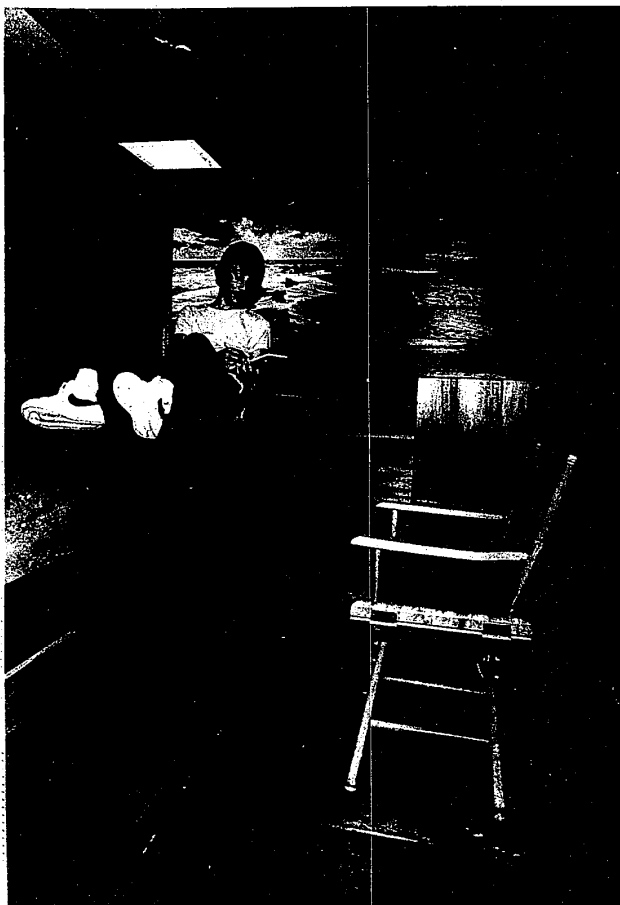


Saunas: Farmington discovers a hot idea



Steve Rudner relaxes in a Farmington Hills home which comes complete with its own sauna.

By SUZIE MARKS

Sauna experiences have been a way of life for Finland's entire population throughout history, providing enjoyment and relaxation for young and old alike.

In this country, saunas are usually associated with health spas and private clubs. However, more and more convenience minded Americans are opting for saunas in the privacy of their own homes.

"There was a time when saunas were installed in mostly commercial outfits," says Dave Ellis, co-owner of American Exercise and Gym Equipment in Southfield. "But society has gotten affluent enough that the guy who puts one in his house still belongs to a health club."

A sauna is a dry heat bath taken in a well insulated room lined with untreated, kiln-dried soft wood heated by igneous rocks. The humidity can be controlled to the bather's personal liking by the application of water to the super-heated rocks. The temperature

should be 150-180°F, maintaining a relative humidity of 10-20 per cent.

ELLIS SAYS a majority of homes being built in the \$80,000 price range are equipped with saunas. However, he adds, "I do a lot more in existing homes."

What's the cost to have a heated room constructed in your abode?

"The average home sauna which is either a four by six foot or a six by seven foot complete with everything including installation is \$1,500 to \$1,600," Ellis explains. "Those will seat four or five people and they each have a double row of benches."

For the handy man, a pre-fabricated sauna of the same size will cost about \$800-\$900. For those that want to construct their own totally, Ellis sells a heater and the service of telling the builder the dos and don'ts of sauna construction.

"Most of our jobs are custom rooms. The people come in and say build me a sauna room. All they want to do is flip a switch," he says.

Common locations for at-home saunas are usually in basements where adjoining exercise rooms are present, says C.E. McCoy, owner of McCoy Inc., in Southfield.

"In new construction they want them close to master bedrooms or in their recreation area. In existing homes, they are in the basement," he adds.

ELECTRICAL WIRING does not present problems, the men contend, since they employ licensed electricians to do the jobs.

Floor drains are unnecessary unless the homeowner plans to use an extensive amount of water for a high humidity rate, Ellis says. "They can usually be built on the existing floor without much problem."

Ellis recalls a \$3,800 unit his company installed in a bachelor's home. "It was one of the most expensive ones we've ever done. It was redwood with stereo music piped in and fold-down benches. It was kind of kinky."

Cloudy days forecasted for solar energy gains

By SUZIE MARKS

Solar energy is not feasible in Michigan, despite what energy enthusiasts say, claims a local energy consultant.

"Solar energy enthusiasts are in love with fantasy, it's like being in love with motherhood," says Frank J. Versagi, consultant for the Michigan Energy Administration.

"All we have now are thousands of demonstration projects subsidized by the government. By the year 2000 I can't see solar energy in Michigan accounting for even one percent of our energy source."

Despite his predictions, solar energy equipment manufacturers have found a small but growing market in Michigan. As energy costs rise, they maintain, so will the demand for energy apparatus.

Versagi has authored a book on the Arab oil embargo and spoken on energy throughout the United States, Europe and Japan.

"I wrote my first solar energy story 20 years ago. I could publish the same article today and just change the names, and the technical information would be the same," he said during a

recent interview in Southfield.

Although Versagi discounts the solar energy theory as a viable alternative for Michigan because of constant clouds hovering above, he wholeheartedly supports energy conservation.

"We want energy conservation to be as much of a second nature as personal hygiene," he says.

THE BIGGEST way to save energy, Versagi contends, is to cut down on home usage of heating and cooling comfort systems. The second largest energy users are water heaters.

Versagi advises to do as much home washing in cold water as possible. With the exception of the dishwasher, most home appliances can be run with cold water, he contends.

Dialing down at night is not the answer, the energy specialist says. Instead, home thermostats should always be set at 66 or 68 degrees during the winter and between 72 to 75 degrees while airconditioning is in use during the summer.

"Studies show that houses which use night setbacks on their thermostats

were hard to prove that any energy was saved," he adds. "If you drop the thermostat three degrees and leave it there, it will do more good than tampering with it."

Adding insulation to existing houses has been advocated as an energy-saving method. However, he says if a home already has four inches of ceiling insulation, as most homes built since World War II have, it is questionable if the addition will save any energy.

"There is no doubt by adding more insulation you'll save money over the years, but it doesn't pay off for now," the former metallurgical chemist explains. "So we are asking the consumer to be patriotic and insulate for the good of the country."

SAVING ENERGY for the future is a moral obligation, Versagi says, claiming that we will have enough energy for several more life times. However, during these next generations it is extremely important to conserve to our greatest potential while new methods are being researched and developed.

THE INSIDE * ANGLE

*CLASS REUNION TIME is set for the Farmington High School 1973 graduating class. If you're interested in attending contact ROBIN COLLINGS at 537-2594.

*THREE FARMINGTON area residents recently were inducted as members of the Scottish Rite Freemasonry's 32nd Degree. They were among 330 Masons who became members. They were: WILLIAM ELLIS, of 3218 Lilac, Farmington; THOMAS DUKE, 3219 Aul, Farmington Hills; and JOHN THORNHILL, of 32370 Shrewsbury, Farmington Hills. That's what you call traveling East.

*IT'S TIME TO think about health. You can help out by donating blood to the Red Cross. Farmington area residents will have their chance on June 3, from 10 a.m. to 4 p.m. at St. Paul Lutheran Church, 2306 Middlebelt; and June 22, from 3 p.m. at the Farmington Hills Baptist Church, 25301 Middlebelt. If those dates are inconvenient, you can always drive on over to Oak Park donor center at 25000 Greenfield. Hours there are 10 a.m. to 4 p.m. Monday and Friday; 2 p.m. to 4 p.m. Tuesday, Wednesday and Thursday and 9 a.m. to 2 p.m. Saturdays.

*BEGINNING ON June 14 at the Oak Park Red Cross center, a course in cardiopulmonary resuscitation will be offered on three consecutive Wednesdays, from 9:30 a.m. to noon. Participants in the free course learn how to properly administer artificial respiration and artificial circulation to revive persons who have suffered cardiac arrest. Persons who are at least 13-years-old or who have completed the seventh grade are welcome to enroll in the course. If you're interested call 968-2255.

*A NEW PROGRAM in summer enrichment is being offered at the main campus of Detroit Country Day School, Thirteen Mile and Lasher, for children who will enter kindergarten through fourth grade. The program will run for five weeks from June 26 to July 28, from 8:30 a.m.-noon. Cost is \$35. Bus transportation will be provided for an additional fee. The purpose of the program is to serve the community by offering study skills and enrichment in the areas of math, reading and writing. To enroll in this program call Joseph D'Angelo at 647-2922.

*BUSINESS STUDENTS will have the opportunity to assess business needs and the employment perspective at a college and industry dialogue at Lawrence Institute of Technology on June 8. The all day event focuses on free enterprise and is co-sponsored by LIT, the Business-Education Alliance of the Greater Detroit Chamber of Commerce and the National Association of Manufacturers. The program includes a panel discussion by four area business executives, table talk with 50 local business representatives, lunch and afternoon field trip to five major corporations. Registration forms may be obtained at the individual colleges

or directly from the office of the president at LIT or call 356-0200. There is no registration fee.

*THE COFFEE DAY Campaign, sponsored by the Michigan Restaurant Association, with proceeds going to the Easter Seal program showed that Farmington area residents' consumption of coffee added to the effort. Out of nine Farmington area restaurants participating, \$1,442 was collected. Restaurants participating in the project sold coffee for \$1 for two weeks preceding Easter. On Good Friday, any customer that wore their button to a participating restaurant drank coffee free. Total Oakland County collection was \$10,800. Tops in Farmington was The Big Boy restaurant on Farmington Road, which collected \$500. Other participating restaurants were four other Farmington area Big Boys, the Elks Club, the Flame, Landmark and the Roman Terrace.

*SPEAKING OF COFFEE consumption. In 1652, the first coffeehouse was established in London. Although the original home of coffee was Ethiopia and Saudi Arabia, today Americans drink from 65 to 75 per cent of the world's brew.

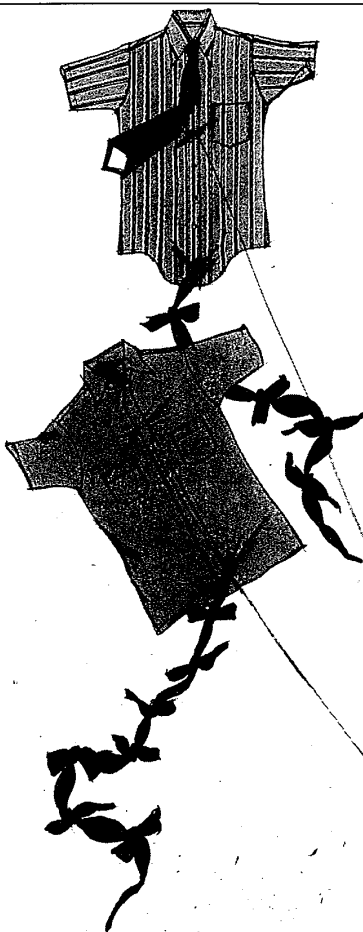
*BY THE WAY think of this the next time you're out at the lake. Some people believe that throwing stones in a lake could cause a storm. Now that's what I call making waves.

*HERE IS ANOTHER date to mark on your calendar. The Oakland County Health Division, 27725 Greenfield, Southfield, is conducting a series of diabetic classes to be on Thursdays, from 7:30-9:30 p.m., beginning June 15. The classes are for adult diabetics and their family members. Topics include the nature of the disease, dietary management, medications and suggestions for coping with everyday problems. The class is free. To register call 424-7058.

*CANOEING ANYONE? The Farmington Hills Parks and Recreation Division is offering canoeing lessons beginning on June 7 and continuing for the next two Wednesdays. A day trip will be taken on June 24. Classes will be from 7-9 p.m. at Harner's Canoe Rental on the Huron River in Milford. Cost is \$20 per person. All equipment including canoes, life jackets and paddles will be furnished. Minimum age of participants 10-years-old. To register, call 474-0115.

Weeding out

If some unknown variety of plant has invaded your lawn, just dig out a sample and wrap it in aluminum foil. (Don't add water.) Mail it to Scotts, Weed Identification, Marysville, Ohio, 43040. Scotts' scientists will tell you what it is and send you control recommendations without charge.



ARROW DYNAMICS FOR DAD!

Dress shirts are mostly polyester with cotton for comfort. Keeping up a great tradition in end-and-end solids, 12.50; satin striped, \$14. Easy up-keep with no ironing needed. Blue, brown, maize, rose or green in Dress Shirts of Hudson's.

Sport shirts are polyester, spun to feel as soft as cotton. Just enough tailoring for the dressed-up casual look. Button through pockets, too. Light blue, maize, tan, mint, navy, brown, natural or medium blue. M-L, XL, \$15. Men's Sportsweat.

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