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Adding warmth, health to the home

By **Jim Cornelius**
Correspondent

The Scandinavians have had it right for centuries. If you live in a Northern climate, time in the sauna is good for you — inside and out.

It's surprisingly easy to add a sauna to your home. Brian Janke of Aqua Hot Tubs in Sisters notes that there are two types of spa — infrared and traditional. Traditional spas use water poured over heated rocks to create hot steam, while infrared spas use infrared wavelengths to heat the body itself.

Infrared spas can be small,

fitting only one person if desired, and are both affordable and convenient.

"You can put them in any room in your house," Janke said. "You can put it in your bedroom."

The luxury and sense of well-being is within reach for a lot of households.

"You can get a really nice two-person sauna for \$2,695," Janke said.

The infrared spas come in modular kits that are easy to install.

"Anyone can actually do it," Janke said. "They're really easy."

Traditional spas start at

about twice the cost of the infrared — and, of course, you can take it as far as you want to with a custom sauna.

"I'm actually partial to the traditional sauna," Janke said.

The traditional sauna provides moisture, which is at a premium in the dry Northern winter.

"You get a passive cardiovascular workout in saunas," Janke notes.

Folks in Sisters can readily relax and warm up in the traditional Norse way, in the comfort of their bedroom, or in a custom-built traditional spa in their yard. Diving into a snowbank is optional.

Winterize to prevent expensive problems

By **Jim Cornelius**
Editor in Chief

This is the season when our thoughts turn to hunkering down in our cozy home, enjoying long winter nights by the fire or celebrating the holidays with our friends and family.

Not so fast. There's work to be done.

This is also the season when the wise homeowner gets to work on battening down the hatches so that the winds of winter can't creep through — and to avoid the damage that the season can bring to home and wallet.

Local contractors have a lot of experience both in helping people to winterize and repairing the damage done when that process is neglected or ignored.

Laredo Construction has seen nearly four decades of winter come and go, and they know what needs to be done.

"Insulate your exterior hose bibs and remove all hoses, timers and drip irrigation connections," Laredo recommends. "Store your hoses in the garage. Replace your furnace filter and get your furnace serviced. Ensure

your chimney flue is clean. Both lead to proper airflow.

Check weather stripping at all entry doors and block foundation vents. Pioneer Restoration, a full-service disaster restoration company in Central Oregon, urges similar steps to head off disaster before it happens. Burst pipes are an absolute nightmare in the wintertime, and now is the time to act to make sure that doesn't happen.

"Water heater tanks and pipes need to be insulated to prevent freezing water from bursting a pipe and creating a major flooding event in your home or property," Pioneer Restoration recommends. "In addition to concerns about indoor plumbing, a broken pipe in your irrigation system could lead to flooding and an expensive clean-up come spring. Irrigation lines should be blown out using an air compressor, one zone at a time. The prevailing opinion of experts is to set the compressor at 80 psi for PVC systems, and at 50 psi for flexible polyethylene pipe."

Cold air intrusion is both uncomfortable and expensive,

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