

## Columbia County quilters in new quilt pattern book

Thirty-five Columbia County quilters and their handiwork share the spotlight with the release of a new quilt pattern book, *Fresh Air in the Attic: Welcome Makeovers for 7 Classic Quilts*.

The public is invited to meet the quilters, view the quilts, and pick up a signed copy of *Fresh Air in the Attic* at a book signing party on June 13, 1:00-4:00 p.m., at Fibers & Stitches Quilt Shop, 58903 Columbia River Highway (Hwy. 30), in St. Helens.

The 80-page book features seven classic block patterns in new quilt designs using colorful contemporary fabrics. The blocks include: Trip Around the World, Log Cabin, Birds in the Air, Crazy Quilt, Rail Fence, Snowball, Nine Patch, Flying Geese, and more. Sizes range from king to baby quilts, and difficulty level from easy to

hard. As a bonus, there are directions for a doll-sized quilt made from Log Cabin scraps.

*Fresh Air in the Attic* was conceived and edited by Scappoose resident Tricia Brown, a quilt guild member and an editor with WestWinds Press, an imprint of Portland-based Graphic Arts Center Publishing Co. The high-quality color photographs of the quilts, in various outdoor settings around the county, were taken by photographer Trish Reynolds, of Warren. And the guild quilters and their friends volunteered to design and sew the sample quilts using more than 220 yards of donated fabric from Classic Cottons, a New York textile manufacturer.

The quilters include women of all ages, plus one man. Some have vast experience; others are newly involved. But if you ask the quilters what they

remember of last summer, you may get a dazed expression. What summer? They were working in teams, totally engaged in quilting to meet the deadlines for photography and layout schedules — and they all say that it was worth it.

Following the book launch party at Fibers & Stitches, the quilts will be returned to the guild, which plans to auction, raffle, and/or donate the quilts to benefit various charities around the county and to generate seed money for creation of an annual quilt exhibit.

The quilt show/booksigning event is co-sponsored by Fibers & Stitches and the Literary Arts Series (St. Helens Book Shop, Friends of the Public Library, the St. Helens Public Library, and the Columbia Learning Center). Refreshments will be provided.

## Synchro Fire does well at Meet

St. Helens's Synchro Fire recently competed at the Classic Invitational Regional Synchronized Swimming Meet in Kirkland, Wash., with about 75 athletes from throughout the Northwest. Competition included compulsory figures, water routines and even a split competition.

In compulsory figures, where individuals are judged on technique and skill in executing a series of four figures, Cassie Beehler of St. Helens took first place at the intermediate level in the 14-15 age group, and Lauren McCausland, also of St. Helens, finished tenth for 12-13 year olds. In the novice class for nine and under, Mikela Heimuller of St. Helens took third place and Jennifer Hayes of Vernonia placed sixth. Rebecca Wolf of St. Helens and Jonelle (Joey) Solomon of Scappoose placed 12th, respectively, in the nine

and under and 10-11 age groups.

In water routines, Cassie Beehler and Lauren McCausland placed second for their duet performance to the music of "Pirates of the Caribbean." The team of four novices — Jennifer Hayes, Mikela Heimuller, Jonelle Solomon and Rebecca Wolf — took first place in 10-11 competition to music from "Lilo & Stitch."

The team's next meet will be an intermediate level competition in Spokane, Wash., June 5-6, followed by the Oregon State Games on July 10.

For more information about St. Helens Synchro Fire, including Summer Synchro, contact Alex Hayes at <swimmer\_chic01@hotmail.com>

To learn more about the sport of Synchronized Swimming, visit the national website at <www.usasynchro.org>.

## These are traits of good relationships

Good relationships are when:

- You make decisions together.
- You can disagree, and you know it's okay to talk about your differences.
- You really listen to each other's viewpoints and feelings.
- You negotiate when you have a conflict, and find a compromise.
- You feel comfortable taking time alone and can do things separately.
- There is no fear in your relationship.
- You don't restrict or control each other.
- You respect and value each other.

How do you get this kind of relationship?

- By being honest with each other.
  - By giving each other room to breathe.
  - By being responsible for your own feelings and valuing yourself.
  - By not expecting the other person to solve all your problems and give you everything you need.
  - By telling the truth even when it's hard...not to hurt their feelings but to show respect for yourself and for them by caring enough to be honest.
  - By treating someone as you'd like to be treated.
- Unsure where your relation-

ship falls in this criteria? Join a confidential Women's Support Group and talk to someone about your relationship, or other issues of life. The Women's Support Group meets at the Vernonia Head Start building on Thursdays from 10:30 a.m. to noon. Free babysitting is provided.

The group is sponsored by Columbia County Women's Resource Center and Columbia Community Mental Health.

**Right, the St. Helens Synchro Fire team, top row from left, Cassie Beehler, Coach Alex Hayes and Lauren McCausland. Bottom row from left, Mikela Heimuller, Recca Wolf, Jennifer Hayes and Joey Solomon.**



## Soccer Club registration starts on May 25 at Library

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took part in a clinic presented by OYSA.

Soccer is a great way for youngsters to get exercise and improve their health and fitness. It is also an opportunity to make new friends, gain self-confidence, be part of a team, and most of all, have fun!

For adults seeking some exercise, the club has an opportu-

nity for you! Vernonia Soccer is looking for interested parents and other adults in the community who would like to help coach our players this fall. Call Scott Laird at 503-429-0520 or Joel Glass at 503-429-5012, or come to the sign-ups.

Also, keep an eye out for pick-up soccer this summer. The club hopes to organize games for adults and kids, 14

and over, throughout the summer.

Vernonia Soccer looks forward to seeing all of you at the sign-ups or on the field.



**Kala Cota's Preschool & Child Care**  
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