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Mentors
to boost
mental
health
services

By PHIL WRIGHT
East Oregonian

The front lines of mental health services in Umatilla County have 18 new sets of shoulders to lean on.

The group of locals hoping to use their own struggles to help others completed 40 hours of training the week of Oct. 23 to become behavioral health peer mentors. Dan Peterson, manager of the Oregon Washington Health Network, said the mentors have lived with mental problems and substance abuse and recovery, so they can relate to what clients are experiencing.



“They build a sense of belonging,” he said. “They provide a lot of things a counselor wouldn’t provide.”

Peer mentors help clients with needs such as transportation and child care, he said, as well as offering encouragement for clients trying to make it through recovery.

Oregon Washington Health Network started three years ago and operates in Umatilla, Morrow and Union counties in Oregon and Walla Walla County, Washington. Peterson said the organization sought ways to bring more support for behavioral health and substance abuse services. The lack of mental health professionals in rural areas is a driving factor. He pointed

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FALL BACK



Daylight Saving Time
ends on **Sunday at 2 a.m.**
when clocks are turned
backward one hour to **1 a.m.**

ARTISTRY IN EASTERN OREGON

A silversmith’s new shine



Nevada Watt of Frenchglen demonstrates metal engraving at a GRS Equipment booth Friday at the Pendleton Leather Show in the Pendleton Convention Center.

By ANTONIO SIERRA
East Oregonian

The Watt family insists it’s a happy accident.

Nevada Watt shares a name with the Silver State, but her silversmith father said he just liked the way the name sounded.

“She’s named Nevada because we didn’t know how to spell Connecticut,” Jeremiah Watt joked by phone.

The younger Watt picked up the family trade and ventured to the Pendleton Convention Center for the Pendleton Leather Show, a two-day trade show where Western gear companies from across the country sell their wares.

While the strong scent of cowhide delivered on the implicit promise of the leather show, silver was also in heavy supply on the trade show floor. After all, boots need spurs, belts need buckles and reins need bits.

“Bank robbers are attracted to shiny things,” Pendleton Convention Center Manager Pat Beard said. “So are cowboys.”

Beard, a former rope maker and stock contractor, said Watt’s work was a departure from the “staid” style of conventional silversmithing.

The jewelry Watt creates incorporate traditional Western design with left-field elements. Classic silver engravings like scrolls with geometric shapes like triangles, diamonds and crosses. On her Instagram page, Watt calls herself the “Western Eclectic Maker.”

“You can move traditions forward,” she said. “If you don’t, they die.”

Despite her creative leanings, Watt, 23, spends Thursday leading a pre-show workshop covering one of the traditional design elements of Western silver — the scroll.

As a finished product, the scroll resembles a gnarled vine, a looping series of leaves, flairs and twists. But as a start, Watt has her three students draw a “backbone” of spirals on a piece of paper, adding layer of design elements before moving on to the actual engraving.

As the group works on their designs, Watt moves from student to student,

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— Nevada Watts,
of Frenchglen

HERMISTON

Intricate quilts gain national recognition



Quilter Shelly Coykendall holds out one of her quilts in her work room Thursday at her home in Hermiston. Coykendall says the detailed work on her quilts has been referred to as fiber art.

By JADE MCDOWELL
East Oregonian

Shelly Coykendall’s quilts are so detailed, most people would rather hang them on the wall than use them to keep warm.

“I used to say I’m a quilter, but I realized people were saying I’m more of a fiber artist,” she said.

Intricate patterns of thread swirl across the top of each creation, forming feathers and flowers and animals. The flowing lines of stitches, which often pass within millimeters of each other, are all free-motion handiwork by Coykendall, who steers the needle of her quilting machine by hand around the top of each quilt, following designs she created herself.

One of Coykendall’s creations — a two-foot by two-foot “graffiti quilt” — is featured in this month’s edition of Machine Quilting Unlimited magazine as the second place finisher in a national contest sponsored by the magazine. The honor is one of dozens of awards that the Hermiston woman has earned over 10 years of quilting, a hobby she picked up after retirement.

“I think it pushes me, that competitive

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