

YANKEE DOODLE DECORATING

A few festive ideas for 4th of July tablescapes

BY BONNIE MCCARTHY

Fireworks aren't the only way to dazzle friends and family this Fourth of July. We've got a few festive ideas for making the most of your holiday tablescapes with star-spangled, summertime style.

On a scale from a single sparkler to a fireworks grand finale, decorating for Independence Day is a democratic process that allows us to show off a little flair, or a lot.

Whether setting a patriotic picnic or a red, white and blue buffet table, decorating options abound. And they can be as simple as adding American flag-embazoned appetizer plates to your tabletop or embracing the look from the tablecloth to the tapers.



ORIENTAL TRADING COMPANY INC.
Patriotic pails, \$13.99 per dozen at OrientalTrading.com.

Buckets of style: Small buckets or sand pails in patriotic prints, colors or galvanized surfaces are a fun way to create easy summer centerpieces. Plant pails with flowers or succulents, use as vases for cut stems, or fill with sand and add red, white and blue candles, pinwheels or small American flags. Pails can also be a great way to contain festively colored paper straws, silverware, napkins, candy or nuts on a buffet



SUR LA TABLE

Ice cream cups and spoons (set of 16), \$8 at Sur La Table.

table.

Saving Washingtons: Inexpensive serving trays, baskets and paper goods can boost a Betsy Ross-inspired theme. Choose red, white and blue burger baskets, printed ice cream cups

SEE **FOURTH • E5**

DOG LOVER'S CROSS-COUNTRY TOUR PROMOTES PET ADOPTION

BY KERRY TOUSIGNANT

When you go on vacation, do you take your pet with you?

Lee Asher does. All six of them.

Lillie, Butters, Cali, Stella, Molly and Bo-Bo are Asher's six rescue dogs. Since February he's been traveling cross-country with them in a 30-foot RV to promote dog adoption. His friend Luke Barton is along for the ride, taking photos and videos.

So far, they have been to 28 states and Washington, D.C., with 21 to go. Hawaii, alas, is not on the agenda (it's a long way to dog paddle). The group hopes to finish in November or December, and there are plans for a repeat trip next year.

Asher's goal was to get one pet adopted in each state they visited. As of mid-June, he had averaged three per state, with 83 dogs (and one cat) finding "forever homes."

Every year, about 3.3 million dogs and a similar number of

SEE **DOG LOVER • E5**

Home + GARDEN



NATURAL FIBERS for mattresses and bedding can provide a healthier sleeping environment.

MALI AZIMA WELLNESS WITHIN YOUR WALLS

CLEAR THE AIR



RANGE HOODS should be in every kitchen. Ideally, they should vent to the outdoors.

VENT-A-HOOD FROM NEW KITCHEN IDEAS THAT WORK (THE TAUNTON PRESS, 2012)

Expert tips show how to avoid inside atmosphere that's a sizable health hazard

BY JAMIE GOLD

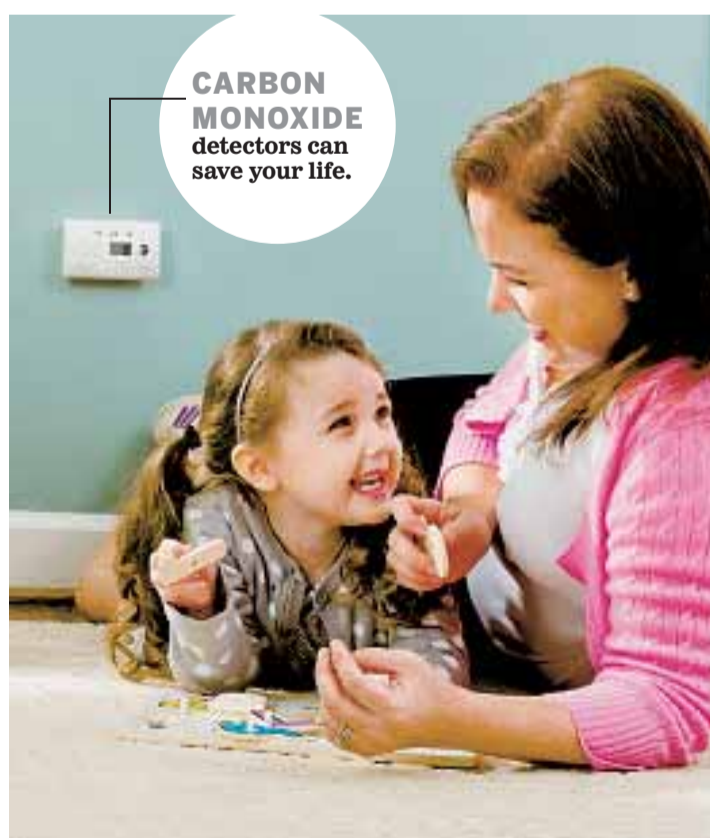
Dr. Noah Friedman, chief of Kaiser Permanente's local allergy, asthma and immunology specialty area, has seen patients snifle, sneeze, cough, wheeze, gasp and itch for more than a quarter century. And he has some tips for easing their suffering — maybe yours, too.

These tips aren't medical; they're environmental. What's in your house, condo or apartment can impact how healthy you feel.

Jillian Pritchard Cooke knows that firsthand. A successful interior designer focused on sustainability, Cooke was working on a prestigious project in 2006 when she had a serious health scare.

"I was diagnosed with a rare form of tissue cancer, which my physicians believed to be caused by environmental exposures," she recalls. That made Cooke realize that there was a lack of information available to help reduce toxins in homes, so she set about developing an educational program that would address this need. "Wellness

SEE **AIR • E4**



CARBON MONOXIDE detectors can save your life.

KIDDE



RADON DETECTORS are especially beneficial for homes with basements.

AIRTHINGS



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MAKE SURE TABLE FAN CHOICE BLOWS YOU AWAY

Quality matters, and designers favor futuristic or vintage models

BY LINDSEY M. ROBERTS

Much like a stand mixer in the kitchen, a table fan sits out in living spaces for all to see. For that reason, it's important that it performs in style.

James DeSmet, who leads the engineering and operations divisions for Big Ass Fans in Lexington, Ky., says that before buying this warm-weather essential, one should consider how well the fan moves air, how much noise it makes and the quality of materials — really, the overall quality.

"If you can put your hands on the product, that's the best way to get immediate feedback," he says. "If you're looking at a box label or a website, I always encourage people to look at the product reviews. Do you see complaints of cheap feel, of noise?"

Price, too, matters, and for that, you should decide whether you need a power-house fan to cool down a hot room quickly or whether you just need to move some air around while the AC is on low. Either way, how much you have to look at the fan will determine the importance of aesthetics.

The style-minded experts we talked to agreed that, for most interiors, the choice is between futuristic modern and nostalgic vintage-looking fans — because there's nothing worse than the cheap, little white plastic fan that falls over. If you're in the market for a cool-down, take a look at these five options that marry form and function.

"I consider Stadler Form to be one of the best fan makers in the business," says Sean Juneja, chief executive of interior design service Décor Aid, out of New York. "All of their products are virtually noiseless, are easy to maintain and are built to last without being a complete splurge."

Juneja has used the Charly Little (\$149.99, wayfair.com) in almost every house he's lived in because of the extreme wind-blowing power for its 12-inch diameter. It moves 85,000 cubic feet of air per hour, cooling up to 220 square feet.



HOLMES

Holmes Lil' Blizzard 8-Inch Oscillating Fan (\$16.63, amazon.com).



BED BATH & BEYOND

Vornado Small Vintage Air Circulator Fan (\$59.99, bedbathandbeyond.com).



REJUVENATION

The Urban Jet Desk Top Fan (\$179, rejuvenation.com).

"For a high-performance fan, Allan Torp uses the Dyson Cool. As the author of the book "Scandinavian Style at Home: A Room by Room Guide" and blogger at Bungalow5, he approves of its future-forward looks. Lack of blades and grilles make it completely child-safe.

"It's on the pricey side, but on very hot L.A. summer

days, it's worth every penny and just perfect if you are in a no-AC environment." Recently, Dyson added an air-purifying feature to this fan, calling it the Dyson Pure Cool (\$449.99, dyson.com).

"The Urban Jet Desk Top Fan (\$179, rejuvenation.com) is a favorite of Kevin Faul, founder of the consumer electrical company Conway Electric in Seattle. He likes its retro metal look as well as its tilting and oscillating features.

"It has weight to it, so it stays in place," he explains. "It has speed control and direction control. It's something you'd be happy to have in any room because it becomes a showpiece."

"The Holmes Lil' Blizzard 8-Inch Oscillating Fan (\$16.63, amazon.com) sits on DeSmet's desk at work. "I look at it as a rugged, cost-efficient thing," he says. "For what I want and when I want it, it's powerful."

The oscillating feature helps cover a larger area, and although the fan is plastic, it's solid, with an artful design of the ribs — which also keep the shroud from vibrating, reducing noise, DeSmet notes.

"If interior designer Genevieve Gorder of the home reality show "Trading Spaces" had to pick her favorite fan for looks, it would be one of the many she's snapped up at vintage stores. "The Midwest has a plethora of these fans," she says. "When there wasn't air conditioning, that's when they made the most beautiful things for the home out of metal." To make sure they perform well, too, Gorder takes them to get cleaned and rewired. (Watch those fingers with real vintage fans, though.)

A similar retro look can be found in the Vornado Small Vintage Air Circulator Fan, which circulates in a vortex-like fashion and comes with a five-year warranty (\$59.99, bedbathandbeyond.com).

Roberts is a freelance writer for The Washington Post.



DOUGLAH DESIGNS INC. FROM NEW KITCHEN IDEAS THAT WORK (THE TAUNTON PRESS, 2012)

AVOID OFF-GAS cabinets to improve your home's indoor air quality.

AIR

FROM E1 Within Your Walls (WWYW) was born, and the Atlanta-based organization currently advises and educates the industry and home buyers on making and choosing products that are healthier to live with.

Essential indoor air quality

"I believe indoor air quality is very important to health and wellness," she says, and energy-efficient home building codes can have a big impact by keeping air (and pollutants) locked inside.

"WWYW coined the term Tight Box Syndrome to describe the ventilation issue," says Cooke. Harmful toxins are in products like paint, furniture finishes, carpeting, flooring, mattresses and even appliances and TVs, she adds. Cleaning products, pesticides and synthetic air fresheners can also adversely affect indoor air quality.

"As buildings become tighter for the sake of energy efficiency and leaky houses are sealed up, the quality of indoor air can significantly drop if well-designed ventilation systems aren't in place," says Kelly Aljibury Kreuzinger, sustainability instructor at the Design Institute of San Diego and a sustainability-focused local interior designer. Finish materials in your home can emit potentially harmful chemicals long after they're installed, she adds.

With city water crises like the one in Flint, Mich., and



BROAN-NUTONE, LLC FROM NEW BATHROOM IDEA BOOK (THE TAUNTON PRESS, 2017)

HUMIDITY-SENSING VENT FANS help keep mold out of your bathroom.

the earlier problem with drywall from China, people are rightly concerned about their families' health, and our homes are an area that we can — and should — address.

Technology is playing a role. "The air ventilation industry has made great strides in reducing harmful toxins through air purification technology," says Cooke. "We will see many more innovative systems in the coming years," including air quality control systems using smart home technology that detect and eliminate harmful toxins.

In the meantime, there are already VOC (volatile organic compound) detector fans on the market that can sense and eliminate dangers, Cooke says. It is also important to have a carbon monoxide monitor in your home to detect that danger, especially near the garage. Having a radon detector, particularly if you have a furnished basement, is also beneficial.

Sustainability embraces wellness

The industry is also playing a role, with sustainability programs like Leadership in Energy and Environmental Design (LEED) awarding points for indoor air quality (IAQ). And IAQ is a "fundamental component to sustainable design," Kreuzinger says. Using low-emitting building products will earn points toward a LEED for home certification, she adds.

With a greater focus on family health, along with the health of the planet, the industry is making these products easier to find and afford. Consumers and design professionals can look for Greenguard and Floor Score, which certify that products comply with emissions criteria, she suggests. With greater attention to these issues, homeowners and industry pros now have a much easier time obtaining products that help them breathe easier.

Kitchens and baths

Both of these well-used spaces can create IAQ issues, Cooke and Kreuzinger agree. And both require excellent ventilation systems. In the kitchen, "Recirculating hoods do not remove enough contaminants from the air," WWYW's founder advises. Not cleaning them regularly is another problem. "I personally think the solution is as simple as using a hood that supports disposable wool filters. They are compostable and are a natural fire retardant," Cooke says. They are also easy to change and maintain, she adds. "If you're not purchasing a new vent hood for your kitchen, check with the manufacturer or appliance instructions to make sure the one currently installed will work properly with disposable wool filters before purchasing them."

"Cooking, especially with a gas stove, releases a significant amount of nitrogen dioxide, particulate matter and carbon monoxide, which can increase the

likelihood of respiratory problems," Kreuzinger says. Induction ranges and cooktops can be a high performance alternative, and easier to clean as well.

"Moisture can cause a host of health problems with regard to mold and mildew, so bathrooms need to be well-ventilated," the Design Institute instructor points out. "Installing systems that exhaust to the outdoors are a necessity when designing for healthy indoor air."

"We recommend repairing any mold damage, particularly if the home smells musty or moldy," Kaiser's Dr. Friedman also advises. If any household members have mold allergies, which they may not even know about, it can be especially dangerous.

Sleeping areas

"Allergens in bedrooms have the greatest effect on allergies because of the amount of time one tends to spend there," the doctor says. "The most common indoor allergens are dust mites, pets and molds. Dust mites are very prevalent in beds, so we recommend covering mattresses, box springs and pillows with special casings and washing all bedding in hot water every two weeks."

"Natural bedding made of cotton, linen, hemp or bamboo should be considered for comfort," Cooke says. "Mattresses made of quilted or tufted all-natural materials including wool and cotton batting should be your first choice in achieving a healthy bedroom." The others can include toxins, she says, and should be stored in a garage during their off-gassing period.

"Removing carpets, particularly in the bedrooms, can be very helpful if one can afford it," Friedman advises. "If having softness underfoot is important to you, Cooke suggests looking for all-wool or other natural fibers for carpeting or rugs. Synthetics tend to off-gas, the WWYW founder says, but even wool finished with stain resistance can be problematic.

Last words

According to the Environmental Protection Agency, Kreuzinger says, "Americans, on average, spend 90 percent of their time indoors, where the concentrations of some pollutants are often two to five times higher than typical outdoor concentrations." "We're fortunate to live in San Diego's ideal climate, which allows us to beat that national average for outdoor enjoyment. When we are in our homes, though, it makes sense to keep our indoor air as pure as possible. You'll breathe easier on a literal and figurative level.

Gold is a San Diego-based, independent kitchen and bath designer and the author of "New Kitchen Ideas That Work" and the "New Bathroom Idea Book." Her website is jkitchens.com.

SA	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	Rookie Blue "74 Epiphanies" (CC)		Miss California (N) (CC)						10News at 11pm (N)	Sports XTRA
CBS	Entertainment Tonight (N) (CC)		Ransom Eric negotiates with illegal immigrants. (N) (CC)		Ransom Eric's archnemesis brainwashes Evie. (N) (CC)		48 Hours (CC)		CBS News 8 at 11PM (N)	Blue Bloods (11:35)
NBC	Wheel of Fortune (CC)	Jeopardy! (CC)	Taken The team must find a way to stop Ramsey. (N)		Dateline NBC (CC)				NBC 7 News at 11 (N)	Saturday Night Live
FOX	Explore San Diego	Modern Family	Modern Family	The Gold-bergs	The Gold-bergs	Explore San Diego	FOX 5 News at 10pm (N)	FOX 5 Sports Final (10:45)	Gordon Ramsay's 24 Hours to Hell and Back (CC)	
CW	2 Broke Girls (CC)	2 Broke Girls (CC)	American Ninja Warrior "Venice Beach Qualifying"		American Ninja Warrior "Dallas Qualifying" (CC)		Seinfeld "The Nose Job" (CC)	Impractical Jokers	Impractical Jokers	Just for Laughs Gags
MYTV	Major Crimes A surrogate adoption gets complicated.		Major Crimes Two people are attacked at a teen party.		Rizzoli & Isles Jane and Maura investigate a family.		The King of Queens (CC)	The King of Queens (CC)	Anger Management	Anger Management
KPBS	Antiques Roadshow	Antiques Roadshow	Father Brown Lady Felicia returns. (CC)		Visions of Europe An aerial tour of Europe.		Rick Steves' Europe (CC)	The Peregrine Dame	The Peregrine Dame	
KUSI	The Big Bang Theory (CC)	The Big Bang Theory (CC)	Major Crimes A surrogate adoption gets complicated.		Murdoch Mysteries (CC)		KUSI News at Ten (N)	KUSI News at 11:00PM (N)	TMZ (N) (CC)	
UCSD	Movie: "Jane Eyre" ★★ (1934, Romance) Virginia Bruce, Colin Clive. (NR)		Movie: "Of Human Bondage" ★★ (1934, Drama) Leslie Howard. (NR)		Movie: "A Farewell to Arms" ★★ (1932, Romance) Helen Hayes, Gary Cooper. (NR)				One Step Beyond	
AZTC	Pasión Deportiva: Edición Rusia		Movie: "Justicia Verdadera: Hermandad" (2011, Acción) Steven Seagal, Sarah Lind. (NR)				Box Azteca			
TELE	Viva el Mundial y más		Pelicula: "Frozen" ★★ (2013, Niños) Voices of Kristen Bell, Idina Menzel. (PG) (Adult situations) (SS)				El César (N)		Titulares y Más - Fin de Semana	
UNIV	Como Dice el Dicho (SS)		La Rosa de Guadalupe (SS)				La Rosa de Guadalupe (SS)		Maria de Todos	Noticiero: Fin de Semana
A&E	Live PD (5:00) Riding along with law enforcement. (CC)		Live PD: Rewind (8:06) "Live PD: Rewind No. 124" (N) (CC)		Live PD "Live PD -- 06.30.18" Riding along with law enforcement. (N) (CC)					
AMC	Movie: "Salt" (5:30) ★★ (2010) Angelina Jolie. (PG-13)		Movie: "The Shawshank Redemption" ★★ (1994, Drama) Tim Robbins, Morgan Freeman. An innocent man goes to a Maine penitentiary for life in 1947. (R) (CC)		Movie: "A Bronx Tale" (11:05) ★★ (1993) (R)					
ANIM	Dr. Jeff: Rocky Mountain Vet (CC)		Dr. Jeff: Rocky Mountain Vet "Lion Country" (N) (CC)		Dodo Heroes (9:01) Jan Creamer and Tim Phillips. (N)		Vet Gone Wild: Even Wilder (10:03) (N)		Dr. Jeff: Rocky Mountain Vet (11:06) "Lion Country" (CC)	
BET	"Daddy's Little Girls"	Movie: "Why Did I Get Married?" (7:25) ★★ (2007, Comedy-Drama) Tyler Perry, Janet Jackson. Eight married friends grapple with commitment and betrayal. (PG-13)			Movie: "Madea's Witness Protection" ★★ (2012, Comedy) Tyler Perry. (PG-13)					
BRAVO	"Talladega Nights" (5:30)	Movie: "Talladega Nights" (7:45) ★★ (2006, Comedy) Will Ferrell, John C. Reilly. A NASCAR driver has a new rival. (PG-13) (CC)			Movie: "Superbad" ★★ (2007) Jonah Hill. Co-dependent teens hope to score booze and babes at a party. (R) (CC)					
CMT	Movie: "Overboard" (6:30) ★★ (1987) Goldie Hawn. An amnesiac millionaire is duped by a cunning carpenter.		Movie: "Hitch" ★★ (2005, Romance-Comedy) Will Smith, Eva Mendes. Premiere. A smooth-talker helps a shy accountant woo an heiress. (PG-13) (CC)							
COM	"Dumb & Dumber" (CC)	Movie: "Step Brothers" ★★ (2008, Comedy) Will Ferrell, John C. Reilly. Two spoiled men become rivals when their parents marry. (R) (CC)			Movie: "Zoolander 2" ★ (2016) Ben Stiller. Ex-models must foil a deadly plot against beautiful people. (PG-13)					
CTN	County Connection	Down to Earth			Board of Supervisors					
DISC	Deadliest Catch: The Roughest and Toughest (CC)		Deadliest Catch (N) (CC)						Deadliest Catch: The Roughest and Toughest (CC)	
E!	Movie: "Fifty Shades of Grey" ★★ (2015, Romance) Dakota Johnson, Jamie Dornan. An inexperienced student begins a daring love affair. (R) (CC)		Movie: "Fifty Shades of Grey" ★★ (2015, Romance) Dakota Johnson, Jamie Dornan. An inexperienced student begins a daring love affair. (R) (CC)							
ESPN	Boxing (6:00) Gilberto Ramirez vs. Roamer Alexis Angulo. (N)		SportsCenter (N) (CC)		SportsCenter With Scott Van Pelt (N) (CC)		SportsCenter (N) (CC)		SportsCenter (N) (CC)	
FOOD	Diners, Drive-Ins and Dives "By Land And Sea" (CC)		Diners, Drive-Ins and Dives "Rockstar Chefs" (CC)		Diners, Drive-Ins and Dives "Deep-Fried Favorites" (CC)		Diners, Drive-Ins and Dives "Triple-D Classics" (CC)		Diners, Drive-Ins and Dives "Small Town Sensations"	
FX	Movie: "22 Jump Street" (5:30) ★★ (2014) (R) (CC)		Movie: "Daddy's Home" ★★ (2015, Comedy) Will Ferrell, Mark Wahlberg. (PG-13) (CC)		Pose "Pilot" Damon aspires to join a dance company. (CC)		Pose (11:37) "Access"			
HGTV	Fixer Upper: Behind the Scenes	Fixer Upper: Behind the Scenes	Fixer Upper Owners' individual styles. (CC)		Fixer Upper Chip and Jo work their magic for a family.		Beachfront Bargain Hunt: Renovation (N) (CC)		Restored Brett restores an engaged couple's home.	
HIST	Swamp People "Savage Pursuit" (CC)		Swamp Mysteries with Troy Landry: Enhanced Edition (Series Premiere) Troy battles Burmese pythons. (N) (CC)							
ION	Law & Order: Special Victims Unit "Criminal Stories"		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)		Law & Order: Special Victims Unit (CC)	
ITV	DW-TV's Drive It	Global 3000 (CC)	Quadriga - The	DW-TV's Today	Mathematics Illuminated	Destinos: Introduction	The Habitable Planet	The Habitable Planet	Bridging World History	DW-TV's Today
LAND	The Golden Girls (CC)	The Golden Girls (7:36)	Everybody Loves Raymond (8:12) "The Family Bed"		Everybody Loves Raymond	Everybody Loves Raymond	Mom (CC)	Mom (CC)	The King of Queens (CC)	The King of Queens (CC)
LIFE	Movie: "The Other Mother" (6:00) (2017) (NR) (CC)		Movie: "Killer Ending" (2018) Chelsea Hobbs. An author's daughter is abducted in a copycat scenario. (NR) (CC)		Movie: "A Night to Regret" (10:05) (2018) Mollie Gray. A stalker targets a college girl he saw on a webcam. (NR)					
NATG	Drugs, Inc. Texas; Mexican cartel drug trade. (CC)		Drugs, Inc. Denver legalization begins January 2014.		Drugs, Inc. Detroit is a drug dealer's dream. (CC)		Drugs, Inc. The hip-hop and drug industries. (CC)		Drugs, Inc. Denver legalization begins January 2014.	
OWN	Iyanla, Fix My Life "Fix My Delinquent Daughter" (CC)		My 600-Lb. Life "Renee's Story" Renee's weight swells to 600 pounds.		Skin Tight A painful reminder of overeating.		Skin Tight A painful reminder of overeating.		My 600-Lb. Life Renee's weight swells to 600 pounds.	
OXY	The Price of Duty "John Garcia" (CC)		Timothy McVeigh: In Defense of (CC)		Snapped Authorities discover a woman's body. (CC)		Snapped Soldier's family questions his death. (CC)		Snapped Grandmother is executed in her own home.	
PARMT	Movie: "X-Men: First Class" (6:30) ★★ (2011, Action) James McAvoy. The early years of Charles Xavier and Erik Lehnsherr. (PG-13) (CC)		Movie: "Pirates of the Caribbean: On Stranger Tides" ★★ (2011) Johnny Depp. Capt. Jack Sparrow searches for the Fountain of Youth. (PG-13)							
TCM	Movie: "Footsteps in the Dark" ★★ (1941) Errol Flynn. A playboy secretly works as a mystery writer and detective.		Movie: "Armored Car Robbery" ★★ (1950, Crime Drama) Charles McGraw. (NR) (CC)		Movie: "Midnight Express" ★★ (1978, Drama) Brad Davis, Randy Quaid. (R) (CC)					
TNT	Movie: "Maleficent" (6:00) ★★ (2014) Angelina Jolie.		Movie: "Cinderella" ★★ (2015) Cate Blanchett. A young woman tries not to lose hope in the face of cruelty. (PG)		Movie: "My Big Fat Greek Wedding 2" (10:15) ★★ (2016) Nia Vardalos, John Corbett. Premiere. (PG-13) (CC)					
TRAVEL	Ghost Adventures "Twin Bridges Orphanage" (CC)		Ghost Adventures "Museum of the Mountain West" (CC)		Ghost Adventures The guys are brought to tears. (N)		Ghost Adventures A family troubled by a faceless ghost.		Ghost Adventures The ghost of George Washington. (CC)	
USA	Movie: "The Last Witch Hunter" (5:38) ★★ (2015)		Movie: "Iron Man" ★★ (2008, Action) Robert Downey Jr., Terrence Howard. Premiere. A billionaire dons an armored suit to fight criminals. (PG-13) (CC)		Movie: "Iron Man" (10:48) ★★ (2008, Action) (PG-13)					