

The Weekender

FREE



RIDING THE ROOF OF THE WORLD

Two West Kootenay adventurers journey from Lhasa, Tibet to Kathmandu, Nepal
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Business Buzz

DARREN DAVIDSON

Still on the congratulatory front... Castlegar's Quilting Queen Rita Crawford is now **Rita Sheloff**, the owner of **Memory Quilts**. To date Sheloff, who recently wed **KCS Construction** co-owner **Kris Sheloff**, has made over 30 Memory Quilts some even using silk ties. She's made her quilts and pillows for clients as far away as Switzerland. Since her opening, Sheloff has been nominated by *Kootenay Business Magazine* as Young Entrepreneur of the Year and by the Castlegar and District Chamber of Commerce for New Business of the

Year, as well as for their **Customer Service Excellence Award**. She has also added many ready-made items for sale on her website—www.kcquilting.com.