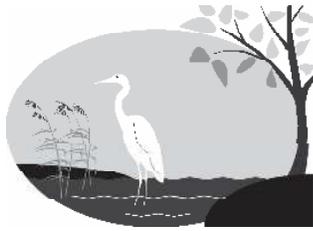


HOPKINTON AREA LAND TRUST INC.

NEWSLETTER



Volume XXXV, Autumn

September 2016

A Word from the President
David Goldman

This newsletter brings the **Trust to its 22nd year of existence** and brings you an invitation to attend the **Trust's Annual Meeting**. The meeting will take place on Sunday, September 18th 2016, at the Masonic Temple on Main Street, in Doherty Hall (entrance is through the rear door off the parking lot). The Annual meeting provides information to the members, or any interested party, about the accomplishments of the Trust over the past year. It also provides a very quick review of the accomplishments over the past 21 years that the Trust has been in existence. The membership will be electing three directors for a three year term. The Trust will also be ratifying changes to its By-Laws that have been made by the Board of Directors and needs membership approval. I hope to see many of you there.

The Trust continues to build and maintain trails for your use and enjoyment. Recently the Board of Selectmen approved the naming of additional trails in the Fruit Street Conservation Area. The new/revamped trails will be located in the northern section of the Fruit Street property and will be named the "**Mary C. O'Brien Pratt Trails, Northern Section**". A Boy Scout is preparing an **Eagle Scout Project Proposal** to clean up several tire dumps on this section and to clear out and mark the trails. It is hoped that the new trails will be open sometime this fall.

On the Saturday prior to the Annual Meeting, the Cultural Arts Alliance will be holding the annual **PolyArt** event on the Town Common. As usual the Hopkinton Area Land Trust, along with several other local organizations (Friends of Whitehall, the Trails Club, etc) will have a booth set up to answer questions and chat with the event participants. Please come and look for us so that we can get to know each other better.

A final item. The **Whitehall Woods Open Space (203 Pond Street)**, is very close to having the Conservation Restriction (CR) finalized. The open space ownership passes to the Sudbury Valley Trustees and the CR will be held by HALT. We are awaiting recording of the CR and deed and that is expected to happen before the end of the year.

By maintaining the open spaces in Hopkinton, the Trust is helping to preserve and increase the value of your property and maintain the rural character of the town. **We have closed on 1000 acres of open space land in the Trusts ownership or under Conservation restrictions**, which provides for the preservation of that rural character we all want in Hopkinton. We are at the beginning of the great New England fall season and if you enjoy the use of the open spaces, please remember to ***help support the Trust, by becoming a member or by making a tax deductible donation***, so that we can continue to provide this value to you the residents. So have some fun, get outdoors and enjoy nature's wonders. Find a geo-cache, take a walk in the Trust's properties, **welcome home**.

Very truly: *David Goldman*, President

PO BOX 56, WOODVILLE MA 01784

HOPKINTON AREA LAND TRUST INC.

HALT Scholarship Winner

Congratulations are in order for Jillian Kellett, winner of the 2016 HALT Scholarship. Jillian will be attending the University of Oregon, where she plans to study environmental design together with architecture, which is a five year program.

In the summer of 2014, Jillian participated in the UMASS Amherst Summer Design Academy, where she “learned about controlling rainwater in urban areas, solar power, and visited a ‘Zero Net-Energy Building’, which is so sustainable that it produces more energy than it uses.” She won the National Academy of Future Scientists and Technologists Award of Excellence, and has been active throughout high school, serving as Class Secretary, playing volleyball, as an officer in the Dance Club, been a Unite Mentor, on the Prom Committee, and often volunteered to help in many community events. She enjoys painting, drawing, ceramics, photography and is active in dance and fashion, as well as outdoor activities like hiking, rock climbing and kayaking. She has already traveled widely to Greece and to the rain forest in Ecuador, and plans to return to Europe this summer.

The Board of Directors wishes Jillian a successful collegiate career, and looks forward to the time when Jillian can apply her talents to help remedy the many environmental design problems that need attention.

Seven Scientifically-Backed Health Benefits of Being in Nature

1) Vitamin D - This is perhaps the most obvious reason to get outside, since the sun supplies us with best source of Vitamin D. Getting enough of this hormone (that’s right hormone, not a Vitamin) is essential to maintaining a healthy immune system. Those who don’t get enough Vitamin D are more likely to suffer from osteoporosis, cancer, and Alzheimer’s. Getting enough sunlight has also been linked with the prevention of diabetes, auto immune disorders, multiple sclerosis, and heart disease. As always, it’s better to get Vitamin D from natural sources- supplementing can be ineffective, and even unsafe.

If you want your body to function properly, get outside.

2) Eye Health - Getting outside can improve your eye health. Really this should count for two distinct reasons:

1. **Preventing Computer Vision Syndrome (CVS)**, the term used to describe eye problems caused by staring at a screen close to your face for prolonged periods. Do you work on a computer for a living? Do you watch TV when you’re not working? If so, you’re at risk of developing the symptoms associated with CVS: blurred vision, double vision, dry/red eyes, eye irritation, headaches, and neck or back pain. Getting outside and focusing on objects not two feet from your face can help to prevent and even reverse these symptoms.
2. **Artificial Light Provokes Nearsightedness.** New research is showing that our ever increased exposure to artificial light may be having a negative impact on nearsightedness. A 2007 study found that, “among American children with two myopic parents, those who spent at least two hours per day outdoors were four times less likely to be nearsighted than those who spent less than one hour per day outside.” Artificial light is problem, natural light is the solution.

If your eye sight is poor (or is starting to), get outside.

3) Improved Sleep - Poor sleep is often caused by poor sleep patterns. Our sleep patterns are regulated by an internal body clock called the circadian rhythm. Our circadian rhythms are naturally tied to the sun’s schedule. Spending too much time inside – away from natural light and with increased exposure to artificial light, can alter our circadian rhythms, (thus disrupting our sleep patterns. Additionally, “those who perform shift-work or travel frequently are also subject to having their natural circadian rhythms disrupted.” Early morning exposure to sunlight has been shown to help recalibrate these sleep cycles. A few consecutive days outside (like backpacking the Appalachian Trail!) will get the job done much faster.

If you have trouble sleeping, get outside.

4) Clean Air - Someone telling you to get some “fresh air” is more than a subtle way of saying “go away”. As it turns out, outdoor pollution is bad for your health, but indoor pollutants are *far* worse. The EPA New England states that indoor pollutants are normally 2 to 5 (and up to 100) times higher than outdoor pollutants. And according to the California Air Resources Board “indoor air-pollutants are 25-62% greater than

HOPKINTON AREA LAND TRUST INC.

outside levels and this difference poses a serious risk to health.” Such

health risks include heart disease, lung cancer, chronic bronchitis, and asthmatic attacks.

If you don't like inhaling poison, get outside.

5) Grounding - Perhaps still on the fringe of mainstream science is the practice referred to as grounding (or earthing), which results from bare skin contact on a natural surface (dirt, sand, etc.). The theory states that because the earth is negatively charged- and has a *greater* negative charge than your body- we absorb earth's electrons. The rubber soles of our shoes prevent this absorption of electrons from occurring. According to a study reported in the Journal of Alternative and Complementary Medicine, grounding can have an intense anti-inflammatory and energizing effect on the body.

If you want to feel the energy of earth, get outside (and take your shoes off).

6) Exercise - Let's face it, it's hard to get outside without exercising. Even a light walk has immense health benefits, especially contrasted with sitting- which has been referred to as the smoking of our generation. Sitting too much results in impaired fat burning capacity, decreased bone density, increased blood pressure, and a shortened life span. Conversely, exercise can help prevent or improve heart disease, strokes, type II diabetes, obesity, back pain, osteoporosis, and a host of psychological disorders. Exercising outdoors has benefits over the gym: people who run outside exert more energy than those on treadmills (and same for cyclists), people enjoy it more, and consequently, will do it for longer periods.

If you want to live longer, get outside.

7) Psychological Health - Last but certainly not least (at least from the standpoint of a guy who wrote a book on psychological health) is the **massively** beneficial effects getting outside can have on our mental wellbeing. Spending time in nature has been linked to improved attention spans (short and long term), boosts in serotonin (the feel good neurotransmitter) and shows increased activity in the parts of the brain responsible for

empathy, emotional stability, and love (whereas urban environments do the same for fear and anxiety).

If you're feeling down, get outside.

From www.Appalachiantrails.com

Art on the Trail

On Sunday, August 7, the second annual **Art on the Trail** exhibit opened on the Hopkinton Center Trail. Sculptor Michael Alfano of the Trails Committee, opened the exhibit along with Representative Carolyn Dykema. The Art on the Trail exhibition displays 20 different artists on the Center Trail, double the number from 2015. There was art from the Girl Scouts, Holliston Middle School, Senior Center, and many other local artists. The exhibit runs through September 25. On Sunday, September 18th at 2:00, a group of local writers will hold **Poetry on the Trail 2016** and read poems inspired by the sculptures and the trail.

The Hopkinton Upper Charles Trail Committee, Hopkinton Center for the Arts, and Hopkinton Area Land Trust

Invite you to join us in celebrating the Arts in Hopkinton at our 2nd annual 2016 exhibition

ART on the Trail

Sunday August 7, 2016
at 2:00 p.m.
for the
Opening Ceremony at the
Center Trail Parking Lot
across from Hop Lumber

POETRY
Sun. September
18, 2016
at 2:00 p.m.
A group of local
writers will read
poems inspired
by the
sculptures and
the trail

Art will be on the Center Trail throughout
August and September for public viewing

Featuring art created by the Michael Alfano, Carol Mecagni & Senior Center, Cathy Howe, Lauren Scheuer, Geri Holland Robin Batchelder many more local artists and poets new to Art on the Trail!

For addl information, contact Michael Alfano at michaelalfano.com or 508-435-4613
Jeffrey Barnes at jbarnes@hopkintonma.gov or 508-435-2358

PO BOX 56, WOODVILLE MA 01784

HOPKINTON AREA LAND TRUST INC.

The 1.1 mile Center Trail is the crown jewel of the 68.4 acre Terry property. The trail head is located on Main Street directly across from Hopkinton Lumber. The trail generally follows a railroad line to Milford that was built in 1863 and removed in 1950. The trail head features a landscaped, crushed stone foyer surrounded by wood rail fencing. A large trail sign designates this trail entrance. The trail is well marked and comes out at the High School loop road and then continues to Chamberlain Street.

Upper Charles Trail

The Upper Charles Trail will one day span more than 20 miles, connecting the communities of Milford, Ashland, Hopkinton, Sherborn and Holliston along a former CSX rail bed. The trail is being developed in sections over two counties—Middlesex and Worcester—with the surface to be chosen by the town through which it passes.

The trail is open and continuous from downtown Holliston to the Hopkinton town line. About 5 miles of stone dust-surfaced trail stretches from Central Street in Holliston to South Street in Braggville. From there, the paved trail begins, stretching nearly 7 miles through Milford to the southern edge of Hopkinton along Cedar Street (State Route 85).

In Milford's town center, the trail pivots from its southwesterly course to head due north. A highlight of this segment is the trip through Louisa Lake Park, a popular spot to fish. North of Interstate 495, the trail passes through dense woodlands. The scenic and peaceful area is part of more than 1,000 acres of protected open space.

Progress continues along the Upper Charles Trail, with Hopkinton most recently opening the upgraded Center Trail on the same former rail corridor. Hopkinton's Upper Charles Trail Committee is actively trying to determine how to connect the Center Trail in Hopkinton to Ashland and Milford. In Holliston, the corridor north of Central Street is now owned by the town, and may be passable (but rugged) to Sherborn by intrepid hikers or mountain bikers.

More information at: <http://uctc.hopkintonma.gov/>

and

<https://www.trailink.com/trail/upper-charles-trail.aspx>

Offer your leadership, political support, and charitable gifts to a land trust. Better yet, consider donating a conservation easement on your land. It is an investment in the future that offers attractive tax benefits and the satisfaction that the land you love will be protected forever.

Become a Member of HALT

Family	\$30 _____
Sentinel	\$50 _____
Centurion	\$100 _____
Steward	\$250 _____
Protector	\$500 _____
Conservator	\$1,000 _____
President's Circle	\$1,000+ _____

Total Enclosed \$ _____

Name _____

Address _____

City _____

State _____ Zip Code _____

Telephone _____

Email Address _____

All contributions to HALT are deductible for income tax purposes.

Mail to:
Hopkinton Area Land Trust, Inc.
PO Box 56
Woodville, MA 01784
508-435-6578

Or email: info@hopkintonarealandtrust.org

Choose your membership level now at:
www.hopkintonarealandtrust.org



Printed on recycled paper

You can take an important step for your community:

PO BOX 56, WOODVILLE MA 01784