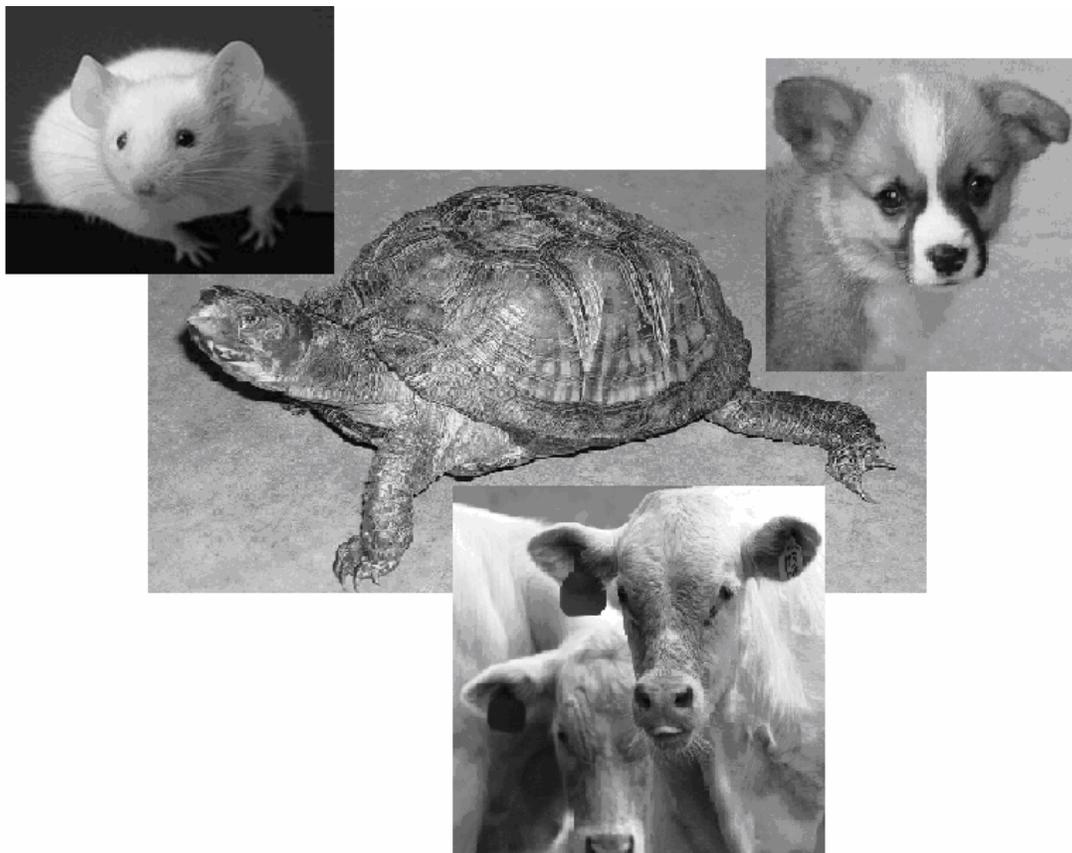


# **A Field Guide for Grafton:**

## **Information for Future Tufts MS Students**



**Begun: July 2001**  
**Continued: Hopefully every year!**

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Greetings!

After spending a year at Tufts, in this Masters program, and in Central Massachusetts, we've compiled some information that we hope you'll find interesting and helpful. Since the MS program is so unique, it seems that future classes can really only rely on the advice given by their predecessors: namely, us! All we ask is that you do some exploring on your own, and add to this file whenever possible.

This guide is by no means complete, mainly because we ran out of time to complete it! So keep in mind that this guide, by no means, encompasses all that there is to do in Central Mass. Many of the directions are incomplete, as well. You will find your way around pretty easily, and we have included the names of towns wherever possible. We hope you'll enjoy your year at Tufts, and make the most out of living in the Worcester area.

Sincerely,  
MS '01 Class

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Welcome!

The time has flown by and we are incredulous that we are no longer in your place, but on the other side of the program! Some of us came from remote parts of the country and were particularly grateful for this gift from the '01 class. In truth, we must admit that only a few of us had time to take much advantage of the entertainment in the area during the program. The paths from our homes to the center to the library to the grocery store were well-worn though! It was also helpful to direct visitors from outside the area to keep them busy while we finished our reading...

In addition to our minor edits/additions, we have added our blessings for your experience here and for your future success. You will get a list of alumni soon, please let us know if there are other ways we can support you in your time here!

For the animals,  
MS '02 Class

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Hello everyone,

In keeping with this tradition, we have added a few more items to this guide. We hope the information in this packet will not only get you better acquainted with the area but will also give you hope that there is time to do things other than work and stress about work and stress about the fact that you aren't doing work but instead are staring aimlessly at the TV, cursing yourself for not having any brilliant ideas for your projects. Overall, enjoy the program, get involved in the TUSVM community and try to get out and experience New England...all have a lot to offer☺

MS '05 Class

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Congrats!

Now that you have made it here, you probably are wondering what there is to do here in Grafton. While this guide is nowhere near exhaustive, we hope that you will take advantage of these activities that don't require extra brain power. Also, have fun with each other outside of class – for us it was an unexpected way to reduce stress.



MS '06 Class

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Congratulations on your acceptance into the M.S. program at Tufts Center for Animals and Public Policy! Get ready for a truly unique experience. One of the biggest challenges you'll face this year is trying to explain to your friends and family what exactly it is you do. But that's the beauty of the program – it can be whatever you want it to be! Find out what you're passionate about and roll with it. Take advantage of your peers' diverse interests and your professors' breadth of knowledge to develop your own educational experience. Also, try to get involved on campus and to get to know the vet students. Many of them are interested in our program but just don't know a lot about it. Most importantly, enjoy yourselves. There are plenty of fun things to do out there, you just have to take the initiative to find them. Hopefully this guide will help get you started.

The year goes by in an instant. Savor it.



MS '07 Class

## **Basic Area Info.**

### **From campus you are approximately...**

Ten minutes from downtown Worcester

One hour from Amherst/Northampton, MA

Forty-five minutes from Providence, RI

Forty-five minutes from Boston

One hour + from Cape Cod (depends on what part)

One hour from Hartford, CT

One hour from New Hampshire

Two hours from Portland, ME

Three or four hours from Acadia National Park, ME

Three hours from Burlington, VT

Three hours from New York City

## **Grocery Stores**

- 1. Trader Joe's:** (on Route 9 in Shrewsbury) Good prices, vegetarian food, produce, etc.
- 2. The Living Earth:** (on Chandler St. in Worcester) Lots of vegetarian food, produce, bulk spices, nuts, books, beauty care products, also home to the Garden Café, which serves much in the way of veg fare.
- 3. Bread and Circus:** (in Bellingham, Framingham) owned by the company that brought us Whole Foods
- 4. Stop and Shop:** (on Route 122/140 in Grafton, Route 9 in Shrewsbury)
- 5. Shaw's:** (on Route 9 in Worcester, Route 122 in Northbridge, Route 12 in Auburn)
- 6. Price Chopper:** (on Route 20 in Worcester, Route 9 in Worcester)
- 7. Park and Shop:** (on Route 12 in Auburn)
- 8. Big Y:** (on Route 20, just east of turnoff for Rt. 122)
- 9. Natural foods** store in Westboro, same shopping plaza as Chef Sun;
- 10. Whole Foods:** Closest in Bellingham, Framingham
- 11. Hannaford:** (Route 122 in Uxbridge). Very good prices but kind of far to drive.

## Restaurants

1. **Tortilla Sam's:** (on Route 9, in Worcester) Tex-Mex, lots of veggie options, BYOB
2. **Nancy Chang's:** (RT 122, in Worcester) excellent vegetarian selection, fake meat products.
3. **Arturo's:** (Westboro) Pizza, Italian, American. Best pizza in town.
4. **The Garden Café:** (inside The Living Earth grocery store). Vegetarian/Health Food. Great vegetarian selection. 508-753-1896
5. **The Lily Pad:** (on Rt. 122 in Worcester) Great take out or dine-in Chinese food with meat analogs galore (all vegan except the faux crab).
6. **Moe's Southwest Grill:** (on Rt. 9 in Shrewsbury) Good Mexican food with vegan and vegetarian alternatives (mainly tofu). Fancy fast-food style restaurant.
7. **Chef Sun:** (Westboro) Chinese and Thai, really cheap; great veggie options
8. **Sushi place:** (Westboro - rotary)
9. **Three Gorges:** (Westboro)
10. **Quan Yin** (Worcester): cheap, simple fare. If you're looking for some spirituality with your faux-beef, head to Quan Yin on Hamilton Street where everything, including the fried lobster, is vegetarian 508-831-1322
11. **Pearl Café:** basic Chinese food (Grafton)
12. **Racha Thai** (Shrewsbury)
13. **Thai ChaDa** (Worcester, Park Ave.)
14. **Bollywood Grill** (Shrewsbury – Trader Joe's plaza) Indian food.
15. **Cedar Street Restaurant :** In Sturbridge - village house dating back to 1900s. Veggie options. <http://www.cedarstreetrestaurant.com>, 508-347-5800
16. **Indian Masala:** In Ashland, veggie options. 508-879-6800
17. **El Basha:** Middle-eastern & Lebanese. This vegetarian friendly restaurant has many great meat-free options such as humus drizzled with olive oil and garnished with fresh chopped parsley or tangy and tender grape leaves wrapped around hot seasoned rice. Specialties of the house include falafel and tabouli. <http://www.elbasharestaurant.com/>, 508-797-0884
18. **Dat Lat:** Vietnamese. Veggie options. 508-753-6036
19. **Bertucci's** (Route 9 in Westboro). Brick oven pizza/Italian
20. **Happy Buddha** (Boston in Chinatown) All vegetarian Chinese food.
21. **Willie's** (Route 30 in North Grafton). Pizza and Italian (sit-down style). Beware, name has changed a couple of times recently.
22. **Shoppes at Blackstone Valley** (Millbury). Chain restaurants including Applebee's, TGI Friday's, Pizzeria Uno, Coldstone, etc.
23. **Vinny T's of Boston** (Shrewsbury). Huge portions of tasty Italian food
24. **One Love Café** (Main St., Worcester) – small Jamaican café with vegetarian and vegan options. Really nice owner.
25. **Shrewsbury Street in Worcester** – tons of restaurants and bars, this is just a few that we liked:
  - Zipango's- sushi and other Japanese cuisine
  - Flying Rhino - upscale watering hole with great apps and drinks
  - Brew City – huge selection of beers and good bar food
  - Piccolo's – nice Italian restaurant
26. **Bocado's** (Worcester)– upscale tapas restaurant with salsa dancing on Thursdays
27. **Block Five** (Worcester)– eclectic mix of food with great martinis (one of Bill's favorites)
28. **The Sole Proprietor** (Worcester) – nice seafood restaurant
29. **Bauhinia** (Shrewsbury) – decent Chinese and Japanese buffet

## Coffee Houses

1. **Silvertone Café** (Route 122A in South Grafton). Awesome and cheap weekday breakfast specials. Flavored coffee.
2. **Beanery** (Route 122/140 in Grafton). Many coffee choices, cheaper and better than Dunkin Donuts, also good breakfast, muffins, etc. Closed on Mondays.
3. **Razzberries** (Route 122/140 in Grafton). Next to Dunkin Donuts. Breakfast available all day. They also have a lunch and dinner menu.
4. **Café Dolce:** (Westboro & Worcester), Westboro location has extremely strange hours for a coffee house, 12-5 last we checked. The location on Shrewsbury Street is more regular.
5. **Bean Town:** (Highland Street in Worcester)
6. **Lala Java:** (Rte 9 at South Street, Shrewsbury) progressive little coffee shop, great iced drinks and smoothies.
7. **Borders** (Shrewsbury) Café in corner, decent place to do work
8. **Panera** (Shrewsbury in White City Shopping Center) Standard generic coffee shop but has outdoor seating and free wi-fi
9. **Black Diamond** (Shrewsbury, Grafton Street right off of route 9) Nice coffee shop with free wi-fi. Nice enough to hold the Tufts open mic one month.

## Bars/Clubs

1. **The Post Office Pub:** (on Route 140) The only happy-hour hangout in Grafton. Half-price appetizers. Free popcorn. Cider! And great patio for summer.
2. **The Grafton Inn:** many locals. Beware the lecherous bartender, but he may give you free drinks.
3. **Ralph's:** bar/diner. Two story club has a number of bands come through, most you've never heard of. Many animal heads and bodies, but if you can stomach that, cool atmosphere. (see Vincent's)
4. **Vincent's:** somehow related to Ralph's. Much smaller, with secret patio in back for long summer nights. Cheap strong drinks. Great blues band Thursday nights in summer. Best jukebox in town.
5. **The Above Club:** friendly British owner/bartender makes the drinks strong and cheap (sometimes free for his beloved MS students!). Bands occasionally, a lot of good jazz. Only open Thursday-Sunday.
6. **Irish Times:** cheezy local Irish pub. Cute bartenders, but skeezy atmosphere (read: meat market). Especially on weekends when they charge outrageous cover to dance to crappy DJ upstairs. Good quiet weekday hangout. Also have a trivia night every Tuesday.
7. **Lucky Dog's:** home of DISCO HELL! Every Sunday night around 11:30. Obnoxious cover band adds raunchy lyrics to all your 70's faves. Don't forget to try Satan's Juice! Perfect for birthdays.
8. **The Atrium:** great concept: 3 bars in 1! Poor execution. Draws strange Wustah crowd.
9. **Tammany Hall:** home of Worcester jam band scene; open mic night on Tuesdays
10. Hole in the wall off Main Street bar
11. **Foo Bar:** small but nice atmosphere
12. **Cactus Pete's:** don't bother with dinner (unless you just want good fries); relatively busy, but crowd similar to Irish Times

13. **On the Rocks:** next door to Above Club; you might think it's a martini bar, but it's really a feeble attempt at a bar/club; too small, loud dance music, many undergrads and scary old men.
14. **Ryles Jazz Club in Cambridge** (<http://www.rylesjazz.com/>): excellent Jazz, food, and dance hall upstairs
15. **Funky Murphy's:** nice relaxed bar; open huge windows to the street in nice weather.
16. **Jose Murphy's:** trendy bar, mostly college kids, opened a dance floor on the second floor
17. **Blackstone Tap:** across the street from Jose Murphy's with more of a laid back feel and a pool table.
18. **McFadden's:** rowdy college bar if you're into that thing. Gets some interesting B-list celebrity guests
19. **BarNone:** lounge that looks nice but always seems to be empty. Plus the music is too loud.
20. **The Kas:** if you're looking for a wild and trashy night, The Kas is the place to be. It has karaoke, pool, and bikers galore. If you get bored, check out one of the many strip clubs surrounding it.

## Movie Theaters

1. **West Boylston Cinema:** second-run movies, much less expensive than other theaters, pretty comfortable seats
2. **Showcase Cinema:** (right off of 190, near mall, very difficult to get to): first-run movies, megaplex, very expensive.
3. **Blackstone Valley 14 Cinema:** (Route 122A in Millbury) Located within a large shopping area. Very expensive but nice.
4. **Elm Draughthouse:** (downtown Millbury) Beer and movies..how can you go wrong? Cheap second run movies in huge old theater. Serves cheap beer, popcorn and lots of fried food.
5. **Regal Cinemas:** (Westboro) huge multi-plex, offers student discounts, not too far from campus. Across from TJ Maxx on Rte. 9

## Misc. Things-To-Do in the Area

1. **Corn Field Maze:** (in Sterling, open through October) Get lost in an enormous maze cut through a corn field! Serves veggie burgers. \$10 per person, but will entertain you for an entire day.
2. **Ecotarium:** environmental museum in downtown Worcester, <http://www.ecotarium.org/>, 508-929-2700
3. **Willard Clock Museum (c. 1718):** near the Tufts campus, <http://www.willardhouse.org/>, 508-839-3500
4. **Worcester Art Museum:** museum and classes. <http://www.worcesterart.org/>, 508-799-4406
5. **Worcester Historical Museum:** <http://www.worcesterhistory.org/>, 508-753-8278
6. **Hebert Candy Mansion:** (on Rt. 20, in Shrewsbury) Go around Christmas and Easter for fun, theme gifts. Also a huge ice cream buffet (bring your own Soy Delicious?)
7. **Worcester Center for Crafts:** For those of you who like making art. Of particular interest are pottery classes. They offer scholarships – which are pretty easy to obtain since you are a student! <http://www.worcestercraftcenter.org/>, 508.753.8183
8. **Lake Quinsigamond Rowing Association:** <http://www.qra.org/index.shtml>
9. **The Big-E** (Springfield). Big multi-state fair held annually in September. Lots of food from various New England states, 4-H style animal fair and competitions, carnival rides, etc.

**10. The LOJ:** Cabin in Woodstock, NH owned by Tufts and run by the Tufts Mountain Club. Can stay there for around \$10 a night and pay a little extra to eat the food there. In the White Mountains so plenty of hiking and near both Loon Mountain and Cannon Mountain Ski areas. <http://ase.tufts.edu/mountainclub/lojWhat.htm>

## Local Farm Stands

- 1. Nourse Farmstand** (Westborough) 70 Nourse St. (508-366-2644). (From school, follow Rt 30 east for approximately 1 mile. Make a right onto Nourse St. Farm stand will be on the right). Fresh veggies, fruit, gazpacho, pie, jellies, local eggs, ice cream, etc are available. You can even pick your own berries. Berries!
- 2. Houlden Farmstand** (North Grafton) 139 Old Westboro Rd. (From school, make a left onto Willard St. At the stop sign, make a left onto Wesson Rd. The farmstand is on the corner of Old Westboro Rd & Wesson Rd). Fresh veggies, fruits, baked goods, local eggs.
- 3. Dick Kelly's Farmstand** (Upton) Rt 140. Follow Rt 140 south. The stand will be on the left. Fresh fruits, veggies, local eggs, frozen homemade pies, flowers. Largest selection.
- 4. Keown Orchards** (Sutton) 9 McClellan Rd. <http://www.keownorchards.com/home.htm> Fresh fruits, veggies, local jellies, fudge, pies, etc. Pick your own pumpkins & apples.
- 5. Paquette Farms** (Shrewsbury) Route 140 North close to downtown. Local produce and a deli.
- 6. A & R Fruit Co. and A.P. Fish** (Worcester) Past Sunderland Rd. on Grafton St. Fresh fruits, veggies, and seafood. Open 10am-6pm everyday, all year.

## Shopping

- 1. Greendale Mall:** (right off of 190, first exit) Best Buy, Eastern Mountain Sports, other general mall stores.
- 2. Natick Mall:** (right on Route 9 in Natick) General mall stores, but we found out the hard way that there's no Old Navy (for adults).
- 3. Auburn Mall:** (on Route 12 in Auburn) Filenes, Sears, general mall stores. Not many stores/ much smaller than others on this list.
- 4. The Shoppes at Blackstone Valley** (off Route 122A in Millbury). Target, Kohl's, Linens N Things, Marshall's, Old Navy, American Eagle, Gap, EMS, etc.
- 5. Providence Place:** (off of I95 in Providence) The upscale mall, there's also an IMAX theater and The Cheesecake Factory
- 6. Borders:** (on Route 9 in Shrewsbury)
- 7. Barnes and Noble:** (The Shoppes in Millbury, Route 12 in Auburn)
- 8. PetCo** (on Route 12 in Auburn, Route 9 in Worcester)
- 9. PetSmart** (The Shoppes in Millbury)
- 10. Blockbuster Video:** (in Big Y plaza on Rt. 20, Route 122/140 in Grafton, Rt. 9 in Worcester.)
- 11. Shopper's World:** Huge! Very Nice! Rte 9 on left in Framingham.
- 12. Thrift Stores. Consign "mint"** (on Lincoln St. Worcester) good selection. **Goodwill** (Park Ave, Worcester) even more selection, but less gems. **Treasures Unlimited** (Highland St. Worcester) a must before any good costume party. **Salvation Army** (Route 122 in Northbridge)
- 13. Solomon's Pond Mall** (take 290 East, lots of signs, about 25-30 minutes) Good size mall with Regal Cinema
- 14. Wrentham Outlet Mall:** very nice. <http://www.premiumoutlets.com/outlets/outlet.asp?id=10>, 508-384-0600

15. **Christmas Tree Shops/Burlington Coat Factory strip mall** (Where Route 9 and Route 20 meet)

### **Veterinarians/Groomers/Kennels**

1. **Tufts Small Animal Hospital:** no fee for exam. Reduced fees for everything else.
2. **Hillside Veterinary Clinic:** (on Route 12 in Auburn) Three vets.
3. **Apple Acres Boarding Kennel:** (off of Route 20 in Millbury) Decent prices (\$10-\$12 per night), can opt for hand-walking of dogs.
4. **Palatine Kennels** (Rt. 122 Paxton) Very clean. Dogs 16-18\$/night. Cats 9\$/night
5. **Auburn Cat Hospital** (RT 12 Auburn) people are nice and they keep cats for adoption.

### **Weather**

1. **Fall:** Absolutely gorgeous, crisp and cool, leaves changing colors on the trees. Great time to drive through Western Mass, New Hampshire, Vermont, and/or Maine.
2. **Winter:** Very cold, lots of snow. Make sure you have a windshield scraper, wiper fluid, winter windshield wiper blades and good tires for your car. The plows come out in force when the first flake hits the ground, and all the major roads are drivable. If you're from somewhere with reasonable weather, like CA, get snow tires, it will help you avoid hitting a fence the second (and many subsequent) time it snows...
3. **Spring:** Can have chilly weather through April and part of May. May does not usually break 70 deg. Temperatures are highly variable in spring, anywhere from 40 degrees to 85 degrees. June avg high is 76, avg low is 60. \*Never put away your winter clothes until mid-June!
4. **Summer:** Can get really hot. A lot of places don't have air-conditioning. Not much of a breeze. But 95 degree days will be interspersed with 72 degree days, so it's not all bad. Just make sure you have a fan or window A/C unit.

### **Get Involved At TCSVM!**

#### **I. Paws for People**

**Description:** This program provides opportunities for student to participate in animal visitation/therapy. Prior to volunteering, student are provided training. Certification is via the Delta Society. The goals of the program are to raise awareness of the positive effects animals can have on human-animal health and development as well as expand the therapeutic and service role of animals in human healthcare and education. Examples of volunteer opportunities include nursing homes, psychiatric wards, hospitals, classrooms and libraries.

**For more information about Paws for People, or to contact us to become a volunteer, email us at:** pawsforpeople@tufts.edu

**For general information about animal visitation/activities/therapy, visit:**

<http://www.masspetpartners.org/> or <http://www.deltasociety.org/>

**Requirements:** One all-day training seminar through the Delta Society, typically available in Grafton and successful completion of the Delta Society evaluation of you and your pet. For more information concerning the requirements to pass the evaluation see the above websites.

**Time Commitment:** Upon completion of the Delta Society evaluation, you can volunteer as little or as often as you like! However, the program encourages volunteers to set up a

consistent schedule with a venue of your choice as this is more beneficial to the organizations and the patients/children.

## II. Pet Loss Hotline

**Description:** Callers will speak one-on-one with a trained volunteer staff for as long as they wish. Callers are assured the assistance of a caring, supportive, respectful, non-judgmental person when they contact the Pet Loss Support Hotline. There is no formula for any conversation. Staff members listen to callers as individuals, realizing that no two callers are alike and that everyone's situation will be different. The staff is also available to provide recommended reading material, help callers think through decisions concerning the death of a pet, and help callers discuss the animal's death/loss with children and friends. Staff, does not, however, provide any medical advice regarding the pet's current or past medical condition.

**For more information:** [www.tufts.edu/vet/petloss](http://www.tufts.edu/vet/petloss)

**Requirements:** Participation in one all-day training session with a licensed therapist on the Tufts Campus.

**Time Commitment:** ~1-2x/month

Hotline is run Mondays through Fridays 6pm – 9pm

## III. Neonatal Intensive Care Unit (Large Animal Hospital)

**Description:** Volunteers assist veterinary students and hospital faculty/staff with basic care and restraint of neonatals at Tufts large animal hospital. The program as a whole aims to provide 24 hour assistance to the hospital and patients. You do not need any prior veterinary experience to be involved in this program.

**For more information:** Contact Dr. Paradis at [maryrose.paradis@tufts.edu](mailto:maryrose.paradis@tufts.edu)

**Requirements:** Must attend the orientation session held at the beginning of second semester and complete necessary paperwork and scheduling requests.

**Time Commitment:** Shifts can range from 4-6 hours and are as follows (although this can change): 1am – 7am, 7am-1pm, 1pm-7pm, and 7pm-1am. You can expect to be scheduled ~1x/week or 1x every two weeks, however, you're only needed if there is a neonate to be cared for. I was scheduled ~10 times during the semester and only ended up going in twice. There's also ample opportunity to switch shifts with others if a conflict comes up.

## IV. Wildlife Clinic

**Description:** The two main goals of the Tufts Wildlife Clinic are 1. To provide a teaching atmosphere for veterinary students interested in the care of native wildlife. 2. To provide a resource to the community for care/treatment of native wildlife & provide info on the wildlife around them. The clinic utilizes animal room volunteers, office volunteers, and animal transport volunteers. The clinic experiences a large influx of baby animals during the spring and summer months. If you do not have time during the year, you can always help out on the "baby team" during these months, feeding the young wildlife. Look for 'baby team' meeting announcements early spring.

**For more information:** Contact Carolyn Corsiglia, Clinic Coordinator, at [carolyn.corsiglia@tufts.edu](mailto:carolyn.corsiglia@tufts.edu)

**Requirements:** Prior experience with wildlife is not necessary (but would be helpful), since you will receive specific training in each of the duties you are expected to perform.

**Time Commitment:** A minimum commitment of six months with a mandatory four-hour shift once a week.

## V. Gap Junction

**Description:** Gap Junction is a community outreach program organized by TUSVM students. Biology-based labs are planned and taught by members to grade school through high school students throughout the area. Student groups can range in size from 15-30 students. **Master's students have the opportunity to continue an ongoing project to incorporate a humane education component to the existing program.** Topics are under the discretion of the master's students and can cover a wide range of issues. Materials are currently available for teaching both an activity on pollution and its effects on wildlife as well as an activity concerning shelters and companion animal issues.

**Requirements:** No training required but those interested must create the activities and verify that the Tufts community has the available resources for such activities.

**Time Commitment:** Each group of students attends 4 Tuesdays in a row. The humane education activities will be held once during this 4 week duration. Commitment, therefore, is 1x/month on Tuesday afternoon.

## VI. Community for Animals and People in Society (CAPS)

**Description:** A humane education program targeted at youth populations in the Greater Boston Area. CAPS was created in 2007 by a group of MAPP students who were unable to participate in Gap Junction due to time conflicts. The group has worked with children at the Yawkey Boys and Girls Club in Roxbury, The Neighborhood School in Jamaica Plain, Our Lady of Lourdes in Jamaica Plain, and children in the Adventures in Veterinary Medicine (AVM) program. Topics covered include: animal habitats, which animals make good pets and why, values and ethics in animal careers. We are looking for Masters students to continue this program in the future.

**Requirements:** Interest in humane education and creativity in creating lessons plans to get children thinking about animal related issues.

**Time Commitment:** Normally one hour sessions, once a week for four weeks with each group. With the AVM kids we only did one, one-hour session. Also requires a small time commitment for planning each session.

\*See binder in Center for lesson plans and contact information of founding members.

## Other Opportunities at the Vet School

1. **Clubs:** the Behavior Club, Grafton D.O.G., Veterinarians for Global Solutions, and some others allow us to be part of their activities.
2. **Cafeteria:** usually has decent black-bean chili (vegan) and veggie burgers (not sure if they're vegan). Also, try the sweet potato fries.
3. **Grounds:** they're really quite pretty. Say hello to the horses at the Large Animal Hospital, walk through the corn fields (I think it's legal???), etc.
4. **Open Mics:** If you got talent, come share it with the rest of the school. Normally run by Dr. Pokras in the wildlife building and held several times during each semester.

## Boston Things-To-Do

1. **Red Sox games:** (Can take the Green Line to Fenway Station, walk to park) It's a legendary park, and they might be tearing it down soon, so go while you can!
2. **New England Aquarium:** (on Atlantic Ave or take the Blue line to the Aquarium stop) Depending on how you feel about captive animals, can be a great educational trip or at least a look into the world of these animals.
3. **Freedom Trail**
4. **Dinner in the North End:** delicious, authentic Italian food.
5. **Shopping in Cambridge:** (Red line to Harvard Square or Central Square) Urban Outfitters, funky shoe stores, map and travel store, etc.
6. **Shopping on Newbury Street:** (Green line to Hynes Convention Center) This is mainly really upscale, but be sure to visit the gargoyle store.
7. **Graveyards:** all over the place. Visit Sam Adams, Mother Goose, and Paul Revere.
8. **Boston Commons:** ride the swan boats, lie in the grass
9. **The Avalon:** good venue for bands that come to area – large and small.  
<http://www.avalonboston.com/index.jsp>, 617-262-2424
10. **Sophia's:** Great Salsa club, 3 floors of salsa, merengue, bachata. They have lessons several nights weekly (call ahead) but you don't have to know how and won't lack for a partner even if you crush several toes.
11. **Sam Adams Brewery Tour:** \$2 admission goes to charity. After tour, they are VERY generous with samples. ☺

## Transportation

1. **Car:** Plenty of roads, gas is pretty expensive. Lanes merge without much warning, and it's not unheard of for five lanes of traffic to suddenly merge into one, especially around Boston. People drive fast (especially if you're used to driving in the south).
2. **Bicycle:** Ride at your own risk, I've yet to see a bike lane.
3. **Train:** There's a T-station right next to campus, which doesn't run all that often, also one in Worcester. These go to South Station, which is on the Red Line. Once you're in the city, the T costs a dollar and change to ride (slight discount if you get a Charlie card), and you only have to pay when you enter a station from outside, not if you're switching lines. The T maps are pretty easy to understand.
4. **Bus:** yes, there are buses in Worcester; you're on your own figuring out where, when, and how much!

## Airports

1. **Providence (T.F. Green):** take 146 south to I95, to Exit 13? to airport. For cheap parking, go to PreFlight—take Post Road Exit before the airport, turn left, lot is on left. Nice, small, laid-back airport.
2. **Hartford/Springfield:** take Mass Pike (90) West to 84, then to I91, which will take you to airport.
3. **Boston (Logan):** take T from campus to South Station, can take the silver line to airport from there. Or, there's an airport shuttle service in Framingham (Logan Express), but you have to pay for parking. Or, you can grit your teeth, pull all of your hair out, and DRIVE. Experience the joys of I93, Boston rush hour, and the Big Dig firsthand. Logan Airport looks like something out of "A Clockwork Orange". There's wacky fun mirrors some hallways.

4. **Worcester:** downtown, not too many flights into and out of the airport, but would be very convenient.
5. **Manchester, NH:** can have good deals. Always check Providence, Manchester, and Logan for competitive deals.

## **Progressive Involvement**

1. **Letter Writing Campaign.** Every month get together and send letters to legislators expresses your concern for the passage of laws. Supposedly more effective than emailing congress. Get Tufts to pay for postage.
2. **Worcester Global Action Network (WoGAN):** pretty active in area; to get on listserv, go here: <http://groups.yahoo.com/group/woganlist>
3. Check out the **Worcester Phoenix** – sometimes they list meetings and such
4. **Worcester Progressives:** Worcester Progressives provides periodic notices of meetings, events, vigils and protests taking place in the City of Worcester. To receive notices respond to: [worprogressives@juno.com](mailto:worprogressives@juno.com)
5. **Worcester IMC:** The Worcester IMC is a non-commercial, democratic collective of bay area independent media makers and media outlets, and serves as the local organizing unit of the global Indymedia network. <http://worcester.indymedia.org/process/about.php>
6. **Greater Worcester Humanists:** <http://worcester.humanists.net/>

## **General Advice**

- Potlucks are a good way to get to know each other: share food and conversation.
- Time really will fly, especially when projects are due. Get used to setting up your own deadlines.
- Don't forget to spend some time with non-human animals. They're why we're here!!!
- Ask for help: the professors have a ton of information and connections, and your classmates will too!
- Utilize alumni! They have great connections and can help with your final projects and legislative case studies.
- You're much better off if you can figure out what to do your final project on early.
- Don't be scared ☺.
- School isn't always about what your individual gifts are. Keep in touch with what you're good at and what nourishes you, especially if it's not academic. There's a world outside of the program, it will remember the parts of you that may not get much attention in such a focused and fast-paced program.
- Try to hear from everyone on the issues. If you don't hear from a classmate in session about what they think, ask privately. Think you could never identify with someone from a radically different background/viewpoint? Hopefully, for everyone's sake, you'll be surprised.
- Learn from each other. You are similar, that's the gift. You are different, that's the other gift.

## Fun in Massachusetts Parks!!!

**Disclaimer:** The starting area for the directions is South Grafton, MA

Douglas State Forest (107 Wallum Lake Rd. Douglas 508 476-7872) Located on the southern border of central Massachusetts. White cedar swampland w/ boardwalk trail. Swimming lake. Lots of nice trails. \$5 122 south, Right on Sutton Street (after brick building). 146 south to exit RT 16 west. Follow through middle of town. (left?) Cedar Street. go straight on Wallum Lake Rd.

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Hopkinton State Park (Rt 85, Hopkinton 508 435-4303) Pretty Park.

Swimming/hiking/etc. Can rent a canoe/kayak--- VERY choppy water.\$5

Rt 30 (drive through school- pass a yummy farm stand on the right!!). Go to RT 9 East. To Rt. I-495 South (will put you on 495 at exit 23) to exit 21A, Main Street Hopkinton. Travel on Main Street until the third traffic light located at the heart of downtown Hopkinton. Turn left, traveling North on Route 85. Proceed approximately 2 miles to the Hopkinton State Park entrance on the right (do not enter the Field Office on the left).

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Purgatory Chasm State Reservation. (Purgatory Rd, Sutton 508 234-3733)

Located in the south-eastern part of central Massachusetts. Rocky climbing. Fun rock formations. Different. Pretty, yet crowded. FREE!!!!WOOHOOO!

**Dogs ARE allowed. Park gets VERY busy on weekends.** Take 122 South. Make a Right onto SUTTON STREET (after a bunch of old ugly brick buildings). Will go over RR tracks, and through a blinking stop light. This residential road turns into CENTRAL TURNPIKE (going west). Take RT 146 SOUTH into Sutton. Take PURGATORY ROAD exit. Make a right at end of ramp. Park is 1000 feet up the road. (when coming home, get on 146 N, and take central turnpike east-towards Northbridge)

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Broad Meadow Brook Conservation Center/Wildlife Sanctuary (MA Audubon)

Close- located in Worcester. Frog pond! !! Nice trails. Not too crowded. Students free!

Take RT 122 North (toward Millbury--- like you are getting off turnpike exit 11, and making a left). Go left on RT 20 WEST. Turn RIGHT (at light) onto Massasoit Road. Sanctuary is on the left. (can also get to RT 20 from 122a-146.)

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Walden Pond State Reservation (915 Walden St., Concord 978 369-3254) Hiking, swimming. \$5 (Henry David Thoreau lived at Walden Pond). It is not as close as some of the other parks, the trails are not very exciting, and it gets crowded in the summer- but you should go at least once so you can say you went to see what inspired Thoreau to write *Walden*. See the MA State Park website (below) for directions.

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Blackstone River & Canal Heritage State Park (287 Oak St., Uxbridge). Ponds and turtles. Bike Path. FREE. 122 south. Left onto W. Hartford Ave (at light/CVS on corner). ~1 mile. On the right.

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Upton State Forest (Westboro Rd, Upton 508 278-6486) Nice, Quiet. Couldn't find a visitor center/potty ☹. FREE. quiet trails (Horseback riding, hiking, and x-country skiing). I think it was tricky to find and I made own directions. 140 S through Grafton. Left in downtown Upton at spot that says 495. Stay left at the fork that comes up. There will be state forest signs. Turn right onto dirt road. labeled with park sign- parking lot up the road.

OR

140 S through Grafton. After the swimming lake, make a left onto Leland St. Make a left onto Georgehill Rd. Make the first right onto Soap Hill Rd (turns into Grafton Rd). Make a left onto Mechanic St (over stream/river). Make a right onto North St. Make a left onto Westboro Rd. The parking area is ~0.6 miles on the right.

On your own from there. Trails marked.

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Wachusett Meadow Wildlife Sanctuary- MA Audubon (113 Goodnow Road, Princeton 978-464-2712). \$4. Climb Wachusett Mountain/11 miles of trails/200 acre beaver pond. Quiet and pretty. Park is a little far, but worth it to hug the *very* old trees. See the Mass Audubon site for the best directions.

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Eagle Lake Wildlife Sanctuary- MA Audubon (Causeway St, Holden, MA). Small (only 2 trails- completed both in ~ an hour). VERY quiet & not many people. Lots of evergreen trees. Definitely hard to find. Take 122A north into Holden (VERY hard to follow 122a once you hit Millbury/Rt146). Once in Holden- make a left onto Causeway St. Follow up the road and look for Mass Audubon signs. There will be a mini-parking area that fits about 3 cars (this is a rustic sanctuary to say the least).

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**Green Hill Park.** BLAH. Follow Route 9 into Worcester (Crossing over Lake Quinsigamond) Route 9 becomes Belmont Street. Park is after UMASS on the right. Also, **Quinsigamond State Park** looks nice on website, but run down. Neither seem really safe—aka, I wouldn't sit in the woods and read by myself there.

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**The Grafton Land Trust** owns and maintains a number of properties, some of which are available for public access. GLT permits the use of these parcels for passive recreation purposes, which includes hiking, wildlife observation, horseback riding, cross-country skiing, snowshoeing, mountain biking, all on designated trails. Motorized vehicles are not permitted except for trail maintenance and monitoring by GLT volunteers. See website for trail locations. [http://www.graftonland.org/glt\\_properties.shtml](http://www.graftonland.org/glt_properties.shtml)

**Overall resource for hiking trails:** [www.localhikes.com](http://www.localhikes.com)

**MA State Parks-** Access info on specific parks <http://www.mass.gov/dcr/listing.htm#H>

**MASS Audubon-** Sanctuaries are found throughout MA. Access all types of sanctuary info from the website. (I don't think dogs are allowed in Audubon sanctuaries.)

[http://www.massaudubon.org/Nature\\_Connection/sanctuaries.php](http://www.massaudubon.org/Nature_Connection/sanctuaries.php)

- Note- If you become a state park member all state park entrance fees are free. If you become a Mass Audubon member, their park entrance fees are free

### ***Other Outdoor Activities:***

**The Field Behind Tufts:** Good place to go running, walking, horseback riding, or sledding in the winter. Dogs are not technically allowed, but they come all the time.

**Whitehall State Park:** (in Hopkinton): Big, beautiful trail around a lake. Whole trail takes about 5 hours to complete. Dogs OK.

**Local beaches:** one in Worcester on Route 9, before you hit downtown area

**Elm Park:** (Worcester, corner of Park Ave. and Route 9/Highland Street) nice trail around lake, many people and waterfowl

**Baseball fields/walking loop:** (Worcester, across from Tatnuck on Chandler Street) 4 softball/baseball fields and room to let the dogs run

**Game Sanctuary** (Deernolm/Riverlin St left off 122. There is only a small sign; it's on the left about 10 minutes up Deernolm) The trail is nice and wide and you can let dogs off leash. Avoid during hunting season - a lot gun happy folks.

## **More Boston Information**

Especially designed for those thinking about living in the Boston area.

Planning to live in Boston? In Boston proper, Jamaica Plain (JP) has relatively affordable housing. Look into one of the suburbs just outside the city as well. Many are accessible by the T. TCSVM has a commuter rail stop that originates at South Station and the Back Bay stops in Boston. Trains don't run often though, as this direction is against the flow of traffic, so be prepared for an early and long commute. For driving, choose an area close to Rte. 9 or the Mass Pike (I-90). Also be prepared for a commute of 45-90 minutes depending on where you live. Use these websites to help you:

Housing: [www.craigslist.org](http://www.craigslist.org)

Public Transportation: [www.mbta.com](http://www.mbta.com)

### **The Arnold Arboretum-**

265 Acres founded in 1872 and curated by Harvard University. Nearly 7,000 plants and several paths. Take the Orange Line T to the Forest Hills stop in the Jamaica Plain area of Boston.

<http://www.arboretum.harvard.edu/>

### **Mount Auburn Cemetery-**

Combines urban nature with a beautiful historic cemetery created in 1831. Located in Cambridge.

<http://www.mountauburn.org/>

### **The Milky Way/Bella Luna-**

Features a truly New England pastime, candlepin bowling. Excellent pizza and other Italian-ish food. On Center St. in JP. <http://www.milkywayjp.com/>

### **Brown Sugar-**

Excellent Thai food! Many veggie and vegan options. Three locations in the Boston area. The lunch menu is very affordable. <http://www.brownsugarcafe.com/>

### **Shino-**

Hole in the wall sushi restaurant on Newbury St. in the Back Bay. Surprisingly cheap, but fresh and tasty! Accesible by the commuter rail, Orange Line and Green Line T's.

### **The Elephant Walk-**

French/Cambodian food with locations in Waltham, Boston, and Cambridge. Many vegetarian and vegan options. Pricy, so try brunch or lunch.

<http://www.elephantwalk.com/>

### **Centre St. Cafe-**

Best place for brunch in JP! Come early though; it's always packed. Features local and organic items. Located on Center St, accessible by the Orange Line T.

### **The Middle East-**

Awesome music venue featuring indie and local bands in Central Square of Cambridge. Shows upstairs and downstairs nearly every night. Affordable ticket prices, but shows run late; the T may not be running by the end of it. Also offers variety of food. Accessible by the Red Line T.

<http://www.mideastclub.com/>

### **Other music venues:**

The Roxy- <http://www.roxyplex.com/v2roxy/>

The Paradise- <http://www.thedise.com/rockclub/index.html>

The Avalon- <http://www.avalonboston.com/>

TT the Bear's- <http://www.ttthebears.com/>

PA's Lounge- <http://www.paslounge.com/>

Sculler's Jazz Club <http://www.scullersjazz.com>

Wally's Café <http://www.wallyscafe.com>

The Regattabar <http://www.regattabarjazz.com/>

The Lizard Lounge <http://www.lizardloungeclub.com>

Club Passim <http://www.clubpassim.org>

### **Landmark Theatre, Kendall Square Cinema-**

Great theater in Cambridge featuring independent films. Take the Red Line T to Kendall Square.

[http://www.landmarktheatres.com/Market/Boston/Boston\\_Frameset.htm](http://www.landmarktheatres.com/Market/Boston/Boston_Frameset.htm)

### **Coolidge Corner Theatre -**

Independent movie house in nearby Brookline. <http://www.coolidge.org/>

### **The Brattle Theatre-**

Historical independent theater in Cambridge; often features older films.

<http://www.brattlefilm.org/brattlefilm/index.html>

### **The Museum of Fine Arts-**

Excellent permanent exhibits organized by historical region/period featuring classic and contemporary pieces. Variety of great temporary exhibits and events as well. [www.mfa.org](http://www.mfa.org)