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The MILFORD DAILY NEWS

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PART OF THE USA TODAY NETWORK

Time for a coffee break

Travis Hayes, owner of Dame Cafe Bar in Framingham, makes a Lavender Cloud Matcha drink during the opening day of the Framingham Farmers Market on Centre Common on June 18. Dame Cafe, which specializes in high-quality espresso, matcha and unique flavor pairings, can be found inside Greyscale Barbers at 1 Edgell Road in Framingham. To see more photos of the farmers market, visit our gallery at metrowestdailynews.com or milforddailynews.com. JOHN WALKER, DAILY NEWS AND WICKED LOCAL STAFF



Permit usually needed to sleep on MA beaches

Bailey Allen
USA TODAY NETWORK - New England

As the weather and ocean water warm up and long beach days become routine, it may be tempting to sleep overnight on the sand and wake up to the sound of crashing waves.

However, staying the night on the shore in Massachusetts is more difficult than it may seem – unless, of course, you have access to a private beach.

In the Bay State, beach ownership is divided among private, town, state, and federal lands, and each entity has its own set of rules when it comes to overnight use.

Here's what to know about sleeping overnight on a public beach in Massachusetts.

Is it legal to sleep overnight on public beaches in MA?

While it depends on the managing authority, it is generally not legal to sleep overnight on public beaches in Massachusetts without a permit.

Overnight camping outside of designated sites or areas is prohibited on federal lands such as Cape Cod National Seashore, under National Park Service regulations at 36 CFR 2.10.

State beaches managed by the Massachusetts Department of Conservation and Recreation (DCR) are typically only open to the public from 30 minutes before sunrise to 30 minutes after sunset, under 302 CMR 12.03.

Additionally, many town-owned beaches, including in Truro, Eastham, Dennis, Nantucket and Gloucester, restrict or prohibit overnight camping through local bylaws or regulations. Beachgoers should look up their town's rules before hauling their sleeping bags to the shore.

Fines or citations may be issued if beach rules are violated, depending on whether the beach is managed by state, federal, or local authorities.

Can you get a permit to sleep overnight on a public beach in MA? What about campgrounds?

While it is generally not legal to sleep overnight on a public beach in Massachusetts, some federal- and state-owned beaches issue permits for camping at designated sites.

For example, car camping is allowed in the Off-Road Vehicle Corridor at Cape Cod National Seashore, but only with a valid self-contained vehicle permit.

Also, there are several campgrounds with restrooms and utilities located on Massachusetts state beaches, including Horseneck Beach State Reservation and Salisbury Beach State Reservation. The Boston Harbor Islands National and State Park also offers campsites. However, spots must be booked in advance.

Framingham church's grocery program gets funding boost

Beth McDermott
MetroWest Daily News

Families in Framingham will continue receiving groceries as part of a program involving the Greater Framingham Community Church, thanks to a \$75,000 grant from the Cummings Foundation.

The church was among 150 nonprofits to receive funding through the Cummings Foundation's annual grant program, according to a community announcement.

The Greater Framingham Community Church will

See **GRANT**, Page 2A



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