

ASK THE EXPERT:

****Attention all readers!!!! If you have a plumbing or heating question, please call our office! We may use your question in the paper! ****

Q I just moved in with my boyfriend and he thinks my grandmother's advice is crazy. Wondering if you have an opinion about it to add to our little disagreement. My Grandma (Nana) Jean used to close the doors to all the rooms in the house that went unused in the winter to save energy. She also used to open the front and back doors of the house once EVERY DAY - in the winter, no matter how cold it was - for about 5 minutes, real simple and quick. She insisted it was important to allow fresh clean air into the house to keep away germs, illness and to sleep better. Are we crazy?

- Me and Nana.

A I don't like to make anyone unhappy, but here it is. Closing off unused rooms may sound like a good idea, but it really isn't. It affects air pressure and creates drafts that can lead to other problems. Sorry Nana. As far as the fresh air, I am with Nana on this one. Ventilating your home is important all year round. Try to use two doors or windows that create a cross draft so it doesn't have to be open very long. Not sure if it prevents illness, but it makes sense and is good for your home and the people in it. Both of these theories are about the importance of keeping air in your home circulating.

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