



# NAUSET HEIGHTS ASSOCIATION

## **Environmental Committee TIPS TO PRESERVE NAUSET HEIGHTS' ENVIRONMENT Educational Handout**

The Nauset Heights Environmental Committee has been honored to serve as a voice for Environmental Education for the NHA Association Members, Families, Friends and Environment.

We believe that there is a growing interest in how to preserve our beautiful environment. Many neighbors participate in our successful fall (Spruce Up) and spring (Spring Fling) cleanups. WE have sponsored well-attended events on horseshoe crabs and organic gardening.

We recognize how fragile and vulnerable our land and waters are to the whims of Mother Nature and to the impact of our own actions.

Here are a few things for you to consider and can do to help:

- Recycle or reuse whatever you can.
- Pick up litter.
- Pick up pet waste and dispose of it in the trash.
- Grow a "Cape Cod" lawn. Instead use native plants to landscape your home as they are hardy, require less water and do not need fertilizer or pesticides to flourish.
- Allow grass clippings to remain on the lawn to provide nutrients and reduce the need for fertilizers that degrade our waters. It also limits the use of noisy leaf blowers.
- Keep telephone poles free of weeds to prevent loss of electricity during storms and keep storm drains free of debris to prevent flooding.
- Remove invasive vines such as bittersweet and dispose of them in rash bags. They spread easily and are killing Eastern Red Cedars and other native plants.
- Turn off outside lights at night to enjoy the dark sky's amazing array of stars. Consider motion detecting lights if need be.
- Avoid using spray insecticides that may kill ticks and mosquitos but also kill important insects such as bees.

For making other suggestions and help from your Environmental Committee, contact Chair, Bill Dunham, [wpdunham@juno.com](mailto:wpdunham@juno.com) or 617-484-5502