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relieves backache, headache, even pain of tennis elbow, arthritis & bursitis!

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There is nothing new about infrared heat. Doctors and therapists have used and recommended it for years in pain treatment. But until now, there hasn't been a compact, easy-to-use unit.



Why infrared? With ordinary methods such as heating pads and hot water bottles, much of the heat is dissipated on the skin's surface. There's no lasting effect.

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In fact, William J. Shriber, MD notes in his respected "Manual of Electro Therapy" **THAT MILD INFRARED RADIATION MIGHT BE THE ONLY WAY TO RELIEVE PAIN WITHOUT THE USE OF MEDICATION.**

Why take medication when it isn't needed? INFRALUX is the most natural route to pain relief.

HOW THE INFRALUX WORKS.

All you do is hold the INFRALUX unit next to where you hurt. It even works thru clothing! Within moments, you'll sense comforting, soothing heat.

INFRALUX heat goes to where the pain is—to blood vessels, nerve endings, and other subcutaneous tissue.

USE AS OFTEN AS NEEDED.

Unlike drugs and medication, INFRALUX can be used as often as needed. It's made to help you day or night, at home or at work. And be

RECOMMENDED BY DOCTORS

FROM ACTUAL DOCTORS' REPORTS ON INFRALUX:

"I have used the unit in my practice for six months and I find it relieves pain and muscle spasms, stiff shoulders and elbows from bursitis and tendonitis. Patients suffering from arthritis use the Infralux in the morning and get excellent results." J.L.G., MD

"On patients with a variety of musculoskeletal painful conditions, Infralux was demonstrated to be effective in relieving pain." V.S., MD



sure to pack it for out-of-town trips. You can enjoy soothing relief wherever, and whenever.

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INFRALUX is easy to carry too in its handsome vinyl bag. No bigger than a small flashlight (six inches long). It plugs in any 110V outlet and it is U.L. listed for your safety.

TRY IT FOR YOURSELF

The minute your INFRALUX arrives in the mail, give it a good try. Put it to the test on that nagging backache, that stiff neck, those arthritic pains that hit so suddenly. If, after a month, you're not astounded at how much better you feel, return it for a full refund.

HERE'S HOW TO ORDER

INFRALUX is only **\$39.95** (plus \$2.85 shipping and handling). To order, simply send your check to Baystar at the address below. Credit card holders can speed their delivery by using our toll-free number. (Maryland residents add 5% tax.)

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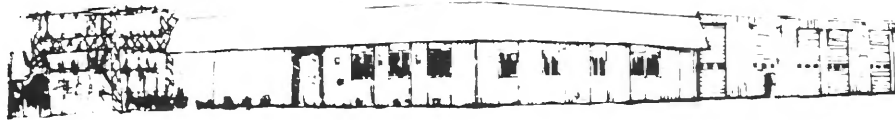
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FMEC News



Farmers Mutual Electric Co.

Phone 944-4669

Geneseo, Illinois

Annual meeting to be held March 14

We hope you will take the time to attend the annual meeting of your electric cooperative Monday, March 14 at 7:30 p.m. at the J.D. Darnall High School Gym in Geneseo. There will be reports from your manager and officers, and an election of board members. Three members' terms of office are expiring. They are: Eldon Larson and Paul Mallinson of Geneseo and Jim F. Dwyer of Atkinson, who is filling out the unexpired term of Edward Storm, also of Atkinson. Storm resigned November 21.

Angie Holevoet, daughter of Mr. and Mrs. James Holevoet of Geneseo, will give a short slide presentation about her trip last year as a "Willie

Wiredhand" student on the "Youth to Washington" tour. "Willie" students pay their own way on the tour, while most earn their places by excelling in essay contests in their various cooperatives.

The week-long trip took last year's participants to the Gettysburg battlefield in Pennsylvania, the Baltimore Navy Yard and several points of interest in the nation's capital, and Angie's slide show should be interesting to anyone thinking of making the trip.

The Swing Choir will perform again this year, and there will be coffee and doughnuts after the meeting.

Be sure to mark your calendar and set aside the time to attend this impor-



Angie Holevoet

tant meeting of your cooperative. March 14, 7 p.m. We plan to offer several fine attendance prizes!

Save energy and money—insulate furnace's ductwork

One of the first questions that should be asked of any member who has a ducted electric heating system and is inquiring about a higher-than-expected bill is: Are the hot and cold air ducts in your home insulated?

There is now wide acceptance of electric furnaces and heat pumps which utilize duct systems the same as oil, gas and coal furnaces. However, we often find that ducts are improperly insulated.

Over the years, masters of the old school of installing heating ducts had little concern for wrapping ducts with insulation. This idea has been carried

over into many electric heat installations and it may cause several problems and higher bills.

We urge that installers insulate all ducts in crawl spaces, unheated basements and other exposed areas with at least two inches of insulating materials designed for such a purpose. When ducts are in the attic they should be insulated to at least the same depth as is installed over the entire attic. Also, it is important to protect the cold air return ducts as well as the warm air ducts.

When a basement is heated full-time, there are some who believe insulation of the ducts is not important. This has merit only if the exposed areas of the basement have insulation equal to that in the upper living areas. If this is the case, the planned cost of heating must be based on the total area of the home rather than the upper living area only.

But, there are instances where insulating should be done even though the basement is heated. An electric fur-

nace is designed with a lower bonnet temperature than other furnaces, so it is possible to experience enough heat loss in a long duct that a room at the far end of a house is uncomfortable. Adding duct insulation often solves this problem.

In this day of energy shortages and much higher fuel costs, insulation properly installed will save and save. This is true for other fuels as well as for electricity. If you have questions about duct insulation, call FMEC.

Why heat your entire house this winter?

Room-controlled electric baseboard heat lets you heat only the rooms you use. That cuts down on wasted energy ... and that means more comfort and economy for you. For more information, call your cooperative today.



Above, building trades instructor Steve Durian points out the double wall construction of the new house to Edgar Arnn, manager of FMEC. At right, he demonstrates the quilted window covers that help retain heat after the sun sets.

Building trades classes working on energy-efficient houses

If area homes are built to strict energy-saving standards in the future, the Geneseo High School, the Illinois Department of Energy and Natural Resources and Steve Durian should get at least some credit for that fact.

The high school's building trades classes are deep into the construction of their second energy-efficient home, and Durian, as instructor, is making sure they get first-class instruction. A member of Farmers Mutual Electric Company, he has been teaching the building trades classes for three years now.

The first home, which was completed last year, is a 1,512 square foot model in the Country Manor Subdivision. It features R-35 insulation in the sidewalls, and R-44 in the ceiling. The average modern house might boast R-19 in the walls and R-38 in the ceilings. The R-factor is a measure of the resistance to the movement of heat into, or out of, a house, and a higher number is desirable.

While insulating heavily is a first step in making a home energy-efficient, it's only the beginning, and the building trades classes have done much more than that. The house also fea-

tures more than 133 square feet of south-facing double glazed windows which pick up solar heat to warm the interior. A 560 square foot concrete block wall absorbs some of that heat, to radiate it into the living space after the sun sets. A small wood stove, surrounded on three sides by its own thermal mass, is used as a backup heater. A 68,000 btu Lennox gas furnace provides the primary heating source, and solar is expected to yield about 27 percent of the home's heating needs. Average heating costs for a family of four during an average winter should cost about \$153.

While a lot of window area is desirable from a standpoint of spaciousness and solar warmth during the winter, it is a mixed blessing. They let out a lot of heat in the winter and gain a lot of unwanted heat in the summer. But not in this house. Durian's students have insulated the windows with window quilts to prevent nighttime heat loss, and the eaves are designed to shade the windows from the high summer sun, which would otherwise overheat the building during the summer.

Water heating will be assisted by

two roof-mounted solar panels totaling 64 square feet.

One interesting innovation in this house is the heat exchanger tied in with the ventilation system. Any house needs some air exchange to exhaust stale air for fresh outside air. Most houses are built with enough cracks and niches that they exchange far more air than they should, which is wasteful. A tightly constructed house has the opposite problem, which has been neatly solved on this model. Incoming cool fresh air is brought in through a vent and warm, stale air is vented out to keep the house from becoming stuffy. They pass each other in a heat exchanger which cools the outgoing air while warming the incoming air, minimizing wasted heat while keeping the home fresh.

The house now under construction is an envelope home, which might be described as a "house within a house." It features two walls, one inside the other, with solar-warmed air circulating between them. This provides room for plenty of insulation, and helps minimize air infiltration. We'll have more on this house as construction progresses.

Agriculture outlook

Farm problems 'extend beyond the

There will be a lot more food in the world than people will eat this year and, because of that, American farmers are heading into their fourth straight year of depressed income.

The federal government isn't guessing what farmers will earn in 1983, since Agriculture Secretary John Block banned the traditional farm income estimates a year ago. But analysts at the Agriculture Department's annual Outlook Conference in December doubted net farm income would change much from last year's \$19-billion — more than \$13-billion less than just three years earlier.

As a result, rural areas that depend on agriculture will continue their economic suffering, say Department economists.

"Any improvement will come very slowly," said J. Dawson Ahalt, deputy assistant agriculture secretary for economics. He added, "These financial problems extend beyond the farm gate and affect farm suppliers and other farm-related businesses."

Specifically, crop prices have fallen to 1978 levels as the cost of producing

those crops continues to rise. Land, which farmers have traditionally been able to use as equity for loans to get them through hard times, has fallen in value during the last two years. Farmers' net cash flow decreased \$1-billion in 1982 to a five-year low of \$37-billion and the total farm debt jumped 10 percent.

The reasons for such depressing figures are complex as the world economy itself. Simply stated, there's a food glut. Experts expect that world grain reserves will reach a two-month supply this year, "the highest global stocks-to-use ratio in more than a decade," according to Ahalt. Nearly 60 percent of that surplus is in the United States.

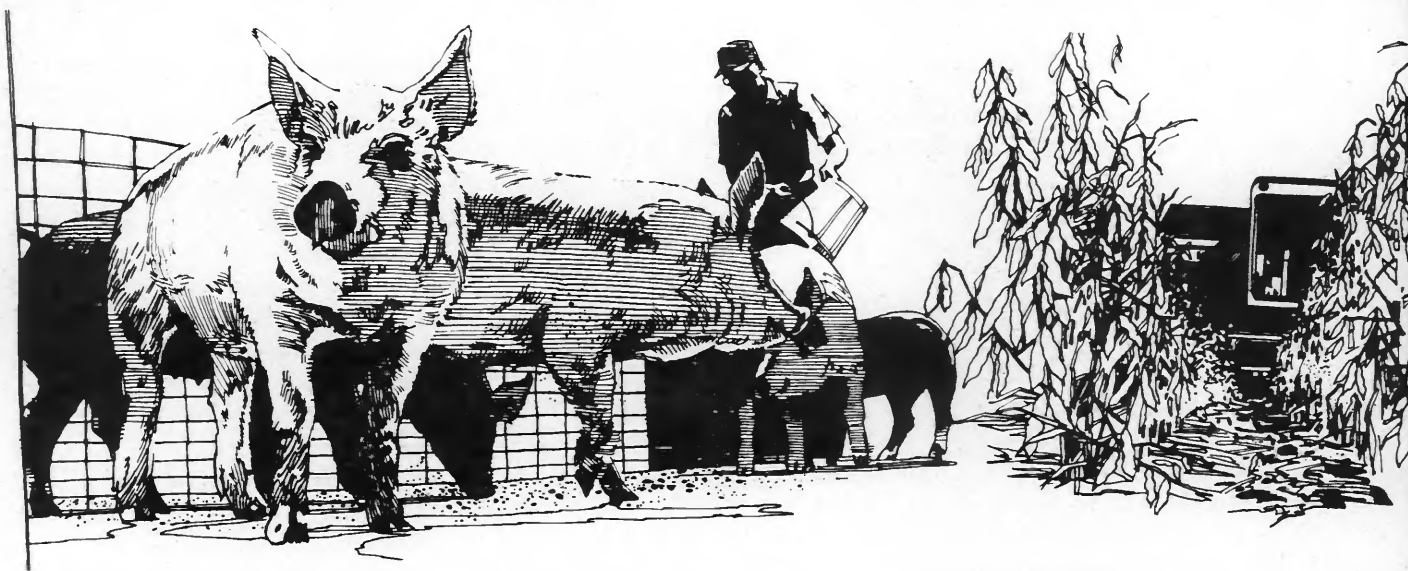
Record production of some crops has come at the same time as a faltering world economy and a stronger dollar have made many countries unable to afford to import as much food, especially from the U.S. The volume of U.S. farm exports dipped two percent last year, but the value of those exports fell 11 percent as the oversupplied depressed prices.

"Many of the problems that plagued us in fiscal 1982 unfortunately will not go away in fiscal 1983," said Alan Tracy, deputy under secretary for international affairs. He predicts that while farm exports will rise three percent this year, they will drop in value by four percent.

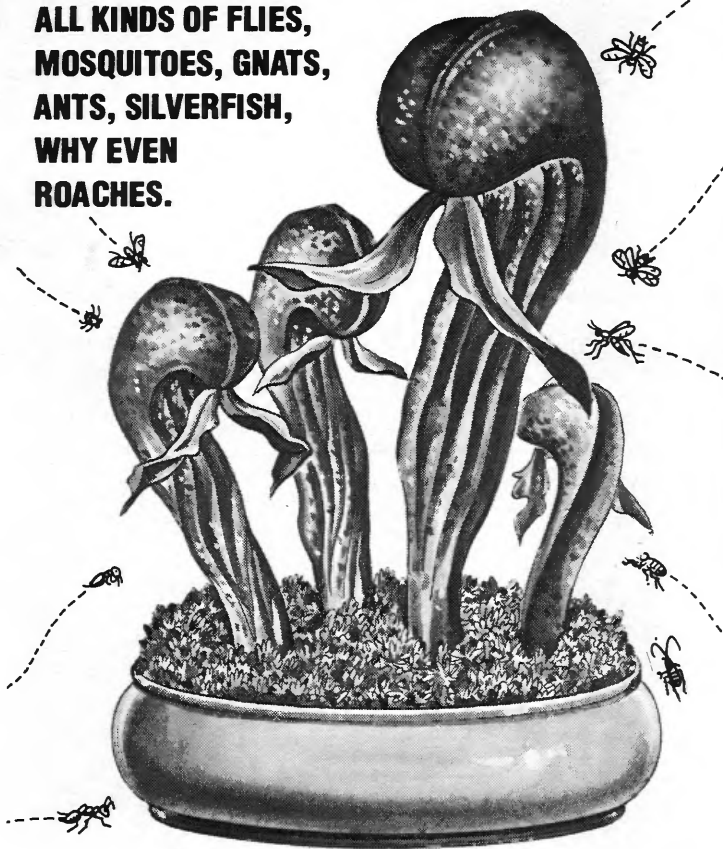
"The likelihood of a continued strong U.S. dollar, a weak global economic recovery, and smaller Soviet grain imports are likely to restrain the volume and value of U.S. exports," said Tracy.

The Reagan Administration hopes that continuing attempts to develop foreign markets through credit programs and overseas visits by sales teams will combine with a general economic recovery to boost farm exports and prices.

Martin Feldstein, chairman of the White House Council of Economic Advisers, said at last month's Outlook Conference that federal budget deficits expected to top \$150-billion would hurt U.S. exports. Heavy government borrowing forces more competition for credit, he explained, pushing up



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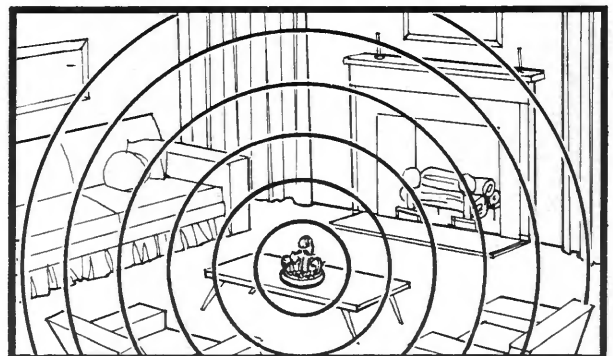
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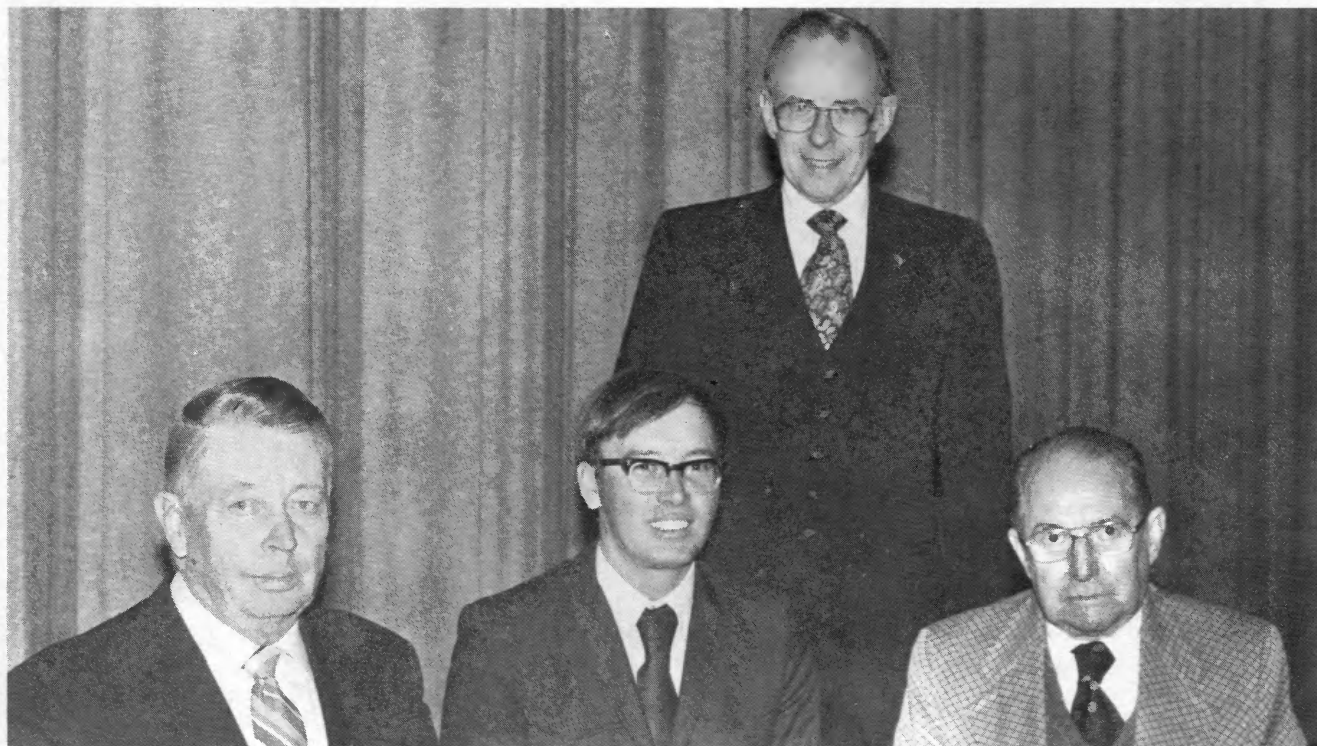
FMEC News



Farmers Mutual Electric Co.

Phone 944-4669

Geneseo, Illinois



Three men were reelected to the board of directors of FMEC. Seated from left are, Eldon Larson of Geneseo, Jim Dwyer of Atkinson and Paul Mallinson. Standing is Edgar Arnn, manager.

Three men reelected to board, Storm cited for years of service

Some 200 members of Farmers Mutual Electric Company who received service during the year 1955 received capital credits refunds from the member-owned utility at its 47th annual meeting March 14 at the J. D. Darnall High School in Geneseo. The cooperative handed out — or has since mailed — some \$17,200 to members of record for 1955.

Members reelected three area men to the cooperative's board of directors during the business meeting. They were Paul Mallinson and Eldon Larson of Geneseo and Jim Dwyer of Atkinson. Mallinson and Larson are long-time members of the board, while

Dwyer was appointed to fill out the unexpired term of Ed Storm, who retired in November, 1982.

Darwin Mann, secretary-treasurer, noted that sales of electricity to members had increased 3.5 percent over last year. "We bought 16,554,000 kilowatt-hours in 1981," he said, "and paid \$555,554 for them. Last year we bought 15,104,218 kWh, and they cost us \$593,233. We bought almost 1.4 million more kWh than the previous year, for \$36,679 more. This is an improvement in two ways," he continued, "because we paid more money for fewer kWh the year before. We paid a total of \$70,788 in taxes,"

Mann concluded.

Edgar Arnn of Geneseo, manager, noted that the cost of a kilowatt-hour of electricity now is about six cents — almost exactly what it was in 1944. "Remember how much harder you had to work for six cents in 1944?" he asked. He went on to add that through careful planning, the cooperative had managed to do the same amount of work last year as it had the year before, but with 6,000 fewer miles of travel.

"We've also cut down on our payroll through attrition," he said adding, "When one of our employees left last year, we made careful use of

overtime and cut our payroll by \$8,000. We're working as hard as we can, but the sad fact is that electricity is still more expensive than it was last year, and it's going to get worse, I'm afraid."

Larson, president of the cooperative, told of the cooperative's efforts to reach a 40 percent equity level, so it would be possible to retire capital credits, and how Farmers Mutual had succeeded to the point that it was possible to give checks at the meeting.

"Last year's kilowatt-hour sales were the third highest in the cooperative's history," he said, "and we certainly hope that is a sign of an economic turnaround."

He presented a safety award to Line Crew Foreman Dick Kincaid, and a certificate of appreciate to retiring director Ed Storm.

Thomas Seng, administrative assistant at Soyland Power Cooperative, Decatur, reviewed Soyland's power supply planning for Farmers Mutual and the 14 other electric cooperatives that own Soyland. He said Soyland's board of directors had met last month and decided to delay a coal-fired generating station planned to be built in Pike County. Seng said there are several options that now appear more economical to provide the 450 megawatts of bulk power needed by the Soyland federation in the late 1980s

and the board has directed the Soyland staff to investigate those options.

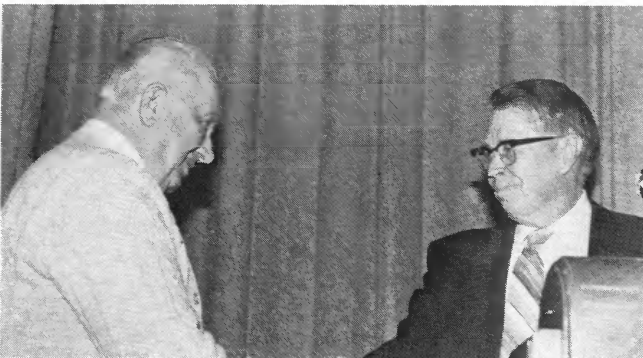
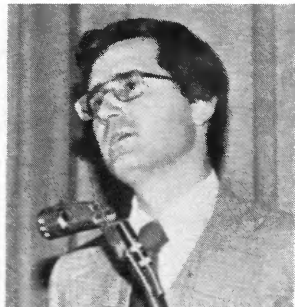
Angie Holevoet, daughter of Mr. and Mrs. James Holevoet of Geneseo, gave a short slide presentation about her trip to Washington, D.C., as a "Willie Wiredhand" student. "Willie" students pay their own way on the tour, while most earn their places by excelling in essay contests.

Entertainment was provided by the Geneseo High School Swing Choir and Jazz Band.

After the meeting the board met to reorganize and reelected Eldon Larson president, Darwin Knudtson of Geneseo vice president and Darwin Mann secretary-treasurer.



At left, Kenny E. Atwell gives the nominating committee report. Below, left to right, Geneseo's Mayor Miller welcomed more than 200 persons. Thomas Seng, administrative assistant at Soyland Power Cooperative, spoke. Attorney Robert Nash conducted the business meeting. Friends meet again; Barbara Law, left, and Angie Holevoet were part of the 1982 Youth to Washington Tour, each paying her own way as a "Willie Wiredhand" student. Next row, from left, Ed Storm, left, is congratulated by Eldon Larson for his 11 years of service on the board. Larson presented a safety award to foreman Dick Kincaid. Bottom photo, the Geneseo High School Swing Choir and Jazz Band entertained.



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