

SUSTAINABILITY
from 6

water-efficient, three-setting showerheads use up to 30 percent less water while still providing a superior shower experience with full-body coverage.

With a flow rate of 1.75 gallons per minute (gpm), it's one of the first to offer significant savings in reducing both water consumption and energy costs from the industry-standard 2.5 gpm showerheads without sacrificing performance.

Available at Lowe's, Nurture multi-setting showerheads also allow you to choose the distinct spray setting that suits your mood. Who knew being green could feel so good?

Green Your Daily Routine

In addition to projects around the house, little changes in your everyday activities will help to save the planet and add some green to your wallet:

■ Turn off the faucet while brushing your teeth or shaving and

save up to 10 gallons of water a day.

■ Depending on your showerhead, just reducing your daily shower by five minutes can save between 5,000 and 19,000 gallons of water and hundreds of dollars each year.

■ Staying away from the hot cycle when washing your clothes will not only prolong the life and look of your fabrics, but also help you save on energy — between 80 and 85 percent.

■ Want more ideas to learn how to make your home greener? Check out the Energy Star Home Advisor (www.energystar.gov) to get green advice.

This spring, when you're contemplating whether or not those green updates will really make a difference, just go for it. You'll not only have a home with a higher resale value, but you'll also provide great energy savings and a healthier environment for the whole family to enjoy.

Courtesy of ARAcontent

COURTYARD
from 5

"We're out there trying to let people know it is attainable," he said.

The value of building green goes beyond money, however. Washington explained it like this: When you buy a car, you value it for its features. You don't ask how much it costs per pound. When you buy a home, you need to look at values like good air quality and windows that aren't drafty.

Green building still looks good from a financial standpoint, however, because green homes will do better on the market in the future, when most newly-constructed homes will be green.

"If you can tell somebody it's a certified green home, you can increase the likelihood of someone (a potential buyer) looking at your home," said Washington, to whom education on green building has become very important.

On a client relationship level, Washington recognizes that people are smart, but they may not be familiar with building industry jargon. He happily explains terms to them.

Washington — recently active in the North Idaho Building Contractors Association, serving as second vice president — also co-chairs the NIBCA Green Building Committee. In addition, he is participating in the Northwest Building Efficiency Conference and is a sponsor of the Coeur d'Alene Chamber of Commerce "Going Green" campaign.

Personally, Washington is active

in his church, children's soccer and in refereeing high school football. His family is important to him. Washington married his high school sweetheart — Phebe — and has four children: 10-year-old Kynzie, 5-year-old Jaxson, and 2 1/2-year-olds Maara and Mihret, adopted from Ethiopia.

Washington said his good name is important to him because he likes Coeur d'Alene and doesn't want to have to duck around the corner whenever he sees someone he knows.

"I'm so thankful that I'm here. My wife and I love Coeur d'Alene," he said.

Washington wasn't always a green builder. A combination of events and circumstances led him into it.

The first incident occurred when Washington was brushing his teeth one day, leaving the water running. His daughter, in third grade at the time, told him he should turn the water off so he wouldn't waste it. It was true, Washington realized.

Shortly thereafter, Washington and his wife adopted two children from Ethiopia. When they went to Ethiopia, they saw what life was like for people who had to make do.

Then came the \$4-per-gallon gasoline.

"My wife and I decided we needed to be better stewards of what we have," Washington said.

"We decided, 'We're going to redefine what we do.'"

■ For more information on Courtyard Construction and green building, visit thatgreenbuilder.com, e-mail ClientServices@CourtyardInc.com or call (208) 704-4047.

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