

NEWSLETTER



Volume XXXX, Fall

September 2014

A Word from the President

David Goldman

It's almost Fall and it is time for Polyarts once again and also time for the Trusts Annual Meeting. On Saturday September 13th the Trust will be on the Hopkinton Common talking to town folk about the busy, productive year that we have had. **On Sunday, September 14th, the Trust will hold its Annual Meeting for members and friends at 2 PM in the Fire House, 2nd Floor Training room.** There is a lot of news that you should be aware of, so please come out that weekend and chat with us. Come talk to us about a joint project about saving the 203 Pond Street property, as a connector between the Upton State Forest and the Hopkinton State Park (see the lead article on the next page for details).

The Trust is entering a new phase in its existence. Now that we have approximately 1000 acres under land protection, the Trust will be concentrating on the stewardship of the open space properties. We have had many of you volunteer as land stewards and we thank you for your efforts. It is an easy job and some say lots of fun. Get out and walk the property, take a few photos, write a quick Email or written report and you have accomplished the job. Do this at least twice a year and the annual requirement is completed.

On the Conservation Restriction (CR) front, the Trust has obtained the signature of the Selectmen on the Whisper Way CR and it now goes to the State for final signature. The Trust also has the Cameron Woods CR under preparation that is expected to be completed before the end of the year. Further, we have proposed a CR on the Sylvan Way Open Space, thus aggregating the Whisper Way, Cameron Woods, Sylvan Way and the Phipps Woods open spaces into a continuous area from Wood Street to Winter Street.

The Trust has also just finished a connector trail from Deneen Road to the Peppercorn Trail, thus providing access to this beautiful area in the Hopkinton/Upton open lands. Please come and enjoy a walk in the woods, it is a delightful, easy hike. I also expect that we will place a geo-cache on this trail.

The Trusts' open spaces in town provide some very real benefits as you will see when you read on in the newsletter. By maintaining the open space, the Trust is helping to preserve and increase the value of your property in Hopkinton and maintain the rural character of the town. **We have closed in 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 holiday season and if you enjoy the use of the open space 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 trail, find a geo-cache, take a walk in the Trusts properties, **welcome home**.

Very truly: *David Goldman*, President

HOPKINTON AREA LAND TRUST INC.

203 Pond Street, Hopkinton Update

Whitehall State Park and the Upton State Forest together provide over 3,200 acres of public land providing recreation opportunities, wildlife habitat, and air and water quality protection in one of the state's most populated regions. An opportunity exists to link these two important blocks of permanently protected open space with the acquisition of approximately 40 acres of woodland at 203 Pond Street. This property represents the last significant link between the two state properties, and will soon be developed as housing if the effort to purchase it is unsuccessful.

The Whitehall Woods Alliance, consisting of the Friends of Whitehall, the **Hopkinton Area Land Trust**, the Sudbury Valley Trustees, the Friends of Upton State Forest and others, has been formed to bring this effort to fruition. The benefits to the community of protecting this beautiful parcel include the following:

Support of the Town of Hopkinton's Open Space and Recreation Plan goals: The 203 Pond Street property is shown as an "area of conservation and recreation interest" on the 2009 Action Plan Map, and ranked highest among properties evaluated for open space benefits in a 1997 study.

Balancing Growth: Protection of the Pond Street property would create a counterbalance to significant growth in other parts of town. According to MassAudubon's 2009 "Losing Ground" report, Hopkinton lies solidly in Massachusetts' "sprawl frontier", with between 10.4 and 17 acres of new development per square mile between 1999 and 2005. Hopkinton ranked 12th in the top 20 towns with the highest rate of development during that period.

Size and proximity to Existing Conservation Lands: 203 Pond Street directly abuts 1,357 acres of the Upton State Forest, and lies across a narrow road from 815 acres of the Whitehall State Park.

Role in Linking Existing Conservation Lands: The property's location makes it ideal for linking these two extensive conservation areas, creating extensive recreation opportunities for walkers, hikers, bikers, and equestrians, and also preserving an important wildlife corridor. It will

also provide needed parking and pedestrian and access from Pond Street to Upton State Forest.

Proximity to Sensitive Habitat: 203 Pond Street acts as an important buffer for adjacent, state-designated "Priority Habitat" for an endangered species. The property also directly abuts the Miscoe-Warren-Whitehall Area of Critical Environmental Concern.

If you want to learn more contact David Goldman, president of The Trust, or Steve Warren at Friends of Whitehall.

More information and how you can help the effort will be forthcoming in the near future. Come see HALT at Poly Arts for further discussion and information.

2014 HALT Scholarship Recipient

The recipient of the 2014 HALT Scholarship is Hopkinton High School graduate Margaret Vos. She will be attending Juniata College this fall, and plans to double major in biology and environmental studies. Her ultimate educational goal is to pursue environmental research and possibly enter the field of environmental law after graduation. Margaret feels that "focusing on environmental law is a way to ensure that change in environmental policy is executed so developed technology can be implemented to create positive change."

In 2013, Margaret attended the Global Student Leadership Summit for Environmental Sustainability held in Costa Rica. She learned about the different methods of creating sustainable environments while still providing for the needs of the people in those environments. Making many small changes over time can give beneficial results to a community and its environs.

Upon returning home after the Summit, Margaret and another student planned a sustainable garden to be planted in the courtyard at the Hopkinton Middle School. Approved by the School Committee and awarded a \$500 grant from Education First, this garden concentrates on using everyday materials for compost and fertilizer to grow native plants and vegetables. Margaret expects this garden can be a basis for "a curriculum on environmental science and sustainability."

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The Board of Directors applauds Margaret for her accomplishments to date and wishes her much success in both her chosen fields of study and future career.

Health Benefits of Trees

John "Johnny Appleseed" Chapman stomped through the Midwestern winter snow with bare feet. His cloak was a lightly modified coffee sack with holes for his head and arms that—all of this according to a posthumous 1871 profile in *Harper's*—he deemed "as good clothing as any man need wear." He ate from buckets of pig slop, and when people welcomed Appleseed into their log homes, he would lie on the floor and deliver "news right fresh from heaven." He claimed to have frequent conversations with angels, two of whom promised to marry him upon his death if he agreed to abstain from marriage during his Earthly existence, which he *did manage*.

But Appleseed was also wholly obsessed with planting trees for the benefit of future generations, so his legacy as an American folk hero is due.

It is becoming increasingly clear that trees help people live longer, healthier, happier lives—to the tune of \$6.8 billion in averted health costs annually in the U.S., according to research published this week. And we're only beginning to understand the nature and magnitude of their tree-benevolence.

In the current journal *Environmental Pollution*, forester Dave Nowak and colleagues found that trees prevented 850 human deaths and 670,000 cases of acute respiratory symptoms in 2010 alone. That was related to 17 tonnes of air pollution removed by trees and forests, which physically intercept particulate matter and absorb gases through their leaves.

"In terms of impacts on human health, trees in urban areas are substantially more important than rural trees due to their proximity to people," the researchers wrote. "The greatest monetary values are derived in areas with the greatest population density (e.g. Manhattan)." (Brooklyn trees are less concerned with monetary values and more with effortless authenticity.)

In one famous 1970s study of patients recently liberated of their gall bladders in a Pennsylvania hospital, those whose rooms had a view of trees recovered more quickly than those looking out at another building. Medical technology is far from developing any device that can help

people recover from purposeful incisions to the abdomen just by looking at it.

Another medical study found that women recently diagnosed with breast cancer were better able to focus their attention if they spent two hours a week in natural environments, ostensibly because of stress mitigation.

Nowak, just as incapable of fully disconnecting as anyone, replied to me shortly after his automated response. "The takeaway is that trees have a huge impact on pollution," he told me by phone, "and when populations increase, trees have a greater impact based on being close to where people live."

"We need to start having this discussion," Nowak said, referring to factors more quantifiable than did Thoreau, "about the impact of trees on human health."

Before designing urban landscapes simply to optimize air-pollution removal, Nowak said, we'd do well to also consider other benefits of trees related to energy conservation, like changes in air temperature, water, and wildlife. "There are a whole bunch of other things to consider. We're talking billions of dollars a year [in benefit] from urban forests. It adds up, if you look at the whole picture."

Air pollution now kills around seven million people every year globally, according to the World Health Organization. Factoring in the other costs of air pollution—not just to human health, but building and material damage and crop losses—Nowak's current study put the total annual value of pollution removal by U.S. trees at \$86 billion.

Public-health researchers are to the point of suggesting people who live in high-pollution areas eat broccoli as a form of "chemoprevention" because it causes us to excrete benzene through our urine. The health argument for investing in trees, particularly of the urban variety, is even more staid. If you've ever scoffed at someone for calling a tree "majestic" or dismissed Johnny Appleseed as "just some crazy guy," maybe it's time to do some soul searching. And where's this anger coming from? Not enough trees, probably.

From *The Atlantic*, July 29, 2014

HOPKINTON AREA LAND TRUST INC.

Keep Your Eyes Peeled For This Pest

The non-native Asian longhorned beetle (ALB) is a serious threat to our maples and many other hardwood trees. The larvae dig deep into the heartwood; infected trees cannot be saved. Tens of thousands of trees have already been lost in the northern and central US.

The ALB infests hardwood trees, such as maple, birch, horse chestnut, poplar, willow, elm, and ash. With early detection, infestations can be stopped in their tracks.

A Quick Guide to the Asian Longhorned Beetle

This non-native beetle is a **serious threat** to our trees.

Body is **shiny and black with white spots**

Black and white stripes on long antennae

Body length **3/4" - 1 1/2"**

Black area on upper back

Signs on Trees

Perfectly round holes **3/8" - 1/2" wide**

Shallow scars in bark

A Destructive Pest

It devours many **hardwood trees**, including...

maple birch elm horse chestnut willow ...and more.

How to Help

Check your trees

Early detection is critical.

See photos of lookalike species and report any sightings at AsianLonghornedBeetle.com.

Mass Audubon
Protecting the Nature of Massachusetts
massaudubon.org

You can take an important step for your community: 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.

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