Date:
Location:
Circulation (DMA):
Type (Frequency):
Page:
Section:
Keyword:

Thursday, August 07, 2014 WASHINGTON, DC 431,521 (8) Newspaper (D) T10,T11 Local Living USAI

HOME

HOME FRONT

Getting on a lighting professional's wavelength

Ann Schiffers, vice president at <u>USAI</u> Lighting, joined staff writer Jura Koncius last week on our Home Front online chat. Here is an edited excerpt.

I have heard a lot about LEDs but don't really know how they can benefit my home lighting design or why I should invest in them. Can you help?

Yes, you are right to ask about LEDs — they are all the rage, and, honestly, for good reason. LEDs have low energy usage (a bulb might use 20 watts where before we used 100 watts) for the same quantity of light and have a long lamp life (was 1,750 hours, now 50,000 hours). With new technology such as "warm-glow dimming," this allows the LED color to shift warmer as it dims, a very beautiful lighting effect.

We have one sink bowl in our bathroom, but it's in the center of a 54-inch-long counter. We would like to replace the '80s-style overhead fluorescent lighting. What lighting fixture would you suggest and how many of them?

The beauty of your old fluorescent lamp fixture is you get a lot of soft uniform light for low wattage. I am not sure if your fixture overhead is wall- or ceilingmounted, but in either case wires can be pulled to put the fixture in the right place. Keep the soft diffused lighting. Have a look at YLighting (www.ylighting.com) for the aesthetic you like (modern/classic). I would suggest the fixtures mount to the wall (either side of a mirror). The decorative fixture should have white soft glass for even (shadowless) illumination.

Where do I start when it comes to selecting light fixtures to place above my kitchen island?

Recessed fixtures are truly my favorite way to light a countertop. With a standard eight- to nine-foot ceiling, our small aperture LED fixtures with a 50 degree beam, five feet apart and centered over the island (using the 20-watt bulb on a dimmer), provide perfectly uniform illumination.

Please give us your thoughts on "industrial" lighting and where it is most appropriate in the home.

By "industrial" I believe you mean the large, Holophane-type pendants that are now made smaller by companies such as Restoration Hardware. A fixture with a glass shade used to throw light in all directions. This is effective lighting where you want a lot of ambient illumination — in the home gym, a casual dining area or a kitchen.

We are tearing down our deck and rebuilding it next month, and the builder wants to leave our deck post exposed so we can add solar lights as a "cap" if we want. What are your thoughts? Does something like that add value (we're selling in two years) or does it give a cleaner look to have everything flush?

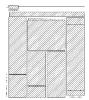
If the area around the deck is dark and unfriendly, I would move forward with that change if it fits the budget. Upgraded lighting features do enhance the resale value, and you will appreciate the improvement for two years.

We are in the process of digging out our basement. Can you recommend some nice fixtures for a bath (windowless) and a bedroom that would work well with additional lights?

I just did this myself! For the bath, we used a Flos decorative fixture over the sink. You can also look at YLighting (www.ylighting.com) for ideas. For the bedroom we used USAI Lighting wall washers (www.usailighting.com) to light the wall adjacent to the bed.

What current trends are you seeing for bedroom lighting?

Indirect lighting and recessed wall-washing (light fixtures that direct a wide swath of light at a wall) are very popular in bedrooms. The indirect lighting aims up and illuminates the ceiling softly. Mount at least six inches from the ceiling for a cove and two inches for an uplight sconce to avoid hot streaks of light. Also, use wall washers for vertical illumination on art in the evening (opposite the window wall is ideal) to balance the room.



Page 1 of 4

Location:
Circulation (DMA):
Type (Frequency):
Page:
Section:

Keyword:

Thursday, August 07, 2014 WASHINGTON, DC 431,521 (8) Newspaper (D) T10,T11 Local Living USAI

the right direction.

I'm in search of a chandelier or pendant for my bedroom, which has exposed ductwork. I'm debating a Sputnik chandelier (too trendy?) or a crystal/glass chandelier. I also want to make sure that the fixture provides some actual light, perhaps with a dimmer switch. Do you have suggestions?

Decorative fixtures can be fun! As for style, I think it's very personal. I favor the

modern aesthetic. Be careful with bare lamp fixtures — they can be glare-y. The bedroom should be soothing and relaxing.

I just bought a new house, and the guest bath can be seen from the entry hallway, and the house is painted primarily Sherwin-Williams Biscuit. I need to increase the bath lighting over time; where should I start now? The bathroom has three-bulb lighting over the vanity and a ceiling light over the shower.

A great update would be to change out the three-bulb lamp (I assume incandescent) to LED. Believe it or not, Home Depot (www.homedepot.com) has a few options, as do YLighting and Bellacor Lighting (www.bellacor.com). All are very cost-effective. As for the ceiling light over the shower, I would switch to a recessed USAI Lighting LED 80-degree down-light, rated for wet location.

How can light be installed to make a small room look bigger?

If you mean "small" as in low height, then a fixture on the wall aiming up toward the ceiling will increase the perceived ceiling height. If you mean "small" as in tiny footprint, then mirrors work wonders, along with using recessed wall washers on one wall to create a visual focus in the room. This stops and focuses the eye.

I need to shine a light on a large painting, but the light has to come from the concrete ceiling in my condo. What type of light would you suggest? I need about three spotlights. Can you recommend someone to come to my home to set it all up, including an electrician?

This does tend to be an issue with concrete slabs. You must surface-mount the

fixture. Elliptipar makes a well-constructed product that can be surface-mounted to a junction box. The conduit will run fixture-to-fixture and down to a wall switch. As for contractors, ask locally first. Angie's List (www.angieslist.com) may also steer you in

We have a standard dining-room chandelier I love; it has six 40-watt incandescent bulbs. Before the bulbs disappeared, I bought out a home store's supply, so I have years' worth. But what then? I hate the look of the new bulbs if not behind a lamp shade, and they're not made for chandeliers, anyway.

The best way to conserve the bulbs you have is to dim them. Dimming just 10 percent (90 percent on) will quadruple the life of the bulbs. The good news is that the technology of LED sources is moving fast. The style probably will improve in two to three years.

Several years ago I bought some pretty pricey lamp shades for each of my nightstand lamps. I've been using compact fluorescent bulbs for a long time, and because they're much cooler than regular bulbs, I was incredibly surprised that the shades started to shred and disintegrate from the inside. I suspect, based on the price, that the lining was silk, but I am really astonished that this happened. Do any of you have any recommendations on the kinds of lamp shades being sold that would eliminate this problem, or at least get me my money's worth? Thanks.

That's unfortunate. Honestly, I would return them to the manufacturer for replacement if possible. I suspect that the ultraviolet light in the fluorescent bulbs has damaged the silk fabric. Incandescent bulbs also have ultraviolet light. LEDs do not. You may want to consider an LED screw-in lamp. Phillips (www.usa.lighting.philips.com) makes a good one.

We are in the process of renovating an 1840s cottage in Sweden. My husband has degenerating eyesight, and we need the option of bright light, but we don't want that all the time. We are putting a lot of care into this restoration, and cultural designations prevent major changes. Do you have any thoughts about what we should be looking for or thinking about? Our general philosophy is that we want the lighting to look like candlelight when guests come over for dinner, but we also need to be able to read the newspaper in the morning. And we don't want any "modern" plugs or spots showing!

Ah, light and health/light and entertainment/historic preservation — all

Page 2 of 4

Date: Location: Circulation (DMA): Type (Frequency): Page: Section: Keyword: Thursday, August 07, 2014 WASHINGTON, DC 431,521 (8) Newspaper (D) T10,T11 Local Living USAI

interesting and challenging topics. For the vision challenge: The more light the better. Creating options for varying color temperatures and for enhancing vision is a big topic of research. <u>USAI</u> Lighting's ColorSelect product shifts from daylight cool (6,000K, the K stands for kelvin, the measure of color temperature) down to candlelight warm (2.200K) — one light with lots of flexibility for the user. Having a vision challenge could also mean less light is reaching the back of the eye, and therefore more light is needed than average to not only see but also to stimulate the photoreceptors in the eye for biological functions. For entertaining, light should be delivered in "layers" in a residence. From the table or floor lamp, from the ceiling (downlight or chandelier), with the option for independently changing the quantity of light to change the mood. Warm light (2,700-2,200K) is relaxing. These warm kelvin temperatures should be used at least two hours before bed. The reverse in true in the morning. A dose of cooler "blue" light is needed every day to reset the circadian rhythm and balance melatonin levels in the

body. Daylight is great at this. LEDs are, too. Lastly, historic preservation: Penetrating the ceiling with very small-aperture recessed fixtures (three inches/75 millimeters in diameter) will provide the focused light you need to see and perform well. A dimmer will provide the versatility you need. Table and floor lamps will provide the soft, general ambient illumination.

Are dimmers appropriate for every room of the house?

Yes, dimmers on incandescent and halogen lamps save an enormous amount of energy and increase lamp life. No, dimmers on fluorescent lamps in utility spaces like closets and garages are not necessary.

My house is 12 years old, and I have recessed lighting in the kitchen and family room. The lights are about six inches across and look huge compared to newer lighting. Can they be replaced on a one-for-one basis with smaller/brighter lights, or will the lighting need to be reconfigured so that all the same areas are covered with newer, smaller lights?

What type of lights work best in a kitchen vs. a family room?

Yes, now you can replace one-for-one, and the energy savings will pay for the construction. USAI Lighting is soon to launch a product that allows you to use some of the internal components of the old fixture and add newer technology, and a plate is plastered over to create a smaller hole in the exact spot of the old fixture.

What's the best choice for a light on the desk where you use your computer?

The best type of fixture is one that moves easily, aiming upward and downward for flexibility in mood and light output when working long hours. LEDs are my favorite choice (3,000K or 3,500K and no cooler). The cooler 3,500K stimulates the brain and increases productivity. Some folks like warmer light (2,700K) as it is closer to the incandescent light source. Having a dimmer on it is also great.

I'm thinking of getting track lighting and

mounting it in my kitchen, directly above the countertop and sink, to eliminate shadows when I'm working there. Does that sound like it would solve my problem? I like the idea of LED fixtures because of the energy savings. Do LEDs stay cool, or do they generate heat?

Minimizing shadows in the kitchen is very important, especially where knives are used. Soft, uniform wide beams are the trick. Track can work, and LEDs can work as well, using a wide-beam lamp, but I prefer recessed fixtures in a kitchen. Track lighting and pendants collect dust and grease and can be difficult to clean. Yes, LEDs do stay cool if they have a heat sink (attached to the back of a replacement lamp or integrated LED fixture to extract heat from the lamp). This part of the lamp and fixture design is critical. Well-engineered products extract heat to maintain the long lamp life.

Also at washingtonpost.com
Read the rest of this transcript and submit questions to the next chat, Thursday at 11 a.m., at washingtonpost.com/home.

Date: Location: Circulation (DMA): Type (Frequency): Page: Section: Keyword: Thursday, August 07, 2014 WASHINGTON, DC 431,521 (8) Newspaper (D) T10,T11 Local Living USAI



A kitchen in New York City featuring USAI Lighting.

EVAN JOSEPH/COURTESY OF USAI LIGHTING

Date: Location: Circulation (DMA): Type (Frequency):

Page:

Section: Keyword: Thursday, August 07, 2014 WASHINGTON, DC A): 203,466 (8) y): Newspaper (W)

Newspa 10,11 Main USAI

HOME FRONT

Getting on a lighting professional's wavelength

Ann Schiffers, vice president at <u>USAI</u> Lighting, joined staff writer Jura Koncius last week on our Home Front online chat. Here is an edited excerpt.

I have heard a lot about LEDs but don't really know how they can benefit my home lighting design or why I should invest in them. Can you help?

Yes, you are right to ask about LEDs — they are all the rage, and, honestly, for good reason. LEDs have low energy usage (a bulb might use 20 watts where before we used 100 watts) for the same quantity of light and have a long lamp life (was 1,750 hours, now 50,000 hours). With new technology such as "warm-glow dimming," this allows the LED color to shift warmer as it dims, a very beautiful lighting effect.

We have one sink bowl in our bathroom, but it's in the center of a 54-inch-long counter. We would like to replace the '80s-style overhead fluorescent lighting. What lighting fixture would you suggest and how many of them?

The beauty of your old fluorescent lamp fixture is you get a lot of soft uniform light for low wattage. I am not sure if your fixture overhead is wall- or ceilingmounted, but in either case wires can be pulled to put the fixture in the right place. Keep the soft diffused lighting. Have a look at YLighting (www.ylighting.com) for the aesthetic you like (modern/classic). I would suggest the fixtures mount to the wall (either side of a mirror). The decorative fixture should have white soft glass for even (shadowless) illumination.

Where do I start when it comes to selecting light fixtures to place above my kitchen island?

Recessed fixtures are truly my favorite way to light a countertop. With a standard eight- to nine-foot ceiling, our small aperture LED fixtures with a 50 degree beam, five feet apart and centered over the island (using the 20-watt bulb on a dimmer), provide perfectly uniform illumination.

Please give us your thoughts on "industrial" lighting and where it is most appropriate in the home.

By "industrial" I believe you mean the large, Holophane-type pendants that are now made smaller by companies such as Restoration Hardware. A fixture with a glass shade used to throw light in all

directions. This is effective lighting where you want a lot of ambient illumination—in the home gym, a casual dining area or a kitchen.

We are tearing down our deck and rebuilding it next month, and the builder wants to leave our deck post exposed so we can add solar lights as a "cap" if we want. What are your thoughts? Does something like that add value (we're selling in two years) or does it give a cleaner look to have everything flush?

If the area around the deck is dark and unfriendly, I would move forward with that change if it fits the budget. Upgraded lighting features do enhance the resale value, and you will appreciate the improvement for two years.

We are in the process of digging out our basement. Can you recommend some nice fixtures for a bath (windowless) and a bedroom that would work well with additional lights?

I just did this myself! For the bath, we used a Flos decorative fixture over the sink. You can also look at YLighting (www.ylighting.com) for ideas. For the bedroom we used USAI Lighting wall washers (www.usailighting.com) to light the wall adjacent to the bed.

What current trends are you seeing for bedroom lighting?

Indirect lighting and recessed wall-washing (light fixtures that direct a wide swath of light at a wall) are very popular in bedrooms. The indirect lighting aims up and illuminates the ceiling softly. Mount at least six inches from the ceiling for a cove and two inches for an uplight sconce to avoid hot streaks of light. Also, use wall washers for vertical illumination on art in the evening (opposite the window wall is ideal) to balance the room.

I'm in search of a chandelier or pendant for my bedroom, which has exposed ductwork. I'm debating a Sputnik chandelier (too trendy?) or a crystal/glass chandelier. I also want to make sure that the fixture provides some actual light, perhaps with a dimmer switch. Do you have suggestions?

Decorative fixtures can be fun! As for style, I think it's very personal. I favor the modern aesthetic. Be careful with bare lamp fixtures — they can be glare-y. The bedroom should be soothing and relaxing.



Page 1 of 4

WASHINGTON POST (VIRGINIA EDITION)

Date: Thursday, August 07, 2014
Location: WASHINGTON, DC
Circulation (DMA): 203,466 (8)
Type (Frequency): Newspaper (W)
10.11

Page: 10,11 Section: Main Keyword: USAI

I just bought a new house, and the guest bath can be seen from the entry hallway, and the house is painted primarily Sherwin-Williams Biscuit. I need to increase the bath lighting over time; where should I start now? The bathroom has three-bulb lighting over the vanity and a ceiling light over the shower.

A great update would be to change out the three-bulb lamp (I assume incandescent) to LED. Believe it or not, Home Depot (www.homedepot.com) has a few options, as do YLighting and Bellacor Lighting (www.bellacor.com). All are very cost-effective. As for the ceiling light over the shower, I would switch to a recessed USAI Lighting LED 80-degree down-light, rated for wet location.

How can light be installed to make a small room look bigger?

If you mean "small" as in low height, then a fixture on the wall aiming up toward the ceiling will increase the perceived ceiling height. If you mean "small" as in tiny footprint, then mirrors work wonders, along with using recessed wall washers on one wall to create a visual focus in the room. This stops and focuses the eye.

I need to shine a light on a large painting, but the light has to come from the concrete ceiling in my condo. What type of light would you suggest? I need about three spotlights. Can you recommend someone to come to my home to set it all up, including an electrician?

This does tend to be an issue with concrete slabs. You must surface-mount the fixture. Elliptipar makes a well-constructed product that can be surface-mounted to a junction box. The conduit will run fixture-to-fixture and down to a wall switch. As for contractors, ask locally first. Angie's List (www.angieslist.com) may also steer you in the right direction.

We have a standard dining-room chandelier I love; it has six 40-watt incandescent bulbs. Before the bulbs disappeared, I bought out a home store's supply, so I have years' worth. But what then? I hate the look of the new bulbs if not behind a lamp shade, and they're not made for chandeliers, anyway.

The best way to conserve the bulbs you have is to dim them. Dimming just 10 percent (90 percent on) will quadruple the life of the bulbs. The good news is that the technology of LED sources is moving fast. The style probably will improve in two to three years.

Several years ago I bought some pretty pricey lamp shades for each of my

nightstand lamps. I've been using compact fluorescent bulbs for a long time, and because they're much cooler than regular bulbs, I was incredibly surprised that the shades started to shred and disintegrate from the inside. I suspect, based on the price, that the lining was silk, but I am really astonished that this happened. Do any of you have any recommendations on the kinds of lamp shades being sold that would eliminate this problem, or at least get me my money's worth? Thanks.

That's unfortunate. Honestly, I would return them to the manufacturer for replacement if possible. I suspect that the ultraviolet light in the fluorescent bulbs has damaged the silk fabric. Incandescent bulbs also have ultraviolet light. LEDs do not. You may want to consider an LED screw-in lamp. Phillips (www.usa.lighting.philips.com) makes a good one.

We are in the process of renovating an 1840s cottage in Sweden. My husband has degenerating eyesight, and we need the option of bright light, but we don't want that all the time. We are putting a lot of care into this restoration, and cultural designations prevent major changes. Do you have any thoughts about what we should be looking for or thinking about? Our general philosophy is that we want the lighting to look like candlelight when guests come over for dinner, but we also need to be able to read the newspaper in the morning. And we don't want any "modern" plugs or spots showing!

Ah, light and health/light and entertainment/historic preservation — all interesting and challenging topics. For the vision challenge: The more light the better. Creating options for varying color temperatures and for enhancing vision is a big topic of research. USAI Lighting's

HOME FRONT CONTINUED ON 11 ColorSelect product shifts from daylight cool (6,000K, the K stands for kelvin, the measure of color temperature) down to candlelight warm (2,200K) - one light with lots of flexibility for the user. Having a vision challenge could also mean less light is reaching the back of the eye, and therefore more light is needed than average to not only see but also to stimulate the photoreceptors in the eye for biological functions. For entertaining, light should be delivered in "layers" in a residence. From the table or floor lamp, from the ceiling (downlight or chandelier), with the option for independently changing the quantity of

Page 2 of 4

WASHINGTON POST (VIRGINIA EDITION)

Date: Thursday, August 07, 2014
Location: WASHINGTON, DC
Circulation (DMA): 203,466 (8)

Type (Frequency): Newspaper (W)
Page: 10,11
Section: Main
Keyword: USAI

light to change the mood. Warm light (2,700-2,200K) is relaxing. These warm kelvin temperatures should be used at least two hours before bed. The reverse in true in the morning. A dose of cooler "blue" light is needed every day to reset the circadian rhythm and balance melatonin levels in the body. Daylight is great at this. LEDs are, too. Lastly, historic preservation: Penetrating the ceiling with very small-aperture recessed fixtures (three inches/75 millimeters in diameter) will provide the focused light you need to see and perform well. A dimmer will provide the versatility you need. Table and floor lamps will provide the soft, general ambient illumination.

Are dimmers appropriate for every room of the house?

Yes, dimmers on incandescent and halogen lamps save an enormous amount of energy and increase lamp life. No, dimmers on fluorescent lamps in utility spaces like closets and garages are not necessary.

My house is 12 years old, and I have recessed lighting in the kitchen and family room. The lights are about six inches across and look huge compared to newer lighting. Can they be replaced on a one-for-one basis with smaller/brighter lights, or will the lighting need to be reconfigured so that all the same areas are covered with newer, smaller lights? What type of lights work best in a kitchen vs. a family room?

Yes, now you can replace one-for-one, and the energy savings will pay for the construction. <u>USAI</u> Lighting is soon to launch a product that allows you to use some of the internal components of the old fixture and add newer technology, and a plate is plastered over to create a smaller hole in the exact spot of the old fixture.

What's the best choice for a light on the desk where you use your computer?

The best type of fixture is one that moves easily, aiming upward and downward for flexibility in mood and light output when working long hours. LEDs are my favorite choice (3,000K or 3,500K and no cooler). The cooler 3,500K stimulates the brain and increases productivity. Some folks like warmer light (2,700K) as it is closer to the incandescent light source. Having a dimmer on it is also great.

I'm thinking of getting track lighting and mounting it in my kitchen, directly above the countertop and sink, to eliminate shadows when I'm working there. Does that sound like it would solve my problem? I like the idea of LED fixtures because of the energy savings.

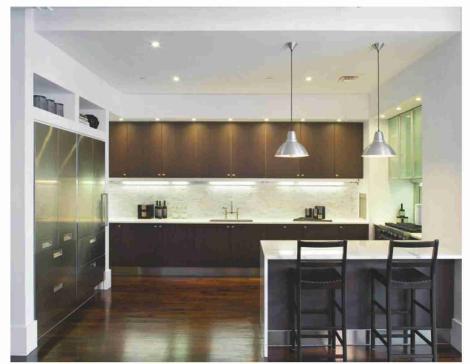
Do LEDs stay cool, or do they generate heat?

Minimizing shadows in the kitchen is very important, especially where knives are used. Soft, uniform wide beams are the trick. Track can work, and LEDs can work as well, using a wide-beam lamp, but I prefer recessed fixtures in a kitchen. Track lighting and pendants collect dust and grease and can be difficult to clean. Yes, LEDs do stay cool if they have a heat sink (attached to the back of a replacement lamp or integrated LED fixture to extract heat from the lamp). This part of the lamp and fixture design is critical. Well-engineered products extract heat to maintain the long lamp life.

Also at washingtonpost.com
Read the rest of this transcript and
submit questions to the next chat, Thursday at
11 a.m., at washingtonpost.com/home.

Page 3 of 4

Date: Location: Circulation (DMA): Type (Frequency): Page: Section: Keyword: Thursday, August 07, 2014 WASHINGTON, DC 203,466 (8) Newspaper (W) 10,11 Main USAI



A kitchen in New York City featuring USAI Lighting.

EVAN JOSEPH/COURTESY OF USAI LIGHTING