



THE ROLE OF LIGHTING IN DESIGN

The evenings close in and the days shorten, it is Fall and lighting in our homes and work places is often taken for granted. Considering that 10% to 20% of home electricity and 38% of industrial and commercial electricity is used for lighting, perhaps we should consider the importance of the lighting designs to be of more significance.

Research has indicated that both natural and artificial lighting affect people's health and wellbeing. The intensity and color temperature of artificial lighting affect various physiological processes in the human body. Moreover, exposure to lighting with different illuminances and correlated color temperature can affect the quality of sleep, the mood and alertness. In addition to physiological and psychological effects of different types of illumination, research has indicated that specific lighting conditions may also increase human performance. With this in mind your designer is a great resource for innovative, practical and economically viable lighting solutions. They understand the role of lighting in architecture and interior design and rely on their extensive experience and knowledge of lighting equipment and systems to enhance and strengthen design.

PRODUCT SPOTLIGHT



This impressive light fixture designed by Diana Castro, is more of a work of art and is part of a combination of one of a kind lighting elements. She used sustainable materials and an organic perspective to capture movement and create lighting that is distinctive and unique.

H3DESIGN SPONSORED SFHHA GOLF TOURNAMENT :



H3Design was a proud sponsor of the second Golf Tournament held by the South Florida Hospital & Health Care Association on October 21st at the Fort Lauderdale Country Club. The day started with a tee off at noon and the foursome representing the H3Design Team. The field of competitions represented many prominent companies in the hospital and health care industry. The bag sponsorship by H3Design was a useful addition for the participants, containing many goodies that were contributed to the cause.

Diana Castro

Diana Castro, ASID, IIDA, LEED A.P
President of H3Design

CREW Fort Lauderdale/Palm Beach is a local chapter of a national organization formed to support communication, networking and interaction among commercial real estate specialists on a local, regional, national and international level with specific concentration on promoting women within the real estate industry. The Chapter, which is not limited to women, is comprised of a diverse group of professionals representing the entire spectrum of a commercial real estate transaction that are committed to networking and referring business to each other.

For more information about CREW & Events: www.crewftlpbch.org or contact Diana Castro, CREW member



Year End Bash
18:00 - 20:00, December 10, 2013

@Tower Club, 100 SE Third Ave,
One Financial Plaza, Regions Bank Bldg,
28th Floor, Fort Lauderdale, FL 33394