



WHAT A WEEK

Big moments, upsets highlight week that was for DHS athletics

\$1⁰⁰

**Wednesday,
September 21,
2016**

Vol. 130 No. 38

DOUGLAS BUDGET

Ramirez investigation report deadline extended by DCI

By SANDRA MUDD
sandra@douglas-budget.com

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U.S. Marshals came to Douglas on June 30 to apprehend Ramirez on a

federal warrant for drug possession with intent to distribute methamphetamine, a felon in possession of a firearm and possession of a firearm in furtherance of a drug trafficking offense.

Converse County sheriff's responded

to a call at approximately 2:43 p.m. of an officer-involved shooting in the parking lot of the Saint James Catholic Church. Local law enforcement rendered aid to Ramirez outside of the vehicle where he was shot by U.S. Marshals, but Ramirez

passed away.

Approximately 3.5 ounces of methamphetamine and two handguns were recovered from Ramirez's vehicle. In addition, about 0.5 ounces of methamphetamine was found on Ramirez.

Classical books, modern library

By PHILLIP HARNDEN
phillip@glenrockind.com

There is one building that breaks the traditional rules of architectural design and implements modern conventions that most haven't seen.

This building has modular walls, multiple intelligent monitors, a state-of-the-art communication system under a floating floor and intelligently designed, yet stylish furnishing.

You will soon be able to see this building of the future on Oct. 4 when the Converse County Library opens its doors to the public.

Kirk Hissam the library director, gave the Douglas Budget a sneak peak of the newly built library and a tour of its many

GRAND OPENING

WHAT:
New Douglas library

WHEN:
Oct. 4 from 3-6 p.m.

WHERE:
300 E. Walnut St.

Please see
LIBRARY,
page A-3



Jen Kocher photos

Ali Lujan (above) and others (photo below) release their balloons in remembrance of their loved ones at the annual Grace to Live Suicide Prevention Awareness Walk at Jackalope Park last Saturday.

By JEN KOCHER
jen@douglas-budget.com

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Instead, he decided to take matters into his own hands. When his wife Patti decided to make the two-hour drive home to her mother's for Thanksgiving, Steve got on the internet and looked for lethal prescription dose combinations which he then swallowed. Later, when Patti called to check in with him she already had a bad feeling based on how he was acting before she'd left, which was confirmed by the slur of his voice when he answered the phone. He loved her, he told her. It wasn't her fault, but he didn't feel like he could put either of them through this anymore.

Patti immediately called 911 and high-tailed it back to Douglas, luckily in time to save Steve's life. When he woke up in the hospital several hours later, he was mortified to see his mother-in-law leaning over his bed next to Patti, the embarrassment of his actions suddenly real, as if someone had just opened his bathroom door and was staring at him naked under a fluorescent light. He braced

Please see
LETTING GO,
page A-3



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Ty Larson (from left), Tait Larson, Trenton Williams and Mark Vandeventer vie for top-shucker title.

Ear for an ear

DHS students do their best corn-husker impression

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Two ears. Just two ears short.

Did you hear that? Just two ears.

In the end, though, being native Huskers wasn't enough for the team of Maddie Hoopman and Haedyn Rhoades, who along with teammates Amber Hight and Lilly Hayes,

Please see
HUSKERS,
page A-6

This week's weather

Wed. Thur. Fri. Sat. Sun.

High 78	74	68	63	60
Low 53	53	42	40	39

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- Operating a chainsaw without a USDA or SAE approved spark arrester properly installed and working, a chemical pressurized fire extinguisher of not less than eight ounces capacity by weight

and one round point shovel with an overall length of at least 36 inches.

• Using a welder, either arc or gas, or operating an acetylene or other torch with open flame, except in cleared areas of at least 10 feet in diameter with a chemical pressurized fire extinguisher of not less than eight ounces capacity.

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As a reminder, the following wildfire prevention restrictions are prohibited year-round on BLM-administered lands in Wyoming:

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Operating any off-road vehicle on public lands unless the vehicle is equipped with a properly installed spark arrester pursuant to 43 CFR 8343.1 (c). For more information on BLM fire restrictions or conditions, contact your local BLM office or go to www.wy.blm.gov/wy_fire_restrictions.

RMP plans helicopter patrols of power lines this week

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Inspection flights will take place over areas surrounding Buffalo, Casper, Cody, Douglas, Gillette, Lander, Laramie, Lovell, Riverton, Sheridan, Thermopolis and Worland in Wyoming, as well as Billings, Montana.

These inspections are part of the company's regular maintenance program. The patrols allow crews to check lines and equipment for deterioration or damage in order to ensure safe and reliable electric service to customers. Rocky Mountain Power has obtained all necessary work clearances for the patrols, and the Federal Aviation Administration has approved flight plans for the work.

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What can he say? Looking back, he realizes that he's always felt this way but figured it was just normal. As an artist and former professional musician (having spent a decade on the road as a drummer for Cowboy Copus' son's band) his depression was masked by success. Overall, he was incredibly high-functioning with the normal creative artist's inclination of being at odds with the world. The trouble is that his brain only operates in two positions: full bore or complete stop. When he's on, his art is prolific and he feels really good until the valve shuts off, at which point he feels like the walking dead. And because he expects a lot from himself, this inactivity feels particularly bad.

It's not something a guy tells his wife let alone admits to anyone publicly.

This sense of shame and stigma is part of the problem when it comes to tackling mental illness, according to Marsha Reizenstein, volunteer and long-standing member of the local suicide support group Grace to Live. Marsha, who has a son with schizophrenia, knows first-hand the shame of living with mental illness. For a long time, she was too embarrassed to admit that to anyone in public let alone ask for help, until three of her friend's children took their lives over the course of three years and then she'd had enough.

"I decided I needed to educate myself instead of trying to run from the problem," she said.

In the end, she realized that mental illness was a disease just



A walker stops to read one of the many signs along the mile-and-a-half route during the Grace to Live annual suicide awareness fundraiser last Saturday in Douglas.

like cancer or diabetes. Many assume that depression is just a weakness of character not a disease and that you should just snap out of it, or 'man up' and deal with, particularly in Wyoming where isolation coupled with cut-and-dry gender guidelines dictate a deal-with on your own attitude masked with shame.

Up until a few years ago Wyoming led the country with the highest per capita suicide rate. In recent years, however, Wyoming has relegated millions of dollars for suicidal prevention programs in a concentrated effort to tackle the problem head-on. Locally, groups like the Prevention Management Organization of Wyoming and Circle of Life are actively training public health, schools and law enforcement agencies using the Question, Persuade, Refer suicide prevention methodology to

help identify and mitigate risk. To date, they trained 1,344 people in QPR locally, according to Marsha, who is also an active participant in these trainings.

Grace to Live also offers a drop in support group that meets on the first and third Tuesdays of every month from 6:30 – 8 p.m. at the Douglas Senior Citizen's Center.

Over the past year the group has seen a rise in numbers and this year had the largest turnout in its history for the annual suicide awareness walk fundraiser. Still, however, there's a lot of work to be done to remove the intrinsic stigma and shame when it comes to having an open discussion of suicide prevention in general, Marsha acknowledges.

She's noticed, for example, that when she's standing behind a table of suicide prevention literature at a local event people

will smile politely then quickly walk by, whereas if she steps away from the table they'll stop to leaf through the pamphlets and read. The second she returns, however, they get embarrassed and leave.

Letting go of the embarrassment is pivotal to combatting the problem, and like Patti and Steve learned, can be a positive turning point. While Steve's depression is still a part of their lives, it's no longer a scary unknown and instead is something they can talk about and acknowledge when his moods get low.

Saturday, as they stood in Jackalope Park amongst the 60 something other Grace to Live support group members at the annual fundraiser, they said their own private prayers of thanks as they watched their balloons disappear in the sky.

Library

from the front page



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features.

The original library was built in 1905 and was torn down and the 1968 library was built in its place. The 2016 library carries the tradition into the future with amenities uncommon in most libraries.

"Libraries started as simply places to check out books," Hissam said. "They evolved into places where one could hear lectures and learn from others in the community. But now they have become community centers with a variety of uses and needs."

Variety is a key word when describing the new Converse County Library. In addition to the racks of books, there are also reading and study areas, a quiet reading room complete with comfy chairs and fireplace, children's room and youth area equipped with large screen TV's and console video games.

One of the most unique rooms in the library is the maker-space. This room has industrial style tables of brushed aluminum, durable tile floor and overhead retract-

able power outlets.

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of surprises that await those expecting a traditional library.

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National Geographic writer and world-renowned climber comes to EWC for one-night presentation

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'POINT OF NO RETURN'

WHAT:
National Geographic documentary presentation by writer Mark Jenkins

WHEN:
Sept. 29 at 7 p.m.

WHERE:
Eastern Wyoming College

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