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NEW FEATURE: Find your new home  
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## LIFE AT HOME

LATEST NEWS AT CALGARYHERALD.COM/LIFE

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SATURDAY, OCTOBER 24, 2009

HOME  
AWAY FROM  
HOCKEYFlames defenceman's abode  
elegant yet functionalLISA KADANE  
CALGARY HERALD

If you visited Cory Sarich's home expecting to find a trophy room, and hockey memorabilia crammed onto every shelf, you'd be disappointed.

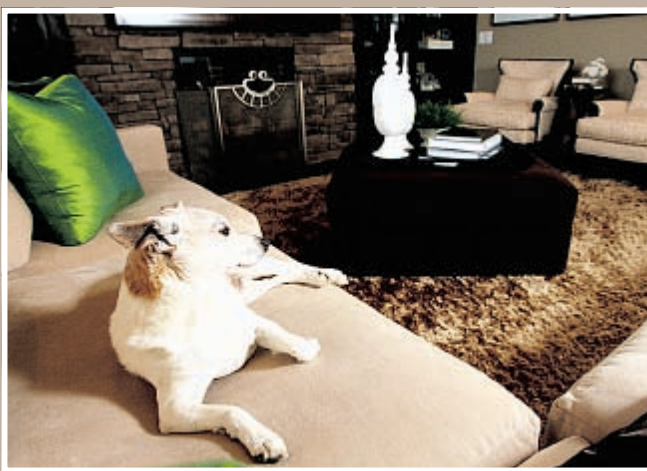
Sure, there are framed jerseys in his home office and gym, and some framed black and white photos of the 31-year-old Calgary Flames defenceman hoisting the Stanley Cup (he played for Tampa in 2003-04) in front of the last standing grain elevator in his hometown of Bladworth, Sask. But beyond

that, the 6,500-square-foot estate home in Lynx Ridge is an elegant yet functional mix of classic and contemporary design styles.

"I want it to be comfortable and pretty," says Reagan, Cory's wife. "I like sparkle."

Which is evident from the home's many contemporary chandeliers, hanging in the dining room, entry and living room, and in the kitchen above the large granite-topped island and farmhouse sink.

SEE SARICH, PAGE G2

Photos, Stuart Gradon, Calgary Herald  
Cory and Reagan Sarich with interior designer Arlene Ladner in the Sarich home's classic and warm kitchen.AROUND THE  
HOUSE  
Send us your  
creepy  
Calgary cribs

CONTEST • If you plan to spend the weekend spook-

ing out your space, we want to see the result.

E-mail us an image of your scary yard, house front or interior — all done up in its Halloween best — by noon on Oct. 27 to lifeathomecomment@theherald.canwest.com.

Or, mail photos to Life At Home Contest, Calgary Herald, P.O. Box 2699, Calgary, AB T2P 5A7.

Pictures must be from this year, and please include your name and phone number.

The winning home will be featured in Life At Home on Oct. 31, and the winning homeowners will receive a Hallmark Halloween gift basket.

Pictures of runners-up will appear in an online photo gallery.

Forget Wii, try  
woodworking

**EVENT** • The 14th annual Woodworking Machinery, Tool Show & Sale is on at the Big Four Building in Stampede Park this weekend.

In addition to exhibits, attendees will find seminars and hands-on workshops, and discounts on tools and

wood products.

As an incentive to draw women to the show, admission is free for them, as well as for those under 18 (men pay \$10, senior men pay \$7). The show runs today, from 10 a.m. to 6 p.m., and Sunday, from 11 a.m. to 5 p.m.

## New Uniquities

LOCATION • Uniquities

Architectural Antiques (uniquities.ca) has moved, to just off Blackfoot Trail near Crossroads Market at Bay 2, 2501 Alyth Road S.E.

Antiques include a salon set and marble topped consoles from Paris, wine antiques from Burgundy, Italian olive oil jardinieres and early 20th-century industrial pieces.

— Calgary Herald

## The Great Pumpkin Giveaway!

Saturday October 24, 2009 - 10am to 2pm

Drop by the parking lot of **The Hamptons Co-op** with a food donation for the Calgary Interfaith Food Bank & receive your FREE Halloween pumpkin! (while supplies last)

## The Hamptons Co-op

(corner of Country Hills Blvd &amp; Hamptons Drive NW)



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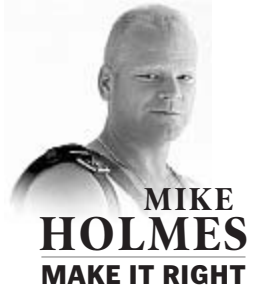
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# Indoor air more polluted than the air outside



**MIKE HOLMES**  
MAKE IT RIGHT

Would you believe the air inside your home is more polluted than the air outside — in some cases 100 times dirtier? And that new homes usually have poorer indoor air quality than older homes?

Newer homes are designed and built tighter to increase energy efficiency and reduce air leakage. That's great in terms of saving money, but we also trap everything in the air, like the VOCs (Volatile Organic Compounds) that off-gas from furniture and building materials, along with mould, allergens, pet dander and dust mites and the residual odours from cooking and pets. And that bad air can lead to allergic reactions and health concerns.

We need to make sure the air in our homes is as clean as it can be — and that means removing as many pollutants, such as particles and gases, as we can. Particles are made up of dust, pollen, pet dander, soot from smoke, dust mites and mould spores. Gases come from VOCs and from the combustion of stoves, fireplaces and furnaces.

Every furnace has a filter installed at the cold air return duct that filters the air returning to the furnace from the house. This does remove some pollutants from your home, but it's really designed more to protect the furnace from dust and dirt buildup on the heating coils and fan motors.

It will also help clean your indoor air to some extent — usually collecting larger particles.

The design and density of your furnace filter will determine how many, and what size, particles it will collect. The denser the filter, the smaller the particle it will capture. Air filters need to be changed frequently, or they can't do their job. It is very important to make sure you only use the filter that is designed for your HVAC system. Many residential HVAC systems don't have enough fan capacity to accommodate high-efficiency filters and you may restrict air flow and affect your furnace's efficiency.

A much more effective way to clean your indoor air is to install a HEPA (High Efficiency Particulate Arrestance) filter. HEPA filters also trap particulates, just like your furnace filter, but they will capture particles of a much smaller size.

HEPA filters alone remove 99.7 per cent of particles in the air, but they don't trap gaseous pollutants like VOCs. But, you can't just

put a HEPA filter into your mid-efficiency furnace, as a replacement for your standard foam or pleated furnace filter. True HEPA filters are typically installed only in homes with HVAC systems designed to accommodate the airflow they require. Or, you can buy free-standing HEPA units that are used separately from your HVAC system — and make sure you have one on your vacuum cleaner, too.

Cleaning VOCs, gases and odours from your air requires an activated carbon filter. These absorb airborne chemicals and gases, but not particles. Carbon filters are designed for specific gas pollutants so they don't get everything in the air. No filter gets every gas. Carbon monoxide is one gas that will not be captured by any indoor air cleaner — you need a carbon monoxide detector and alarm for safety.

Depending on your home and the kind of pollutants you produce, the lifetime of your activated carbon filter can vary. The filter medium gets saturated and needs to be replaced promptly, or the filter won't be able to do its job. That's why you've got to do your job, and make sure you change the filter.

Another air-cleaning technology uses ultraviolet light to kill bacteria, mould and viruses. UVC irradiates and breaks down micro-organisms by disrupting their molecular bonds, making them unable to reproduce and ineffective — that way it "kills" or neutralizes them. UVC is very effective at sterilizing air — it's been used in hospitals for years. It also needs to be used with a particle filter, like HEPA, because even a dead mould spore can cause an allergic reaction.

UVC lights are installed inside the ductwork or your HVAC system. Since they are light bulbs, they are going to accumulate a coating of dust over time so they'll need to be replaced periodically. The bulb will also lose intensity over time, and you'll need to replace it according to the manufacturer's directions.

The effectiveness of the UV light depends on how intense it is and on the wattage of the bulb. How long the micro-organisms in the air are exposed to the light is also important. So, if your airflow is very fast, the exposure time will be shortened, and the effectiveness reduced.

For the cleanest indoor air, you need a system that includes a filter that traps larger particles, a HEPA filter for small particles and an activated charcoal filter to absorb gases. Using a UV light as well will give you maximum effectiveness, and reduce your indoor air pollution by almost 100 per cent.

CATCH MIKE IN HIS NEW SERIES, HOLMES INSPECTION, AIRING THURSDAYS ON HGTV. FOR MORE INFORMATION, VISIT HGTV.CA.



Mike Holmes checks out a customer's furnace.

Courtesy, Mike Holmes

## Canwest launches 24-hour home improvement specialty channel

CANWEST NEWS SERVICE

Handy homeowners could turn off the power tools and turn on the television as Canada's first 'round-the-clock home improvement specialty channel launched last week on many networks (look for it Oct. 30 on Shaw in Calgary).

DIY Network Canada offers viewers tips, expert advice and step-by-step guidance to tackle everything from simple do-it-yourself projects to major renovations. It replaces the Fine Living channel and will run all day, seven days a week (check local listings).

"The launch of DIY Network Canada comes at a particularly relevant time as it will provide our viewers with entertaining programming that educates and offers practical ways to cut costs and increase the value of their homes," Karen Gelbart, senior vice-president of lifestyle content

for Canwest Broadcasting, said in a statement.

Intended to complement HGTV, DIY Network Canada will feature a number of shows already popular in the U.S., including:

■ **Sweat Equity:** Host Amy Matthews determines which home improvement projects will return the most bang for your buck.

■ **Yard Crashers:** Professional landscaper Ahmad Hassan waits at stores for weekend warriors who could use his help and follows them home for ambush landscaping at its best.

■ **Desperate Landscapes:** Licensed contractor Jason Cameron takes on a neighbourhood's ugliest yard and gives it a new look.

■ **Kitchen Impossible:** Contractor Marc Bartolomeo helps discouraged homeowners transform their terrible kitchens into sparkling new spaces.



Courtesy, Debbie Travis

Both comfort and style are key elements in creating a well-planned bedroom.

## Hidden pleasures

**DEBBIE TRAVIS**  
HOUSE TO HOME



Getting a good night's sleep is a top priority for all of us. We don't need the scientists to tell us we can think, move and act with more energy and precision when we have slept well.

Contributing to this are the colour of the walls, the window treatment and the floor covering, which all play a part in the visual impact — the bedroom's aura. How you decorate will change with the times as well as your age and situation, but the choices are varied and imaginative.

For those who are looking for a peaceful, tranquil atmosphere in which to wind down, neutral shades and patterns inspired by nature will provide a soothing balance.

Pastel floral hues, white and wood tones, simple furniture lines and bare floors allow the room to breathe and the senses to rest.

If you are happiest amid layers of colour and pattern, the romance of a traditional bedroom is a joyous mix of fluffy duvets covered in cotton chintz, lavish window treatments and plush carpets. The bed is the special focal point, perhaps an antique brass or wrought iron frame, a four poster, or a bed with a special headboard

either padded in luxurious fabric or ornately carved.

A bedroom with a more masculine sensitivity can be a mix of the tranquil and traditional. Fabrics such as flannel, wool and tweed, inspired by men's suits, will create a cosy men's den atmosphere.

Companies are launching more men-focused designs. I've just heard about the first car company/bed collaboration and their hot new bed, the stylish Tonino Lamborghini by Magniflex mattress.

Contemporary bedroom designs are a mix of dramatic and sleek. I designed a small condo bedroom making the most of reflective surfaces to open the space, choosing theatrical black and white to set the mood. The black painted shadow stripes are broken up by a large mirror against which sits the modern black and chrome headboard. Pale pink walls are reflected in the mirror, and a few bright red accent cushions and candle make for punchy accessories.

Decor is important to us, but it's what lies under the sheets that makes the biggest impact on a good night's sleep.

Andrea Mugnae, U.S. general manager of Magniflex mattresses, notes that over the past five years, the demand for better sleeping products has exploded.

Consumers are more educated about what it takes to get a healthy sleep, and are looking for good support, but with a plush feel. Eco-friendly goes beyond what's in the mattress to how it

is manufactured and even how it is transported. Mattress materials now include bamboo, organic wood and cotton, shredded rubber and buckwheat hulls, to name a few.

Aromatherapy continues to be a key trend for promoting relaxation, and now it goes beyond having a scented candle in a safe container by the bed. Using intricate nanotechnology, Magniflex is infusing mattresses with lavender and other essential oils. Popular in Europe, the Magniflex Lavender Comfort Mattresses have arrived in North America.

The scent and therapeutic benefits of the lavender-infused mattress will last for five to seven years, and you can remove the mattress covering and wash it without losing the scent. Due to the new design of this mattress's foam core, it can be vacuum-packed into a small size, making it easier to deliver and reducing the carbon footprint when delivering. E-mail or call for Canadian retailers: infousa@magniflex.com, 646-330-5483.

The ambience is important; however, the best part of your bedroom is not what you see, but what you feel and the surrounding scents. A mattress suited to your body type and sleeping patterns, a good pillow, luxurious smooth sheets and a little aromatherapy are sure to provide sweet dreams.

DEBBIE TRAVIS' HOUSE TO HOME COLUMN IS PRODUCED BY DEBBIE TRAVIS AND BARBARA DINGLE. PLEASE E-MAIL YOUR QUESTIONS TO HOUSE2HOME@DEBBIETRAVIS.COM.

## SARICH: Family touches make it home

FROM G1

There, the blingy round globes illuminate a gourmet workspace complete with stainless steel appliances and white shaker-style cabinets with modern pulls.

Reagan also likes uncluttered, a look that can be hard to achieve with three children — ages four, two and five months — in the house.

"It usually looks like a toy room exploded in here," she jokes of the living room, a comfortable space anchored by a cream sectional sofa that's jazzed up with green throw pillows from HomeSense and Chintz & Company.

Framed family photos decorate the built-in shelves on either side of the fireplace, and bring a personal touch to the room, as does the family dog, Hydro, a permanent fixture on the couch.

"It was important to me to have lots of pictures on display."

Reagan, 30, is the driving force behind the design and decor inside the new Sarich house, built by Veranda Estate Homes over 11 months in 2008. The family moved in a week before Christmas last year and Reagan quickly realized she needed help finding art, furnishings and accessories to pull it all together.

Reagan looked online for an interior designer and liked the work of Arlene Ladner of Bronco Gray Design.

"Reagan called me and said, 'I need you to just finish (the house). Complete it,'" says Ladner.

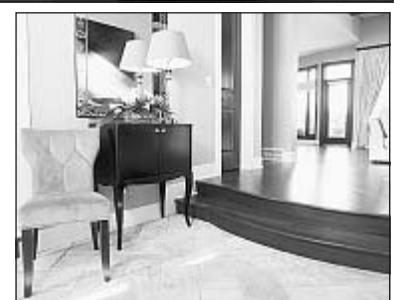
Together, they found pieces by Canadian artists at The Weiss Gallery, Newzones Gallery of Contemporary Art and Heringer Kiss Gallery. The original art ranges in style from impressionistic landscapes to colourful contemporary prints.

"The art was expensive, but that was an investment, I think," says Reagan, whose favourite piece — a Cypress Hills, Sask., landscape by Barry Weiss — dominates the home's vaulted entry.

Ladner also helped Reagan choose accessories, draperies and bedding, and the budget-conscious designer brought her no end of furniture deals. To wit: the



Stuart Gradon, Calgary Herald  
Downstairs in Sarich's home has space for billiards and entertaining. Right: The welcoming foyer.



two damask benches that sit at the end of Cory and Reagan's king-sized bed cost about \$279 each at HomeSense; the three bar stools sidled up to the family room's wet bar are bargains from The Brick.

"It's not all high-end stuff, but it looks like it is," says Reagan.

Of course, Ladner knows what Cory does for a living (Sarich is starting year three on a five-year, \$3.6-million US a year contract with the Flames), but she never tried to upsell them. At one point, she showed Reagan a \$1,500 chair, but Reagan wasn't interested because of the price.

"It doesn't have to be high-end stuff just to make a home nice," confirms Cory.

In fact, what makes it a home aren't the merbau wood floors or the limestone tiles, but the personal touches. Framed photo enlargements of their two daughters' feet — clad in a variety of footwear, from rain boots to ballerina flats — hang in the upstairs hallway.

Stuffed animals are hidden inside the hutch in the entry, courtesy of the girls. And the playroom is blissfully cluttered (but still stylish and organized, thanks to baskets from Pottery Barn), complete with a play kitchen and Barbie Dream House for the girls and a bouncy chair and jolly jumper for the baby boy.

The main challenge for Ladner was rooting through the stuff

the couple had collected as they moved from New York to Florida to Calgary as Cory's career took off.

Ladner urged Reagan to get rid of pieces she'd acquired in her early 20s (the couple are high school sweethearts), but there was no convincing Cory to dump the paperback books that now line the shelves in his office, or the old 007 and Indiana Jones VHS movies that beg to be watched in the downstairs family room/rec room.

"We're not throwing them away," Cory pipes up from the adjacent well-equipped home gym, where several of the aforementioned framed jerseys hang.

Beyond the gym and garage, how involved was Cory with the decorating?

"Not," he says with a laugh. "Reagan knows what my tastes are."

And she's done an excellent job, blending his love of the game with her love of art (and sparkle) and their mutual love of family to create a comfortable, welcoming home.

LKADANE@THEHERALD.CANWEST.COM