



## ENERGY FEATURES

- Passive solar design
- Solid 4 in concrete slab sub-floor on grade (no crawl space)
- Ceramic floor tiles
- Tuned windows
- High solar transmission on south side
- 36,000 BTU input sealed combustion propane fireplace for heating
- 10 inch foam insulation below sub floor
- Tuned windows
- High solar transmission on south side

## GREEN FEATURES

- Mitigation of construction chemicals, especially formaldehyde and pesticides
- Polyisocyanate insulation panels
- Cellulose insulation in walls
- 6-mil sheet plastic over insulation to seal out building chemicals
- Plaster board sealed with hypoallergenic "mud"
- Low VOC interior paint
- Manually operated 5in inlet vents
- Exhaust fans in bathroom and kitchen
- Pre-engineered solid lumber scissor trusses
- Oriented strand construction board

**Home Size** 1152 Sq.Ft.

**Architect/Designer**  
Dave Sechler

**Builder**  
Big Horn Builders, Doug Parker (see ad page 22)

## RESOURCES

*Solar Living Source Book, 11th Edition*  
(Gaiam Real Goods)

*The Passive Solar House*  
James Katchadorian

*The Healthy House, 4th Edition*  
John Bower

*Homes that Heal and Those that Don't*  
Athena Thompson

*Healthy Construction Guidelines*  
Edited by Christi Graham & Marc Richmond

*Prescriptions for a Healthy House*  
Paula Baker Laporte, Erica Elliot, John Banta

# Sawmill House

## The Healthy House

*Ernie Stiltner*



**Ernie Stiltner**

lot of materials used in our "modern" houses, especially formaldehyde based and pesticide treated building materials, were on the list of things to avoid.

This led to the realization that I needed to build my own house. I had a vacation property near Ward, and when I found a builder who understood the healthy house concept, I went ahead and did just that.

The result was a livable house that was built with both healthy house considerations and total environmental efficiency in mind. The resulting house, per an Energy Star evaluation, turned out to be the highest rated home in this area in 2004 with an Energy Star rating of 95 or Five Stars Plus.

I needed a house. A house I could tolerate and that did not worsen a health condition that requires I avoid materials such as pesticides, tobacco smoke, carpets, and perfumes. Along the way, I found that a