

Letters to the editor

Our beloved Melissa

On August 20, 2019 we buried our beloved Melissa May Knight. She was only 40 years old.

If I was short with you, I apologize. It is not fair to those of us left behind, especially her children.

By trying to hold in the hurt and stay strong, it came out in anger. As her older sister, I am very angry that alcohol has claimed another loved one. For those of you living that lifestyle, I pray you will find your way.

Your families love you. If they are pushing you away, it is because it is hard watching the person they love turn into someone else. The hurt and pain you are trying to numb will still be there, no matter how drunk or high you get.

I am angry and sad about all the time I lost with my sister, because I loved her dearly. She had such a crazy sense of humor. We will miss her more than words can explain.

Our family would like to give a special thanks to everyone who took time to come see her in the hospital. She enjoyed visiting with friends and family, so we know it meant a lot to her.

Special thanks to my grandma Darlene Foster for bringing Marie to the hospital, and supporting us throughout this whole ordeal.

Thank you to every drummer who sang Washat songs for her, special thanks to my uncles Guy and Fred Wallulatum.

Thank you to Adrian and Travis Andy for your Shaker services in the home. Thank you to my aunts Millie Wallulatum and Violetta Vaeth for making her outfit.

Thank you to Annie and OE for cooking. Thank you to Bucky Cochran for taking care of the plate.

Thank you to the Adam's siblings for purchasing the Pendleton blanket to put on top of her casket. Thank you to uncle Archie Caldera for your help at the longhouse.

Thank you to Harry Phillips and Sharlayne Garcia for speaking at the cemetery. Thank you to Captain Moody. You never have to be asked, you know what needs to be done, and you are always willing to help. We are very thankful for that.

Thank you to Russell Tallbull for staying by Nicole's side throughout everything and helping with the many costs. Thank you to

Christopher Crane for helping me stay strong for my family.

Biggest thank you to Harry Phillips who took Melissa into his home and took care of her and Devery for many, many years. You have the biggest heart of any person we know, and we are very thankful to have you in our lives.

Thank your to my aunts Alice Sampson and Lois Knight, who are always there for all of us.

Vanessa Knight-Crane, Marie Knight, Lynn Knight, Nicole Knight-Andy and Devery Knight.

3 Warriors hours

Three Warriors Market is now on fall-winter hours:

The store is now open Monday through Thursday, 7 a.m. to 7 p.m.; Friday from 7 a.m. to 6 p.m.; and Saturday and Sunday, 8 a.m. to 6 p.m.

At Wellbriety

Warm Spring Behavioral Health presents the **Wellbriety Celebrating Families Parent Only Class** this month and in October.

The classes are Tuesdays and Thursday, 9 a.m. to noon at the Warm Springs Behavioral Health Wellbriety Room, third floor.

This class is open to clients enrolled in Warm Springs Behavioral Health, Best Care or Turning Points.

If you are not currently enrolled in a program, please contact Sarah as soon as possible, 541-553-3205. Email: sarah.frank@wstribes.org

Coming up, here are some of the class topics:

This Thursday, September 12: Healthy Living.

Tuesday, September 17: Nutrition.

Note: After the September 17 class, no new participants can join the classes.

Thursday, September 19: Communication.

Tuesday, September 24: Feelings and Defenses.

Thursday, September 26: Anger Management.

Tuesday, October 1: Facts About Alcohol, Tobacco and Other Drugs.

Thursday, October 3: Chemical Dependency Is A Disease.

Tuesday, October 8: Chemical Dependency Affects the Whole Family.

Thursday, October 10: Goal Setting, and Making Healthy Choices.

Tuesday, October 15:

Healthy Boundaries.

Thursday, October 17: Healthy Friendships and Relationships.

Tuesday, October 22: How We Learn.

Thursday, October 24: Our Uniqueness, Celebration.

The schedule is subject to change.

Contact Sarah at 553-3205. Or email as mentioned above.

Arriving to class on time is important!

Counter human trafficking training

The Guardian Group will host a public meeting, 'Human Trafficking 101,' on Wednesday, September 25 from 1 to 6 p.m. Dinner will be at 5:30 p.m. The training will be at the Community Center Social Hall.

Co-hosts are the Warm Springs Meth and Opiate Work Group and the Confederated Tribes. The Guardian Group is a local non-profit specializing in counter human trafficking. Key points:

Learn the indicators; protect our community; become equipped to recognize and respond to potential trafficking.

Sex traffickers prey upon young girls and women they perceive as vulnerable. Labor traffickers look for boys and young men as well as girls.

For more information on the upcoming training contact **Sarah Frank** at 541-553-3205 or email:

sarah.frank@wstribes.org

For sale

Bluegrass Straw, big bales 3-feet by 4-feet, approximately 1,000 pound bales.

\$100 per ton. Please call ahead to arrange loading. 541-325-6316.

Good advice

Have you heard about the latest scam? Scammers are offering 'free' genetic tests and claiming Medicare will cover it—so they can get your Medicare Number and



Jayson Smith/Spilyay

Warm Springs Behavioral Health and Health and Human Services hosted the National Recovery Month Back to School Powwow, September 3. *Whether it's been one day or 20 years, join Prevention. For more information call Prevention at 541-615-0036.*

use it to commit fraud and identity theft. They're targeting people through telemarketing calls, health fairs, and even knocking on doors.

Only a doctor you know and trust should order and approve any requests for genetic testing.

If Medicare is billed for a test or screening that wasn't medically necessary or wasn't ordered by your doc-

tor, the claim could be denied.

That means you could be responsible for the entire cost of the test, which could be thousands of dollars.

Here's how to protect yourself:

- Don't share your Medicare Number, Social Security Number, or other personal information with anyone who offers to give you a 'free' in-person genetic

screening or check swab, or a DNA testing kit in the mail.

- If you get a genetic testing kit in the mail, refuse the delivery or return to sender unless your doctor ordered it.

- If you suspect Medicare fraud, call 1-800-MEDICARE.

Sincerely,
The Medicare Team

Haulaak Ticham

Melissa May Knight ~ 1978-2019

Melissa May Knight was born December 13, 1978 in Madras to Ramona Michelle and Francis Knight. She passed on August 18, 2019 in Bend, due to health complications.

She and her three sisters were raised by her paternal grandmother, Romagene Mitchell, and paternal step-grandfather Vincent Joe.

She worked various jobs throughout her lifetime, but her main occupation was stay-at-home mom.

In her spare time, she enjoyed drawing, writing,



seeing new places, and visiting with friends and family. She had a crazy sense of humor, a beautiful smile and loud laugh, which we will all miss.

She is preceded in death

by her parents Ramona and Francis, and her grandparents, Romagene, Vincent, Charles Knight Jr, Thelma Winishut and Francis Michelle.

She is survived by her children Nicole Knight-Andy and Devery Knight, her sisters Vanessa Knight-Crane, Marie Knight and Lynn Knight, and numerous cousins including Charles Selam Sr., Winter Selam, Violet Heath, Julia Heath, Sterling Sampson, Shawresa Bates, Norman Michelle and Barbara Michelle.

Birthday Wishes...



Happy 18th Birthday to Tanu Buck on Sep 18 and Happy Birthday to Tots on Sep 27.

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Annual Subscription rates: Within U.S.: \$20.00

Recovery Never Ends Family Conference

Inspiration
NEXT EXIT

We will join the "HANDS ACROSS THE DESCHUTES BRIDGE" Saturday Morning!

For Your Comfort BRING YOUR OWN CHAIR

September 19 - 21, 2019
All Welcome - No Cost
He-He Longhouse, Warm Springs OR

Directions: 18 miles north of Warm Springs on Hwy 26 / Mp 85 at Jct go west on dirt road for 1 mile to He-He Longhouse

Speakers / Support / Camping / Music / Wellbriety Sweathouse / Powwow / Fun

ALL COMMUNITY MEMBERS WELCOME!

For more information call or email Sarah at (541)553-3205 or email: sarah.frank@wstribes.org