

# 4-H alumna Monica Swanson back from Japan, carries on 4-H work as adult

Mrs. Jim Swanson of Ione is one of Morrow County's outstanding, long-time 4-H alumni. As Monica Circle she was an eight-year 4-H member in Douglas County where she first joined a horse club called the "Five-H Club" in 1962 (which represented Head, Hands, Heart, Health and Horse.) Now, 16 years later, she is busily giving leadership in 4-H in her new county and in a statewide capacity.

Monica also was a working member of a clothing and foods club during her school years, but most enjoyed her county-wide involvement in the service organization, Empire Builders, which demanded much of her efforts with its many service projects.

Her 4-H relationships have led to many great and exciting experiences, the most recent of which was being the head chaperone for the State of Oregon's 4-H - Labo Exchange to Japan this last summer. She returned with a much expanded understanding of modern Japanese family life which she will be sharing with groups here.

In her home community (Roseburg), she rose to the presidency of the Douglas County Empire Builders in 1967-68; was a counselor at the 4-H Summer Camp those same years; narrated the Douglas County Fair's Style Review in 1967 and was a county delegate to the 4-H State Government Conference in 1968.

In 1969 she represented her county at 4-H Summer Week and in 1970 she was a member of the state 4-H Delegates Council for 4-H Summer Week.

During her student years at Oregon State University, Monica was a member of Mu Beta Beta, the collegiate 4-H honorary. In 1973 she was honored by her selection as an IFYF

(International Four-H Youth Exchange) delegate to Greece. As this experience was quite fresh in her mind when she became Mrs. Swanson, she has generously shared her

pictures and knowledge of Greece with many of her new friends and neighbors here.

Monica Swanson has continued to be very supportive of 4-H by serving as a

dormitory supervisor during 4-H Summer Week in 1975, 1976 and last year. Then she added her experience and expertise to the leadership of the Japanese exchange this

summer. This year she has become the home economics teacher at Ione High School.

GAZETTE TIMES  
CLASSIFIEDS  
WORK FOR YOU  
676-9228

## SAFeway SUPER STORE

...we're a fine food store  
and a whole lot more!  
**TOYS FOR ALL AGES!**

Featured this week!

**Crest Toothpaste**  
with Fluoristan to help fight decay  
Regular or Mint  
Reg. \$1.54 Save 55¢  
9-oz. Tube **99¢**

**Instant Shave** Colgate 11-oz. **96¢**  
Reg. or Lino  
**Good News Razor** Gillette 3-Pack **88¢**  
**Shampoo** Febreze Wheat Germ Oil & Honey 15-oz. **\$1.99**

Film Supplies!

**Fuji Film**  
Color Print Film... New at Safeway  
C110-12 or C126-12... Reg. \$1.09  
EA. **88¢**

**Kodak Film** Color Print 135-24 Ea. **\$1.94**  
**Polaroid SX70** Twin Pack **\$11.78**  
**G.E. Flip Flash** Pack of 8's **\$1.78**

### Finger Paints

Set contains 4 jars of Tom Sawyer fingerprint, wood spatula, paper, and instructions. Easy spreading paint, washable, and safe.

**\$1.49**

### Touch Phone

It talks! Lift the receiver, push the button and phone plays one of ten different sayings. Carry on a real conversation.



**\$2.99**

### Pocket Flix

A simple hand-held motorized viewer that shows "Super 8MM" color movies. Each film cassette shows 1 minute of a live action movie or a colorful animated cartoon.



**\$9.95**

### Master Mind

Here it is! Hours of fun and stimulation... A great game of cunning and logic... but be careful! It's Habit Forming!

**\$2.98**

### Pull Toys

Choose the one your child will enjoy the most. Perfectly harmless bugs, animals, and creatures, just asking to be pulled around by the little ones in the home.

**\$2.98**

### A-B-C Blocks

Wonderful colorful fun-blocks to build and then learn. Letters and numbers to stack or create fantastic bridges and houses.

**\$2.99**

### Aggravation

Here's one of America's favorite family games. Kids have fun using their minds to keep from losing their marbles. For 2-4 players.

**\$2.49**

### Musical Top

"Race-A-Round" musical top. Colorful metal that spins and spins and delights the eye with whirling streaks of color. For ages 2 and older.

**\$3.98**

### Space Raider

This 8 inch safe, soft glider is made for long, high flying... indoors or outdoors. Watch its fascinating flight into space. Ages 4 and up.

**\$1.29**

### Monopoly

Always popular... A Great board game. Buy, sell, even swap property. Build houses, hotels, collect rents... but be careful or you may go bankrupt.

**\$4.88**

### Adventure Toys

All those favorite adventure heroes... select now while selection is best. There's the Bio-tronic Lab, Star Base Zeus, Captain Lacer's Secret Hideout... with figures, sets, ships, cars.

**\$2.79**

### Baby Agatha

Soft and cuddly 16 inch tall baby doll with vinyl arms, legs and head. Rooted hair and eyes that move. A choice of pretty dress and matching bonnet with stocking covered legs.

**\$6.95**

### Fine Wines Featured this week!

Safeway proudly invites you to stroll through the shelves of fine wines we have selected to offer you. There's a wine to fit every occasion, from appetizer, to dinner wine, to dessert... and sparkling "celebration" champagne.



**Inglenook Chenin Blanc**  
Medium Dry White Wine  
1.5 Liter **\$3.49**

**Sabastini Zinfandel**  
Rich Red Fruity Wine  
Half Gal. **\$3.89**

**Gallo French Colombard**  
Varietal Wine Serve Chilled  
1.5 Liter **\$2.99**

**San Martin Burgundy**  
Vintage Wine  
1.5 Liter **\$3.98**

**St. Michelle Riesling**  
Johannasberg Rhine Wine  
750 ml **\$3.99**

**Taylor Cream Sherry**  
An Appetizer  
750 ml **\$2.29**

### Deluxe Triple-Powered "Feast-O-Matic" Microwave Oven



Pushbutton selection of 3 power outputs. High, Low and Defrost. Dual-speed timer with special 0-to-5 minute guide for precise timing. Deluxe woodgrain cabinet.  
**\$249.95**

We're Easy to Find

**Superstore!**  
995 Hwy. 395 South  
Open 8am to 11pm



### Senior Citizens News

Cont. from page 5

works to help low income and retired peoples get a break.

The brochure describing this program states in part: "The Federal Government, in the interest of conserving energy, has set aside funds to aid the elderly and low income person in the task of cutting down on fuel and energy bills. All low income persons who qualify under the set guideline, may receive help to make repairs on their homes to conserve energy and to help with the task of cutting costs on heating. This will mean energy saved and will give them more dollars to meet the cost of living. (To qualify a single person's earnings need to be under \$3,925 or a couple's combined earnings under \$5,200.)

"The repairs that can be done include insulation of attics, covering of windows, weatherstripping around doors and windows, skirting around houses with open areas or around trailer houses, small repairs on furnaces of stoves, some storm doors, wrapping of pipes and small repairs to roofs."

If you qualify and would like this help with weatherization you should call 676-5873 and talk with Pat Brindle right away. Presently, Steve Duncan and Leonard Corwin are working on this program in Morrow County. The time to get at weatherization is here now—colder weather will come to stay soon.

Menus at the Morrow County Senior Citizen Meal-sites for the week of Nov. 13 will include: At Irrigon on Monday, Nov. 13, Pot roast and vegetables, pear and cheese salad, biscuits and jelly and pineapple tapioca pudding and topping.

On Tuesday, Nov. 14 in Heppner there will be braised tips over noodles, broccoli, cottage cheese jello and fruit cocktail salad, corn bread and prune whip.

On Wednesday, Nov. 15 at Ione and Heppner there will be turkey and dressing.