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Small Kitchens that feel **BIG**

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*Simple
Yet Elegant*

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A Warm *Winter Retreat*

Winter in Chicago is notorious for being bitter cold and seemingly never-ending. But that doesn't mean that you have to suffer through the winter. In fact, when it's cold outside, that's a perfect time to do some work on the inside of your home. And if you really want to escape the gray skies and brutal winds, your basement can provide the perfect retreat.

A finished basement offers all kinds of new uses of space for families. Create a media room for the whole family, a craft room for mom, a playroom for the kids, and even a wet bar for dad and his poker buddies. Any idea you have for your basement, **Forest Glen Construction** can help make a reality. We'll help you make the best use of the space, choose the right lighting and flooring for your needs, and work with you every step of the way to create the ideal basement for you and your family. And just imagine how great it will feel when your family gathers for fun times in the basement while the snow blows outside!

Not that long ago, when the majority of new homes on the market were modeled after the beloved villas of Old Tuscany, kitchen cabinets were decorated with elaborate, curvaceous woodcarvings.

Things have changed, and the trend in cabinetry today is for clean, simple lines. Most people do not even associate decorative woodcarvings with modern design—but clean styling does not mean cabinets need be devoid entirely of ornamentation. Incorporating appropriate architectural detail imparts warmth and interest to

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

Photo: Courtesy of Wood-Mode Fine Custom Cabinetry

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

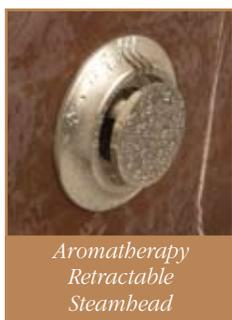


Photos: Courtesy of ThermoSol (www.thermosol.com)

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.

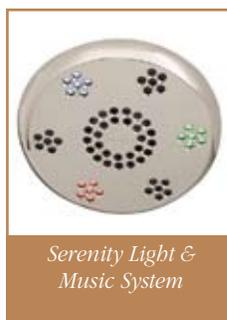
Light, music and shower sessions may easily be controlled via a digital control panel installed on the wall inside your shower, a hand-held remote, and most recently via a wall-mounted control outside the shower.



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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Simple Yet Elegant

Enkeboll's Tribeca collection, inspired by the clean lines of modern-classic architecture.



Photo: Courtesy of Wood-Mode Fine Custom Cabinetry



Photos: Courtesy of Enkeboll Designs (www.enkeboll.com)

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contemporary kitchen and bath cabinetry that otherwise may appear too sterile.

In some cases, it may be as simple as customizing the drawer fronts or end panels with an eye-catching veneer, such as a burl, or by utilizing contrasting wood grains, such as birch with cherry.

The more streamlined cabinetry may also be enhanced with decorative elements such as molding, columns, rosettes, finials and corbels as long as they are designed to blend with the style. Many of the architectural woodcarving collections recently introduced by manufacturers offer uncomplicated profiles that complement cabinet design ranging from the minimalist look to Arts and Crafts. The trick with contemporary styling is to add just the right amount of details, but not go overboard.

In addition to wood details, modern cabinetry also lends itself well to the use of metal. Adding stainless steel or copper accents to a cabinet panel or toe kick helps integrate appliances and fixtures into the total design.



Photos: Courtesy of Art For Everyday Inc. (www.afe-inc.com)

From the Modern Classic Collection by Art For Everyday.

