is that while the holidays are filled with tradition and special moments, it’s easy to get derailed and completely miss the joy of the season. So how do you keep the excess of the season at bay and create a spirit of giving in your own home?
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**Less is More**

Many kids have so much more today than we ever did so it’s hard to keep them grounded. “Parents really struggle around the holidays with gift giving,” explains Lisa Goodman, Wellesley’s Hardy Elementary School psychologist and a mother of two. “The bar is set really high for a lot of these kids and it’s hard to balance expectations with realism. Parents need to feel good about saying ‘no’ and helping kids recognize that limits are a good thing.”

When it comes to small children, opening lots of presents can be overwhelming. One mother of a four-year-old witnessed what she called “present fatigue” in her son last year. “He got so focused on getting and opening more presents that after each one, he forgot about it almost immediately and wanted a new one to open. It was as if he was eating a whole Easter basket of candy without tasting any of it! And just like the after-effect of that would have been, when it was all done, he had a huge crash,” she says. Since then, this mom has asked family members to limit their giving or to pool resources so they can give him one gift that is more meaningful, such as a bike or a museum membership.

Writer Ceri Marsh of *Parents* magazine, identifies other concerns about gift overload. “At a minimum, showering kids with presents sets up their expectations that excess equals happiness. More is better.” And that’s not a message any of us want our kids to be left with.

“Teaching kids about the value of a dollar and helping them understand that money isn’t endless has to be a year-round conversation, not just something you talk about during the holidays with your kids,” adds Goodman. It’s important to help them understand that they need to make choices, and that even Santa doesn’t have an endless supply of toys.
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family matters  “kids can experience the joy of giving”

The Instant Gratification Reality

Today’s kids are growing up in an era of instant gratification. They don’t have to wait to have their pictures developed. They don’t have to wait for their favorite TV show to come on once a week. They don’t even have to wait for the home phone to ring. Because it doesn’t. At least not for them.

Thanks to technology, everything is at their fingertips, so patience isn’t a virtue many children are very familiar with. But when it comes to the holidays, kids can’t fast-forward the calendar, which is a good thing. “Giving kids an opportunity to look forward to something can be very beneficial,” adds Goodman. So when your kids are asking for that special something, make them wait until the holidays. If they really want it, they won’t forget about it, and if they get it, they’ll cherish it that much more.

“When little kids walk into a store, developmentally they don’t yet have that filter that enables them to distinguish one thing from another. Everything is so glittery and shiny and they want it all,” says Goodman. Helping them select a few choice items and setting them aside helps kids appreciate those items so much more. It also teaches them that good things really do come to those who wait—not so much being rewarded for their patience, but the feeling of looking forward to something and having it happen.

The Joy of Giving

Apart from getting gifts, kids can experience the joy of giving at a very early age — whether it’s making something special for a family member or pooling their pennies for something store bought. Encouraging your children to give something to a friend or family member — even a drawing — can be a great way to instill a sense of giving early on. One mother of five says, “We don’t spend a ton on our kids, so their expectations are modest. But some years we just expect to deal with a disappointed face or two and we let them feel the disappointment — until they see a member of our family open up a gift from them, which they love. Having each child buy for one sibling as a Secret Santa really helps them feel the spirit of the season.”

Ways to Give Back

- **SERVE** a meal at a homeless shelter
- **PARTICIPATE** in the St. John Christmas Wish Program and provide clothing and a special Christmas wish gift to families in need
- **GIVE** food donations for family holiday dinners
- **WRAP** presents for an organization that gives out toys to kids in foster care
- **SHOVEL** an elderly person’s driveway
- **SPONSOR** a family during the holidays
- **GIVE** to the Salvation Army ringers and let your kids put the money in
- **DONATE** your old coats to shelters (many local organizations run drives)
- **LEND** your voice to a choir or go caroling
- **JOIN** an orchestra or a band and play in a holiday concert
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family matters  “family and tradition”

Traditions vs. Gifts

But the holidays are about more than gift giving. Goodman meets with her elementary students during the season to discuss what’s happening at home. “We talk about family traditions and I try to underscore that everyone is different. When one child is looking forward to getting an iPad and another is hoping for a new pair of sneakers, the conversation can get difficult,” she explains. “So I try to steer my students away from talking about what they want to how they celebrate, since families tend to have special holiday rituals.”

Creating family traditions — whether it’s going to the Prudential Tree lighting, making latkes on the first night of Hanukkah, or having a family feast on the last night of Kwanzaa — is where the real magic lies. You might remember one or two special holiday gifts you’ve gotten over the years, but you’re more likely to remember what you did as a family. Maybe you watched How the Grinch Stole Christmas every year, or went on a horse-drawn sleigh ride. Or maybe you made rugelach with your bubbe or gathered with your relatives to light the Kwanzaa candles. In most cases, when people get married, they bring together two different ways of celebrating the holidays, and those should be shared.

One mother of three compares her childhood to that of her children. “When I was growing up we either made or bought gifts for each other from a very early age. But my boys don’t view presents as the highlight of the holiday season. They like all the events: our
family Smorgasbord, Christmas day with the cousins, creating our holiday scene at home, and decorating the tree. They have absorbed my “true meaning of Christmas,” which is family and tradition. I don’t think you can really do anything to teach this—you have to believe it, live it, and hope for the best.”

**Teaching Gratitude**

To teach gratitude it’s important to be a good role model by showing gratitude—write thank you notes, be a gracious gift receiver—but kids don’t always get the message in our world of plenty. The important thing is to help them recognize that so many people are struggling. And it’s always beneficial to talk about the first Christmas, the first Hanukkah, and the origins of Kwanzaa just 50 years ago to remind them that all these celebrations came out of adversity.

“Children’s literature is a great way to root kids in the meaning of the holidays,” says Goodman. Books can help teach children
why we give gifts, why Christmas is called Christmas, why Jews light eight candles, and why African Americans light seven candles for Kwanzaa. No matter what you believe, it’s helpful to talk about the origins of the holidays and how different people celebrate around the world.

And of course giving to those in need is one of the best ways to foster the spirit of the holidays at home. “We wrestle with materialism,” admits one Wellesley mom. “We try to focus on family traditions and giving to others, so we always sponsor a family in need. We also help prepare and work at a holiday party at a shelter and we try to stress to our kids that to whom much is given, much is expected.”

Another mother of a 10-year-old says, “I try to show my daughter that the holidays are not all about getting — that giving to those in need is so important and we are lucky that we can. We always sponsor a child in need and shop together for gifts, and my daughter always chooses a girl her own age.”

Another Wellesley family has participated in the St. John Christmas Wish program for years. “We sponsor four children each year and try to teach our kids through this program that there are many families in our own community and surrounding communities that face tremendous hardships (often exacerbated during the holidays) and this is one small thing we can do to help.”

family matters  “memories that last”

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Recommended Holiday Picture Books

- An Orange for Frankie by Patricia Polacco
- Christmas Tapestry by Patricia Polacco
- Twas the Night Before Christmas by Clement C. Moore
- How the Grinch Stole Christmas by Dr. Seuss
- Mr. Willowby’s Christmas Tree by Robert Barry
- Twas Nochebuena by Roseanne Thong
- Shooting at the Stars: The Christmas Truce of 1914 by John Hendrix
- Hanukkah at Valley Forge by Stephen Krensky
- Beni’s First Chanukah by Jane Breskin Zalben
- Mrs. Greenberg’s Messy Hanukkah by Linda Glaser
- The Polar Express by Chris Van Allsburg
- My First Kwanzaa by Karen Katz
- Habari Gani: What’s the News? A Kwanzaa Story by Sundaira

Morninghouse
Santa and the Elf

While St. Nick may or may not have been a real person, Santa has become larger than life. He has his own tracker, his own website, even his own Twitter handle. And he will forever remain a symbol of kindness and generosity with his twinkling eyes and red suit.

Still, Santa can be a polarizing figure in many homes. Some use his “naughty list” as a threat while others encourage good behavior by seeking his approval. Similarly the Elf on the Shelf® creates a feeling of anticipation for kids each morning, and can help keep behavior in line, but it’s important to underscore to your kids that even Santa and his elves have limitations in terms of what they can give.

“We talk all year about how families do things differently,” adds one mom. “Santa might give their friends bigger, more elaborate gifts, or several, but Santa knows that we, their parents, don’t want our kids to have too much . . . that we would rather keep it simple. In our family Santa is the spirit of love and giving who lives in everyone.”

And many adults who celebrate Christmas have fond memories of Santa. “Santa is a big tradition on my side of the family,” says one mother of two. “I used to dress up as an elf and go out with my brother who was Santa (he is 16 years older than me). The tradition still continues every Christmas Eve. Each new brother-in-law or nephew that comes of age plays Santa for the little kids each year. In my home, Santa always brought the big gift like a bicycle or roller blades or American Girl dolls, but he never brought too much.”

While gift giving, traditions and Santa are all part of the holidays, what’s really important is to unplug and enjoy special moments together. And for those not celebrating a holiday this season, it could still be a good time to help others less fortunate. Those are the memories that last.
Art enables us to find ourselves and lose ourselves at same time.
— Thomas Merton

during a chance meeting in Wellesley Square, I had a casual conversation about art with accomplished mosaic artist, Lauren Mehrberg. Sharing our common passion for the creative led to an invitation to visit her studio. Having a particular affinity for anything stone, tile, or brick, and being certain that I had been a stonemason in my past life, I was eager to see what had led her to create these intricate glass puzzles, and where they took form.

I knew I was in an artist’s home from the first step inside Lauren’s living room. The high ceilings, glass doorknobs, and unique dark wood staircase whispered welcome. The charming antique furniture and rugs were accented by a wide array of color, pattern, and texture. The vintage three-part mirror over her fireplace beckoned to tell its story to those who would listen. Lauren led me through to the dining room where her mosaics hung on each wall as if in a gallery. The shimmer and dimension of the glass tiles invited me for a closer look and touch of the detailed pieces making up their design. I stopped briefly at each one as she shared their history, noting the slender bits of stained glass, colorful beads, and trinkets. We made our way...
into the kitchen and, over a delicious hot mug of herbal tea, Lauren began to tell me about her artistic journey.

The path for an artist to discover his or her medium is often a winding road of experiences that eventually all come together in one brilliant form. Lauren’s childhood home was always full of creative energy. Her mother, an accomplished painter, and her father, a creative furniture refinisher, encouraged her artistic interests. After studying art and art history at Smith College, a brief apprenticeship with a jewelry designer left her hungry for more information on the gems that she worked with. Small, colorful, shiny objects had always fascinated her. She attended a fifteen-month intensive study of gemstones at the Gemological Institute of America (GIA), learning about grading, jewelry design, and manufacturing. She then worked as a diamond grader at the GIA lab, but found the work too technical, predictable, and constraining. What really began to stir her imagination was thinking how the gems would look in a unique piece of jewelry.

Several years and two children later, Lauren was at a friend’s home admiring a beautiful mosaic mirror that her friend had designed at an art class. Intrigued, Lauren decided to join the class where she learned the basics of cutting, assembling, and grouting glass. Her first project had many small pieces to cut and assemble, so she decided to take it home for the weekend to work on it. She knew she had found her passion when she woke up in the middle of the night with ideas for her piece and quietly snuck up to her studio to work on it in the dim evening light.

I followed Lauren up the back wooden staircase leading from the kitchen to her studio. As the stairs wound around, I admired the small framed samples of mosaics from her early days sparkling in the hallway. Though her earlier work contained larger pieces, the beginning of her attention to detail in the small intricacy of these florals was apparent. After one last turn, we finished climbing a few small steps, which led to a closed door, a secret room of sorts at the top of the stairs.
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Bit by bit, over many hours, the glass, mirror, and assorted trinkets are glued into place, and the piece comes together like a beautiful puzzle. Lauren considers herself a painter with the various glasses as her paints. Working on a small, intimate scale, she loves to blend her materials to create pattern, texture, depth, and dimension. The placement and direction of each piece of glass is important in her process. “I love the interactive quality of mosaic art and how the image changes depending on the light and the vantage point of the observer,” she says. “As one walks by, the glass shimmers and reflects in different ways. You see something new each time you look.”

The next step is to custom mix different shades of grout for each specific area of the piece so that the mosaic patterns will be enhanced. Choosing the right grout color is essential to her work. Unlike grouting your bathroom tile, where the grout merely fills in the joints, Lauren will cleverly nip the tiniest of jewel-like shards and place them in the river of grout flowing between the pieces.

When asked what her favorite piece to date is, she smiles, draws her hand to her face, and thinks for a minute like a mother who cannot choose who her favorite child is. “That’s a tough decision,” Lauren says. “Some of my favorites are the ones I did on commission. I love working with clients to create something meaningful and unique just for them and am inspired by their thoughts and ideas.”

Her first large-scale commission, “Sakura Grove,” was designed to harmonize with the aesthetic of her clients’ waterfront Cape Cod home. As avid fishermen, they wanted something peaceful and serene. She used a triptych format similar to a Japanese three-paneled screen to get the desired effect. The iridescent nature of the striped bass and the delicate portrayal of the cherry blossoms Lauren created are extraordinary.

Another recent work is “le 15 septembre,” which was designed as an anniversary gift for a couple who were married in Paris. She loves the colors, composition, and how, as the viewer, you are transported to their balcony in Paris overlooking the Eiffel Tower and the River Seine.

She opened the door revealing an old wooden desk, with colorful pottery, mugs, and trinkets set on the corner to inspire. The room was bathed in natural light making each gem sparkle. I felt like I was in a vintage candy shop with jars full of bits of glass resembling confections in every color and flavor.

After a brief tour of the space, she brought out a work in progress of a little white dog, one of the many commissioned pet portraits she has done. How interesting it was to hear about the steps involved in the creation of her art. She often will meet with her clients to see their space and discuss their ideas. Lots of research comes next as she designs the layout of the piece. When working from a photo, she often pre-draws the subtle areas of color, much like a paint by number canvas. She will then select the right shade of glass or gem for each spot and delicately nip and cut it into shape.
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illuminated by the setting sun. Stained glass, mosaic gold, Murano millefiori (patterned glass beads), pottery, and even decorative fabric were all used in specific areas to bring out the design.

Pleasantly, 2015 has been an exciting year for Lauren. Her work was well received last summer at a showing at the Wellesley Free Library and as a feature on WCVB’s Chronicle on Channel 5. She is currently at work creating a one-of-a-kind wall mirror with 3D designs. Lauren is also showcasing a collection of her works at the Weston Public Library for eight weeks. This free exhibit will be on display through December 31 of this year. In addition, Tenacre Country Day School in Wellesley has invited Lauren to be an artist-in-residence in fall of 2016. The goal of this prestigious enrichment program is to inspire Tenacre’s budding young artists to embrace their talents, curiosity, and passion for art. Lauren’s mosaic art will be displayed for several weeks in the Tenacre Art Gallery, and she will also work one-on-one with the elementary school students on a mosaic project, sharing her expertise, experience, and passion as an artist.

As my tour of her studio was coming to a close, I asked her what the best thing is about her work. Lauren smiled and replied, “I would say working on a piece for a client and seeing their reaction as I show it to them and how happy it makes them.”

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while much attention has been given to Suzy Duffy’s comic romance Wellesley Wives, it was hardly the first or last word on our pair of “W” towns. With the help of local librarians and book sellers, we’ve assembled a list of books where Wellesley and Weston — present and past — figure prominently in fiction and nonfiction.

*Mad Girl’s Love Song: Sylvia Plath and Life Before Ted,* by Andrew Wilson (Scribner, 2013)

In 1942, at age 10, Plath moved with her mother, brother, and maternal grandparents to a small wood-framed house at 26 Elmwood Road (now a historic landmark) in the Fells neighborhood of Wellesley. In greater depth than her other biographers, Wilson describes how her decade in the town affected Plath (the person and the writer) and those there who knew her. Despite — or because of — her inner demons, she pushed herself both academically and socially. She belonged to the Girl Scouts, played viola in the school orchestra, and addressed the First Unitarian Society — while still finding time to build a house of ferns and branches in the woods near her home. Already a voracious reader and writer as a young teen, Plath came into her own thanks to a gifted and unconventional high school English teacher, Wilbury Crockett, who would remain a presence well into her adult life.


The 1999 murder of Mabel Greineder has been the topic of two books by journalists and
hundreds of stories in print and on TV. Her husband, Dirk, a prominent allergist, led police to the body, only later to be convicted of her murder in a trial that exposed the doctor’s double life. Rosencrance delivers the salacious details with the flair of a novelist. Partnering with Foley, who was the lead state police detective on the grisly crime, and drawing on exclusive interviews, Farmer has written a police procedural that takes as behind the scenes as investigators cracked the case. Even as this more recent book was published, Greineder was still protesting his innocence. In 2013, the Supreme Judicial Court refused to overturn his life sentence.

**Faith Ed.: Teaching about Religion in an Age of Intolerance,** by Linda K. Wertheimer (Beacon Press, 2015)

Remember the brouhaha five years ago over a field trip by Wellesley middle schoolers to the Roxbury mosque? Wertheimer, a veteran of education reporting for *The Boston Globe* and other publications, digs into that story and its aftermath as part of her examination of how schools across the nation grapple with teaching about the world’s religions. Through interviews with students, teachers, and administrators, and her own observations of classes, Wertheimer dissects curriculums across the country. Along the way, she offers slices of Wellesley life, some heartening and others disturbing. One Jewish girl recalls that as a third grader new to town a kid came up to her with a ruler — to measure her nose.

**Rebels in White Gloves: Coming of Age with Hillary’s Class — Wellesley ’69,** by Miriam Horn (Times Books, 1999)

“We’re searching for more immediate, ecstatic, and penetrating modes of living. So our questions about our institutions, our college, our churches, our government, continue.” The speaker was campus activist Hillary Rodham, and the occasion, Wellesley College’s 1969 graduation. Her classmates, facing unpredictable futures in turbulent times, stood up and cheered. Drawing on interviews, Horn recounts the individual stories of these Wellesley grads, from childhood and college, through the challenges of navigating work and love with few sign posts to follow. As freshmen in 1965, they had expected to marry, live in the suburbs, and join the Junior League — and the college had encouraged them in these goals. But by the time of graduation, the protest movements of the era inspired many to seek alternative paths. Horn’s sympathetic approach and the complex, often surprising stories that emerge prove an antidote to the clichés and stereotypes that often surround depictions of women’s lives.
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Francis Blake: An Inventor’s Life, 1850-1913, by Elton W. Hall (Northeastern University Press, 2003)

A century ago much of the land at the sprawling interchange at Route 128 and the Mass Turnpike was the site of Keewaydin, a lavish hilltop estate, complete with mansion, cottages, ponds, and gardens. It was the home of Francis Blake, whose telephone transmitter helped make long-distance service possible and whose photographic innovations transformed how people saw the world. Besides recounting his scientific achievements, this biography portrays—in words and photos—the civic and political life of late 19th and early 20th century Weston. As a selectman, philanthropist, and conservationist, Blake was for decades a leading figure in Weston. Though his name has largely been forgotten, his legacy lives on.

Perfect Life, by Jessica Shattuck (Norton, 2009)

“The house was atrocious. Big, ugly and showy. The kind of bland and squeaky new that characterized the homes of the B-list celebrities profiled on MTV’s Cribs.” That’s how Jenny’s ex-boyfriend (and sperm donor) describes her dream house in this novel about college friends who discover that marriage, love, and children don’t turn out quite as they had expected. Combining local color with forays into the worlds of video games and pharmaceuticals, Shattuck illuminates, rather than skewers, her characters as they chase the elusive “Perfect Life.”

Murder Imperfect, by Neal Sanders (Harrington Press, 2009)

You can’t help but root for Kat, a resourceful housewife (self-described “perfect hostess and slave”) who dispatches her shiftless, philandering husband and turns to a shrewd Weston lawyer to help her get away with it. In his self-published novel, Sanders describes Kat’s Wellesley Hills neighborhood as a hotbed of adultery, where the undercover action also includes wiretapping and surveillance by federal agents investigating stock market fraud. Local references abound, from Blue Ginger and Wellesley Booksmith (now Wellesley Books) to the stately mansions of Abbott Road.


Naomi Feinstein grows up a lonely child in Brookline, isolated by her troubled home life and her questioning, imaginative nature. She finds solace where she can: in books, trips to the Kennedy family home, and an unexpected friendship with the boy next door. When her beloved father suffers a heart attack, she resolves to study pre-med at Wellesley College, the school...
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that Rose Kennedy had long ago hoped to attend. Arriving at the "regal, perfectly groomed campus," and surrounded by ambitious students so confident that they don’t even have to pretend, Naomi feels as out of place as ever, until she joins the Shakespeare Society. But then, a cheating scandal disrupts the group’s camaraderie. Instead of discovering a sure path toward success at bucolic Wellesley, Naomi finds herself in Percer’s coming-of-age novel facing new kinds of dilemmas and struggles.

The Bone Garden,
by Tess Gerritsen (Ballantine Books, 2007)
“I love Weston, but I’m a little spooked by the bones,” said Julia Hamill, a third-grade teacher who moves to town after her husband leaves her (she must have obtained quite a divorce settlement!). Digging a garden, she bangs into a skull dating from the 1800s and plunges into a mystery involving grave snatching and a fictionalized Oliver Wendell Holmes (the physician father, not the famed jurist son). Meanwhile, she confronts a modern-day mystery, whether the home’s 92-year-old previous owner had really died of natural causes. Warning: After reading this you’ll never look at crows in the same way again.

The Silver Hill Boys and the Secret Railroad Club,
by Joe Karas (silverhillboys-srrc.com).
Drawing on his memories of growing up near the Silver Hill railroad station in Weston during the 1950s, Karas wrote this children’s story about the adventures of four inquisitive elementary schoolboys. They create their own private world, their imaginations stoked by the passenger and freight trains that chug up and down the old Boston & Albany rail line. Reunited as adults, they revisit their childhood haunts and their attention shifts from trains to treasure as they stumble upon a mystery that points to pirates in Weston’s past. Though place names are often fictionalized, the book’s many illustrations and vintage photos will give readers their bearings.
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deck the halls, pick out the tree, buy the presents; and order your cookies, pies, and cakes for holiday entertaining from your local bakers. We spoke with Kelly Meraw from sugar Wellesley, Susu Aylward from Susu’s Bakery Boutique & Cafe, the Wiggin family from Quebrada, and Lauren Wetherbee from Bushel + Crumb about their backgrounds, passion for baking, and what the holiday season means to them and their business.

**Sugar Wellesley  ⋆  Kelly Meraw**

Kelly Meraw’s cakes make the birthday girl or boy gasp with joy. Typically a few layers tall, her cakes are intricately decorated with whatever the birthday child has requested — a unicorn with a rainbow mane, a minecraft theme, or the ever popular Frozen theme. And oftentimes, there are a few sighs to follow when the cake is cut open to show that the layers are actually different colors to match the colors of the frosting.

“People ask me where I trained and if I have an art background. Would you believe that I learned to do this through YouTube videos? I am a self-taught baker.”

Meraw’s professional training has been far from any kitchen. She is an opera singer and sang in Canada, where she is from originally. Her husband, a fellow Canadian opera singer, is now the head of the undergraduate opera department at the New England Conservatory in Boston.

“Once I had children, I decided that the life of opera was no longer appropriate for me with all of the travel that it entailed… Instead, I decided to turn my hobby into my profession. I was inspired by a number of bloggers including The Pioneer Woman and Bakerella. I read their blogs, watched their tutorials, and practiced!”
food & wine  “fantastical holiday baking”

Over Labor Day weekend a year ago, sugar Wellesley was launched. “I introduced the brand to my neighborhood first. I live in the Woodlawn Circle area in Wellesley, and every fall we have a neighborhood party with an open air movie night. So I made caramel popcorn and cupcakes and introduced the brand. I had my first orders for cakes in the weeks to follow.”

When asked what she originally deemed as success, she laughs that it was to make a few cakes for people and have them love it. Well, sugar Wellesley can be deemed more than a success in that case. Meraw makes an average of three to four cakes each weekend. Each cake is custom ordered to the specifications of the customer — including the design. “I start my baking at eight at night, after I have put my kids to bed, and am often still baking until one or two in the morning.”

In addition, Meraw will deliver the cakes to her customer’s homes or the party location. “Because I like to make cakes with height, I prefer to deliver them. I usually have a passenger with me who holds the cake.” She will then provide a cake plate and set up the cake so that it is safe until it is time to enjoy it.

“My business has grown through word of mouth. The last holiday season was very busy. I made a lot of pies for Thanksgiving and made over 20 bûches de Noël (Yule logs) for Christmas. I was originally introduced to the bûche de Noël when I lived in Quebec. I learned to make it according to the French tradition there and I would say that that is one of my favorite holiday traditions.”

As for her favorite cake, it is a carrot coconut cake with a buttercream inside and topped with a white chocolate ganache. Need we say more?

Susu Bakery Boutique & Cafe  ✶  Susu Aylward

“The most fantastical holiday baking I have ever done is to make a gingerbread house that copied my customer’s gray center front colonial. It was a two-story house, which we hand painted and made glass windows…and I think it was eventually smashed up by her kids and eaten — as all good gingerbread houses should be!”

The holiday season is busy at Susu’s Bakery in Wellesley center. “We make over 150 gingerbread houses for corporate gifts — let alone the cookies, pies, and cakes that we make for our customers. We often sell cookie trees and platters — especially for cookie swaps — in case people don’t triumph at home.”

But working in a busy kitchen is like being at home for Aylward — literally. Aylward grew up in a family of nine children. Her father started his

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**SUGAR’S HOLIDAY GINGER COOKIES**

| 2 ½ cups all-purpose flour | ¾ cup (1 ½ sticks) unsalted butter at room temperature |
| 2 ¼ tsp. baking soda | ½ cup packed dark brown sugar |
| ½ tsp. salt | ½ cup granulated sugar, plus ½ cup for coating |
| 1 ½ Tbsp. ground ginger | ½ tsp. cloves |
| ½ tsp. nutmeg | ½ cup molasses |
| ½ tsp. ground pepper | 1 large egg |

- Line two baking sheets with parchment paper; set aside. In a medium bowl combine flour, baking soda, salt, ginger, cloves, nutmeg, and ground pepper.
- With a standing mixer, cream butter, brown sugar, and ½ cup of granulated sugar until fluffy.
- Add molasses and egg. Beat just until incorporated. With mixer on low, gradually add flour mixture.
- Using floured hands, flatten dough into a disk on plastic wrap. Place dough in the refrigerator for at least 25 minutes. (At this point you can freeze your dough for up to three months.)
- Preheat oven to 350 degrees, with rack on upper and lower thirds.
- Divide dough into twelve two- to three-inch balls. Roll dough in granulated sugar. Place dough on parchment-lined pans at least four inches apart (these cookies spread!). Flatten the dough balls slightly. Sprinkle with more sugar.
- Bake until brown on the edges, approximately 12 to 15 minutes. Do not over bake. Cool cookies on a wire rack.

These cookies keep beautifully in an air-tight container for a week.  

Makes 12
career as a pitcher, and played for the Red Sox, Washington Senators and Brooklyn Dodgers. But once the children started arriving, he switched to a career in construction and settled his family in Wellesley.

“We were all part of the staff and entertaining was a natural part of our lives. You were either assigned to polish the silver, clean the yard, or to some other task that needed to be done. I clung to my mother’s apron strings and learned from her and my grandmother, who was a remarkable baker.”

“Being part of a big family was normal for us. My mother was one of 12 and my father was one of 14. Both of their families were from JP, so we had endless cousins and playmates — which meant there was a lot of entertaining at all times.”

“It still amazes me that people pay for cookies. That was unheard of in our household. I remember feeling that I had arrived when I got my first TV dinner.”

Aylward has not always been a professional baker. Prior to opening Susu, she worked in advertising at Hill Holliday. Even there, though, she was still baking. “I made all the agency brownies, helped with the events, and put together the gift baskets.”

When the holidays come around, she prefers to stick to the traditional pies and cookies that her grandmother taught her how to bake. “She had a special twist with the crust and she shared it with me. Not everyone in the family loved to bake, but I did and so I got the secrets.”

As for her favorite cookies, butter cookies are the winner!

Bushel + Crumb  * Lauren Wetherbee

Wetherbee, like Aylward, is another native of Wellesley and, similar to Meraw, she is a self-taught baker.

“My partner, Simca Horwitz, is a professional baker. I love to bake, but my background has been farming. We met at the Massachusetts Farm to School program, which is a group that focuses on bringing locally grown food to schools.”

Bushel + Crumb is a pie CSA (community-supported agriculture). It is provided as an add-on to the traditional CSA model, where people pick up weekly fresh produce from a local farm. Clients pick up a pie every two weeks and the pie rotates between a sweet pie and a savory pie.

“We did some research and realized that there are only a few pie CSAs and so we decided to start our own in 2013. It brings together...
our love of baking and farming, as we try to source most of our ingredients locally.”

Currently, the pies are available for pick-up at Powisset Farm in Dover, Brookwood Community Farm in Milton, Pakeen Farm in Milton, Heirloom Harvest in Westborough, and Medway Community Farm.

“It is truly a ‘from scratch’ operation. We pick up the fruit, vegetables, eggs, and dairy products from the local farms. We then bake the pies together and deliver the pies to the different farms.”

Their savory pies range from a roasted tomato with goat cheese finished with a balsamic reduction to a roasted squash, onion, apple, and cheddar pie. Their sweet pies range from a nectarine and blueberry pie to an apricot crème fraiche.

“The last pie for the CSA season is always an apple pie. Last year it was a spiced apple and pear pie.”

However, once the typical CSA season is over (usually in October), the holiday orders pick up.

“Customers will preorder their pies and we will deliver them to a few set farms for pickup on a specific day. There are two sizes, a six-inch and a nine-inch, and always a variety of sweet and savory pies from which to choose.”

Last year, the pies for Thanksgiving included the squash, onion, apple, and cheddar pie, plus a salted honey walnut pie. There are also the traditional pumpkin, blueberry, apple, and pecan pies.

### BUSHEL + CRUMB’S CAZUELA PIE (SWEET POTATO AND COCONUT MILK)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ cups sweet potato purée (see note)</td>
<td></td>
</tr>
<tr>
<td>⅓ cup coconut milk</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>⅓ cup brown sugar</td>
<td></td>
</tr>
<tr>
<td>1 tsp. fresh ginger, grated</td>
<td></td>
</tr>
<tr>
<td>¼ tsp. nutmeg</td>
<td></td>
</tr>
<tr>
<td>½ tsp. salt</td>
<td></td>
</tr>
<tr>
<td>1 recipe of your favorite crust in a nine-inch pie plate</td>
<td></td>
</tr>
</tbody>
</table>

- Preheat oven to 350 degrees.
- Parbake your crust by placing it on a cookie sheet (put parchment paper, tinfoil, or a silicon mat on the cookie sheet to catch any drips), covering the crust with parchment paper, and filling with pie weights (rice or dry beans make great inexpensive pie weights), then baking for 15 to 20 minutes. The edges of the crust should be firm and dry, but not browned. Remove pie weights and parchment, and cool crust.
- Combine all filling ingredients thoroughly. A hand mixer, stand mixer, or whisk is best — you want the mixture to be very well blended and smooth. If making your own sweet potato purée, add the remaining ingredients to the food processor after pureeing sweet potatoes and blend until smooth.
- Pour filling into cooled crust (still on the cookie sheet).
- Bake at 350 degrees for 45 to 50 minutes. The edges of the filling should be firm but the center should jiggle slightly. As the pie cools the center will cook thoroughly.
- Cool pie for at least one hour. Pie will keep in the refrigerator for a few days. Or make the filling in advance and store in the refrigerator until ready to fill crust and bake.

Note: Making your own sweet potato purée is super easy. Put one or two sweet potatoes on a piece of tinfoil or cookie sheet in a 425 degree oven and bake for 45 to 50 minutes. Cool sweet potatoes, scoop out, and puree in a food processor until smooth. One large or two medium sweet potatoes (about 1 pound) will make enough for the cazuela pie with some left over.

Serves 8
“The famous story in our family is about the time I was asked to write an essay about what my parents did for elementary school,” shares Schuyler. “I think I was in first grade. I wrote that my mom stayed at home with us. My teacher gave me a strange look and shared it with my mom, who found it hilarious. She would get up at 2:00 am to go to the bakery and start the day’s work. Then she would come back home to get us ready for school. I had no idea that she did this. I just thought she was asleep like us!”

Quebrada Baking Company  Kay, Emilie, and Schuyler Wiggin

Similar to Aylward, Kay Wiggin is a professionally-trained baker who trained in Cambridge and Harvard Square. She opened her first bakery in Arlington in 1978, and has added on the locations in Wellesley and Belmont. It is now a family-run business with her daughter, Emilie, and her son, Schuyler, working and running the different stores with her.

However, the family business wasn’t always a family business so to speak… it was more like a secret.

“"We provide pies for the Christmas season as well. One of the most popular is a spinach, herb, and ricotta pie for Christmas morning.”

As for Wetherbee’s personal holiday favorite, it is the traditional pumpkin pie. Her cookie choice is a ginger cookie with strong chunks of crystalized ginger.

The holidays are a crazy time at Quebrada. Orders for pies and cookies are nonstop. “Shortbread cookies in different shapes are probably the favorite. Chocolate chip cookies and snickerdoodles are probably a good second and third,” shares Schuyler.

As for his favorite cookie, it is the traditional chocolate chip cookie. Emilie’s, interestingly enough, is the reverse chip cookie, which is a chocolate butter cookie with white chocolate chips and walnuts. 

**For more information:**

- **SUGAR WELLESLEY**
  - www.sugarwellesley.com
- **SUSU BAKERY BOUTIQUE AND CAFE**
  - 575 Washington Street, Wellesley
  - www.susubakery.com
- **BUSHEL + CRUMB**
  - www.bushelandcrumb.com
- **QUEBRADA**
  - 272 Washington Street, Wellesley
  - www.quebradabakingco.com

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**QUEBRADA’S HANUKKAH/CHRISTMAS MORNING CHALLAH FRENCH TOAST**

Serves 4

- 6 large eggs
- Quebrada Challah Bread (about half a loaf) cut into eight one-inch slices
- 4 Tbsp. unsalted butter
- 1½ cups heavy cream, half-and-half, or milk
- 2 Tbsp. pure vanilla extract
- ¾ tsp. ground cinnamon
- Pinch of ground nutmeg
- 4 Tbsp. vegetable oil
- Pure Vermont maple syrup, for serving
- 2 Tbsp. pure vanilla extract

Whisk together eggs, cream, vanilla, cinnamon, nutmeg, and salt in a medium bowl; set aside.

Place bread in a shallow baking dish large enough to hold bread slices in a single layer. Pour egg mixture over bread; soak 10 minutes. Turn slices over; soak until soaked through, about 10 minutes more.

Heat 2 tbsp. butter and 2 tbsp. vegetable oil in a skillet over medium heat. Fry the bread slices until golden brown, roughly 2 to 3 minutes per side.

Serve with maple syrup.
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about town

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

Pine Straw’s Waban Store Grand Opening

1 Michele Whelan, Amy Fuller Boyd, Alison Ross, and Sarah Fulkerson
2 Thom Cranley, Peter Solomon, and Mike Brennan
3 Gina Solomon and Lauri Maney
4 Chris Anne Banks, Terri Tsagaris, and Amy Letteney
5 Pam Cubbins and Tracy Cranley

Benoit Mizner Simon New Brokers at New Weston Office

Tricia Parmele, Jacqueline Fitzpatrick, Katherine Bell, Gabby Borges, and Leslye Fligor

Hills Garden Club of Wellesley Garden Tour

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ARCHITECTS + BUILDERS
about town (CONTINUED FROM PAGE 196)

Cupcakes, Coutour & Contour at Susu’s Bakery & Cafe

Wellesley Chamber Meet and Eat Lunch Group

J. Todd Galleries Presents Peter Rolfe Reception

For more information on these events and additional photos, visit wwmblog.com
about town (CONTINUED FROM PAGE 198)

Fiske Wild West

1 Mac Munro, Ethan Kinney, and Mikey Messore 2 Kristen Wozny, Chelsea Lee, Vanessa Thomas, Shelly Griswold, and Jennifer Bardorf 3 Krystyn Harmon and Rachel Segal 4 Bonnie Luongo and Leo Harmon

Wellesley Friendly Aid Fundraiser at Sara Campbell

Dotty Wyman, Suzy Ferrantino, Susan Kingsley, and Karen Holmes

Debi Benoit’s Fabulous 100 Women

1 Lara O’Rourke, Debi Benoit, Chelsea Robinson, and Katherine Bell 2 Khandan Yazdinezhad, Tricia Frank, and Leslie Appleby 3 Maura Sullivan and Kristen Whitiker 4 Erica Flagg, Amy Finkelstein, Caroline Stone, and Julia Woodward
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Perdoni Family Trust Fundraiser

Coldwell Banker Wellesley/Weston
Top Producers Elite Retreat

Wellesley Chamber Business After Hours at The Local

1 Lyn Evans Shotkus, Stan Shotkus, Candace Kelley McLaughlin, and Georgia Jenkins  2 Steve Verdelli, Andrea DiMarco, Susan MacIndewyer, and Keith Greenfield  3 Amy Weil and Maura Wayman  4 Candace Kelley McLaughlin, Jill Mead, and Alice Dunphy

1 Deena Powell, Melissa Dailey, Kathryn Richtlen, Paige Yates, and Diana Chaplin  2 Back row: Deena Powell, Kathryn Richtlen, Melissa Dailey, Diana Chaplin, and Jamie Genser; Front row: Elena Price and Paige Yates

1 Melissa Murphy, Helena Fonseca, and Ralph Lether  2 Laura Beusch and Ivette Mesmar  3 Greg Pauplis and Brian Lynch  4 Vida Doyle, Melissa Cote and Lorri Woodacre
Princess Corsini Lecture at Mass Hort

1 John Corsini, Princess Giorgiana Corsini, Lara O’Rourke, and Ginny Keator  
2 Larry Simpson and John Forti  
3 Russell Corsini, Kathy Macdonald, and Princess Giorgiana Corsini  
4 Marcy Busch, Margaret Pantridge, Molly Whitney, and Barbie Foster

Golden Ball Tavern Antique Show Preview Party

1 Travis and Deena Powell  
2 Tare and Sue Newbury  
3 Bruce Peterson and Frank Conrad  
4 Taylor Stoermer and Joan Bines  
5 Robin and Tom Jackson  
6 Becky and Mark Foley

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Do You Have An Event You Want Us To Showcase?
Please send your photos and descriptions to: jill@wellesleywestonmagazine.com. Email submissions only please; jpeg photos are welcome at a minimum size of 3” x 4.5” at 300dpi.
when the Navy decommissions a ship, there is a ceremony honoring the vessel’s years of service. Bells are rung; flags are hauled down, carefully folded, and put away. When it comes to the back-breaking work clearing out a beloved family home, however, there is no such custom. There are no benedictions whispered in dusty rooms filled with tied-off Hefty bags, and the only “ceremony” to mark the event is when the disposal truck comes to haul away the full-to-the-brim dumpster.

My in-laws built their house in the early 1960s from blueprints they saw advertised in a magazine. “I watched every nail go into that house,” my mother-in-law proudly said. They had a good life there. Bridge with the neighbors most weekends. Impromptu pool parties anytime the temperature crested 80 degrees. A daughter’s wedding in the backyard. Grandkids learning to ride two-wheelers on the long, flat driveway. Legendary holiday parties.

But the time came when the two broad and gracious steps that led to the sunken living room began to pose a risk for my aging father-in-law, weakened by Parkinson’s. He would wear his determination on his face as he teetered on the first step before steadying himself and continuing, triumphant, to the second. When the teetering turned into falling, even my reluctant mother-in-law agreed it was time to sell the Connecticut house and take up permanent residence in their Florida vacation home.

My father-in-law was ready to call in the auctioneers and junk haulers and empty the house in a day. But my mother-in-law weighed the fate of each item with painstaking consideration. Who should have the silver-rimmed crystal jelly jars, the antique dolls, the bridge table, the linen tablecloths, the Paul Revere bowls in various sizes and grades of silver, her mother’s fragile crystal stemware, the Steiff stuffed animals collected on trips abroad and loved by her children and grandchildren? Every time I shake my head “no” and tell her that I simply don’t have the room, I can see the hurt in her eyes—as though I’m not rejecting just the item, but an entire lifetime of memories. It is a hurt I see multiplied as other family members do the same. When she breaks down in tears, as she does often, I wait patiently as she collects herself and we begin the process again.

The doll-sized china tea service that had been hers as a child gets relegated to Goodwill. The dozens of collectible Swedish plates celebrating “Mars Day” and “Fars Day?” Look for them on eBay. Diplomas? Plaques? Patents? Awards? Most went into the trash. But not the book of poems her mother read to her as a child, and the more than fifty volumes of family photographs. There are some decisions she simply can’t bring herself to make.

While my in-laws were quick to settle comfortably in their single-story Naples home, I remain haunted by memories of that weekend, and shop differently now that I’ve seen the full life cycle of one’s possessions. That’s not to say I don’t occasionally indulge—sometimes a girl just needs that antique Spode platter to display on the mantelpiece. But I hold no illusions that my treasures will one day be treasured by anyone else.
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