

Shining light on a dark subject

Story By
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The Stapleton Enterprise

It's a subject that's not talked about. People avoid the topic and the stigma associated with it. How do we address suicide and help others who have experienced it in their family? Although some progress has been made, the fact remains there is insufficient dialogue or candor regarding suicide and its after effects. It is still taboo and it has been kept in the dark. The survivors of someone who chooses suicide are left to cope with trauma and all too often become victims. Stapleton resident, Cherie Kramer knows firsthand the life she has had to lead after her son, Travis Ingalls took his own life when he was 18 years old. October 9 is a very difficult day for Cherie and her family and she wants others to know the road she has had to travel. It has been difficult, but she has found hope by turning to her faith in God and speaking out about the subject. Travis was diagnosed with ADD and ADHD

early on in life and school was not easy for him. He was very close to his sister, Brianna and he had an older sister, Cassandra. "The bullying began when Travis was put in what other kids called the 'stupid class.' When Travis was in junior high and a freshman he got in with the wrong crowd and started using marijuana. "He was definitely a follower and not a leader and he had trouble focusing. Then the bullying on social media began," Cherie said. Travis remained behind with his dad when Cherie and Brianna moved back to Nebraska. October 6, 2018 was Homecoming at Doane College. Brianna had graduated from Gothenburg High School and was attending Doane. It was her birthday. The family joined together and Cherie recalls talking a lot to Travis. "He told me he loved me and wanted to move to Nebraska and go to school in Gothenburg. He said he couldn't get away from the bad influences in Colorado and needed a fresh start."



TRAVIS INGALLS - 9/1/2000 - 10/9/2018

Little did she know it would be the last time she would see him alive. Three days later, on October 9, Travis Ingalls lost his life to suicide. The high school junior apparently got into a fight with his girlfriend, and as Cherie said 'the rest is history.' "There was no rhyme or reason and the hardest part was driving to Doane to tell Brianna and not really understanding why

he had done this." Travis and his sister had both experienced the loss of friends to suicide. That led to Travis having a semicolon tattoo, an emblem of mental health issues and suicide prevention to raise awareness through ink. A semicolon is used when an author could have chosen to end their sentence, but chose not to. Why Travis came to a point where he felt he had no way out will never be known. "What I want others to realize is that even though you are going through a really tough time in your life, it can change in 10 minutes and completely turn around. Suicide is a permanent solution to a temporary problem." Cherie said it is imperative parents know what's going on in their child's life. No matter how old or young they are you need to get involved. Talk to them and look through their stuff. Visit with their teachers. Become engaged in their day to day life. Social media has changed the way people

communicate and it is easy to hide behind a screen and play on the emotions of others and not be prosecuted. There are so many new platforms and you need to be aware what sites they are on and what is being communicated. It is ironic Traves birthday was September 1, the month observed as Suicide Prevention Awareness Month. "We always celebrate his birthday and remember him for the fun-loving person he was. Travis was always doing something to make you smile and laugh. I'm afraid I will somehow forget that voice. So far I haven't." Cherie adds one of the most difficult questions she has to answer is how many children do you have? "I always say three and I lost one to suicide. Many of my friends are afraid to talk to me about it. Some act as if nothing happened because I know they don't know what to say and would rather avoid the subject. They have no idea what it does to a family. For me, I would rather tell my story and reach out to others who are in the same situation." Every Nebraskan has a role in saving lives. In Nebraska, a person dies by suicide once every 32 hours. Thankfully, many survive their attempts, and it's important to realize there is help, support, and treatment available. Tony Green, Interim Director of Behavioral Health for the Department of Health and Human Services said talking about how you are feeling can help alleviate some of your distress. It is important to recognize the value of seeking help from a mental health professional or

a trained crisis counselor at 988. Suicidal thoughts, much like mental health challenges, can affect anyone regardless of age, gender or background. Family and friends are often the first to recognize the warning signs of suicide, and they can take the first step toward helping a loved one find mental health treatment. If you or a loved one needs assistance in a crisis, seek immediate help by calling, texting, or chatting 988. 988 is the Suicide and Crisis Lifeline. 988 provides a direct connection to trained, compassionate, accessible care and support for anyone experiencing suicidal, substance use, and/or mental health-related crisis, or any other kind of emotional distress. 988 is available 24/7 and is a free service available to anyone experiencing a mental health-related crisis. Any Nebraskan can call or text 988 and be connected to a trained counselor. If you have a loved one that you are concerned about, 988 counselors can provide assistance. Help is available. You could save a life by making the call. As October 9 approaches, for Cherie Kramer and her family, it is a time to remember again the importance of reaching out and supporting people. Just say something like, "I care a lot about you, what can I do to help you?" It is not about coming up with solutions, but about listening to the person. Encourage help-seeking behavior and get them connected to professional support and it is also critical that you look after your own mental health and well-being and seek support of your own if you need help.

Warning Signs of Suicide

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Enrollment Numbers Released At SPS

Stapleton Public Schools has an enrollment of 170 students for the 2023-24 school year. This compares to last year's enrollment of 183. There are 14 enrolled in the Little Bronco Pre-school program and there are 11 Kindergarten students. A complete run-down of number of students by classes: Pre-Kindergarten: 14 (8 boys and six girls). Kindergarten: 11 First Grade: 12

Second Grade: 12 Third Grade: 9 Fourth Grade: 11 Fifth Grade: 14 Sixth Grade: 11 Seventh Grade: 4 Eighth Grade: 18 Freshmen: 11 Sophomores: 13 Juniors: 20 Seniors: 10 Elementary (K-6): 80 (52 boys and 28 girls). Seventh & 8th Grade: 22 (13 boys and 9 girls). High School (9-12): 54 (29 boys and 25 girls).

"Thanks for the Memories"

The date of the annual Logan County Oldsters Party has been set for October 1, 2023 at 2:00 p.m. It will be held in the Cornerstone Church Fellowship Hall in Stapleton. The theme of the 72nd annual event is "Thanks for the Memories." Bring your memories of years gone by to share with the group. There will be door prizes, entertainment and refreshments.

Sheriff's office investigates three accidents

Logan County Sheriff Sean Carson was called to investigate three accidents last week. Gwendolyn Patterson, 83, of Arnold, was eastbound in a 2013 Chrysler 200 when she struck the back of a trailer being pulled by a pickup owned by Richard Baumgartner, 61, of Stapleton. The accident occurred September 14 at approximately 2:30 p.m. at mile marker 235 on Highway 92. The trailer, loaded with an ATV, was disconnected from the pickup and both the trailer and ATV were totaled. The car was towed from the accident site. No injuries were reported and Stapleton Fire & Rescue was on scene.

Another accident on Highway 92 took place at mile marker 239 on September 15 at noon. Donetta Schellito, 35, Denver, Colorado was driving a 2019 Nissan Pathfinder when she struck a motorcycle trike and trailer driven by Larry Genthe, 75, of Lincoln. Both vehicles were eastbound. Genthe's wife, a passenger on the trike, was taken to Jennie M. Melham Memorial Medical Center in Broken Bow by Arnold Fire & Rescue. The trailer had extensive damage and minor damage was re-

Three Accidents
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Need to talk or get immediate help in a crisis? Help is available. If you or a loved one need assistance, please reach out to:

- The Suicide and Crisis Lifeline; call, text, or chat 988.
- Your faith-based leader, healthcare professional, or student health center on campus.
- Nebraska Family Helpline – Any question, any time. (888) 866-8660.
- Rural Response Hotline, (800) 464-0258.
- Disaster Distress Helpline: 1-800-985-5990 (oprime dos para Español) or text TalkWithUs to 66746.
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522.
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453.

Pop-Up Thrift Shop

The Stapleton Splash Pad committee asked for donations for a "Pop-Up Thrift Shop" and were overwhelmed with the response from the area. "Things just kept coming and coming and coming," coordinator Stacey Anderson said. "I cannot thank everyone enough for all the donations and for the classes at Stapleton Public Schools who stepped up to come down and help organize the items." The three-day event was held Friday, Saturday and Sunday, September 22, 23 and 24 at the Stapleton Community Center. All donations and proceeds from the event will go towards the proposed Splash Pad project in the Stapleton Park. A complete report and pictures will appear in next week's issue of The Enterprise. If you would like to make a donation to the Splash Pad you may drop off your check at the Village Hall, located in the Stapleton Community Center.

Weather

DATE	HI	LO	MT
16	75	46	.03
17	79	46	0
18	82	46	0
19	89	48	0
20	89	49	0
21	87	48	0
22	72	53	T
23	74	54	.87

Thunder was recorded on September 19, 21, 22, 23. Fog was observed September 20 and 22. Pea size hail was reported on September 23.

Keep Informed.
Read the Notices.

McPherson Co. News



- Over The Hills
- Between The Lines
- "Real Wisdom" Poem

Public Notices

- Logan County Commissioners Proceedings
- School District R-1 Proceedings
- Frey Propane Legal Notice
- Village Of Stapleton Proceedings
- Village Of Gandy Proceedings
- McPherson County Tax Exempt Properties
- Logan & McPherson School Land Notices

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