

and then expand throughout the house as you become more knowledgeable about organic fabrics, paints that don't release harmful gas, and recycled furniture. She uses the photograph on this page as an example of a completely green room. "All choices in this bedroom," says Sutherland, "contribute to improved indoor air quality and energy efficiency, which in turn improves your health, rest and safety."

1 On the floor, for example, is a wool area carpet. Wool is both organic and recyclable. This particular rug is handmade without latex backing, adhesives or petroleum based products. It was colored using vegetable dyes and has no odor, which means no VOC's (don't run...that just means Volatile Organic Compounds, which can vaporize and contribute to indoor and outdoor air pollution. Sutherland recommends using wood flooring accredited by the Forestry Stewardship Council. Under those guidelines, the wood is independently certified to assure consumers that it comes from forests that are managed to meet the social, economic and ecological needs of present and future generations.

2 The light khaki walls are coated with non-toxic paint. It has ultra low odor (low VOCs), which means no harmful chemicals. Sutherland looks for the Green Seal stamp of approval when choosing a brand of paint. Green Seal-certified

products don't contain the dozens of chemicals that are harmful to humans or the environment.

3 Turning to the softer side, all fabrics used in this room - on the headboard, the bench and the bedding - are certified organic fabric, not just organic fibers. Why the distinction? Organic fibers do you no good if the manufacturing process is toxic. In making this cloth, no chemicals were used that are known to harm humans.




4 When it comes to furnishings, Sutherland loves 'reclaimed' pieces. This bedside table was tucked away somewhere else in the client's house. By placing it

in the bedroom, the client saved money and resources. "When I'm designing for someone, I spend a lot of time asking questions and listening, working with them to express their style," says Sutherland. "I want to know how they live, how they use their space. And reusing their favorite pieces is an important aspect of that process."

Finally, what you don't see in the room may surprise you. The insulation in the walls, under the floor and over the ceiling is made of cellulose (such as recycled, shredded newspaper). It's extremely effective in suppressing noise, be it traffic,

inside job

signs your interior needs greening

-  You or your family members have health issues, especially respiratory illnesses like asthma or allergies.
-  You're paying too much to heat and cool your home. 91% of US consumers prefer to buy a home with energy efficient features.
-  You want to do your part for the planet. If you are interested in green ideas but you're not sure where to start, a design professional can help you understand all the terms and provide a plan.

television or conversation. Cellulose is energy efficient and resists moisture. It is quiet, preserves natural resources and minimizes mold.

Sutherland believes that green and beauty are one and the same. She has educated herself in environmen-

tally friendly interior design not only because there is a demand for it, but also because she believes it's the only way to continue living in spaces that are beautiful on the inside and out. She sees green design as a vision for inspired living.

Breathing Easy

Take a tour of a green room **BY AMANDA BERGEN**

Interior designer Hollie Sutherland likes green rooms. Not necessarily the lime, forest or hunter varieties, but green in an environmental sense. She believes that the time for green interiors is now.

"The trend in sustainability is no longer a trend. Manufacturers all over the world are now including green products in their standard product lines making

them much more accessible than before," says Sutherland. A designer in Fairfield County for fifteen years, and founder of Hollis Interiors, Sutherland has recently seen an increase in demand for interiors that she calls "everlasting". That means living in a visually appealing home that doesn't ask too much of the planet. Decorating in an environmentally responsible way doesn't have to be intimidating, says

Sutherland. In the burgeoning sustainable building industry, there are a lot of confusing acronyms and scientific words thrown around that scare people away (VOCs and photovoltaic, anyone?). But Sutherland uses four simple, familiar concepts when she's designing: comfort, safety, sustainability and personal health. She also believes that it's okay to start small, with one room,

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