

# At Home with QMA

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## Small Kitchens that feel BIG

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Photo: Courtesy of New River Cabinetry (www.newrivercabinetry.com)

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## QMA's 80/20 Secret for Optimizing Home Energy Efficiency

**Q|M|A**  
Design+Build

**Improving your home's energy efficiency** can dramatically reduce heating and cooling costs. But did you know that an energy-efficient home is also more comfortable—with fewer drafts, steadier temperature and humidity and less dust? Best of all, with an experienced contractor, building energy efficiency into a remodeling project or new construction doesn't have to cost a fortune.

Using our 80/20 "secret," **QMA Design + Build** can identify processes that will make the biggest difference in comfort and ongoing energy savings for you. As a certified *Energy Star Partner*, we can incorporate everything from low-cost sealing techniques to state-of-the-art solar and geothermal systems. But in most cases, we find the secret lies in the old 80/20 rule: achieving dramatic improvements in energy efficiency by combining a few processes that are quite affordable.

Here at the shore, for instance, it's wise to pay a small bit more to have a home's wind-and-water barrier sealed rather than

merely stapled. In fact, creating this airtight envelope around your home may actually deliver more energy savings than investing in extra insulation.

**QMA makes it easy to enjoy a certified Energy-Star compliant home**



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QMA is the winner of numerous regional and national awards including:



# Small Kitchens that feel BIG

Have you been looking at your small kitchen and feeling discouraged? You think it will never measure up to the beautiful kitchens you see in magazines and on television. Here are some remodeling strategies that can make your kitchen feel bigger, while staying within your home's existing footprint.

## Lighten Up— Create the Illusion of Space

- Choose light colors for your paint, tile, cabinetry and flooring to make the room feel more spacious.
- Minimize intricate patterns—go for simplicity in decoration. Diagonal lines have an expansive effect.
- Add glass fronts on cabinets to provide an open look—but keep the inside of the cabinet free of clutter.
- Install under-cabinet lighting to brighten your countertop workspace, as well as make the kitchen appear larger.
- Enlarge the windows or install a skylight or a tubular skylight to infuse the area with natural light.
- Open up a wall dividing the kitchen from an adjoining dining or family



Photos: Courtesy of New River Cabinetry (www.newrivercabinetry.com)

room to give the perception of more space. An important factor in the process is whether the wall is a partition or load-bearing wall.



## Make Space Count— Create an Efficient Layout

- Install cabinets to the ceiling for maximum storage, and place seldom-

used items on the top shelves. Have a sturdy step stool close by.

- Choose cabinets that are custom designed to your kitchen's dimensions to avoid the need for filler strips that waste precious space.
- Create an efficient work triangle between your sink, stove and refrigerator.
- Purchase compact appliances such as a 24-inch deep refrigerator. A microwave and coffeemaker may be hung from the cabinets to free up counter space.
- Use cabinet organization systems that include drawer dividers, lazy susans, and pull-out drawers. Make back corners of your cabinets easily accessible.
- Include a functional island that does duty as a prep, eating and storage area. A mobile island can be pushed to one side when not needed.

## Lovely & Luminous

Are you looking for something unusual for your kitchen or bathroom countertops—something that expresses your unique style? Granite and marble slabs are definitely attractive, but if you thrive on being a bit different from the rest, you may want to consider a stunning glass countertop.

Glass provides exciting design possibilities with its wide range of colors and finishes such as clear, frosted, textured, polished, iridescent,



Photo: Courtesy of ThinkGlass (www.thinkglass.com)

# Full Steam AHEAD

It has been a stressful day and every fiber in your body is tense and achy. You step into your shower at home and collapse onto the seat, pressing a button on your remote control. In an instant you are enveloped in warm, eucalyptus-infused mist and soft, soothing colors. The pressures of the day drift dreamily away to the sounds of your favorite music.

Communal steam bathing has been used for centuries by many cultures as a way to heal the body and relieve the mind. Health professionals today use steam inhalation as an effective respiratory therapy. It is also believed that the higher temperatures reached in a steam bath stimulates the immune system and helps increase blood flow and circulation.

Creating a steam shower at home makes it convenient—you eliminate a trip to the spa, and there is no waiting for the sauna to heat up. After you are finished steaming in your shower you can easily treat yourself to a refreshing rinse.

Today's home steam showers can have the added benefits of essential oils

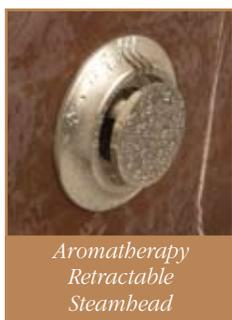


Photos: Courtesy of ThermoSol (www.thermosol.com)

dispersed through the steam outlet—including aromatherapy in the steam bath experience. Oils like lavender, eucalyptus, and spruce are thought to help ease anxiety and bring peace of mind.

Your body's senses and emotions are also very sensitive to certain wavelengths of light. Warmer colors are known to stimulate, while cooler colors have calming effects. Chromatherapy in your steam shower can help you adjust your color intake, thereby rebalancing your metabolism and emotions. Music is yet another therapeutic option for your steam shower, with input coming from your MP3 player, CDs, DVDs, TV or audio player device.

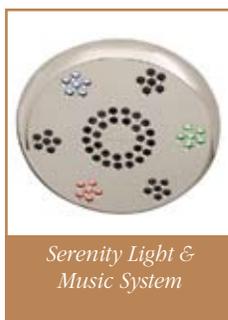
Light, music and shower sessions may easily be controlled via a digital control panel installed on the wall inside your shower, a hand-held remote, and most recently via a wall-mounted control outside the shower.



Aromatherapy  
Retractable  
Steamhead



Easy Start Control



Serenity Light &  
Music System

A steam shower requires your shower enclosure be properly constructed and moisture-sealed. The generator may be concealed anywhere within 25 feet from the shower, such as in a linen closet. Even though your electric bill may go up when using a steam shower, it still can be considered an eco-friendly way to bathe—it uses 1-2 gallons of water per 20 minutes of steaming versus 50 gallons with a water-saving showerhead in the same amount of time.

swirled, and painted. It offers the opportunity for curved edges and intriguing contours, as well as a variety of thicknesses. Recycled glass has an uncommon beauty all its own.

Installing clear glass over metal allows the color of the metal beneath to transform the color of the glass. Under-surface lighting glowing through a glass countertop creates a dynamic visual effect that enhances the depth of the glass, while also dispensing gentle illumination to the room. Glass is a singular choice for the upper portion of a two-tiered countertop

because the raised glass counter actually appears to float above the main countertop surface.

Since it is non-porous, glass is very hygienic and stain-resistant. It is tolerant of heat and cold, although it is advisable to protect it with a hotplate when you are taking dishes directly from the oven. Glass is durable, but can be scratched and will show fingerprints and water spots. Mask wear and tear by choosing glass that is textured beneath the smooth surface.

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Optimizing Home Energy Efficiency

Small Kitchens Feel Big

Lovely & Luminous

Full Steam Ahead

# QMA

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Designed for Living, Built for Life

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Member of  
The American Institute  
of Architects

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As an Energy Star Partner, QMA builds certified Energy-Star compliant homes. We start with the outer “envelope”—using our Energy Star expertise to choose the right windows, doors, vapor barrier, wind-and-water barrier, insulation, sealing, and siding for your specific home and our Jersey Shore climate.

Then, we install everything properly. That’s important: You can have an energy-efficient window and an energy-efficient wall. But if the window isn’t properly sealed into the wall, you might as well try heating and cooling the great outdoors. It’s the same with ductwork. You can invest in a high-efficiency heating/cooling system, but if the ducts aren’t properly sealed—taping isn’t enough—air gets lost along the way and you’re paying to send air into the walls rather than your rooms.

In terms of systems, QMA Design + Build identifies the right-sized heating and cooling system. That’s important because oversized units actually do a poorer job of maintaining temperature and humidity and they shut off and on more frequently which results in higher utility bills, shorter system life and more humidity in the summer.

If you’re thinking about building or remodeling, now is the ideal time to think about energy efficiency. QMA will be happy to work with you right from the start to identify those “20%” methods that will give you the “80%” advantage in enjoying an Energy-Star compliant home today that will save you money and make you more comfortable for years to come.