



### Atlantic Kitchen & Bath Spring Newsletter

#### In this issue:

- WHO Makes It
- Kitchen Renovations are Healthy?
- Spring Cleaning
- AKB Recipe Corner
- The Pull of Microwave Drawers
- Remodeling? Start Here
- Pare Down and Organize
- The Pro is the Way to go

*We finally made it!*

*The long winter months have passed, the cherry blossoms, crocus, tulips and even weeds are all coming up. The sun is out shining, the boardwalk is getting busy and the restaurants are getting crowded again. It's exciting just to feel the warmth in the air. What a great time to take stock of what needs to be done at your home.*

*It's a perfect time for a remodel!*

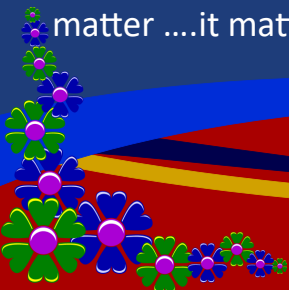


**Atlantic Kitchen & Bath specializes in custom kitchen and bath designs as well as renovations, sunrooms, closet systems, outdoor kitchens, additions and restorations. Why wait? Call today at 302.645.8500 to schedule an appointment or look us up on the web at [www.AtlanticKB.com](http://www.AtlanticKB.com)**

## We can design and build anything for you!

### It matters to us WHO makes it.

Everyone knows that getting a job done right is all in the details. At Atlantic Kitchen & Bath we take every job personally, we get to know every client closely. It makes it much easier to create a design and help select all the materials that go into making a good remodel, an extraordinary one. So, we select our product vendors carefully. Do they have good products; good reputation; solid foundation; list of references; licensed; bonded; insured; are they a member of good standing with the BBB? These are all questions we ask before we offer a line of products to our customers. We pour over product details to make sure that every part, every component, every appliance and every piece of tile/flooring, countertop or cabinetry, is up to the product standards that we expect for all of our remodels. Because our customers matter ....it matters to us who makes it! Give us a call for your next remodel .



## Kitchen Renovations Staying Healthy

Houzz's latest survey finds that the Kitchen renovation thriving segment has homeowners seeing benefits. According to Houzz's Kitchen Trends Survey for 2016, a third (33%) of Houzz users who updated their kitchens reported a healthier lifestyle post-renovation. The survey released on January 10<sup>th</sup>, also found the 41% of respondents are cooking more meals at home; 76% of kitchen renovators are cooking five or more meals in their new kitchens per week. Plus, they are eating less takeout and filling their diets with more nutritious ingredients such as fruits and vegetables.



The report found the updated kitchens encouraged a positive lifestyle across all age generations. Pantry cabinets and islands remain popular mainstays, roll outs and storage drawers with upgraded features (pot holder/plate racks/knife drawers/utensil drawers/pull out spice cabinets, etc..) continue to be on the increase.

The survey also determined that spending on kitchen renovations continue to increase annually with nearly one in 10 homeowners spending more than \$100k on a kitchen renovation while another 30% spent between \$50k-\$75k and that more than 88% of homeowners hired professionals to complete their renovations.

Healthy for the pocket too! The report also found that with a growing trend of homeowners choosing to stay in their home for the long term, the return on investment from kitchen remodels is not only measuring well in dollars but also in the added healthier lifestyle benefits that a newly remodeled kitchen affords.

Let us help you with your new kitchen remodel. Call us for an appointment at 302.645.8500 or look us up on HOUZZ or visit our website at [www.AtlanticKB.com](http://www.AtlanticKB.com)



## On time and within budget!

Project location / Rehoboth Beach: Mark and his crew were great to work with and very flexible when it came to requested changes as the work progressed. The end result is spectacular and I couldn't be more pleased with my remodeled home.

I'm looking forward to the next project that I am starting with AKB

*Happy*

*Spring!*

*What's New*



## Spring Cleaning: Throughout Your Home

Spring cleaning may seem daunting until you realize it's really just completing the same basic tasks in each room. To make it easy here is a list to help you clean and get organized

Ceiling Fans: Turn off and dust all blades./ Light Fixtures: Turn off and clean all components once cooled.

Windows: Dust windowsills and tracks; wipe glass clean / Window Treatments: Clean curtains and drapery; dust blinds / Doors: Wipe clean – don't forget the tops and doorknobs / Walls: Clean off scuffmarks, dirt and other grime – Magic Eraser works great for this / Drawers: Clean and reorganize every last one / Floor-Wall Vents: Remove (if possible) and dust / Floors: Shake out and/or launder floor mats; vacuum rugs and clean floors.

### Entryway

Shelves: Dust / Lighting fixtures: Dust and change out burned out bulbs / Coat Closet – move winter coats to an alternate storage closet.

### Living Room

Furniture: Dust solid furniture like coffee tables, bookcases and entertainment centers; vacuum and freshen upholstered furniture like sofas. / Electronics: Dust – Swiffer dusters are flexible to get into hard-to-reach places like around wires.

### Kitchen

Cabinets: Clean off the tops, and then wipe down the insides and doors. Organize kitchen cabinets as you put items back / Appliances: Wipe down the microwave – inside and out – as well as the coffee maker, mixer and any other appliances / Stovetop: Remove grates and wash, cleaning the stovetop as they dry / Oven: Complete an oven deep clean / Fridge: Do a Total Refrigerator Cleanout / Countertops: Wipe down with cleaner recommended for your countertops / Pantry: Tackle a Total Pantry Cleanout. / Backsplashes: Wipe them down, paying special attention to those prone to splatters, like above the sink or behind the stovetop.

### Bathrooms

Shower: Clean shower walls, doors, ledges, fixtures and floors; launder washable shower curtains / Sink: Clean basins and fixtures / Toilet: Scrub the toilet bowl; wipe down the exterior – don't forget the grime-prone spots behind the toilet / Cabinets: Wipe off the tops, and then the insides and doors / Countertops/Shelves: Dust / Linen Closet: Clean all surfaces; organize linens and other items that find their way to this catchall closet / Mirrors: Wipe clean of smudges and splatters.

### Bedrooms

Bedding: Wash (or dry clean) the comforter; wash sheets and pillowcases before remaking the bed / Furniture: Dust solid furniture like dressers, nightstands and headboards; vacuum and freshen upholstered furniture like chairs / Closets: Clean and organize clothing closets.

Spray your favorite scent of air freshener to add some freshness to the space.

### Outdoor Areas

Grill: Follow our Cleaning Tips for Outdoor Grills to clean your charcoal or gas grill / Outdoor Furniture: Hose down and towel dry / Porch -Patio: Hose down, let dry, and then sweep / Eaves and Windows: sweep out bugs, cobwebs / Garage: Use a leaf blower – it cleans out your garage fast! Clean out shelving or storage cabinets—these can get loaded with little critters over the winter.

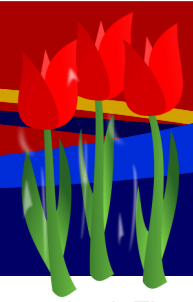
The House is clean now enjoy your Spring!

**Have a project in mind? Give AKB a call and get started. What are you waiting for?**

Project Location: Lewes, DE 19958

AKB designed & remodeled our kitchen . The experience was terrific from beginning to end , It turned out beautifully . We enjoy it and have had many compliments on its looks. Fit and finish are exceptional.

*AKB Spring Tips*



# Spring Recipe Corner

Spring is a miraculous experience. The whole world comes alive after the winter in which it seemed that everything was dead. The world comes filled with color and the scent of delicious greenery. The world that seemed so dull and cold has come alive once again. Little did we know that beneath the cold hard ground the plants and trees were preparing for rebirth. Spring gives us hope for rejuvenation in our own lives as well. Spring is a time to renew the excitement and zest for life that lives inside.

Source: Family & Friend Poems

## EZ Sheet Pan Salmon & Veggies

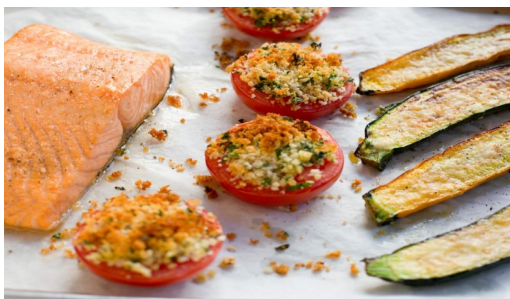
### Ingredients:

- 4 tbsp. grated parmesan
- 1/4 c Parsley leaves, chopped
- Salt & Pepper
- 1 large fresh lemon—grated and juiced
- 4 large plum tomatoes, halve crosswise
- 4 medium zucchini, halved lengthwise
- 2 tbsp. olive oil
- Two—10 oz. salmon fillets (remove skin)

### Directions:

Heat oven to 425 F.

Toss the panko, parmesan, parsley, 1/2 tsp salt and 1/4 tsp pepper together in a small bowl. Arrange tomatoes in the center of a baking sheet lined with parchment paper, cut side up and spoon the panko mixture on top. Lay zucchini halves cut side up next to tomatoes. Drizzle with olive oil and sprinkle with salt & pepper. Roast the vegetables until they begin to soften (about 18 minutes). Remove the pan from the oven and place the salmon fillets on the other side of the tomatoes. Drizzle salmon with olive oil, sprinkle with salt & pepper, add grated lemon peel and lemon juice. Roast until salmon and veggies are cooked through. About another 12 minutes. Plate and serve



## Strawberry Shortcake

### Ingredients:

- 1 1/2 pounds strawberries (stemmed and quartered)
- 5 tbsp. sugar
- 2 c flour
- 2 tsps. Baking powder
- 1/4 tsp baking soda
- 2 tbsp. sugar
- 3/4 tsp salt
- 3 c heavy cream

### Directions:

Mix berries with 3 tbsp. sugar and refrigerate at least 30 minutes.

Preheat oven to 400

Sift together flour, baking powder, baking soda and remaining sugar and salt in a medium bowl. Add 1 1/2 cups heavy cream and mix until just combined. Place mixture in an greased 8-in square pan and bake about 18-20 minutes until golden brown.

Whipped cream. Using a mixer beat 1 1/2 c heavy cream with 3 tbsp. sugar and 1 1/2 tsps. Vanilla. Add 1 tsp freshly grated lemon zest, beat until soft peaks form. Cut shortcake into 6 pieces, then cut in half horizontally—place bottom half in bowls—spoon strawberries—add shortcake top and spoon on whipped cream.



## The Bee's Knees with berries

### Ingredients:

- 4 oz. gin
- 1/2 c fresh lemon juice
- 2 tbsp. honey
- 8 oz. club soda
- 1/4 fresh raspberries

### Ice

(garnish w/lemon wedges and fresh raspberries)

### Directions:

In a large shaker filled with ice—combine the above ingredients except garnish.

Shake until honey is fully dissolved. Pour into 6 oz. glasses including the ice and garnish with lemon wedges





Winter is finally over and we have some news to share. We are still working on our new Showroom on Coastal Highway but we have moved into the offices that are in the warehouse on the back of the property. We have a temporary showroom set up and we are still busy as ever with new appointments for remodels and additions.

Please keep us in mind if you have a friend or family member who needs remodeling work done. We have a great referral program and you could receive a \$250 gift card if you refer someone to us who signs a remodel contract. If you need more information or a copy of the referral form, contact Sunny at 302.645.8500 or email her at Sunny@Atlanticde.com

**Call for a free estimate appointment or visit our Sales Office**

*Some things you may not know!*

## Discover the Pull of Microwave Drawers

More accessible, less noticeable and highly space efficient, microwave drawers are a welcome newcomer in kitchen appliances and are becoming increasingly more popular with busy families and aging in place couples. Microwave drawers are sweeping our nation's kitchens for good reason. With a capacity of approximately 1 cubic foot, the average under-counter microwave drawer fits in seamlessly with the rest of your cabinets while opening up prime real estate above your stovetop or on your countertop.

Microwave drawers are conveniently located at hip level, allowing for much safer handling. For families on the go, they're installed at an accessible height for children and equipped with safety locks for homes with toddlers. For older couples they are much easier to access and to keep clean.

If you are considering a kitchen remodel make sure to add this to your wish list.



**302.645.8500**

*18355 Coastal Highway / Lewes*

## Thinking About Home Remodeling? Start Here!

Sooner or later you may join the millions of people who remodel their homes each year. Perhaps it's at that moment when you realize that avocado green and harvest gold are no longer the "in" colors for today's trendy kitchens. Or maybe you have an epiphany one day as you stand in line to use your own bathroom. Whatever the impetus, the thought crosses your mind: Maybe it's time to start a home remodel. The reasons for home remodeling are as varied as the projects we undertake.

Some of these include:

- Adding more space
- Upgrading cabinets, counters, appliances and fixtures
- Creating a floor plan that's customized for your lifestyle
- Improving energy efficiency with new windows, doors, insulation, and climate control systems
- Increasing the resale value of your home
- Preparing your home for aging in place

### Where to Begin

The first step is to review your home and develop an idea of what you want to start with for your home remodel. Write a prioritized list of your needs and wants. There are many sources to find design ideas for your home remodeling project. Look at magazines and websites and collect pictures of homes or remodeling projects you like. The more clearly you can envision the project and describe it on paper, the better prepared you'll be in making your decision.

Think about traffic patterns, furniture size and placement, colors, lighting and how you expect to use the remodeled space. If your decision to remodel involves creating better access for someone with limited mobility, you may want to consider contacting a Certified Aging-in-Place Specialist.

You may want to improve home efficiency and hire a professional remodeler for green home remodeling. These projects include replacing windows and doors, upgrading heating and cooling systems, adding insulation, and other remodeling to make the home more energy-efficient, easier to maintain, and comfortable.

Figure out how much money you have to spend on the home remodeling job, furnishings, landscaping or any other cost you might incur.

Once you have created your list of priorities, you will need to decide how to accomplish that vision. For the handyman, a do-it-yourself project can be less expensive. However, more than 30 to 45% of all jobs home remodelers perform come from failed DIY projects. The reason for this is that most homeowners find out the job is overwhelming and doesn't end up being cost effective because of the amount of personal time it takes to see a project through from beginning to end.

**According to the Home Builders Association of Delaware, hiring a professional remodeler is the best way to ensure your project's success. Atlantic Kitchen & Bath is dedicated to maintaining the highest integrity and standards in the industry. We have an A+ rating with the Better Business Bureau, excellent references and reviews, we have an in-house Design Manager, a full time field Project Manager, full time executive staff, we are licensed/bonded and we have a Certified Master Builder and General Contractor. Give us a call and let's get started! 302.645.8500**



**Nothing speaks volumes, like great reviews. We thank all of our customers for passing these on to us!**

Lewes Remodel / We totally enjoyed our experience with Atlantic Kitchen & Bath. The attention to detail was much appreciated. We love the way our kitchen turned out.

*Check us out on Facebook or visit us at [www.AtlanticKB.com](http://www.AtlanticKB.com)*



## How to Pare Down and Organize Before a Home Renovation

Planning, decluttering and organizing before you start remodeling will prepare the way for a successful outcome. When you're embarking on a renovation project, it's a good idea to clear as much space as possible before the chaos ensues. Think about what you want and need in your new room, and thoroughly declutter the area. Follow these tips for clearing, organizing and storing to ensure your building work creates as little upheaval as possible.



**Be systematic.** Start sifting through your cupboards and bookshelves. If you need to pack up a room or two, now is a great time to assess what's lurking in the back of your cabinets. Pack frequently used items into transparent storage boxes. Label them clearly and move them to another room. They'll be out of the way of dust and builders, but still easily accessible. Items used less often can be packed in cardboard boxes and stored out of the way. Pack them carefully and label each box with the general contents. It's a great idea to take photos of the box and label in its new location, so you can easily find things during the renovation or when you're unpacking after the work is complete.

**Consider your needs.** If you're planning an interior remodel to change the way you use your space, think about why you want to change the layout. Do you need a safe play area for young children, pets or maybe a small office space to facilitate working from home? Provide your designer or architect with as much information as possible about how you want to use your space, so he or she can make it really work for you. A good professional will listen and provide a solution tailored to your requirements.

**Use storage that moves.** Plastic storage boxes on wheels will come in very handy, as you'll probably be moving things around to give your builders access around the house. If you're planning a bedroom refurbishment, you'll need to be selective about which clothes and toiletries you pack away and which you want to keep on hand for the duration of the improvements. A portable covered clothes rail and some lightweight drawers on wheels can store a capsule wardrobe and keep your clothes dust-free.



**Think about daily routines.** Most home remodeling projects involve some disruption, so plan ahead for changes to your daily routine. If you're having your kitchen renovated, you could think about setting up a mini cook station elsewhere in the house. This could be something as simple as a table and microwave. Alternatively, you could arrange to stay somewhere else for a while. Pets might also need a place to go; ask a friend to help out or research reputable pet sitters in your area.

**Store valuables securely.** While it's important that you trust your builders, there will be periods during the renovation when your home will be left unlocked. It might possibly be without windows, doors and even walls at some point. In addition, a stream of tradespeople will be coming and going. So take precautions and keep valuables in a safe in your home, or in a deposit box off-site.



**Make some room.** Almost any renovation project will require you to be living in fewer rooms than usual, and these areas will probably need to be multifunctional. If you're not going to keep all your room furniture when the work is finished, it's a good idea to pass pieces on or sell them before the work starts. Decluttering prior to the renovation means you'll have fewer items to move, pack, store and unpack once the work is finished. If you're planning to use a garage or loft for storage during the project, check in advance that large items will fit through doors and openings. Also, make sure you have cleared out sufficient space for the furniture to fit. Alternatively, you could rent a secure storage locker while the

renovation is taking place.

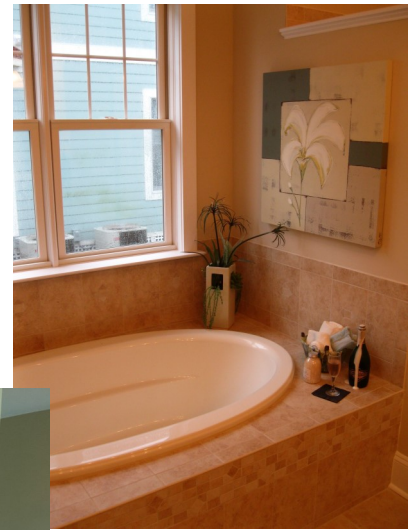
**Set up a temporary kitchen:** If you are remodeling your kitchen it is important that you and your family are able to feel comfortable and continue to function daily with out as much interference as possible. Setting up a temporary kitchen with essentials like a microwave, coffee maker, toaster oven, small fridge, pots and pans and cooking utensils. Skip the dishes and silverware and make it easy and fun by adding colorful paper plates and plastic flatware.

**Don't sweat the details:** Hire a good professional who can handle all the remodeling details for you—your job will stay on schedule and you will have less things to worry about.



**The pros who make our kitchens and bathrooms beautiful.** If you're not doing a renovation on your own, you're not alone. A whopping 90 percent of homeowners who undertook kitchen or bathroom renovation projects last year or are planning one this year enlisted or will enlist the help of a professional. That's up from 78 percent the year before.

More than half hired or will hire a general contractor or a bathroom remodeler. According to HOUZZ if you are looking to renovate it pays to hire a professional especially when you are getting into electrical, plumbing, flooring, tile work, countertops, custom cabinets and lighting issues. It may cost a little more but in the long run you get the peace of mind knowing the job is done right.



*We just love reviews.....thank you!*



**BBB ACCREDITED SINCE 02/29/2016**

**Atlantic Kitchen & Bath LLC**

**AKB's overall rating score is A+**

**All positive feedback / no negative ratings**



*18355 Coastal Highway, Lewes, DE 19958*