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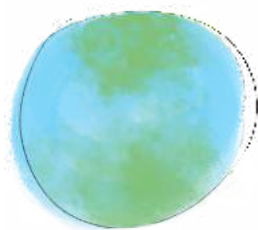
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AT HOME ON EARTH

MARTHA'S VINEYARD



Every other week, Bluedot Living Martha's Vineyard will share stories about local changemakers, Islanders' sustainable homes and yards, planet-healthy recipes and tips, along with advice from Dear Dot. Did your friend send you this? [Sign up for yourself here](#). Not interested? No problem — [click here](#) to be removed from Bluedot Living emails.

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SIMPLE / SMART / SUSTAINABLE / STORIES



We love this painting by Lanny McDowell, courtesy of the MV Hospital's Permanent Art Collection. It's included in our ["Art of the Great Ponds" exhibit](#) at MV Bank's Chilmark Branch and [our slideshow](#). Also see our [Great Ponds story](#). Lanny grew up on the Tisbury Great Pond, near Middle Cove. "Out there," he says, "looking in any direction will stir the emotions in some way. You just can't ask for more natural inspiration for artwork. You feel as though you are paying homage to the elements by visually interpreting the sights and sounds, the feel of the weather, and the powerful ebbs and flows that have been sculpting the land and our souls since forever."

DISCOVER

The.Hub.

A NEW Bluedot Living Newsletter

Featuring Good food, good advice,
and good news from all over.

Sign up here

Sign up today and we'll donate 50 cents to the Great Pond Foundation and enter your name to win a \$200 Atria dinner.

Quick Links

Skip scrolling? Here's what you'll find in this edition of the Bluedot Newsletter:

- [**At Home with the Sun People of Vineyard Haven**](#)
- [**Fatbergs: Are you part of the problem? Dot's got the skinny.**](#)
- [**Toast Summer With a \(Healthy! Planet-Friendly!\) Gimlet with Fresh Basil**](#)
- [**Lawn and Disorder: Can a couple at odds over lawns reach a Green New Deal?**](#)
- [**How to Get Rid of \(Almost\) Anything**](#)

This issue of the Bluedot newsletter is sponsored by [**Island Grown Initiative**](#).



Leading the Vineyard Way

“The indifferent have missed the point — that to clean up the air and earth and water in the few years science says we have left to us, means personal involvement and personal sacrifice. America must undertake a revolution in its way of life — to scale down its standards of living. Someday, the world will be a better place — if it listens and acts ...”



That was late Edgartown resident Walter Cronkite, on a broadcast. The date? April 22, 1970. The first Earth Day.

There are always those ahead, who clear the path for others. For us on the Vineyard, that

includes those involved with creating [The Vineyard Way](#), our Island blueprint for navigating and mitigating the effects of climate change. The plan has just officially been released. (Read [Bluedot's Q and A](#) with Liz Durkee, Meghan Gombos, and Cheryl Doble, three of the plan's architects.) While, yes, it has been more than a half-century since Cronkite spoke those words, responding to climate change remains more contentious than ever. Which is what makes The Vineyard Way all the more remarkable and valuable. It shows what can happen when a community, led by rational and wise experts in their fields, focuses on the enormous task at hand. Let us not overlook how lucky we are. Many communities lack a cohesive response to climate issues.

More than 52 years ago, Cronkite signed off that first Earth Day with these words, which resonate more profoundly than ever: "What is at stake, and what is in question, is our survival." –*Leslie Garrett and Jamie Kageleiry*

*The Art
of the
Great Ponds*

Showing through
September 6th

AT THE

MV Bank

Chilmark Branch,
517 South Road,
Chilmark

Sponsored by

MARTHA'S
VINEYARD
BANK

A bluedot living EVENT



"Menemsha," Woodcut, by Robert S. Siffert

Featuring Island Artists from the Martha's Vineyard
Hospital Permanent Art Collection,
curated by Monina von Opel

HELP PROTECT WHAT WE TREASURE

www.bluedotliving.com

**80% of car trips are less
than two miles long!**



And the majority of these short trips hold just **one** passenger.
How might micromobility change those numbers?



Lawn and Disorder

He's a lawn lover. She ... not so much. Lawns are green and beautiful, he insists. Lawns are an expensive and unhealthy monoculture, she counters. "Please know that I am not a lawn anarchist," our essayist pleads. "I grew up with the suburban ideal of a lawn. I have fond memories of lying outside,

grass blades tickling my feet, staring skyward at the clouds.” She continues, “I am not anti-lawn at all. I am anti-*so-much*-lawn. Which is my appeal to my husband: Let’s just ... not have so much of it.” Can a couple in the process of building and landscaping negotiate a green new deal? (And might it include illustrator Kevin McGrath’s delightful goats?)

[READ MORE HERE.](#)

BUY LESS/BUY BETTER



These Rothy's Are Made for Walkin'

Rothy's Shoes are made from recycled plastic bottles — 125 million to date! Wear them anywhere you can't go barefoot. “They're incredibly comfortable,” Bluedot Founder Victoria Riskin told us. She loves hers and has several pairs, plus the ones her dog Maisie also loved (and chewed up. Oops.). Rothy's also has bags and men's shoes.

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Felix Neck Summer Events
 Tuesday, July 19
Sanctuary Supper
 An Evening Eating for the Planet
 Sunday, August 28
Amity Shark Race
 Wooden Shark Fin Race
 Saturday, September 3
Foot It For Felix
 5K Trail Run / Walk



Dear Dot: How Do I Dispose of Cooking Oils?

Dear Dot,

I recently read an article about “fatbergs” in our sewers and I’m afraid I might have been part of the problem. I’m wondering what is the best way to dispose of cooking oil?

–*Concerned Cook*

Dear Concerned Cook,

The bacon grease jar is a mainstay in my kitchen. I’ve long been a faithful adherent to the practice of collecting oil for fear of blockages in our own plumbing, though I don’t seem to be as concerned about blockages in my arteries. But imagine the shock I felt when I heard that this greasy waste can grow into something nightmarish when it reaches the sewer systems (or our septic tanks!). Even the name makes me shiver — fatberg. Eek.

What can we do to fight these fatbergs? Read the rest of Dot’s answer here.

Got a question for Dot? Ask her at deardot@bluedotliving.com.

RIGHT AT HOME



HOME & BUILDING

The Sun People of VH

The Solarazzas — Steve and Emily — were such solar energy fans that they changed their name to reflect it. Solar power and straw bale construction (check out the video) means their *annual* utility bill is around \$200. [Take a peek inside their really beautiful home.](#)

FOOD

A Basil Gimlet

Bluedot Living contributing editor Catherine Walthers specializes in making cocktails that might use herbs right from your garden (see her [Herbs 101 guide](#) here). We love the vision of sipping from a glass full of summer colors, toasting to Vineyard summer.

[Here's that cocktail.](#)



In the news: The Vineyard is ground zero for a new Lyme disease vaccine, currently [seeking volunteers for clinical trials](#).



Quiz: GMOs with a Twist of Lyme

What is the name of the technology — to be potentially implemented on Nantucket and the Vineyard — that researchers are using to create white-footed mice with antibodies to kill Lyme disease bacteria?

- CRISPR
- GMOs
- CRUNCHR

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AT HOME OR ABROAD

Need a hint? [Read Leslie Garrett's "What's So Bad About ... Genetic Modification."](#)

HANDBOOK

What do pianos, bras, and mattresses have in common? You'll find info on how to dispose of all of them in Bluedot's new ["How to Get Rid of \(Almost\) Anything"](#)

guide to giving second life to your hard-to-pass-along items! For more helpful advice, consult our [Ultimate Simple, Smart, Sustainable Handbook to Martha's Vineyard](#).



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