

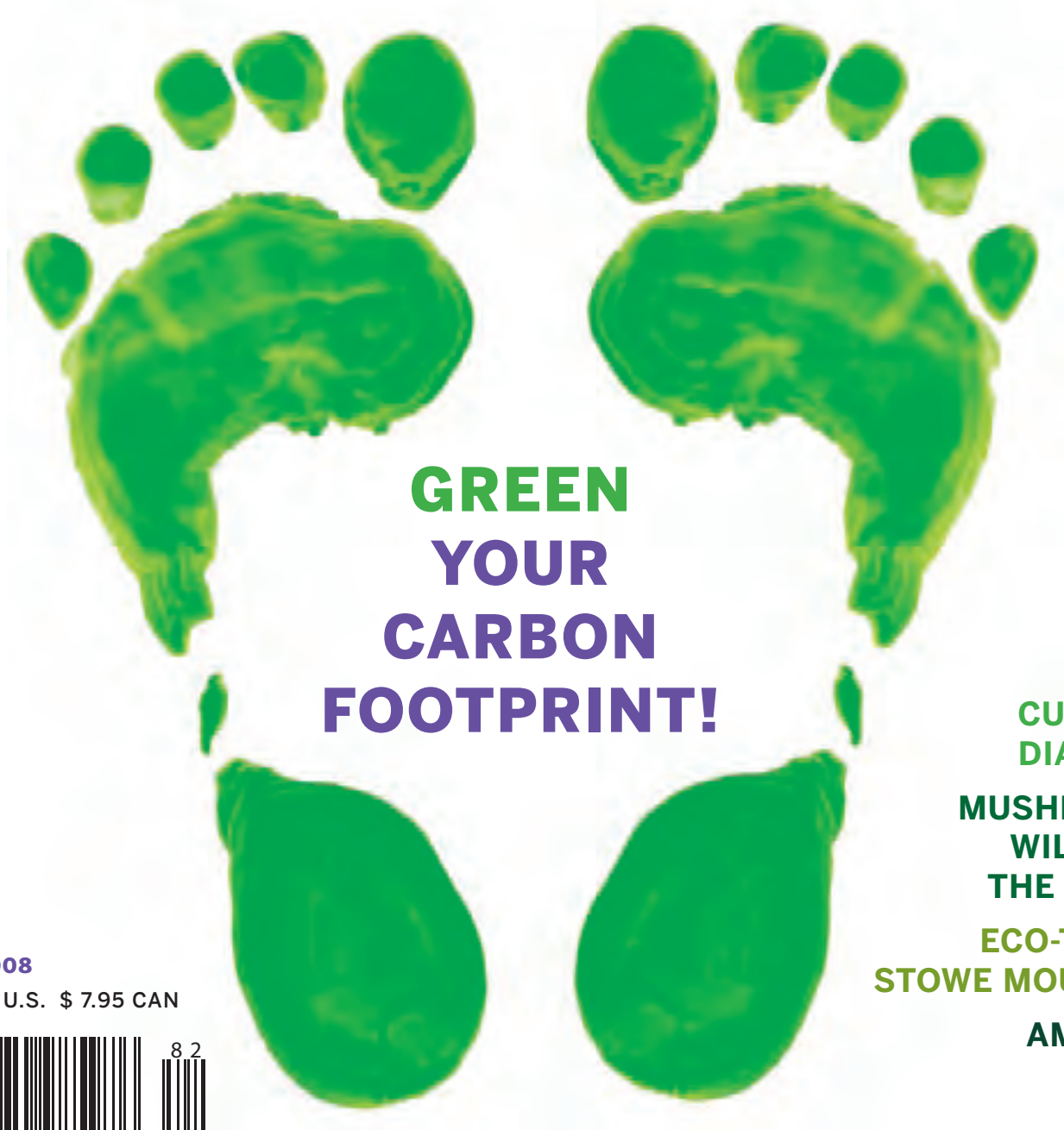
SEDONA
HOME & GARDEN

**ECO
RESOURCE
GUIDE**

GREEN[®]

LIFESTYLES ON PLANET PARADISE

ARCHITECTURE • ART • ECOTRAVEL • ENERGY • FOOD • INTERIORS • MIND BODY SPIRIT • WINE



**GREEN
YOUR
CARBON
FOOTPRINT!**

**A REAL
CURE FOR
DIABETES**
**MUSHROOMS
WILL SAVE
THE WORLD**
**ECO-TRAVEL
STOWE MOUNTAIN**
**AMAZING
ABACA**

02/2008

\$ 6.95 U.S. \$ 7.95 CAN



greenplanetparadise.com



eco design

INTERVIEW WITH DESIGNER TO PRO-BALL PLAYERS, ATHENA VIGIL

your home

BY SARAH GALLOP

As homeowners increasingly embrace eco-friendly home furnishings and designs, eco-savvy interior designer Athena Vigil joins us to explain how green design can be used to make your home safe and sustainable while enhancing the beauty, comfort and sophistication of the overall environment. At the forefront of the design industry, Athena shares cutting-edge insider tips that will keep you at the top of your green game, whether you are new to the craft or an able-minded veteran. For Athena, interior designer to pro-ball players and sports icons for over 20 years, green design isn't a trend—it's a methodology.

continued on pg. 60





HOUSEPLANTS
NOT ONLY PURIFY THE AIR
WE BREATHE,
BUT CAN COUNTERACT
INDOOR AIR POLLUTION
AND REMOVE THE
ORGANIC CHEMICALS
SUCH AS FORMALDEHYDE
AND AMMONIA

1.

What is eco-decorating and how can I get on board?

Eco-decorating is a concept that was refined dramatically this past year, and it has to do with entertaining. Parties are traditionally associated with waste and excess expressed in a few dozens pounds of food and drink, jet-loads of flowers, and one-time-use accessories. In a time dominated by environmentally conscious thinking, however, those practices are increasing unseemly, and even old-fashioned. Think about ditching floral centerpieces and accents for saplings that guests can take home—rosemary topiaries are my favorite. While some current trends are not going to appeal to everyone—making decorative wreathes out of recycled pot scrubbers or wrapping party favors in recyclable twine and bubble wrap—the idea is entertaining with scale in mind, and not over-doing it. There are not yet enough resources out there to make every party fully green, but making some conscious changes will help you get awfully close.

2.

How can I enjoy my garden in an eco-friendly way?

Bring the plants inside! Use plants within the home to improve air circulation, filter toxins and impurities, boost morale and improve the balance and feel of a household. Houseplants not only purify the air we breathe, but can counteract indoor air pollution and remove the organic chemicals, such as formaldehyde and ammonia, that are often involved in building or remodeling a home. Some of the most effective (albeit the easiest to grow and maintain) is the rubber plant and the areca, lady, and bamboo palms. Taking that idea a step further, think about getting edible plants that can be grown right in your kitchen! With the current emphasis on eating locally, it doesn't get much more local than that. You can easily grow sprouts in a mason jar or with an automatic sprouter, starting with seeds like lentils, fenugreek, garbanzo beans, broccoli and others. For the hardcore among us, you can even grow a full-blown salad garden and watch your edible plants flourish! Bioset Kitchen Salad Garden (No. 2) is an especially good one, and helps plants grown upward without tangling.



For outdoor gardens, think about using as many native plants as possible to cut down on the consumption of natural resources. Typically speaking, indigenous plants require less water, fewer fertilizers, and overall less maintenance. In Arizona, there are a large variety of native trees, shrubs, cactuses, flowers, ferns, mosses and grasses that will look beautiful in any garden!

3.

I want to be able to compost biodegradable waste for use in the garden, but am wary of the high-maintenance, stinky compost pile I've grown accustomed to. Any suggestions?

Now that it is suddenly hip to talk about composting and recycling, manufacturers are offering stink-free and hassle-less alternatives. Think about investing in a worm bin, which will turn your veggie scraps into priceless compost teeming with micro-organisms and nutrients. Rather than confining the precious plant food to outdoor foliage, think about using it on house plants as well. Guaranteed, they will absolutely flourish! Hint: Kids love worm bins! They (and you) can literally watch the redworms climb up through the mesh bottom to have a go at the new scraps.

4.

I would like to re-model my home without using materials that could be harmful to my family. What types of "green" paints and finishes do I need to look for?

There are a lot of poisons involved in building and remodeling a home, and with research or with the help of a knowledgeable interior designer, homeowners can choose products that will minimize fumes, toxins and biocides without sacrificing beauty, luxury or comfort. When shopping, look for products that are low-toxic, low odor and very low in VOCs, or volatile organic compounds. VOCs are toxic chemicals and are typically found in most interior and exterior household paints. Many sustainable paints, such as Rodda Paint, Dunn Edwards and Sherwin Williams, are eco-friendly as well as durable, beautiful and premium quality. Although I wouldn't drink

continued on pg. 62

FURNITURE MADE
OF RECLAIMED WOOD
IS SUSTAINABILITY IN ITS
HIGHEST FORM.
IT RE-USES A PRODUCT
ALREADY IN EXISTENCE
BY INCORPORATING IT
INTO A NEW PIECE OF
FURNITURE.



it. The only paint I would dare to label non-toxic is BioShield Solvent Free Wall Paint. Anna Sova also manufactures an extremely sustainable paint, made of 99% food-grade products. Her most recent line even features aromatherapy! For natural plaster products that far exceed the interior surfaces produced by traditional paint, stucco, or other finishes, don't miss out on American Clay Earth Plaster. Apart from these, many major paint manufacturers now produce low toxic, water-based paint and many are customizable to match any color or decor.

5. I've seen tips about using reclaimed wood for furniture and flooring projects. What is it and why is it considered a better choice?

Reclaimed wood is a good choice for those who really wish to conserve! Furniture made of reclaimed wood is sustainability in its highest form. It re-uses a product already in existence by incorporating it into a new piece of furniture, thus recycling something that would otherwise end up in landfills! The results can be surprisingly chic—the Golden Globes last year were decorated with 108-year-old wood for instance—and sources range from simple and modern to traditional and ornate. Some good companies to start with are Reform Sustainable Furnishings, Environment Furniture and Art Italia.

LOS ANGELES NEW YORK MANILA TOKYO HOLLYWOOD LONDON FRANKFURT VIENNA



ABAKA
natural enzyme



The Secret For Natural Beauty

WWW.ABAKAREPUBLIC.COM

SHOWROOM: 1415 E. Colorado Blvd. Suite B, Glendale, CA 91205

CONTACT: P (310) 210-2597, (310) 549-6294, (818) 638-8171, F (818) 638-8172 • E-MAIL: info@abakarepublic.com



6. What does it mean to be energy efficient in my home? How can I use design to save money and resources?

Often times designing an energy efficient home is an exciting way (or a good excuse!) to update the look and function of your residence. Try energy efficient day-lighting such as skylights and solar tubes as a refreshing way to open up a wall or ceiling to natural light. Also try compact fluorescent lamps both inside and outside where lighting is used more than 45 minutes per day to save energy and money. Use high-efficiency fireplaces to cut heating bills and pollution, and energy star rated appliances to cut back on electricity usage.

Taking green design a step further, think about solar panels, a galvanized-aluminum roof, laminated glass flooring and using natural light to make your home more energy efficient. For heating, you can install solar thermal panels to help supply hot water for the house that can be so effective, you can actually sell electricity back to the state! Those on the cutting edge have already begun installing living roofs, tankless water heaters and walls insulated with straw. While some of these ideas may sound extreme, these homes are quickly moving into the mainstream, and are even becoming fixtures in new housing developments.

Interior Arts, LLC

Fully Insured Sedona, Arizona 1-800-289-3149
 Owner & Artist Devin Terreson
 interiorarts@earthlink.net

Furniture Design & Restoration
Metal Working & Restoration
Murals & Decorative Painting
Stone Work & Restoration
Cabinetry & Moldings
Molding & Casting
Fine Art Cleaning
Seat Weavings

Custom Finishes & Mosaics
Hand Made Paper Finishes
Photographic Restoration
Decorative Window Film
Custom Door Surrounds
Wall Paper Restoration
Metal Leaf & Gilding
Artwork Restoration



“the possibilities are endless”





35 years in the Creative & Reconstructive Arts



SPACE PLANNING
 IN-HOME DESIGN
 CONSULTATIONS
 MATERIAL AND
 FINISH SELECTIONS
 RECYCLED AND RECLAIMED
 FLOORING OPTIONS
 FURNITURE PURCHASING
 AND SELECTIONS

green 21designs

*{ combining the use of ecological design and recycled materials
 to create chic, healthy, and aesthetically pleasing interiors }*

Tim Gernung, Allied Member ASID
 Flagstaff, AZ • green21home@gmail.com • 928.096.7204 • green21designs.com