

# Tradition revisited in home designs

Continued from page 5C  
behind a series of mullioned-window cabinets with blue interiors. Nothing beats a traditional, home baked

apple pie, thus the baker's island. But it's compact and efficient, with open storage for appliances, full-extension pullouts for bake ware and

slatted tray storage for cookie sheets.

Another kitchen highlight is the tall, freestanding cherry armoire in Fireside. It's

heirloom quality and complements the more modern, yellow Cashmere. Tradition doesn't mean dark woods with Chesterfield sofas and

Chintz anymore. Tradition is comfortable and comforting, in a modern world. To inquire about the New Traditional, and Plain & Fancy

Custom Cabinetry, call (800) 447-9006 or visit [www.plain-fancycabinetry.com](http://www.plain-fancycabinetry.com) for an authorized Plain & Fancy showroom nearest you.

## Indoor air contamination causes lasting health damage



PHOTO/ARA CONTENT

### ARTICLE RESOURCE ASSOCIATION

The Environmental Protection Agency estimates Americans spend about 90 percent of their time indoors, unaware that their home environment can be just as polluted as outdoor air.

Because of increased energy standards – tight window and door seals, increased insulation and chimney flues – homes don't "breathe" like they used to. Being trapped indoors with harmful airborne contaminants can aggravate asthmatic or allergic symptoms and cause lasting health problems, not to mention irritation from obnoxious odors. Many particles are invisible to the naked eye – dust mites, mold spores, tobacco smoke, pollen, bacteria, gas molecules like nitrous oxide (auto exhaust fumes, etc.) and

viruses – but that doesn't mean the materials aren't harmful. Short-term effects can include eye, nose and throat irritation, headaches, dizziness and fatigue.

Repeated exposure can be much more serious, possibly leading to respiratory diseases, heart disease and cancer. Many of these harmful particles can be found in household items such as paints, glues, carpet fibers, plants, pets and more. Solutions for Homeowners A simple solution to rid your home of harmful air particles and irritating odors is through air filtration. By filtering the air, air purifiers cleanse the indoor air environment, making the home a healthier and fresher-smelling place. The most innovative room air purifier product on the market is PlasmaPure from Mitsubishi Electric HVAC,

based in Lawrenceville, Ga.

"What makes PlasmaPure so different is its trademark Plasma deodorization process, which provides the most complete and rapid air deodorizing performance possible," says Charles Applebee of Mitsubishi Electric HVAC.

Combined with a charcoal filter, this deodorization feature is more than twice as effective as conventional methods. Within the PlasmaPure unit, six plasma electrodes create a field of electrically charged particles that collide with the odor molecules, turning them into carbon dioxide and water vapor. An activated charcoal filter then discharges these "sanitized" molecules, while remaining odor molecules are absorbed into the charcoal. While this may sound quite technical, it's some-

thing the homeowner never has to think about. According to Applebee, the purifier is 100 percent automatic.

"PlasmaPure's Smart Sensors, which detect harmful particles and odors, are constantly at work, protecting your home from pollutants," he says. As the sensors detect contaminants, they adjust the inverter-controlled fan motor accordingly, helping save on energy and filter costs because the unit runs only when necessary.

"This means your room will remain virtually free of pollen, house dust, mold spores, animal hair and dander, dust mites, bacteria and smoke particles," says Applebee.

"I awoke without a headache and blocked sinuses for the first morning in several weeks (pollen season) after starting up the PlasmaPure in my bedroom," says a homeowner from Arizona. The HEPA filter also features a thin pre-filter which blocks large particles (such as pet hair) and fights viruses and bacteria. This pre-filter also helps extend the useful lifespan of the HEPA element. In fact, one homeowner with three pets says she didn't have to change the filter in her unit for three years. No one should be forced to live in an unhealthy environment. Not only are the long-term effects detrimental, but with affordable solutions like PlasmaPure available,

there's no reason to suffer! Visit [www.plasmasure.com](http://www.plasmasure.com) for more information or to locate a dealer or call (800)

687-1966 to speak with a customer service representative and order by phone.

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## Take control of messy household projects

Continued from page 5C

the PIG Tough Mat. It absorbs just about anything – oils, water, coolants and solvents – making it ideal for use in garages and workshops.

Its non-slip backing makes it safe to use as a doormat without fear of slipping or tripping. Put a mat by every entrance to your house and it protects against muddy boots, wet shoes and dirty paws. Instead of trying to figure out how to clean mud off your white carpet, keep it from reaching the carpet in the first place.

For example, protect your carpet the next time the plumber, cable installer or other

repair people are due by laying down PIG Tough Mat before they arrive. When they're done, simply roll it up and store it for next time if it didn't get completely dirty or throw it away and order a replacement. PIG products are perfect for your home, car, RV and boat.

They also come in handy for many do-it-yourself and craft projects. You'll find endless uses for these products for hobbies ranging from hunting to scrapbooking and everything in between.

For more information, visit the company's Web site, [www.idigpig.com](http://www.idigpig.com), or call (866) IDig-Pig (434-4744).

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