

## Council hits brakes on deannexation

**HOPES TO WORK WITH LANDOWNER**

BY CJ BAKER  
Tribune staff writer

Though the owner of a storage facility on Powell's eastern edge wants to move his property out of city limits and into rural Park County, some members of the Powell City Council aren't so sure they want to let him go.

Dash Storage owner Mike Birdsley is seeking to deannex his two lots on East Seventh Street as a way to save money. For Birdsley's business, a move into the county would mean no longer paying city property taxes or paying city fees and following the city's building requirements on future developments.

Last month, council members voted 5-1 to advance an ordinance that would take Dash Enterprises' lots out of the city. However, when the ordinance came up for the second of three readings on Monday night, the council had second thoughts: They voted to table the measure.

"To me, it's going backwards," said Councilman Steve Lensegrav, who had cast the lone dissenting vote against the deannexation last month.

In lengthy remarks, Lensegrav said he was concerned that allowing Dash's parcels to exit the city could set the wrong precedent and lead to other landowners leaving.

"Why are we willing to let that [property] out? It's part of our city," Lensegrav asked his colleagues. "Why are we OK with saying, 'Yeah, go ahead, we're going to deannex you ...,' because we get nothing from that."

A couple other council members indicated that they, too, were unconvinced about the wisdom of deannexation.

Councilman Troy Bray differed, saying he believed the decision should be left up to Birdsley, who wasn't present at Monday's meeting.

"To me, it comes down to personal choice. It's his property," Bray said, adding, "I don't see where we have the right to tell him not to."

"But it's our city, though," Lensegrav responded, saying it was "just like us telling the lady she can't have a goat on her property. That's the city."

(The councilman was referring to the council's contested July decision to deny an exotic pet permit for a resident's goat.)

At Monday's meeting, the council decided to reach back

**“Why are we OK with saying, ‘Yeah, go ahead, we’re going to deannex you ...,’ because we get nothing from that.”**

Steve Lensegrav  
City councilman

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Brody Wells, who had one of the better scores at the Cody Stampede last summer and won eight other rodeos, is competing in his second consecutive National Finals Rodeo starting today (Thursday) in Las Vegas. Tribune file photo by Carla Wensky

## County to work with shooting complex board on rented space

BY ZAC TAYLOR  
Tribune editor

The Park County commissioners have a small space they're willing to rent to the staff of the Wyoming State Shooting Complex Joint Powers Board, but they're not willing to rent it for the initially thought-of total of \$1.

Commissioner Kelly Simone asked for the agreement to be taken from the consent agenda for discussion, which resulted in the board agreeing to have Chair Dossie Overfield go to the board at its Thursday meeting to work out an agreement on the space in the Park County Complex which has not previously been rented.

Overfield said the idea is for them to rent the less than 300 square foot office space for a year as they work to build a

complex planned tentatively to open in the fall of 2026, with a grand opening the following spring. The board currently has an administrator and is in the process of hiring an executive director.

Simone said, coming soon after a Northwest Healthcare lease was pulled from an earlier consent agenda initially in large part because of a lease that wasn't consistent with others on county property — it was later rejected because of liability concerns — the county should maintain consistency.

"In my opinion it needs to be equal, renters need to be treated the same," she said.

Commissioner Scott Steward agreed.

"I just feel there needs to be consistency," he said. "I think

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## NFR BOUND Wells returns to Vegas for second year

BY ZAC TAYLOR  
Tribune editor

Last year, Brody Wells was nervous going to Las Vegas for the National Finals Rodeo. It was his first trip to the top rodeo event of the year, and he didn't know what to expect.

This year he was mostly excited as he welcomed friends, family and others in the community Friday night at the Irma, all eager to give the Powell cowboy a fine sendoff the night before making the trip south.

"I mean, guys always have nerves. If you don't have any nerves going in there, you're probably not alive, but I'm more excited to go down there and compete," he said. "And I know what it's about. You know, you kind of get your feet wet in the first year, you're nervous and this and that. So I'm kind of excited. I'm just, I'm really excited to go down there and compete

this year." The NFR begins today (Thursday) and for the second year in a row Wells, a Powell High School grad who grew

"I just kept my momentum rolling and just, I mean, kept it simple," Wells said Friday. "Just kept having fun and kept drawing good. And I mean, it kind of takes care of itself if you've got the right attitude."

He must have found the right attitude, because Wells tallied eight wins or co-victories over the course of the season, including winning the Xtreme Bronc Finals in Rapid City, South Dakota, and the Farm-City Pro Rodeo in Hermiston, Oregon, and earning more than \$90,000 in the month of August alone.

"It was a really good summer, and I had some really good, really big wins there in August,"

he said. "August was a really good month for me."

Wells didn't contain his rodeo skills to just the United States either, he not only did his yearly trips to big Canadian rodeos, he even traveled with Brennan to Australia to compete.

Throughout the season Wells was able to test his skills against some of the same top level of bucking horses he'll be seeing in Vegas. He said while no cowboy is getting on an NFR level bucking horse every time, they'll often see horses that are still very good, if not ones that may make an appearance in Vegas in the next couple of years. Because only the toughest horses appear at the NFR.

"They're a bunch of dragons," he said. "You know, these horses are worth millions of dollars. They're bred to get us down. You know, that's the

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**“If you don’t have any nerves going in there, you’re probably not alive, but I’m more excited to go down there and compete.”**

Brody Wells  
Saddle bronc rider

## HERE COMES SANTA CLAUS



Mrs. Claus, along with family and friends, get a ride in an antique Powell Fire Department truck during the 2024 Christmas Lighted Parade. This year's holiday events start Friday night at Plaza Diane for caroling and the lighting of the Enchanted Forest at 5:45 p.m. Then the Christmas fest continues Saturday at 10 a.m. for live entertainment and 11 a.m. to 2 p.m. for Santa's workshop, ending with a visit from Old Saint Nick himself. The annual Lighted Parade begins Saturday at 5:30 p.m. Tribune file photo by Mark Davis

## Conservation group to sue over wolf decision

BY MARK DAVIS  
Tribune senior reporter

A conservation organization has once again filed notice of its intent to sue the U.S. Fish and Wildlife Service for "violations" to develop a national gray wolf recovery plan under the Endangered Species Act.

The lawsuit by the Center for Biological Diversity is in response to the Service's November decision that protections under the Endangered Species Act for the gray wolf are "no longer appropriate," therefore, writing a recovery plan would be a fruitless endeavor.

"We found that recovery plans would not promote the conservation of the gray wolf... [and are] no longer appropriate under 4(a)(1) of the Endangered Species Act," according to a statement by the Fish and Wildlife Service.

Secretary of the Interior Doug Burgum and Fish and Wildlife Director Brian Nes-

vik (formerly the director of the Wyoming Game and Fish Department) are cited in the notice. A consequence of the Service's findings is that recovery plans are "no longer statutorily required under the Act and the Service will not develop recovery plans," they reported. The Center claims the Service is abandoning recovery efforts for the species.

"We're challenging the Trump administration's unlawful decision to once again abandon wolf recovery, and we'll

win," said Collette Adkins, a senior attorney and the carnivore conservation director at the Center.

**“We’re challenging the Trump administration’s unlawful decision to once again abandon wolf recovery, and we’ll win.”**

Collette Adkins  
Senior attorney

The Fish and Wildlife Service must live up to the reality of what science and the law demand. That means a comprehensive plan that addresses gray wolf recovery across the country."

Previously, the Center sued the Biden administration, resulting in an agreement to publish a plan that would have been a central feature of its "long term and durable approach to the conservation of gray wolves." That

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# NFR: 'Just write your goals high and shoot for the moon'

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whole point of that industry, the bucking horse industry, is just breeding high end stuff."

After all, Wells is only doing what he grew up mastering — taking unmanageable horses and breaking them in.

"I got into riding broncs from doing what I love, which was, you know, riding wild horses," he said. "And people would send me horses that weren't very rider friendly. And so I take them to the mountains and go hunting on them and cowboying on them. And I just learned to get gritty."

Wells not only held on but dominated a few of those million-dollar horses during his last NFR, winning two rounds and placing in five of 10.

Does he expect to be able to match that first-year run?

No, he's aiming higher.

"I want to double it," he said. "Just write your goals high and shoot for the moon, you know, and see where you land."



Powell cowboy Brody Wells (left) talks with Wesley Livingston on Friday night during a sendoff party at the Irma. He is entering the NFR as the sixth best saddle bronc rider. Tribune photo by Zac Taylor

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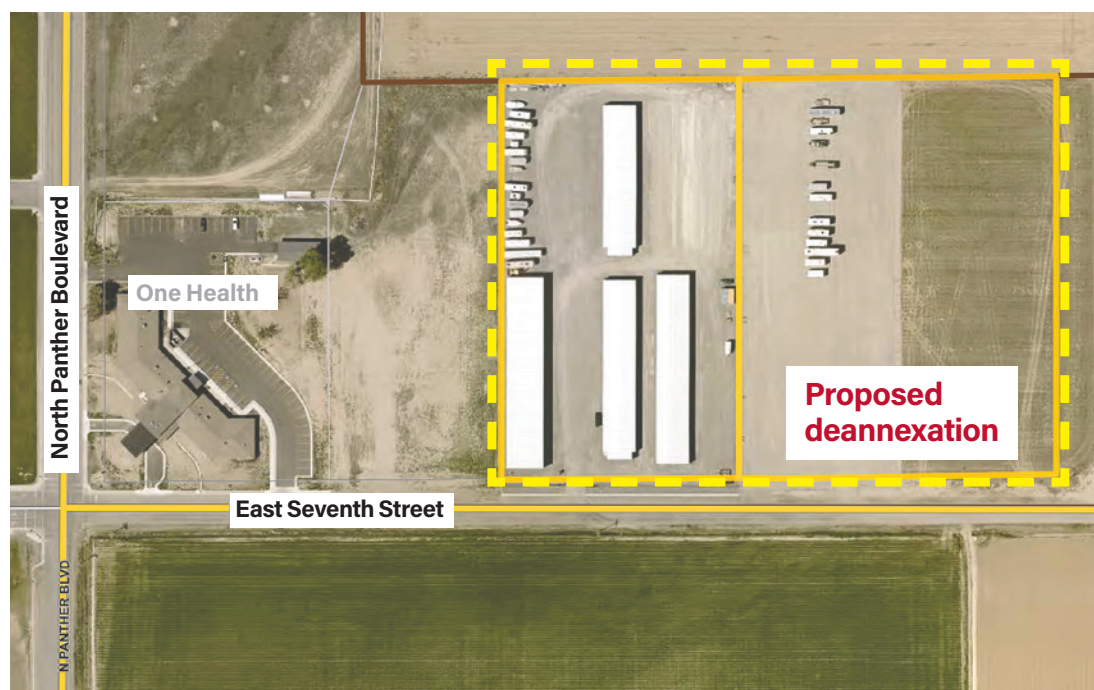
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Dash Enterprises is seeking to have the two highlighted lots removed from the City of Powell and placed into rural Park County, but the city council has expressed some misgivings. The city hopes to have further dialogue with owner Mike Birdsley. Park County Map Server

## Land: Birdsley said he's willing to continue discussion with city

Continued from Page 1 >

out to Birdsley and see if the city could address at least one of his concerns.

When the council first visited with the business owner on Nov. 17, much of the discussion centered around the city's requirement that each parcel be fronted with curb and gutter. Birdsley said installing that infrastructure on the western lot cost about \$35,000, and he would avoid that requirement and expense in the county.

Although he said he might voluntarily add curb to the eastern lot in the future, "for right now, I'd like to use that money to pay for chain link fence and everything else that I'm doing," Birdsley said last month.

On Monday, Councilman Zane Logan suggested they could perhaps offer a compromise, by allowing Birdsley to wait on installing the curb and gutter while keeping the land in the city.

Like Lensegrav, Logan expressed concern that allowing

Dash Enterprises' lots out of the city would make it hard to say no to future deannexation requests.

Speaking to the Tribune after the meeting, Birdsley said he's willing to continue the discussion with the city.

Birdsley had wanted the land out of the city before he started developing the western lot. However, it was not possible to deannex at that time, because the parcel was bordered by another in-town parcel to the east; removing just the western lot from city limits would have created a rural "island."

However, Birdsley acquired the lot to the east last year and is now seeking to deannex both pieces of property. No islands would be created; the city's eastern border would simply shrink.

Birdsley says he was previously told by city staff that it wouldn't be a problem to deannex — though City Administrator Zack Thorington said he doesn't recall anyone at the city ever saying that.

Birdsley and his engineer

have also noted that, unlike basically every other property within the city, there's no existing sewer or water service to the East Seventh Street lots. That makes it a unique situation, he said.

"I don't want to have a piece of property that's kind of got an asterisk by it," Birdsley told the Tribune.

City officials noted on Monday that Birdsley could get sewer service if he paid for the cost of installing a lift station. While that would come at an additional expense, installing infrastructure is "what contractors do," Lensegrav said.

He suggested the council vote down the ordinance "and say that we're not going to deannex." Then, Lensegrav said, they could discuss options like a potential delay on the curb and gutter.

However, City Attorney Scott Kolpitcke recommended tabling the measure instead, as it would leave all of the council's options open. The council then unanimously voted to put the ordinance on the table.

The topic could resurface at the council next meeting on Dec. 15, which Birdsley is planning to attend.

**"I don't want to have a piece of property that's kind of got an asterisk by it."**

**Mike Birdsley**  
Dash Storage owner

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OBITUARIES

Raymond Arthur Cooley

(Nov. 21, 1934 - Nov. 30, 2025)

Raymond Arthur Cooley, born Nov. 21, 1934, died Nov. 30, 2025. Ray passed peacefully on the night of November 30, just nine days after his 91st birthday.

He was born to Robert and Effie Cooley in Watertown, South Dakota. At the age of 3, he moved with his family to Bartlett Lane in Cody. They eventually settled on the north end of Powell. As a child, he was a hard worker, a quality that stayed with him his entire life.

He attended Powell schools and belonged to the Class of '53.

In 1954, he met and married his partner in life, Alice Wambeke. They were two young kids making a life together. They shared 71 years of marriage.

In the early days, Ray worked as a roughneck and then as an equipment operator for Powell Ready Mix. In 1979, Ray and Alice took a leap of faith and started their own business, Ray's Dirt Service. During his years in business, Ray was responsible for moving tons of rock and dirt around the Big Horn Basin. He worked alongside his brothers, sons and grandsons, teaching them



RAY COOLEY

the value of working for what they had. Throughout his years in business, he made lifelong connections and many cherished friendships.

In retirement, Ray and Alice enjoyed many cruises and bus trips all over the country, but the most precious times they spent were following their kids, grandkids, and great-grandkids in their activities. They provided their family with opportunities to camp, motorcycle, snowmobile, boat, ride horseback, and spend "together" time at the family cabin in Crandall, where Ray welcomed

friends and family alike.

Ray was preceded in death by his parents and all of his siblings: Phyllis, Dick, Bob, Don and Bonny.

He is survived by his wife, Alice, and their children, Dean (Michelle), Jim (Kelly), Vicky Coy (Nick); grandchildren, Duke (Heidi), Dallas (Kristin), Tyler (Steve), Valee Miller (Clayton) and Alison Rogers (Steve); and his treasured great-granddaughters, Stella, Livia, Cooley, Harper and Ivy.

Services will be held at the United Church of Powell on Friday, Dec. 5, at 10 a.m., with a luncheon to follow. In lieu of flowers, please make memorial contributions to the Powell Senior Center Building Fund.

Ruby May (Sykes) Cozzens

(May 29, 1941 - Nov. 30, 2025)

Ruby May (Sykes) Cozzens, daughter, wife, mother (MOM), grandmother, great-grandmother and friend, passed away peacefully on Nov. 30, 2025, at the Powell Hospital with family at her side.

Born on May 29, 1941, in Lovell, Wyoming, to Victor and Georgia Hogan Sykes, Ruby grew up in Powell where during her youth she worked at the movie theater and Elephant Head Lodge.

A proud 1959 graduate of

Powell High School, she married the love of her life Rex Cozzens on June 2, 1959. They were able to share nearly 55 years of marriage together and they built a life full of love, laughter and family.

Ruby worked as substitute for the Powell schools until they moved to the Cozzens family farm in Deaver in 1973, where gardening was her great passion.

In 1983 they moved to Cowley, Wyoming, where she remained until 2015 when she moved into the Rocky Mountain Manor in



RUBY COZZENS

Powell, where she was known for her spirit and joy in simple pleasures like playing cards and bingo. She was a talented seamstress, gardener and painter. She took pride in crafting her husband's shirts and would then make quilts out of the leftover material. One of her other passions was daily crossword puzzles and jigsaw puzzles, which there seemed to be a new one on the table every week

Ruby was preceded in death by her parents Victor and Georgia Sykes, husband Rex Cozzens

and brother Kenneth Sykes.

She is survived by her sister Agnes of Murfreesboro, Tennessee, son Lewis Mark of Powell, daughter-in-law Leanne of Powell, four grandchildren, nine great-grandchildren and one on the way. When told that, she said, "I love being a great grandmother!"

Funeral services will be held on Monday Dec. 8, 2025, at 10 a.m. at the Thompson Funeral Home in Powell, Wyoming. Graveside service to follow at the Crown Hill Cemetery in Powell, Wyoming.

The family asks that in lieu of flowers, donations can be made to the Rocky Mountain Manor in Powell, Wyoming.

Powell City Council mulling response to pet goat suit

The Powell City Council is considering how it will respond to a resident's lawsuit that challenges the city's decision to ban her pet goat from town.

"As we move forward, hopefully we can find a solution," Mayor John Wetzel said in a Wednesday interview.

Resident Venus Bontadelli sued the city early last month, asserting the council's refusal to issue an exotic pet permit for her Nigerian pygmy goat Porsche Lane violated her civil rights. Bontadelli's attorneys with the Pacific Legal Founda-

tion say the city's decision was — and the entire exotic pet permitting process is — unfair and arbitrary.

Wetzel previously said he believes the city has been consistent in denying requests for exotic pets.

The council discussed the litigation with City Attorney Scott Kolpitcke for over an hour, in a rare, closed-door executive session on Nov. 17. Another 25-minute executive

session related to the suit was held at the end of Monday's council meeting.

The city was originally due to file its answer to Bontadelli's suit in Wyoming's U.S. District Court on Wednesday, but that deadline has been pushed back to Dec. 17.

Tom Thompson of the Wyoming Local Government Liability Pool, which is representing the city, said in a late November

filing that he needed more time to review Bontadelli's complaint, discuss the facts with the city and prepare a response to the allegations.

Bontadelli's attorneys did not object to the delay and presiding U.S. District Judge Scott Klosterman approved the 14-day extension last week.

The case has attracted national attention, including coverage from the news agency Reuters and the libertarian media outlet Reason.

—By CJ Baker

“As we move forward, hopefully we can find a solution.”

John Wetzel Mayor

Complex: Simone: Renters need to be treated the same

Continued from Page 1

it sends a bad signal."

Commissioner Lloyd Thiel said they're comparing apples to oranges with a mix of for profit and nonprofit groups in the county buildings, not to mention the shooting complex board being a government entity. He suggested the best lease would

be something between \$1 for a year and market rate, which Simone said would be \$429 per month based on the square footage.

Simone also brought up the concerns of many in the area who want the complex to be self sustaining, not government funded — at least not after the initial building period, which

is being funded by \$10 million from the state, while state legislators are already working to pass legislation in the next session to add up to \$5 million more.

"The appetite from taxpayers is, this will be a self-sufficient operation," she said. "If we give them rent for a year for a dollar ... we are subsidizing."

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## GUEST EDITORIAL

### THE GOVERNMENT SHOULDN'T STAY QUIET ABOUT STATEWIDE BUSINESS SCAMS

A lot of questions follow any reporting our office releases on 30 N. Gould St. Following the release of our most recent article on the topic, published in the Monday edition of The Sheridan Press, things were no different.

People wonder how illegitimate companies can operate in the first place — and why Wyoming, specifically 30 N. Gould St., is often their home. People who have fallen prey to a scam often wonder why the issue persists.

There are no simple answers to these questions. Wyoming takes pride in being a business-friendly state with great tax breaks and privacy protection, but along with that comes a number of ways illegitimate companies can cheat the system and operate a limited liability company (LLC) without it being considered illegal.

Shady, yes, but not illegal. Meanwhile, calls keep rolling in. The Sheridan Press office receives multiple messages a week from people who have been scammed by companies represented by registered agents or registered commercial agents at 30 N. Gould St. The Sheridan County Chamber of Commerce receives even more.

These callers are often angry and upset about the situations they've found themselves in, whether it's a faulty product, a missing package or a case of identity theft. They call because they are eager to talk about their experience, especially if it means getting closer to solving this issue.

But at the same time, other groups stay strangely and suspiciously quiet.

Like the Wyoming State Attorney General's office, which has not picked up phone calls from The Sheridan Press about this issue. Or the Better Business Bureau Serving Northern Colorado and Wyoming, which has also not answered a single phone call made by The Sheridan Press over the past few weeks. Wyoming state Sen. Barry Crago, R-Buffero, who has proposed bills regarding registered agent transparency in Wyoming, also declined to comment for The Press's most recent story on 30 N. Gould St. scams.

The Secretary of State's office provided one statement but did not respond to multiple requests for follow-up regarding the office's vetting and audit processes and interactions with the registered agent community.

These questions may take time to respond to, but they are important. It's easy to peg the media as "annoying" or "bothersome," but the reality is the questions aren't something angrily drummed up one afternoon in the office. They represent the requests, complaints and questions from the hundreds of people seeking answers.

From the media's perspective, the agencies and individuals who have the power to move the needle on this issue are ignoring it. And this silence speaks louder than words.

We continue to report on this issue because the calls keep coming in, and they haven't slowed down. Illegitimate companies continue to hurt reputable Wyoming businesses, and until that issue stops, we won't stop covering it.

But more answers and action from those in power wouldn't hurt.

*By the Sheridan Press*

**(Editor's note:** The Tribune is periodically featuring editorials from newspapers around the state. The pieces reflect the opinion of their respective papers. This editorial was first published in the Sheridan Press on Sept. 29.)

## Old and goofy

Once upon a time in a movie, John Candy introduced himself saying, "Dell Griffin, American Light and Fixture, director of sales, shower curtain ring division." Every now and then I'm tempted to introduce myself, "Trena Eiden, American Light and Fixture, director of sales, shower curtain ring division."

As I entered Smith's, shopping for a client, there was a big bin, full of round, thick "Protein Pucks." We eat protein bars so I bought one, eating half on the way home, while saving the other half to ask Gar if he liked it because he's Mr. Picky. He took a bite and declared it "pretty good for a protein morsel." When I shopped the next week, there was again a bin full, so I bought the grandkids each one plus a couple more for us. Arriving home I realized I'd bought green wrapped ones instead of brown wrapped. We tried the new ones, but found they weren't nearly as good. When I read the ingredients, I saw why. The green pucks, while close to the same as the brown, had a couple different nuts,

but had omitted the chocolate. Naturally, they weren't as tasty. Duh. Smiths had switched the bins of pucks, but I hadn't noticed. I sighed resignedly at my inattention to detail. The next week I took the green wrapped ones back, exchanged them for brown, and mailed them in puffy envelopes to grandkids, along with a note to each mother, "These are protein, but tasty, so probably have the same amount of sugar as Mike & Ike's, but seeing 'protein' made me warm and fuzzy. There's a story behind them of my usual ditziness that'll reinforce your belief you were too hasty in marrying into this lineage."

After a couple weeks I heard back that the kids liked them, the lacrosse players thought, "Protein Pucks" to be very clever wording and all marriages were intact in spite of a nut for a mother-in-law. This tale of my shopping is to sadly, yet ac-

curately show something ... it's why old people take forever to get anything done.

A couple of years ago, our daughter, Lunny was building her house in Verdi, a suburb of Reno, Nevada. Gar had a trip planned to see her and take a load of her stuff we had stored at our place. I'd decided I couldn't go as it was really busy at work and I felt I should stick around, but on a Sunday before he left, things fell into place at work so I decided to ride along. I didn't talk to Lunny on the phone because I could hardly keep it a secret by text, much less with an actual conversation.

I got off work one evening, drove home, repacked, got back in the truck, and drove halfway to Reno and spent the night. The next day, upon arriving at her apartment complex, I hopped out of the truck and hid behind a wall. Gar pulled forward and when Lunny saw him coming, she ran down the stairs to hug her dad. I waited for a bit then jumped out. She laughed and threw her arms around my neck. It was fun, but truly the best part was what

happened while I was concealed, pinned against the bricks.

A guy started to park by our vehicle when he saw me hiding by the building. He did a double take so I put my fingers to my lips like shhhhhhh. He stared at me for a few seconds as I watched him. I could see his brain processing me, deciding his next step. Then getting out of his car, he walked by Gar and Lunny, speaking a greeting. He kept moving, but the whole time he walked, he continued to stare at Lunny. I'm certain he was trying to determine if I was a weirdo (and here's where we unanimously agree that's correct) or a strange, old person (and that'd be right) or if he should tell her, "There's a homeless psycho around the corner about to murder you." It made my day. We never saw the man again and I'm sure he moved soon after that so he'd never have to endure that sort of situation again.

I recently realized I'm old and goofy. I was at the clinic, sitting by a mother and little 3-year-old girl. I heard her ask, "Mommy, where's the ice cream?" Her mother said they didn't have any there. The little girl murmured, "Awe darn." I never thought before, but now I'd like my doctor to serve ice cream too.



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## Protect your waistline and your health during the holiday season

It's hard to believe that the Christmas and New Years holidays are just around the corner and Thanksgiving is already in the rearview mirror. Although statistics cite a "mere" 1-2 pound weight gain (on average) over the holidays, if not lost during the rest of the year, the additional holiday weight gain adds up to 10-20 pounds of extra baggage in 10 years! More concerning is the hidden danger to our health, including the risk of high blood pressure, heart disease, prediabetes, diabetes and fatty liver.

Fortunately, there are simple, doable tricks that will boost your metabolism, protect your waistline, and prevent the dreaded holiday weight gain. Feel free to adopt some or all of the below 12 tips; whatever appeals and works for you:

- Practice mindful eating — practice gratitude for the food provided, eat slowly, chew thoroughly, and savor each bite. Mindful eating improves digestion which reduces emotional eating and promote healthier weight management.
- Practice portion control during the main meal.
- Keep well-hydrated, especially before meals. To calculate your daily hydration requirements, start with the general

rule of drinking half your body weight in pounds, measured in ounces. For example, a 150-pound person should aim for drinking 75 ounces of water daily. Adjust this amount based on activity level, with an additional 12-16 ounces for every 30 minutes of exercise.

• Think twice before you dip into the holiday eggnog, alcohol, sodas and other beverages that add empty calories without adding any nutrition value. Remember the definition of moderate drinking, which is seven servings of alcohol per week for women and 14 servings of alcohol per week for men. Take advantage of the many tasty mocktails that are starting to sprout up in bar menus. If you must drink alcohol, "stack" a glass of water every time you order an alcohol drink.

• Make nutritious food choices — Focus on using healthy fats (olive, coconut or avocado oil) for cooking. Avoid fast foods and fried foods.

• Incorporate fiber-rich foods into your diet, including legumes (beans and lentils), fruits (berries and apples), vegetables

(artichokes, brussels sprouts, sweet potatoes, carrots, beets and broccoli), seeds (chia, flax or hemp seeds), and nuts (almonds, chestnuts and hazelnuts).

• Think about balance, not deprivation, when it comes to eating desserts. In other words, make sure you have made healthy choices at dinner before you bite into that pie!

• Be intentional with your food choices — this includes putting away the leftovers after you finish the holiday dinner, in order to avoid mindless snacking after finishing the main meal.

• If you must snack, focus on eating healthy snacks, such as a salad, fruit and vegetable tray, cottage cheese or yogurt.

• Practice time-restricted eating, defined as eating during a specified time window (usually between eight-to-12 hours during the day). Time-restricted eating offers many health benefits including weight loss, improved gut and metabolic health.

• Ensure high quality sleep. Sleep quality is linked to what

we eat. One vital step in safeguarding sleep quality is to avoid eating sweet foods or drinking alcohol within three hours of bedtime; doing so disrupts sleep and adds to insulin resistance, which increases diabetes risk.

• Keep a consistent exercise routine (eg, a brisk walk before or after the holiday dinner). You should aim to exercise at least 150 minutes per week.

In his groundbreaking book Atomic Habits, author James Clear describes how making a small, daily improvement in a habit, practiced over the long run, produces remarkable results. He states, "If you get 1% better daily for one year, you'll end up 37 times better by the time you're done." By practicing and sustaining the above health tricks, not only during the holidays but throughout the year, you will greatly benefit your health (and your waistline) in the years to come!

*(Lynn S Horton, M.D., is owner of Wisdom Health, LLC: Metabolic Health & Lifestyle Medicine. Her practice focuses on educating and empowering her clients to adopt and sustain healthy lifestyle choices to feel their best self, transform their health, and live their best lives.)*



**LYNN HORTON**  
Guest Column

## CONTACT YOUR MAYOR & COUNCILORS

- Mayor John Wetzel** ..... jwetzel@cityofpowell.com
  - Geoff Hovivian** ..... ghovivian@cityofpowell.com
  - Steve Lensegrav** ..... slensegrav@cityofpowell.com
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128 S. Bent • Phone: 307-754-2221 • Fax: 754-4873  
Email: toby@powelltribune.com

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In memoriam, Diane Bonner (1939-2001)

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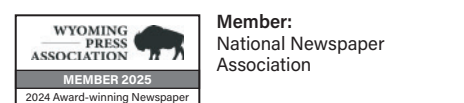
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Published Semi-Weekly on Tuesday and Thursday at Powell, WY. Periodicals Postage Paid at Powell, WY

**SUBSCRIPTION RATES:**  
6 month subscription ..... \$30  
12 month subscription ..... \$55  
Subscriptions include access to Tribune e-edition

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The Wyoming Capitol is pictured during the Wyoming Legislature's 2025 general session. Mike Vanata/WyoFile

## How will lawmakers spend Wyoming's tax dollars?

### BUDGETING PROCESS IS UNDERWAY

BY MAGGIE MULLEN  
WyoFile.com

This week marks the beginning of the Wyoming Legislature's annual budget hearings. During the four-week-long process, the Joint Appropriations Committee is meeting in Cheyenne to hear agency requests and to draft a budget bill ahead of the 2026 session.

In even-numbered years, lawmakers are responsible for crafting and passing the state's upcoming two-year spending plan, also known as a biennium budget. It is the one thing lawmakers are constitutionally obligated to complete during a budget session.

While the Legislature ultimately holds the purse strings, it's the governor who kicks off the process with budget recommendations.

In November, Gov. Mark Gordon proposed a \$11.1 billion budget that would boost state worker pay, bolster wildfire-fighting capacity, renovate

the veterans home in Buffalo and put \$250 million into permanent savings, among other priorities.

"Our job, the job of government, is to provide the essentials that communities, families and citizens cannot provide on their own and be accountable and accessible," Gordon told the committee Monday in his opening remarks.

The hearings largely involve agencies presenting what's called a standard budget, which includes no more than the amount needed to allow that office to provide the same level of services in the next budget cycle as it has in the current one. If an agency seeks to diverge from that spending level, such as for new equipment or a special project, it must develop and present an "exception request" to lawmakers.

Since the last budget session, a new group of Republicans has come into power. In 2024, the Wyoming Freedom Caucus won control of the lower chamber

and now holds all but one seat on the House side of the Appropriations Committee.

While the caucus has pledged to cut the budget, it remains to be seen where and how lawmakers aim to shrink spending. That could become clearer through the committee's budget work or as lawmakers revise the bill during the session. However, they took extra steps this legislative off-season to scrutinize the Department of Health's budget by forming a subcommittee. The agency has the largest budget of any state department.

Alongside agency requests, the committee also relies on revenue forecasts to draft a budget bill.

In October, a report indicated that Wyoming's investment portfolio hit a record \$1.86 billion in earnings, surpassing revenues from the mineral industry. Meanwhile, other prominent revenue sources fell short, including sales and use taxes and state royalties.

State forecasters, known as the Consensus Revenue Estimating Group, will present

lawmakers with an updated report when the Appropriations Committee gathers in January.

The committee will meet through next week, as well as the first two full weeks in January. No formal action will be taken on the budget until the final week of hearings.

At that point, in a process known as working the bill, the committee goes unit by unit through each agency's budget with lawmakers voting on motions to approve, deny or adjust each funding request. Vote by vote, those decisions form the budget bill, which is then prepared by the Legislative Service Office staff.

Budget hearings are open to the public and can also be viewed remotely via the Legislature's YouTube page. Meeting agendas are available on the Legislature's website.

The full Legislature convenes Feb. 9 in Cheyenne.

(WyoFile is an independent nonprofit news organization focused on Wyoming people, places and policy.)

## University of Wyoming winter commencement is Dec. 13

The University of Wyoming will accord degrees to more than 700 students during a combined winter commencement ceremony Saturday, Dec. 13, at 10 a.m. in the Arena-Auditorium.

The new graduates include 521 undergraduate students, 209 graduate students and six College of Law students.

Attendees are encouraged to be seated inside the Arena-Auditorium by 9:45 a.m., and tickets are not required for attendees. The ceremony will be livestreamed via YouTube and WyoCast. Livestream links will be posted at uwyo.edu/commencement.

Students participating in the commencement ceremony will check in with their respective college representatives inside War Memorial Fieldhouse at times corresponding to their degree type. Master's degree students participating in commencement should arrive at the fieldhouse by 8 a.m. for formal hooding before the procession. Undergraduate and doctoral degree students should arrive at the fieldhouse at 9 a.m.

All students will have pro-



UW's winter commencement ceremony is Saturday, Dec. 13, at 10 a.m. in the Arena-Auditorium. UW Photo

fessional photographs before and while walking across the stage. Proofs and photos will be available for purchase follow-

ing the ceremony at uwyo.edu/commencement.

Complete details about winter commencement, includ-

ing maps and shuttle and parking information, are available at uwyo.edu/commencement.

## Woman allegedly transferred \$26K from bank account of father with dementia

GILLETTE (WNE) — A Gillette woman accused of transferring more than \$26,000 from her elderly father's bank account to her and her husband's accounts told investigators she only took the money because she believed her sister was doing the same thing and because she believed she deserved something for taking care of her father.

On Nov. 24, Circuit Judge Greg Steward found probable cause to suspect Sabrina Montgomery, 54, of two counts of exploitation of a vulnerable adult and two counts of felony theft.

Montgomery also is accused of using some of the money she made from selling her father's car to pay off her own car.

Montgomery's father is an 81-year-old

man with dementia living in the VA in Sheridan. Montgomery, one of his daughters, visited him in January along with a friend who was a notary. She had him sign over power of attorney to her. Before this, her sister had power of attorney.

Starting on Jan. 27, transfers were regularly made from her father's account to her and her husband's accounts. From Jan. 27 to Oct. 17, \$26,579 was transferred out of the elderly man's account.

On Feb. 7, First National Bank contacted DFS about possible elder abuse reported by Montgomery. She came into the bank and asked for access to her father and her sister's shared bank account. She accused her sister of spending their father's money

instead of taking care of his bills. Bank staff checked the account's activity and didn't see anything suspicious, according to court documents.

The bank called the man, but due to his mental state he was unable to understand the questions. The VA in Sheridan told DFS that the man was likely mentally unfit to be signing a power of attorney form in January.

On Oct. 22, Montgomery met with investigators and told them that she believed her sister was stealing from her father, which is why she reported her sister to DFS. Montgomery claimed her sister was doing "questionable things" with their father's accounts and personal items.



### Zootopia 2 PG

Detectives Judy Hopps and Nick Wilde find themselves on the twisting trail of a mysterious reptile who turns the mammal metropolis of Zootopia upside down.

**Friday**----- **December 5**----- 7pm  
**Saturday**---- **December 6**----- 3pm/7pm

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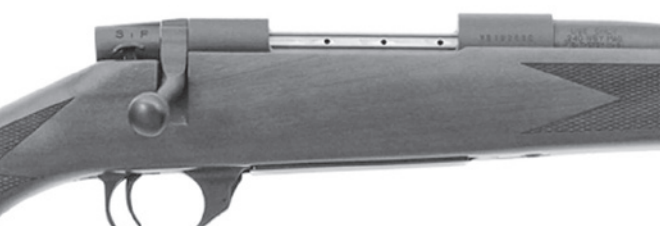


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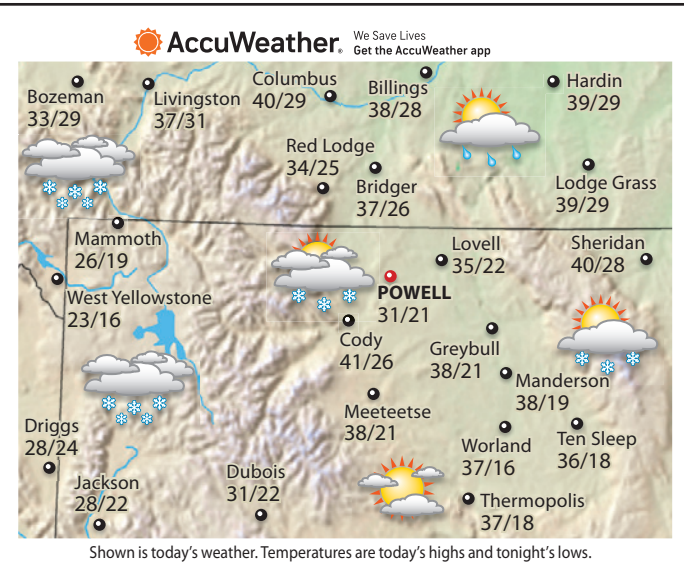
## Two Mexican citizens arrested on ICE warrants near Cody

BY CJ BAKER  
Tribune staff writer

After stopping a car for speeding outside of Cody last month, the Wyoming Highway Patrol soon found that the occupants lacked a license, registration, insurance — and legal permission to be in the country. Both the driver, 18-year-old Israel Rodriguez-ramos, and his passenger, 39-year-old Eduardo-rafael Rodriguez Diaz, were arrested on Nov. 17 on warrants from the U.S. Immigration and Customs Enforcement (ICE). The patrol had limited information about the warrants, but an agency spokesman said Rodriguez Diaz was alleged to have overstayed a visa.

“Both individuals are illegal aliens from Mexico without authorization to remain in the United States,” an ICE spokesperson wrote in a Tuesday email to the Tribune. “They will be held pending immigration proceedings.” A trooper stopped the men’s 2012 Honda Odyssey on Wyo. Highway 120 in the early afternoon of Nov. 17. The car was about 6 miles north of Cody, and the officer reportedly clocked it going 78 miles an hour in the 70 mph zone. Rodriguez-ramos apparently provided an address in Sturgis, Michigan, while Rodriguez Diaz was listed in court records as residing in Mexico.

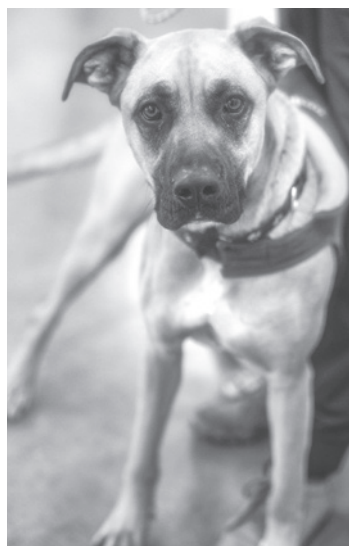
Court records indicate that the Honda appeared to be registered in North Carolina. However, when the trooper examined the temporary tags, he discovered that they were fraudulent: Someone appeared to have simply printed fake information onto a standard sheet of paper, said patrol spokesman Aaron Brown. “Basically everything about it was fake,” Brown said. Eventually, the trooper learned of the pending warrants from ICE and arrested both men. Rodriguez-ramos and Rodriguez Diaz were initially held in the Park County Detention Center before being transferred to ICE custody on Nov. 19. As of Wednesday, ICE records showed that Rodriguez-ramos was being held at a detention facility in Denver, while the Tribune was unable to determine the whereabouts of Rodriguez Diaz. In a summer interview, Park County Sheriff Darrell Steward said his agency routinely cooperates with ICE — such as by looping the feds in on tips they receive about illegal aliens — but generally sees few people picked up for immigration violations. A 48-year-old Mexican citizen who had been living in Powell on a work visa was deported in the spring after he battered his wife.



## POLICE REPORT

- NOVEMBER 21**
- 2:55 p.m. An officer initiated activity on East Coulter Avenue where a warrant was issued. The case is under investigation.
  - 6:21 p.m. A Wells Fargo card was reported lost in the area of South Absaroka Street/East Coulter Avenue.
  - 7:48 p.m. A person was reported to be dumpster diving in the alley on North Clark Street. An officer responded and advised the person about the city ordinance.
- NOVEMBER 22**
- 11:29 a.m. An officer initiated activity on East Coulter Avenue where the officer was advised the disturbance was a verbal argument between two subjects. Disposition: completed.
  - 4:48 p.m. A resident on North Absaroka Street requested a civil standby. Disposition: completed.
  - 5:23 p.m. A resident on East Monroe Street reported a window broken on a vehicle. The case was put under investigation.
  - 7 p.m. A driver at Mountain View Street/West Seventh Street was warned for speeding.
  - 9 p.m. A BMX bike at North Division/West Seventh streets was taken to lost and found.
  - 10:10 p.m. A caller reported a street sign at a residence on North Ingalls Street and an officer is investigating the incident. Disposition: completed.
  - 11:18 p.m. A driver was warned for failure to stop at a stop sign after a traffic stop at North Absaroka/East Fourth streets.
- NOVEMBER 23**
- 10:33 a.m. An officer checked on the welfare of a resident on South Clark Street and the case was put under investigation.
  - 2:45 p.m. A driver was cited for speeding after a traffic stop at North Panther Boulevard/East Seventh Street.
  - 6:43 p.m. After a traffic stop at North Panther Boulevard/East Coulter Avenue, a driver was warned for no headlights and not carrying driver’s license.
  - 11:56 p.m. A driver was warned for speeding after a traffic stop at West Coulter Avenue/South Mountain View Street.
- NOVEMBER 24**
- 7:34 a.m. An officer initiated activity at East Seventh Street/North Panther Boulevard where a driver was cited for speeding in a school zone.
  - 10:01 a.m. A caller on Alan Road reported phone threats, but only wanted the incident documented for now.
  - 10:29 a.m., 10:44 a.m. After traffic stops on East Seventh Street, drivers were warned for failure to yield while turning left, speeding in a school zone and no driver’s license in possession.
  - 2:15 p.m. A caller on South Bent Street reported a fraudulent transaction; no money was exchanged. An officer contacted the caller about options available in handling the incident.
  - 7:16 p.m. A resident on Cary Street reported receiving threatening phone calls from a Cody number, and wanted the event documented. An officer provided some options available on handling the situation.
  - 8:13 p.m. After a traffic stop at East Coulter Avenue/South Bent Street, a driver was warned for driving too fast for conditions.
- NOVEMBER 25**
- 10:18 a.m. An officer assisted in checking the welfare of an individual on East Seventh Street.
  - 1:43 p.m., 1:57 p.m. After traffic stops on East Coulter Avenue, drivers were warned for

## FURRY FRIENDS



Numerous cats, kittens and dogs are currently in the shelter and are looking for forever homes. If you are interested in adopting a shelter animal, call Caring for Powell Animals/Moyer Animal Shelter at 307-754-1019. Courtesy photo

- speeding and no right on red.
  - 2:14 p.m. After a traffic stop at North Clark/East Sixth streets, a driver was warned for speeding in a school zone.
  - 2:20 p.m. A black iPhone 11 with a red case was reported lost on South Bent Street.
  - 4:52 p.m. A caller on South Bent Street reported a very intoxicated individual was refusing to leave. Responding officers contacted the individual outside and another person arranged to take the individual home.
  - 5:47 p.m. A driver was warned for no headlights after a traffic stop at East Coulter Avenue/South Day Street.
- NOVEMBER 26**
- 7:20 a.m. Dispatch received an alarm notice on Avenue H on their panel; and after calling the source, determined it was a false alarm.
  - 7:51 a.m. An officer assisted in a civil standby on North Absaroka Street.
  - 8:15 a.m. A resident reported a dog came after their dog at Avenue E/Tower Boulevard earlier that morning. The resident was advised to contact the county since the incident occurred out of Powell police jurisdiction.
  - 10:48 a.m. A resident on Rancho Trail requested an officer contact them about receiving fraudulent bills they do not owe.
  - 12:23 p.m. After a traffic stop at East Coulter Avenue/South Clark Street, a driver was cited for speeding 53 in a 35.
  - 2:44 p.m. A black phone was reported lost the previous evening in the area of South Absaroka Street/East Coulter Avenue.
  - 3:09 p.m. A black checkbook was reported lost on North Bent Street.
  - 8:05 p.m. A driver was warned for speeding after a traffic stop at East Seventh Street/North Panther Boulevard and the driver’s parents were notified.
  - 8:30 p.m. After a traffic stop at North Division/West 10th streets, a driver was cited for registration.
- NOVEMBER 27**
- 1:26 p.m. A caller on Avenue C reported an individual trying to get into their residence and the caller does not want them there. Officers responded and arranged for someone to pick up the individual.
  - 4:02 p.m. A caller on East Jef-

- erson Street found a tarp covered in blood in the trash can. Officers responded and determined the tarp was from a deer.
  - 7:59 p.m. After a traffic stop at North Hamilton/East Third streets, a driver was warned for color of lighting, white light to the rear.
  - 9:33 p.m. A resident on North Absaroka Street reported a dog barking from 20 to 30 minutes at a time sine 3:30 p.m. Officers responded, but did not hear any barking.
  - 11:55 p.m. Officers responded to a report of two individuals fighting on South Everts Street. No weapons or alcohol were involved. The officers assisted in mediating the situation and the individuals separated for the evening.
- NOVEMBER 28**
- 1:39 a.m. An officer initiated activity at South Tower Boulevard where an unoccupied vehicle was parked on the side of the road. Officers will watch that the vehicle gets moved.
  - 3:40 a.m. An officer noticed a vehicle in the back of a building on East Seventh Street and contacted the driver, who stated they have help coming.
  - 9:45 a.m. A long-haired calico cat with no collar was reported caught in a trap on Aspen Lane. The animal was taken to the animal shelter.
  - 10:32 a.m. A wallet was reported lost in the area of South Absaroka Street/East Coulter Avenue.
  - 10:38 a.m. After a traffic stop at North Ingalls/East Third streets, a driver was cited for no proof of liability insurance and warned for no valid registration.
  - 3:11 p.m. A wallet was reported lost on North Bent Street.
  - 4:40 p.m. An officer initiated activity on East Seventh Street where Rya Saunders, 19, of Powell, was arrested on a warrant and transported to the Park County Detention Center. The case is under investigation.
  - 5:17 p.m. Officers responded to a report of a car swerving across the road at East Coulter Avenue/South Panther Boulevard where Christopher Allen, 56, of Powell, was arrested for driving while under the influence of alcohol. He was transported to the Park County Detention Center and the case is under investigation.

## SHERIFF’S REPORT

- 8:04 a.m. A caller on County

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**5-day Forecast for Powell**

**Today**  
A bit of afternoon snow; storm total 1-2"  
31° 21°

**Friday**  
Mostly cloudy with a flurry  
33° 20°

**Saturday**  
Intermittent snow and flurries  
29° 22°

**Sunday**  
Mostly cloudy  
35° 28°

**Monday**  
Rather cloudy  
40° 28°

**Weekly Almanac**  
Powell for the 7-day period ending Tuesday  
TEMPERATURES  
High/Low .....41°/3°  
Normal high/low .....37°/13°  
Average temperature.....23.4°  
Normal average temperature.....24.8°  
PRECIPITATION  
Total for the week.....0.01"  
Month to date.....Trace  
Normal month to date.....0.01"  
Year to date.....7.24"  
Snowfall for the week .....0.1"  
Snowfall month to date .....Trace"  
Snowfall season to date .....0.9"

**Sun and Moon**  
Sunrise/Sunset .....7:36am/4:35pm  
Moonrise/Moonset .....3:59pm/7:36am

Full	Last	New	First
Dec 4	Dec 11	Dec 19	Dec 27

Forecasts and graphics provided by AccuWeather, Inc. ©2025

**The State**

City	Today Hi/Lo/W	City	Today Hi/Lo/W
Buffalo	38/25/c	Jeffrey City	33/23/pc
Casper	36/25/pc	Kirby	38/17/pc
Cheyenne	36/27/s	Laramie	32/21/s
Gillette	39/29/c	Rawlins	30/23/pc
Green River	33/25/pc	Rock Springs	30/23/c
Greybull	38/21/c	Shoshoni	34/23/pc

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## Clark holds annual Christmas celebration

BY BOB RODRIGUEZ  
Special to the Tribune

In true holiday style, the annual Clark Jingle happily rang in the Christmas season on Tuesday evening, Dec. 2 in the packed Clark Pioneer Recreation Center.

It was definitely a time for children and adults to mingle at the Jingle, as the center was chock-full with a dazzling array of children's games to win prizes no matter what. And there was the Jingle Store, a special shopping area with equally special prices to help youngsters 12 and younger obtain gifts for family and friends as elves helped them budget-wise and for wrapping their selections.

Overall, said Jingle Director Shirley Bentley, the celebration attracted "way more than 100 attendees at a guess, and 39 youngsters shopped, which is nearly double from last year." The gathering also included 18 sale booths offering a significant number of cottage industry products. Bentley noted that many vendors told her that they were more successful in Clark than at places with many more residents.

Kids awaited a visit from Santa Claus, who went through the aisles greeting one and all. The jolly fellow, a good friend of Todd Bentley, then sat in his sleigh to



Josh Waylon, 5, with his dad watching, tried his luck using a catapult for lobbing tiny gifts to get them into the chimney at the Up On the Housetop game and was well rewarded for his skill.

hear what children would like as Yule gifts. The event included hot dogs and chili as well as cookies for all. Smiles seemed to abound throughout the event as a light snow covered the parking lot.

Shirley Bentley said the community event could not occur without the help of volunteers, recruited by Nancy Woolard.

"We had 30 helpers this year," Shirley noted, "and their assistance is absolutely beyond compare." She indicated that this year's Jingle likely rates as one of

the best. "People had a lot of fun," she said.

Parents took many photos throughout the event, especially as Santa sat in his sleigh. Professional photographer Janet Kelleher was ready for the best photos.

The rec center was assisted by co-sponsors Canyon Real Estate, Clarks Fork Trading Company, Ringler Leather and Rock Creek Ranch. All proceeds from the event will benefit the rec center and its programs.



Stanley Smunk, 8, had a good time snaring a prize from Santa's Workshop, as did many other young folks. The booth, offering several attractions, was run by Nancy Woolard (foreground) and Carol Olsen (background) with Theresa Canny (not shown).

Above left, it was a special time for John Canny, as his birthday was Tuesday, Dec. 2. Good ol' Santa gave him a special ride in his sleigh for turning 5 just in time to celebrate and attend the Jingle. Center, little 1-year-old Annabelle Fyne took a spot at the craft area as she prepared to choose which colors for the drawing she would fill in. Many youngsters enjoyed the chance for coloring and crafting. Above right, Denali Tillory, 9, was among shoppers at the Jingle Gift Shop, as she and others looked through the array of low-cost items for friends and family. Photos courtesy Bob Rodriguez

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About 100 wolves live safely inside the Yellowstone National Park boundaries, with under estimated 200 outside the park and liable to be hunted. Most seasons run between Sept. 15 and Dec. 31; Hunt Area 12 runs between Oct. 15 and Dec. 31. In the state's Predatory Animal Management Area, there is no season, quota, or license required for hunting. For more regulations and requirements, check the Wyoming Game and Fish Department. NPS photo by Ashton Hooker

## Wolves: Wyoming regulations allowed 44 wolves to be harvested by hunters in 2024

Continued from Page 1

announcement stemmed from an agreement following a 2022 lawsuit in a District of Columbia federal court, ruling the U.S. Fish and Wildlife Service must draft a new recovery plan.

"The draft plan must be completed within two years unless the agency finds that such a plan will not promote the conservation of the species," according to the results of the 2022 lawsuit.

"It neglects other places where wolves live and could recover, like the West Coast, southern Rocky Mountains and northeastern United States," according to a statement made by the Center on Tuesday.

News of the new suit was met with concern by Sen. Cynthia Lummis, R-Wyo.

"For far too long, radical environmentalists have weaponized the Endangered Species Act to impose their will on Wyoming and the West," she said in an email exchange with the Tribune. "Now that the Trump administration is taking action to return the ESA to its intended mission and rightfully return species management to states, environmental extremists like the Center of Biological Diversity are panicked and throwing Hail Marys as a last ditch effort to maintain their power, scientific evidence of recovery notwithstanding."

A Game and Fish official said they can't comment on the news of pending litigation. The department offers hunting licenses inside the trophy zone surrounding the state's border

with Yellowstone National Park. Gray wolves have a dual-classification management structure as defined in Wyoming state law. Wolves in northwest Wyoming's Wolf Trophy Game Management Area (WTGMA) are classified as trophy game animals, and wolves outside this area are classified as predatory animals. A third management area in western Wyoming classifies wolves as predatory or trophy game animals depending on the time of year.

The gray wolf population in Wyoming usually exceeds 300 wolves annually, including around 100 wolves in Yellowstone National Park, according to the department. The department actively monitors wolf populations in Wyoming, primarily using telemetry collars. Organizing wolf populations into social packs that maintain exclusive territories allows Game and Fish to collar individual wolves in most packs, allowing the entire pack to be monitored throughout the year. As a result, the department can census, rather than estimate, the minimum number of wolves in the population annually. In addition to censusing numbers, the department monitors pack composition, reproduction, genetic integrity, and survival of pups and adults

to determine the relative health of the population.

Large carnivore biologists also monitor wolf mortality by tracking collared wolves and mandatory reporting of all wolves harvested in the state, which informs assessment of the effectiveness of management actions and future management decisions, according to department literature.

In 2020, the first Trump administration removed all Endangered Species Act protections nationwide for gray wolves. A federal court vacated that rule in 2022 and restored the wolf's federal protection in the lower 48 states, excluding wolves in the northern Rocky Mountain states of Wyoming, Montana and Idaho. The Fish and Wildlife Service's appeal of that ruling remains pending before the Ninth U.S. Circuit Court of Appeals.

Wyoming regulations allowed 44 wolves to be harvested by hunters in 2024. This year, most hunt areas close Dec. 31, though one region remains open through March 31. Wolves classified as predatory animals can be harvested year-round without a license. Any wolf harvested in the predatory animal area must be reported to the department within 10 days of harvest,

according to the department.

The Endangered Species Act requires parties submit a 60-day notice of intent to sue before a lawsuit can be filed. The Center said it intends to file its formal lawsuit in early February, seeking to include areas where wolf reintroductions are "in their infancy," including in California and Colorado. Neither states have a federal plan to guide their recovery, the Center said.

The previous national recovery plan was written in 1992. Decades later there's still no comprehensive plan that addresses gray wolf recovery across the country, the Center reported.

Although the gray wolf's current Endangered Species Act protections do not extend to wolves in the northern Rocky Mountains, the Center and other conservation allies won a lawsuit this past August aimed at restoring federal protections to wolves in Idaho, Montana and Wyoming, along with portions of Washington, Oregon and Utah.

The U.S. Fish and Wildlife Service is appealing the ruling in the Ninth Circuit Court of Appeals, as are the State of Utah, the State of Montana and a trio of sportsmen's groups. The appellees will lay out their specific objections to the lower court's ruling in a series of upcoming briefs.

Fish and Wildlife's opening brief is due to be filed with the Ninth Circuit by Christmas Eve. The lawsuit was brought by the Center, Humane World for Animals, the Humane World Action Fund and the Sierra Club.

**“For far too long, radical environmentalists have weaponized the Endangered Species Act to impose their will on Wyoming and the West.”**

Sen. Cynthia Lummis

## Police shoot, kill suspect at Wind River Hotel and Casino

RIVERTON (WNE) — An out-of-state individual is dead following an officer-involved shooting at the Wind River Hotel and Casino on Sunday night.

According to the Fremont County Sheriff's Office, law enforcement officers from the FCSO, the Wind River Police Department and the Wyoming Highway Patrol responded to a call to assist an out-of-state police agency at the casino at about 7:15 p.m. on Nov. 30.

Scanner traffic indicated the person was wanted out of Utah.

"Out-of-state authorities had asked for assistance in locating a suspect that had fled their jurisdiction after allegedly committing acts of domestic violence, stalking and threats of violence," FCSO said in a release.

The individual sought by the agency was also listed as a missing person, and as local law enforcement agencies were warned, was both suicidal and homicidal,

according to the release.

The subject was located at the casino inside a hotel room.

"Several minutes after the initial contact, a confrontation occurred with the subject," FCSO described, adding that both a FCSO deputy and highway patrol trooper discharged their firearms.

While no one else was injured and lifesaving measures were reportedly rendered to the subject, the person shot died at the scene,

the FCSO confirmed.

The Wind River Police Department was initially alerted and asked to assist, but after the person sought was determined to not be of Native American descent, the call was turned over to the FCSO as the lead agency.

The shooting is under investigation by the Wyoming Division of Criminal Investigation, and the involved officers have been placed on paid administrative leave pending that investigation.

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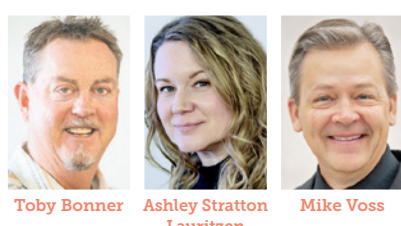
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## Trapper men fall short against Snow

BY SETH ROMSA  
Tribune sports reporter

Welcoming in one of the top teams in the country over Thanksgiving weekend, the Northwest College men's basketball team competed but came up short against visiting Snow College on Saturday 79-67.

**SNOW COLLEGE 79, NORTHWEST 67**  
Squeezing in only one contest over the break the Trappers (6-4) took on the now NJCAA No. 2-ranked Badgers (8-0).

The Trappers started out well, taking the lead and building it to 9-3 over the first three minutes after a Nayel Girard jump shot.

Snow quickly rallied and tied the contest several times before bursting ahead and taking a 19-12 lead with 13 minutes left.

**“I thought our guys did a good job in a lot of respects.”**

Andy Ward  
Coach

Northwest rallied in a constant back-and-forth first half, regaining the lead 25-24 on a Tate Monroe 3-pointer with just under nine minutes left.

“I thought our guys did a good job in a lot of respects,” coach Andy Ward said. “I thought we played particularly well in the first half, especially offensively, and that was kind of the difference.”

After exchanging baskets the rest of the first half, the Badgers led 39-38 heading into the locker room.

Snow started the second half strong, pushing the lead to 47-40 over the first three minutes.

Northwest did not allow the visitors to escape early in the second half, closing the gap to a three point game at 57-54 on a Travis Theran Archibald 3-pointer with 11:54 remaining.

From that point forward the Badgers shut down the Trapper attack, holding Northwest to one point over the next seven minutes and



Nayel Girard goes up for a layup over a Snow College defender on Saturday. Northwest came up short in a loss to one of the top teams in the country 79-67. Tribune photo by Mark Davis

## Classification changes coming

**LONGTIME POWELL RIVAL TO MOVE UP TO 4A**

BY SETH ROMSA  
Tribune sports reporter

Change is coming throughout the state of Wyoming in the next reclassification cycle, with the Wyoming High School Activities Association voting for a new structure during the October and November meetings that, amongst other moves, puts Cody in 4A for every sport except football.

As part of a continual two year reclassification cycle the WHSAA examined the current Average Daily Membership (ADM) for the upcoming 2026-27 and 2027-28 school years. The association noticed a discrepancy that would leave approximately 29 schools in the threshold for 1A with 11 at the 2A level based on the model that was adopted for the current cycle.

That current cycle places schools with over 700 students in 4A, 210-699 students are 3A, 110-209 are 2A and any schools below 109 are 1A.

After passing two readings in October and November, the WHSAA is reverting back to the previous standard that stood from 2018-24.

That means the 16 biggest schools from Kelly Walsh (1989.33) all the way down to Cody (610.9) will compete in 4A in all sports, the next 16 biggest from Powell (531.49) to Tongue River (191.34) will compete in 3A, 18 schools from Moorcroft (184.95) to Southeast (78.94) will compete in 2A and 20 schools from Upton (78.76) to Arvada Clearmont (25.46) will compete in 1A.

With those new changes, Tongue River will move up to 3A to replace Cody, meaning that Rawlins will likely shift

See Classifications, Page 10 >

See Men's Basketball, Page 12 >



Madison Kaufman goes up for a layup during a home game against United Tribes before the Thanksgiving break. The Trappers return to the court this weekend in Rock Springs after not playing since Nov. 25. Tribune photo by Seth Romsa

## NWC women ready to hit the road

BY SETH ROMSA  
Tribune sports reporter

After taking a quick hiatus over Thanksgiving break the Northwest College women's basketball team is ready to get back on the court, heading on the road after a flurry of four home games before the short break.

Northwest is coming off a busy week where the Trappers went 2-2, moving their record to 8-3 in the early season.

Injuries continue to be one of the

early season headlines; as leading scorer Emma Pique will return after missing two games and having limited minutes against the Rocky Mountain JV, but coach Cody Helenbolt is uncertain if he will have all of his injured players back this semester.

“Emma is good so that's very good news. She moved pretty well in the Rocky game, we didn't play her very much, but wanted to see her get back out there. She's looked good in practice,” Helenbolt said. “My other ones are still out ... Prob-

ably gonna have to redshirt two. We might not have Taylee [Carlson] until after Christmas. Injuries, that's the story of the year so far.”

Following the Thanksgiving break where the Trappers had time off to rest, they're now preparing for game action this week and Helenbolt is hopeful they will be able to improve in certain areas.

“I just want to see us continue to improve in the areas we need to improve on, Helenbolt said. “I feel like

See Women's BB, Page 11 >

## WRESTLING HEADS TO NEBRASKA

**THREE DUALS TODAY**

BY SETH ROMSA  
Tribune sports reporter

Following a couple of weeks off from action the Northwest College wrestling team is set to hit the mat again this week in Nebraska, taking part in three duals today (Thursday) in Beatrice, Nebraska.

Getting back in action coach Jim Zeigler is hopeful the Trappers will be able to step up to the challenge, following a less than ideal performance at North Idaho College the last time Northwest competed.

“I was not happy about the trip to North Idaho, wrestling North Idaho and Clackamas (Community College). But I'm trying to put things into perspective. It was freshmen, and we're going up against some

really good kids. They're top notch guys,” Zeigler said. “North Idaho and Clackamas are operating with 18 full ride scholarships, it's like the University of Wyoming trying to beat Alabama in football. It's that big of a jump. Austin [Richens] and Asad [Fayzullaev] can compete with anybody, anywhere we go. Zachary [Covolo] competes well, and it took us a year to get him to that point ... “Dusty [Rhoades] same thing, it takes us time to get them up there, and we have to coach the heck out of them to get them to that point.”

He is hopeful to have one of his top newcomers return to the lineup this weekend at 157 pounds, as Colby Ducatt has been out since the opening dual of the season after suffering an injury in his first college bout.

See Wrestling, Page 11 >



Dylan Sorensen (left) and Ryan Nutt compete during an early season practice. Northwest heads on the road to Nebraska for three duals today (Thursday). Tribune photo by Seth Romsa



# Christmas Fest

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Emery Hernandez passes a ball during the state championship game against Cody in May. Under the new reclassification cycle, Cody would move up to 4A in all sports except for football, while Powell would remain as the biggest 3A school in 2026-27. Tribune file photo by Seth Romosa

**2026-27 | 2027-28 ADM'S**

School Name	2026-2027	2027-2028	Average
<b>4A</b>			
Kelly Walsh High School	1889.989	2088.668	1989.33
Natrona County High School	1790.923	2036.747	1913.83
East High School	1656.299	1637.641	1646.97
Rock Springs High School	1472.241	1471.665	1471.95
Central High School	1361.066	1392.293	1376.68
Campbell County High School	1308.919	1347.703	1328.01
South High School	1249.503	1288.573	1269.04
Thunder Basin High School	1207.325	1142.929	1175.13
Laramie High School	1128.380	1125.510	1126.95
Sheridan High School	1065.929	1030.880	1048.40
Jackson Hole High School	869.399	883.067	876.23
Star Valley High School	858.428	846.265	852.35
Evanston High School	822.568	833.418	827.99
Riverton High School	727.600	730.244	728.92
Green River High School	720.664	671.537	696.10
Cody High School	616.812	604.981	610.90
<b>3A</b>			
<b>Powell High School</b>	<b>532.666</b>	<b>530.319</b>	<b>531.49</b>
Douglas High School	513.297	523.099	518.20
Lander Valley High School	496.400	460.313	478.36
Rawlins High School	442.169	430.280	436.22
Worland High School	336.959	348.309	342.63
Buffalo High School	328.079	322.188	325.13
Torrington High School	334.198	312.312	323.26
Pinedale High School	307.741	327.977	317.86
Wheatland High School	259.018	253.820	256.42
Newcastle High School	248.966	259.057	254.01
Lyman High School	249.587	239.488	244.54
Lovell High School	234.068	230.728	232.40
Mountain View High School	234.078	223.183	228.63
Burns High School	218.577	213.638	216.11
Glenrock High School	208.001	193.694	200.85
Tongue River High School	190.175	192.500	191.34
<b>2A</b>			
Moorcroft High School	184.543	185.349	184.95
Hot Springs County High School	181.400	176.400	178.72
Big Horn High School	174.754	178.727	176.74
Kemmerer High School	179.472	169.022	174.25
Wyoming Indian High School*	211.200	199.994	143.92
Greybull High School	139.651	138.937	139.29
Sundance High School	133.248	142.214	137.73
Big Piney High School	130.901	129.174	130.04
Pine Bluffs High School	125.947	121.594	123.77
Wright High School	109.925	106.659	108.29
Rocky Mountain High School	106.244	110.174	108.21
Shoshoni High School	111.031	103.339	107.19
Wind River High School	109.390	100.591	104.99
Lingle-Ft. Laramie High School	99.665	99.905	99.79
Saratoga High School	96.471	97.773	97.12
Niobrara County High School	91.000	90.000	90.50
Ft. Washakie High School*	114.720	131.806	86.28
Southeast High School	78.794	79.081	78.94
<b>1A</b>			
Upton High School	81.000	76.517	78.76
Riverside High School	65.988	77.154	71.57
Guernsey-Sunrise High School	60.498	71.178	65.84
Burlington High School	66.303	62.063	64.18
Cokeville High School	63.682	59.440	61.56
Dubois High School	60.001	61.107	60.55
Arapaho Charter High School*	108.892	143.063	60.00
Hulett High School	53.074	58.738	55.91
Casper Christian High School	59.000	52.000	55.50
Little Snake River Valley High School	53.927	51.940	52.93
St. Stephens Indian School	52.000	51.000	51.50
Farson-Eden High School	47.884	54.769	50.98
HEM High School	49.635	48.390	49.01
Rock River High School	44.797	42.670	43.73
Midwest High School	36.691	40.637	38.66
Ten Sleep High School	36.223	38.240	37.23
Meeteetse High School	30.845	31.863	31.35
Encampment High School	33.774	27.585	30.68
Kaycee High School	27.015	24.494	25.75
Arvada Clearmont High School	22.919	27.993	25.46

**Classifications:** New reclassification cycle would have Powell become largest 3A school

Continued from Page 9

over to the 3A West in sports. The difference between the previous approval and this one is a complete overhaul for all sports, not just specific ones, as in the previous approval Cody moved up in only basketball, volleyball and track and field but competed in 3A for every other sport.

The changes mean the 16 biggest schools will compete in 4A for every sport apart from football, meaning the structure for volleyball, basketball and track will be 16-16-18 and then the rest for 1A; golf, cross country and wrestling's structure will be 16-16 and then the rest for 2A; swim-

ming, indoor track and soccer will be 16 in 4A and then the rest in 3A; while there will remain one class in tennis, skiing and softball.

Football will still be under the current five class standard at least through the 2026 season of 10 biggest in 4A, next 12 biggest in 3A, the next 16 in 2A, 12 schools in 1A 9-man and the rest in 1A 6-man.

Also under discussion during the two board meetings included a striking down of the Name, Image and Likeness (NIL) approval for Wyoming high school athletes, with the original proposal being struck down on second reading on October and a new proposal not being brought up in November.

There will also be specific changes in a few sports, including soccer, where the scoring system is changing should teams go to a shootout during the regular season. The winning team will be awarded two points and the losing team one point in the standings — currently winning teams get three points and teams losing in a shootout one point. That change will take place in the 2026-27 school year and will not impact the upcoming season.

Swimming will see a change in event order for the state meet in 2026-27, placing the 200 freestyle relay immediately after diving to ensure that racers have a break before every relay at the meet.

Swimming will also have a change

in scoring, as no more than four athletes will be able to score in finals events at the state meet. Currently additional athletes who score for a team have their points vacated after making finals, which takes away opportunities from other teams to score points.

The state approved a first reading for state golf to take place no later than the Wednesday of week 12 of the WHSAA calendar allowing for additional days for the tournaments to take place.

Lander had a softball team approved for the 2026-27 school year to compete in softball at the junior varsity level in 2026-27 and the varsity level in 2027-28.

\*Ft. Washakie High School, Wyoming Indian High School, and Arapaho Charter High School have been adjusted per WHSAA.

**THE LINEUP**

**This Week in Powell Sports**

\*Home games in bold

**THURSDAY, DEC. 4**

(NWC wrestling at Beatrice, Nebraska)  
2 p.m. NWC wrestling vs. Northeastern Junior College  
4:30 p.m. NWC wrestling vs. Labette Community College  
6 p.m. NWC wrestling vs.

Southeast CC

**FRIDAY, DEC. 5**

(NWC basketball at Rock Springs)  
1 p.m. NWC women's basketball vs. Northeastern Junior College  
3 p.m. NWC men's basketball vs. Northeastern Junior College

**SATURDAY, DEC. 6**

11 a.m. NWC women's basketball vs. Utah State University-Eastern  
1 p.m. NWC men's basketball vs. Otero College

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# Women's BB: 'Our goal is to be the most competitive team'

Continued from Page 9

we've taken some steps forward in some areas, we just need to put together full games, and not have the lulls where we aren't as efficient for a little bit."

With his team still being so young, Helenbolt is hopeful they are learning the college game better, understanding there isn't much time to slow down and the need to push the initiative for the entire 40 minutes.

"Especially against good teams that are experienced and deep, we've got to keep the accelerator down the whole time, and not feel accomplished sometimes when we have a good little stretch," Helenbolt said. "Just understanding the game is longer in college and we're not in high school, and we've got to keep going the whole time. I think that's the challenge with a young group, is to handle pressure situations and to handle being able to play a full game with as much energy as it takes to play at this level. All the other things, the execution, defense, all those things are important, that's going to be equally as important to just be able to put together complete games."

The Trappers are heading to Rock Springs to take part in the Western Wyoming Community College Classic on Friday and Saturday.

Northwest starts with a Region IX South opponent, taking on Northeastern Junior College (2-8) at 1 p.m. on Friday and Utah State University-Eastern (7-4) at 11 a.m. on Saturday.

"They'll both be tough," Helenbolt said. "They're [Division I junior college], so they have talent. Anybody can beat anybody. USU Eastern is a solid team, they've had some solid results. They've got a lot of recruits that were highly sought after, so that'll be a tough one."

Over the next couple of weeks the Trappers will be busy on the court, starting with this weekend and ending with their seventh game in just under two weeks on Dec. 18 before the winter break.

Northwest will play two more games in that span, hosting the Booster Club Tournament next weekend on Dec. 12-13.

"I'd just like to see us smooth out the rough patches and try to get us to a point where we're



Jaila Childress puts up a shot during a Trapper win over United Tribes. Northwest has a busy schedule before hitting the winter break in just over two weeks. Tribune photo by Seth Romsa

able to execute everything, offensively and defensively, and we don't have breakdowns or times when kids don't know what they're doing. Stuff like that," Helenbolt said. "Just

keep competing. That's our goal is to be the most competitive team when we step on the floor and so long as we do that, even when we do make mistakes, we'll be alright."

# Wrestling: 'They have to develop confidence in themselves'

Continued from Page 9

"He's working out. He's not 100% but I think he's managing pretty well," Zeigler said. "It's really important that he gets a little mat time this semester. It's got to be the right matches. We've got to put him out there in a situation that is winnable for him. I don't want to put him out against the No. 1 ranked guy as his first college match, and that's what we're looking at ... If I can get one good match for him this weekend, it'll be helpful."

Heading down to Nebraska the Trappers will be taking on a number of Plains District opponents, starting with another dual against Northeastern

Junior College.

That will be followed with a dual against a nonconference opponent in Labette Community College before finishing with a dual against the host Southeast Community College.

Heading into the final few weeks before the winter break, these Thursday duals along with a dual on the road at Western Wyoming Community College on Dec. 17 will be the final action before the new year.

Zeigler is hopeful he will see a shift in mentality from his team over these final weeks of the first semester before a busy second semester.

"I'm wanting to see a change in attitude, in competing.

They're good kids. I love my team ... and I feel very privileged to coach them, but if they want to achieve the goals that they're here to achieve in wrestling, they have to assert themselves more," Zeigler said. "They can't be timid, they can't be shy, they can't wonder or question themselves. They have to develop a confidence in themselves that I'm trying to instill in them, a confidence to wrestle these opponents the way they wrestle each other. They're plenty confident wrestling each other, but when they wrestle something different they're like 'oh, I don't know who this guy is.' We've got to get past that and that's maturity, that's experience."

# UW women defeat unbeaten USD

The Wyoming Cowgirls put together an impressive start-to-finish contest Saturday afternoon, handing South Dakota its first loss of the season. The Cowgirls, who led for over 32 minutes of the contest, came away with a 66-59 victory in their non-conference home finale.

"I thought we were able to carry over our confidence from Tuesday's win," said Head Coach Heather Ezell.

Wyoming got off to a quick start, opening the scoring with back-to-back layups. The Cowgirls got their first three hoops on layups, off Henna Sandvik assists. USD would battle back to take its first lead of the game before the media timeout as things were tied 8-8 at the first timeout. Following the timeout, both teams played strong defense as the two traded the lead before the end of the quarter. UW led 12-11 after one.

The two teams traded a pair of free throws to begin the second quarter before Malene

Pedersen got a couple of layups to fall to put Wyoming up 18-15. From there, both squads started trading hoops before back-to-back 3-pointers from Jane Rumpf and Lana Beslic forced a Coyote timeout with the Cowgirls leading 27-21 with 4:20 remaining in the half. After the timeout, the South Dakota offense got going but timely Wyoming baskets helped it maintain a 32-29 halftime lead.

Logann Alvar started the second half like she did the first, getting the Cowgirls a hoop. Layups from Pedersen and Alvar pushed the Wyoming lead to 38-29 with 6:55 left in the third as USD called a timeout. Out of the timeout, both teams traded points back-and-forth before the Coyotes were able to cut the deficit down to 43-38 at the media timeout. The rest of the quarter, the two teams traded baskets as Wyoming led 48-43 going to the fourth.

After the Cowgirls got the first four points of the fourth,

USD started battling back once again. The Coyotes went on a run as the UW offense went cold before a Sandvik turnaround jumper and Beslic reverse layup put Wyoming back up 58-51 with 3:33 left to play as South Dakota called a timeout. After the timeout, the Cowgirls committed three straight turnovers.

Out of a timeout, the Cowgirls turned it over again but were able to get a stop on the other end. An Alvar layup ended the Wyoming drought with 49.2 to go. After another defensive stop, Pedersen knocked down a pair at the line as the lead was 62-55 Cowgirls. USD got a quick hoop on the other end before Payton Muma hit two more at the stripe. UW advanced the ball with a timeout with 6.2 left after another Coyote layup before Pedersen salted the game away with more free throws.

Next up for the Cowgirls will be a trip to face Colorado Sunday, December 7 for a 1 p.m., contest.

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### TOP STORY

"I won't be silenced" — Ukrainian migrant in Cody honored for activism



Knowing that speaking against the enemy at your front door is dangerous, Yulia Matviyenko-Piazza considered the example she would be providing for her children when she decided to speak out ... more

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### LOCAL NEWS

**Schools wrestle with gun policies**  
In Campbell County, a place where nearly 90% of voters are registered Republicans, public schools already allow workers to carry concealed guns on school property. Still, the district found itself ... more

**PHS grads earn prestigious scholarships**  
Powell High School's class of 2025 will graduate 119 students on Sunday — collectively they have earned \$4,950,615 in scholarships offered. "We've sure enjoyed our time with ... more

**Amazon to set up delivery hub at Cody airport**



The Powell Panther girls' soccer team rolled in its opening round match with a 7-1 win over Rawlins. Ivy Agee (3), Jessi Agee (2), Ava Gillatt and Patricia Christensen were the goal scorers for Powell. The Panther girls play Douglas in the semifinal at 2 p.m. today.  
The Panther boys' soccer team fell short in its opening match 3-0 against Buffalo. They will play Worland in a loser out match at 11 a.m. today.

### COMMUNITY CALENDAR

**Powell High School Graduation**  
Sunday, May 25, 2025  
The Powell High School Graduation will be at 2 p.m. in the main gym of Powell High School. MORE

**Shoshone Learning Center Graduation**  
Sunday, May 25, 2025  
The Shoshone Learning Center Graduation will be at noon at the Powell High School Auditorium. MORE

**PRESS CLUB** CLICK HERE TO LEARN MORE  
FOR OUR LOCAL BUSINESS NETWORKING GROUP - FIRST MONDAY APRIL 14 AT POWELL TRIBUNE

### THIS WEEK IN WYOMING HISTORY

On May 22, 1918, 400 Belgian soldiers passed through Wyoming over the Union Pacific Railroad on their way to the war in Europe. The men had been assigned to fight with the Russians and were evacuated from Russia to the United States across the Pacific. Their train trip across the United States was to send them to an Atlantic port so they could return to service in Europe. They received warm welcomes in Wyoming as they passed through the state. Their complement included several wives of soldiers (likely Russian brides) and one infant.

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R'Zha Zha'Quire Whittle goes up for a reverse layup against the Badgers on Saturday.

Tribune photos by Mark Davis

## Men's Basketball: Play seven games over next two weeks

Continued from Page 9

establishing a comfortable double digit advantage at 69-54 with five minutes left.

"They took us out of some things in the second half, but I thought our guys showed a lot of grit, a lot of toughness against a good team," Ward said.

Northwest found some offense late but was unable to cut the lead down to single digits, falling to the visiting Badgers 79-67.

Snow held the edge in a number of categories, but the main difference in the contest came in rebounding where the Badgers outrebounded Northwest 39-26 and just held the advantage in offensive rebounds 13-8.

"That was our No. 1 key was that they're such a strong rebounding team. They're big and they're pretty relentless on the glass," Ward said. "I don't think it was for lack of effort,

we just didn't come away with enough of them. I thought they got a few of the loose balls that we should have got. But, that to me was really the story was the rebounding category."

Ward said the Trappers could've beaten the Badgers if they had more possessions, as they took eight less shots, three less free throws and committed two more turnovers than their opponents.

**“So we're been working on better offensive execution, timing, screens, cuts, just having a better sense of our looks.”**

Andy Ward  
Coach

"We took pretty good care of the ball, they took better care of the ball," Ward said. "They ended up with more possessions, but on a points per possession basis we had more points per possession. We just didn't get enough possessions. It came down to a little bit of difference in the turnover category and rebounds."

Mateo Trujillo led the Trappers with 13 points, five assists and two steals.

R'Zha Zha'Quire Whittle led Northwest with six rebounds and Logan Woolstenhulme had two blocks.

### WESTERN WYOMING CLASSIC

Northwest heads out on the road this weekend following its four game homestand, taking part in the Western Wyoming Community College Classic on Friday and Saturday in Rock Springs.

The Trappers will get an opportunity to see some Region IX South teams, starting with Northeastern Junior College (5-4) at 3 p.m. on Friday.

The Trappers then match up with Otero College (0-10) at 1 p.m. on Saturday.

"I hope we can do a better job of obviously rebounding," Ward said. "I thought that Snow exposed us a little bit with their pressure, and pressure us out of some things. So we've been working on better offensive execution, timing, screens, cuts, just having a better sense of our looks. What options we are looking for, and then doing those things."

This weekend kicks off a flurry of action for the Trappers as they will play seven games over the next two weeks, including two at home on Dec. 12-13, before heading into the winter break.

"Just trying to refine some of those things. We always talk about winning in rebounds, good shots, free throws and turnover ratios. We're just staying focused on that, if we win in those four areas, I think the outcome will take care of itself," Ward said.

### SNOW COLLEGE 79, NORTHWEST 67

Total rebounds then offensive rebounds in ( )  
**Points** — Mateo Trujillo 13, Travis Theran Archibald 9, R'Zha Zha'Quire Whittle 9, Logan Woolstenhulme 8, Nayel Girard 7, Braydon Bradshaw 7, Trey Rinn 5, Tate Monroe 5, Eli Patterson 4

**Rebounds** — R'Zha Zha'Quire Whittle 6 (3), Logan Woolstenhulme 5 (2), Eli Patterson 4, Nayel Girard 2 (1), Trey Rinn 2, Braydon Bradshaw 2, Travis Theran Archibald 2 (2), Mateo Trujillo 1, Tate Monroe 1, Isaac Wolfe 1

**Assists** — Mateo Trujillo 5, Nayel Girard 2, Isaac Wolfe 2, Tate Monroe 1, Logan Woolstenhulme 1

**Steals** — Mateo Trujillo 2, Eli Patterson 1  
**Blocks** — Logan Woolstenhulme 2



Mateo Trujillo searches for a shot over the outstretched hand of a Snow College defender. Northwest heads on the road to Rock Springs for a pair of games Friday and Saturday.

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# SHOPPERS:

A "No-Purchase-Necessary" Entry Form will be affixed to the Thursday, December 11 Powell Tribune front page. Entry Forms & Boxes are also available at these participating businesses. Visit them for more opportunities to enter and win!

## DRAWING: FRIDAY, DECEMBER 19

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## TURKEY TROT

Above, more than 70 runners took part in the Powell High School robotics club's annual Thanksgiving morning Turkey Trot fundraiser.

At right, Kaitlin Loeffen (left) and husband Tucker (center) brought their kids to the event, including son Bowen (in backpack) and Brecken out front leading the way.

Tribune photos by Nalani Jordan



Above, age group winners received keychains emblazoned with the robotic turkey logo.

At right, Stephanie Metzler runs with her son Timber.



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## UW's production of 'Bright Star' shines with awards

### PHS GRAD PAUL COX IN CAST

The University of Wyoming Department of Theatre and Dance received a host of nominations and awards from the Kennedy Center American College Theater Festival (KCACTF) for its recent production of the Grammy-nominated bluegrass musical "Bright Star," recognizing outstanding achievements in both student and faculty work.

Powell High School grad Paul Cox was part of the production.

Performers Emma Master, of Laramie; Kayla Colburn, of Casper; and Carolyn Thornton, of Riverton, were nominated for the prestigious Irene Ryan Acting Award for their standout roles as Alice Murphy, Lucy Grant and Mama Murphy, respectively. This award is one of the top acting honors

for college students and provides recipients with the opportunity to compete at the national level.

The production also received a Meritorious Achievement in Ensemble Award for the entire cast, which also included Chase Nylander, of Laramie; Ethan Williams, of Laramie; Avey Jespersen, of Torrington; Oscar Erickson, of Jackson; JonHenry Justice, of Sheridan; Josiah Hanley, of Grand Junction, Colo.; Dalton Huwe, of Casper; Alyssa Boldra, of Conifer, Colo.; Paul Cox, of Powell; L Hoyle, of Los Angeles, Calif.; Patch Kluge, of Buckeye, Ariz.; Faith Martin, of Laramie; Drake Schillinger, of Gillette; Jessie Stiles, of Garden City, Kan.; Hunter Tanner, of Casper; and Julianne Vicari, of Highlands Ranch, Colo.

Faculty members recognized for their work include Matthew Greenberg, Meritori-

ous Achievement in Direction; Cat Kamrath, Meritorious Achievement in Choreography; and Mel Sparks, Meritorious Achievement in Stage Management. Students Kluge and Oliver Weeks, of Gillette, were jointly nominated for Meritorious Achievement in Properties Design.

KCACTF is a national theater program involving 18,000 students from colleges and universities nationwide. For over 50 years, KCACTF has served as a catalyst in improving the quality of college theater across the United States. Through regional festivals and national awards, the program provides college theater students with opportunities to showcase their work and receive feedback from industry professionals, fostering educational and professional growth. Participation in the festival encourages excellence in all aspects of theater production.

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# Advent season starts with message of hope

December — As churches around the world begin the first week of Advent, believers focus on the season's central theme: Hope. Based on the Old Testament prophecy of Isaiah 9:2-6, this hope is anchored not in circumstances but in the promised arrival of a savior.

The Advent season — covering the four Sundays before Christmas — serves both as a time of remembrance and anticipation. While Christians celebrate Christ's first coming, they also look forward to his promised return.

The first week traditionally emphasizes hope, and few biblical passages are as closely linked to this theme as Isaiah's centuries-old prophecy.

"The people who walked in darkness have seen a great light," Isaiah declares in Isaiah 9:2. Written during a period of national turmoil, spiritual decline and looming foreign oppression, the prophecy offered Israel a vision of light breaking into overwhelming darkness.

For many today, that imagery resonates deeply in a world marked by conflict, uncertainty and cultural unrest. The passage continues in Isaiah 9:6 with the promise of a child who would bear divine titles: Won-

derful Counselor, Mighty God, Everlasting Father, Prince of Peace. Christians see this prophecy as fulfilled in the birth of Jesus Christ, whose arrival in Bethlehem is celebrated every Christmas.

Advent thus becomes a season not merely of nostalgia but of renewal — of remembering that God keeps his promises. Many churches mark the first Sunday of Advent by lighting the "Prophet's Candle," symbolizing hope in God's word and faithfulness. Congregations reading Isaiah's words are reminded that hope is not wishful thinking but confident expectation rooted in God's redemptive plan.

As the Advent season continues, believers will reflect on themes of peace, joy and love. But for now, the message is clear: Hope has come, hope remains, and hope will one day be fulfilled. And for Christians reading Isaiah 9:2-6 this week, that hope has a name — the child who was born, the son who was given, the light who still shines in the darkness, his name is Christ Jesus the Lord.

*(Bill Harvison is the pastor of First Southern Baptist Church in Powell.)*



**BILL HARVISON**  
Perspectives

## COMMUNITY CALENDAR

### THURSDAY, DEC. 4

- **TODDLER TIME** will be at 10:30 a.m. at Homesteader Hall at the Park County Fairgrounds.
- **LUNCHTIME EXPEDITION: FROM ICE TO ORIGIN** is noon-1:30 p.m. at the Buffalo Bill Center of the West Coe Auditorium in Cody.
- **HOMESCHOOL HOUR** will be at 2 p.m. at Homesteader Hall at the Park County Fairgrounds. Participants will be reading chapter books, crafting and enjoying other activities.
- **GRAND OPENING HOLIDAY PARTY** for the Vault skin and wellness center is 4-7 p.m. at 151 E. First St. There will be festive cocktails, exclusive savings and giveaways.
- **POWELL SHOSHONE FFA LABOR AUCTION** dinner begins at 6 p.m., along with a chance to browse auction items, and the auction begins at 7 p.m. at Heart Mountain Hall. All purchases and donations support the program.
- **POWELL FRATERNAL ORDER OF EAGLES BINGO!** Starts at 6 p.m. at 131 N. Clark St. Families are welcome. Pool League is at 7 p.m.

### FRIDAY, DEC. 5

- **FITNESS CLASS** will be from 10-11 a.m. at the Powell Senior Citizens Center. For more information, call 307-754-4223.
- **PARK COUNTY LIBRARY FOUNDATION BOOK SALE** and Friends Puzzle Sale is 10 a.m.-4 p.m. at Homesteader Hall at the Park County Fairgrounds.
- **ALL AGES SLIME PARTY** is 1 p.m. at Homesteader Hall at the Park County Fairgrounds.
- **SANTA FLY-IN** is 4-6 p.m. at Yellowstone Regional Airport in Cody. There will be holiday coloring sheets, letters to Santa, cookie decorating, a hot chocolate bar, goodie bags, photo backdrops and more.
- **CHRISTMAS FEST'S COCOA AND CAROLING** with the Powell Middle School choir is 5:30 p.m. at Plaza Diane. The lighting of the Enchanted Forest is at 5:45 p.m. Complimentary cocoa and marshmallows for roasting will be available.

### SATURDAY, DEC. 6

- **HOLIDAY OPEN HOUSE** is all day at Pollen Landscapes at 601 Stone St., Cody.
- **PARK COUNTY LIBRARY FOUNDATION BOOK SALE** and Friends Puzzle Sale is 10 a.m.-2 p.m. at Homesteader hall at the Park County Fairgrounds.
- **CHRISTMASFEST AT PLAZA DIANE** includes performances by the Kids Choir at 11 a.m. and Absaroka Mountain Thunder at noon. Santa's Workshop is 11 a.m.-2 p.m. and the Lighted Parade begins at 5:30 p.m. down Bent Street.
- **COMMUNITY NATIVITY** is Dec. 6-8, 3-8 p.m. at 1719 Wyoming Ave. in Cody. The free event includes music and refreshments, nativities and Christ artwork on display and a live nativity Dec. 8 at 6 p.m.
- **HISTORY OF THE NORTH FORK** by Bob Richard is 3 p.m. at the Wapiti School. The event is free to the public and features an ice cream social.
- **\*NORTHWEST CIVIC ORCHESTRA CHRISTMAS CONCERT** is 7 p.m. at the Nelson Performing Arts Auditorium. Cost is \$15 for adults, \$10 for

seniors and free for children and students.

### MONDAY, DEC. 8

- **FITNESS CLASS** will be from 10-11 a.m. at the Powell Senior Citizens Center. For more information, call 307-754-4223.
- **WHAT'S THE TEA**, a tea time exploring popular teas in different nations, will be 2-3 p.m. at the NWC student center.
- **POWELL WINTER FARMERS MARKET** is 4:30-6:30 p.m. at the Elks Lodge.
- **POST 26 BIG HORN BASIN BOXING CLUB** will hold class every Monday from 4:45-6:30 p.m. at 555 S. Fair St. Class is free for K-12 students. Adults pay \$6 per class. For more information contact David at 505-385-5623 or email Post26boxing@gmail.com.
- **NORTHWEST COLLEGE FACULTY JAZZ CONCERT** is 7 p.m. at the Nelson Performing Arts Auditorium. The event is free and open to the public.

### TUESDAY, DEC. 9

- **TODDLER TIME** will be at 10:30 a.m. at Homesteader Hall at the Park County Fairgrounds.
- **AFTERNOON BOOK DISCUSSION** is 2 p.m. Attendees will discuss the novel "The Twelve Dates of Christmas" by Jenny Bayliss. To join, ask for a copy at the circulation desk or check it out on Libby.
- **TACO TUESDAY** will be at the American Legion on 143 S. Clark St. from 5-7 p.m. Everyone is welcome for free tacos every Tuesday.

### WEDNESDAY, DEC. 10

- **CRAFT AND CHAT** is 9 a.m. at Homesteader Hall. Bring your projects and enjoy fellow crafters as you craft and chat.
- **FITNESS CLASS** will be from 10-11 a.m. at the Powell Senior Citizens Center. For more information, call 307-754-4223.
- **THE ROTARY CLUB OF POWELL** meets every Wednesday at noon in the NWC Nelson House on 550 College Drive; visitors are welcome.
- **\*WEDNESDAYS AROUND THE WORLD** will be 11:30 a.m.-1:30 p.m. at the NWC Student Center. Admission is \$10.
- **STORY TIME** will be at 1:30 p.m. at Homesteader Hall at the Park County Fairgrounds.
- **\* POWELL FRATERNAL ORDER OF EAGLES** is hosting a Chicken Fried Steak dinner at 6 p.m. Texas Hold'em and Dart League starts at 7 p.m. Call 307-754-4242 to reserve a spot.
- **\* HUNTERS' HAPPY HOUR** is 6-8 p.m. in the Governor's Room at the Irma Hotel in Cody. There will be a cash bar, appetizers and a chance to learn more about the new Safari Club International Big Horn Basin Chapter.

### THURSDAY, DEC. 11

- **TODDLER TIME** will be at 10:30 a.m. at Homesteader Hall at the Park County Fairgrounds.
- **POWELL FRATERNAL ORDER OF EAGLES BINGO!** Starts at 6 p.m. at 131 N. Clark St. Families are welcome. Pool League is at 7 p.m.

\* Before a listing denotes there is a fee for the event

### Assembly of God

Lovell, 310 Idaho; Rev. Daniel R. Jarvis; 9:45 am Sunday school 11 am & 6:30 pm Sun., Wed., 10 a.m. & 7 p.m. Bible Study.

### Baha'i Faith

For info, write to: National Spiritual Assembly of the Baha'is of the United States, 536 Sheridan Rd, Wilmette, IL 60091.

### Bennett Creek Baptist Church

11 Road 8WC, Clark, Wyo.; 10 a.m. Bible study; 11:15 a.m. Kids' Church, 11:15 a.m. Worship.

### Charity Baptist Church

Pastor Kevin Schmidt, 754-8095, <http://kcschmidt.wix.com/charitybaptistchurch>, 176 N. Day St. Sunday: 9 a.m. Sunday school, 10 a.m. morning service, 6 pm evening service. \*\*Live Stream access also available through the webpage.

### Church of Christ

1/10th mile east of Hwy 14A. Sunday Services at 9:30 a.m. Bible Study at 10:30 a.m. Wednesday Bible Study at 7 p.m. If we can help, call 754-7250.

### Church of Jesus Christ of Latter-day Saints

**Powell 1st Ward 1026 Ave. E**  
Steven Hultgren, Bishop 307-272-0356. Sacramento, 11 a.m.; Sunday School, 1st & 3rd Sundays, noon; Primary, noon; Priesthood, 2nd & 4th Sundays, noon; Young Women's, 2nd & 4th Sun., noon; Relief Society, 2nd & 4th Sundays; Wednesday: Mutual, 7 p.m.

### Powell 2nd Ward 525 W. 7th St.

Neil Waite, Bishop 307-254-5293 Sacramento, 9 a.m.; Sunday School, 1st & 3rd Sundays, 10 a.m.; Primary 10 a.m.; Priesthood, 2nd & 4th Sundays 10 a.m.; Young Women's, 2nd & 4th Sun. 10 a.m.; Relief Society, 2nd & 4th Sundays 10 a.m.; Wednesday: Mutual 7 p.m. Family Search Center, 525 West 7th Street. Hours of Operation: Tuesday 10 a.m. - noon, Thursday 1 p.m. - 3 p.m.



### Powell 3rd Ward 1026 Ave. E.

Waleryan Wisniewski, Bishop 307-922-2757. Sacramento, 9 a.m.; Sunday School, 1st & 3rd Sundays, 10 a.m.; Primary 10 a.m.; Priesthood, 2nd & 4th Sundays 10 a.m.; Young Women's, 2nd & 4th Sun. 10 a.m.; Relief Society, 2nd & 4th Sundays 10 a.m.; Wednesday: Mutual 7 p.m.

### Powell 4th Ward 525 W. 7th St.

Shane Shoopman, Bishop 307-8735 Sacramento 10:30 a.m.; Sunday School, 1st & 3rd Sundays, 11:30 a.m.; Primary, 11:30 a.m.; Priesthood, 2nd & 4th Sundays, 11:30 a.m.; Young Women's, 2nd & 4th Sun. 11:30 a.m.; Relief Society, 2nd & 4th Sundays 11:30 a.m.; Wednesday: Mutual 7 p.m. Family Search Center, 525 West 7th Street. Hours of Operation: Tuesday 10 a.m. - noon, Thursday 1 p.m. - 3 p.m.

### Heart Mountain Young Single Adult Ward 525 W. 7th St.

Barry Welch, Bishop 307-587-9683 Sacramento, noon; Sunday School, 1st & 3rd Sundays, 1 p.m.; Priesthood, 2nd & 4th Sundays, 1 p.m.; Relief Society, 2nd & 4th Sundays, 1 p.m. Family Search Center, 525 West 7th Street. Hours of Operation: Tuesday 10 a.m. - noon, Thursday 1 p.m. - 3 p.m.

### Deaver United Methodist

Regular worship, first and third Sundays at 9 a.m. 380 First Street, Deaver.

### Glad Tidings

#### Assembly of God

Gilbert & 7th St. East, 754-2333, Mike Walsh, pastor. \*\*Sunday School at 9:30 a.m., Worship service at 10:45 a.m. Everyone Welcome!

### Harvest Community

#### Church of the Nazarene

Pastor: Jeriah Horsley, 364 W. Park St. (behind Blair's); 754-4842. [www.harvestcomchurch.net](http://www.harvestcomchurch.net) \*\*Facebook Live Sundays at 11 a.m. Like us on Facebook: Harvest Community Church (HCC).

### Hope Lutheran (ELCA)

588 Ave. H (corner of Cary & Ave H) 307-754-4040 [www.hopelutheranpowell.org](http://www.hopelutheranpowell.org) Worship is at 9:30 with a fellowship time immediately following. Worship is livestreamed on our facebook page: Hope Lutheran Church as well as YouTube. Contact the church office for information on Bible Studies and youth opportunities. All are welcome.

### Immanuel Lutheran Church

(Lutheran Church Missouri Synod.) 754-3168, Daniel Harrington, Pastor, 675 Ave. D. Sunday, morning services, 9 a.m. Adult Bible Study at 10:15 a.m. Sunday Bible School 10:15 a.m. (when in session)

### Jehovah's Witnesses

Cody - 2702 Cougar Ave. - Sunday, 10 a.m.; 10:40 a.m. Watchtower study; Midweek meeting, Thurs., 7:30 p.m.

### New Life Church

185 S. Tower Blvd.; Tim Morrow, Pastor, 754-0424. \*\* Sunday Worship, 8 a.m., 9:30 a.m. and 11 a.m. Livestream access at [newlifepowell.com](http://newlifepowell.com)

### Powell Church of God

137 W. 2nd Street. Sunday school at 9:30 a.m., Worship at 10:30 a.m. For information, visit [powellcog.org](http://powellcog.org) or contact Pastor Shane Legler at 254-423-2213.

### St. Barbara's Catholic Church

Fr. James Schumacher, Pastor, 3rd Street & N. Absaroka, 307-754-2480 Mass Schedule: Sat, 5:45 p.m., Sun., 9 a.m. & 5 p.m., Daily Mass: Mon., 7:30 a.m., Tues., noon, Thu. & Fri., 7:30 a.m., Sat., 8 a.m. Parish Office 115 E. Third St., Office Hours: Tues.-Fri., 10 a.m. - 2 p.m. Check [stbarbaracatholic.org](http://stbarbaracatholic.org) for bulletins and more details.

### St. John's Episcopal Church

Megan Nickles and Susan McEvoy, priests: 754-4000, Ave. E & Mountain View. Sunday school and child care available. \*\*Sunday morning services, 10 a.m.

### Seventh-day Adventist

1350 N. Gilbert; 754-2129. Saturday. Everyone welcome. Worship Service \*\*Contact the church for more info.

### Trinity Bible Church

Brian Onstead, pastor, 535 S. Evarts, 754-2660 [www.tbccwyoming.com](http://www.tbccwyoming.com), [bonstead@tbccwyoming.com](mailto:bonstead@tbccwyoming.com), \*\*Sunday school, 9 a.m., morning worship service 10:30 a.m., evening service 4 p.m.

### United Pentecostal Church

Kaleb Wheeler, Pastor, 307-250-7443. Meeting at the intersection of the Powell Hwy & Nez Perce Dr. 7 miles from Cody. \*\*Contact the church for more info.

### United Church of Powell

All are welcome! Located at 329 N. Bent Street. Sunday School for all ages at 9:30 a.m., Sunday Worship begins at 10:45 a.m., led by Reverend Janita Krainiak. For information, contact the church at 754-2491 or by email at [unit-edchurchofpowell@gmail.com](mailto:unit-edchurchofpowell@gmail.com).

### Water of Life Church

312 South 3rd Street, PO Box 633, Cowley, WY 82420. Pastor Johannes Slabbert. 307-271-1113. Sunday service, 10:30 a.m.

THIS FEATURE IS BROUGHT TO YOU EACH THURSDAY BY THE FOLLOWING BUSINESSES:

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777 Avenue H • 754-2267

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It's just \$14.75 per week to join these businesses in sponsoring the weekly church page.

Ashley@powelltribune.com Mike@powelltribune.com or Toby@powelltribune.com or call 307-754-2221 for information.

# CLASSIFIEDS

SUPER

Thursday, December 4, 2025

Powell Tribune ■ Page 15

ALL FOUR PAPERS — ONE AD PRICE! The Lovell Chronicle - 307-548-2217 — Basin Republican Rustler - 307-568-2458 — Greybull Standard - 307-765-4485 — Powell Tribune - 307-754-2221

## For Rent

### Powell Self Storage

Convenient location in town, units for rent from 5x10 to 10x25. Call or Text 307-254-1333

**LARGE ONE-BEDROOM APARTMENT.** All utilities included. Furnished with refrigerator, gas stove/oven, WiFi/cable TV access. Parking plus low cost coin-op laundry facilities (washer \$1.50, dryer \$1). Call 307-202-2478.

**POWELL: 1 BED TO 4 BEDS,** in town, out of town, pets maybe, \$500 and up, Wyoming Real Estate Network, Call Larry Hedderman 307-754-5500.

**BASIN: TWO BEDROOM APT.,** 1 bath, \$850 includes utilities, washer/dryer hookups and heat/central air. No pets, no smoking. 307-272-3715.

**STORAGE UNITS FOR** rent in Greybull. 10x20, \$100/month, outside storage available for RVs and trailers. 307-212-0092.

**GREYBULL: THE STORAGE SHED** has units available by the day, week, month or year. 1417 N. Seventh St. Call 307-568-2795.

**BASIN: STORAGE UNITS AVAILABLE** at The Storage Shed - by the day, week, month or year. 307-568-2795.

## Personals

**WE DEFEAT FAKE-NARRATIVE WRITERS** By Pulling All-Nighters! MikesNewsNet.com (97-97PT)

## Real Estate

**BIGHORN RIVER RANCH,** over 2 miles of Bighorn, river frontage, 250 acres of prime hunting, duck and goose, turkey, whittail, fishing, Sauger, catfish, gar, big Pike, trout and other game fish. 285 acres of irrigation rights approximately 120 acres in small grain, corn oats hay. Basin Wyoming — \$1,700,000. BY OWNER — 307-219-2217

**BIGHORN RIVER FRONTAGE,** 35 acres on a Bluff overlooking and including the river. Mountain Views, deer, turkey, pheasant, fishing. End of road privacy, no restrictions. Off west river road. Basin Wyoming \$299,000. BY OWNER — 307-219-2217.

**9 ACRES, IRRIGATED HAYFIELD,** creek frontage, three bedroom, one bath, outbuildings, year-round spring, large cattle pens, trees. Basin, Wyoming. No covenants. \$399,000. BY OWNER — 307-219-2217.

## Announcements

**EVERYONE AND THEIR BROTHER,** Chooses No Other! MikesNewsNet.com (97-97PT)

**NA MEETS WEDNESDAYS** from 7 to 9 p.m., Grace Fellowship Church, Greybull. Every week.

**AL-ANONISA** fellowship for the family and friends of alcoholics. Greybull Al-Anon meets every Monday, noon, at Grace Fellowship Church, 425 S. 5th St. Greybull. We can open the meeting virtually if necessary. If you are in need of what we offer but unable to attend in-person, please call Charlotte at 307-272-7029 and she will give you the Zoom log-on information.

**DOMESTIC VIOLENCE SUPPORT** Group. Starting Sept. 16 at 7 p.m. and will continue to meet every 1st and 3rd Tuesday of the month. Crisis Intervention Services, 335 N. Gilbert St. For more information or to sign up, please email emily@cis-park.org or call 307-754-7959.

**CODY OVEREATERS ANONYMOUS** meets Thursdays at 11 a.m. at 725 19th Street, Cody. 12 step meeting for food addiction. Call 307-272-7211.

**DEMENTIA SUPPORT GROUP** - Dementia specialists lend an experienced ear to offer you hope, humor, validation and coping strategies for living or working with someone with memory loss. Caregivers, family and friends are welcome! Third Tuesday of every month at 1 p.m. at the Park County Library, 1500 Heart Mountain St. Cody. For more information and to RSVP call 406-281-8455.

**POWELL AL-ANON** is a fellowship of friends and families of alcoholics which meets on Tues. at noon and Wed. at 7:00 p.m., 146 S. Bent, Big Horn Enterprises north door. For more information call 754-4231 or 271-2556 www.wyomingal-anon.org

**WELCOME TO POWELL!** If you're new to the area, you get a FREE Park County Welcome Basket packed full of local business information, coupons, freebies, and more! Send an email to haleyj@wyomingwelcome.com or call/contact Haley Jones at 406-559-0355 for info on where to pick up your Park County Welcome Basket. You can also find a list of distributors on our Facebook page @ParkCountyWelcomeBaskets

## Auctions

**AUCTION. Maybell, CO.** December 6, 2025 at Noon. 61 acres with 5 fully furnished cabins surrounded by state owned land. Contact Brian at Bray and Company 970-241-2909.

## Cars & Trucks

**35K MILEAGE — 2019 CHEVROLET** Colorado with Leer Cap, cargo trailer, \$37,000. 307-764-4145.

**BUYING SCRAP VEHICLES** with clear titles. Pete Smet Recycling, 342 HWY 20 North, Worland. 307-347-2528.

## For Sale

**DAKOTA SADDLE BLANKET,** saddle bags, saddle rack. Like new, \$800. 406-672-6729.

**HOWARD GRAND PIANO.** Ebony, like new, \$1,500. Great present. 406-672-6729.

**WHY PAY MORE** for your new floor? John's Carpet has the lowest prices on carpet, LVT and more. Call Ryan at 307-548-7233 for a free quote.

## Pets

**CHRISTMAS PUPPIES: BASSETT** Hound babies, sweet, gentle, very affectionate and loving. Hand raised from working parents. Shots and wormed. Ready by Christmas. Senior & Veteran discounts. 307-219-2217.

## Announcements

**BYRON AA,** 35 S. Pryor St., Basement of Byron City Hall, Fridays, 7-8 p.m.

**NARCOTICS ANONYMOUS** in Powell is meeting at 146 S. Bent St., Powell, Tues., Thurs. & Sun. at 7 pm and Sat. at 10 a.m. Virtual meeting information can also be accessed at urmna.org and virtual-na.org Call 307-213-9434 for more info.

**CODY NA MEETINGS-** M,W,F at 7 p.m., 825 Simpson Ave., (Christ Episcopal Church). Virtual meeting information can be accessed at urmna.org and virtual-na.org Call 307-213-9434 for more info.

**NA MEETS IN LOVELL,** Wednesdays at 7 p.m. at 1141 Shoshone Ave., Saint Joseph's Catholic Church. Call 307-213-9434 for more info.

**SIGN UP FOR FREE** today! Free email notification option for those who routinely search public notices, need to save search criteria, print multiple notices simultaneously, or receive automatic search results daily at wyopublicnotices.com. Be in the know and monitor government actions like hearings, meetings, minutes, budgets, taxes, bids, elections, zoning, foreclosures and more in print and online published by your community newspaper, and search for free online at wyopublicnotices.com.

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**EVERGREEN SMALL ENGINE** Repair. Repair and service lawn and garden equipment. Call 307-431-4299.

**LOVELL GARAGE DOOR.** Serving all of the Big Horn Basin. Call Ryan, 307-548-2900 or 307-259-3448.

**NEED YOUR ROOF** repaired or replaced? Stellar Roofing is licensed & insured. Free Estimates! You have options, so be sure to get a second bid. Call Tom at 307-431-9188.

**GET FREE EMAIL NOTIFICATIONS** on routinely searched public notices, save search criteria, print multiple notices simultaneously, or receive automatic search results daily at wyopublicnotices.com. Monitor government actions like hearings, meetings, minutes, budgets, taxes, bids, elections, zoning, foreclosures and more in print and online published by your community newspaper, and SEARCH FOR FREE online at wyopublicnotices.com.

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**DONATE YOUR CAR,** truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-855-703-1906 today!

**JACUZZI BATH REMODEL** can install a new, custom bath or shower in as little as one day. For a limited time, waiving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 12/31/25.) Call 1-866-718-1194.

## For Lease

### PARK COUNTY WYOMING RANCH near Cody is available for a long-term lease.

The ranch has over 50,000 acres and supports an irrigated hay base with BOR water rights. Carrying capacity is 700 animal units year-round with hay production. Willing to split the hay ground and grazing.

Please email Honora Beirne (hbeirne@acpg.com) and Melanie Giliati (mgiliati@acpg.com) for details.



## Help Wanted

### NOTICE OF INTERNAL JOB VACANCY

**Greybull Public Works has the position of Public Works Foreman currently open.**

This job provides full-time employment with retirement, medical insurance and paid time off. Wage depends on experience (DOE). Requirements are a minimum of a High School diploma or GED, ability to lift 75 pounds, must have Public Works experience, must have or be able to obtain a Class "A" CDL driver's license with air brakes endorsement within six months of employment and must have or be able to obtain water and wastewater licenses within one year.

Previous supervisory experience is required. Previous Public Works experience and mechanical skills are a plus. A preemployment drug screen and background check will be required.

Applications may be obtained at Greybull Town Hall, 24 South 5th St., Greybull, WY and the Town's website at townofgreybull.com.

Applications will be received until the opening is filled.

## Help Wanted

**SOUTH BIG HORN** Senior Citizen Center is looking for a part time kitchen assistant. This job would equal to 30 hours a week. Must be able to lift 50 lbs. Fun atmosphere, Wyoming Retirement, paid sick/vacation leave. For more information, please come by and pick up an application at the Senior Center. \*EEO\* 417 S 2nd St., Greybull, WY 82426.

**WANT TO EARN** some extra cash? The Standard is looking for someone to stuff and distribute newspapers around Greybull and serve as a back-up press run driver, starting late Dec/early Jan. Primarily Wednesday afternoon-evening hours along with occasional Tuesday. If interested, stop by or call our office, 765-4485, or email greybullstandard.press@gmail.com.

**ARE YOU A CARING** person? You are NEEDED! Families of domestic violence and sexual assault want and need someone to care. Please call Crisis Intervention Services at 754-7959 or 307-272-4754 and put your talents to work. Volunteer today! Thank you.

## For Lease

## Help Wanted

### Join Our Team!

North Big Horn Hospital District has multiple career opportunities available.

Please visit our website to apply.

www.nbhh.com



YELLOWSTONE REGIONAL AIRPORT CODY, WYOMING



### Airport Operations/ Airport Rescue Firefighter

Yellowstone Regional Airport is accepting applications for an Airport Operations/Airport Rescue Firefighter.

This is a permanent full-time position including health insurance, retirement, and paid leave. The position includes all aspects of airport maintenance to meet FAA standards regarding the airfield, terminal, and general aviation areas. The candidate will be required to successfully complete an Airport-sponsored Aircraft Rescue Fire Fighter Training Program.

The job requires the ability to operate heavy machinery such as tractors, fire engines, and snow removal equipment. A background check will be required as well as a clean driving record. Good communication skills are essential to this position. The position requires shift work with some evenings, early mornings, and weekends. Salary is dependent upon experience.

Please submit a resume to: Yellowstone Regional Airport, 2101 Roger Sedam Drive, Suite 1, Cody, WY 82414 or email to aaronb@flyyra.com.

### The Town of Byron is accepting applications for the position of Clerk/Treasurer

Part-time, M-TH, occasional evenings required. The Clerk/Treasurer will be responsible for maintaining and filing municipal records, preparing agendas and meeting minutes, assisting the public with records, and ensuring proper notice for town meetings.

The Clerk/Treasurer will also be responsible for the accounting, budgeting, financial management and tax responsibilities for the town. Assistance with monthly utility billing and other office duties as needed.

The position will require Public Officer Training and maintaining appropriate education for Municipal Clerks.

Pay will be \$20-\$24 DOE. Minimum Qualifications: High School degree or equivalent Proficiency with computers Able to be bonded as a Notary Public Business accounting experience is preferred Interested applicants may email a resume to clerk.treasurer@byronwyoming.org or bring a copy to Byron Town Hall. Open until filled. The Town of Byron is an equal opportunity employer.

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## PUBLIC NOTICES

"Because the people must know"

### Change of name

STATE OF WYOMING )  
IN THE DISTRICT COURT ) ss.  
COUNTY OF PARK )  
Civil Action Case No. 31238 )  
IN THE MATTER OF THE )  
CHANGE OF NAME OF )  
Emilee Rose Fuhrman )  
Petitioner )

### NOTICE OF PUBLICATION

You are hereby notified that a Petition For Change of Name, Civil Action No. 31238, has been filed on behalf of Emilee Rose Fuhrman in the Wyoming District Court for the 5th Judicial District, whose address is P.O. Box 1960, Cody, WY 82414, the object and prayer of which is to change the name of the above-named person from Emilee Rose Fuhrman to Nico Rose Fuhrman.

Any objection must be filed with the District Court within 30 days following the last date of publication of

this notice, or an Order Granting Name Change may be granted without further notice.

DATED this 20 day of November, 2025.

BY CLERK OF COURT:  
Clerk of District Court / Deputy  
First Publ., Fri., Nov. 28, 2025  
Second Publ., Thurs., Dec. 4, 2025  
Third Publ., Thurs., Dec. 11, 2025  
Fourth Publ., Thurs., Dec. 18, 2025

### Modify budget

**BUDGET MODIFICATIONS 2025-2026**  
In accordance with Wyoming Statute 16-4-112 and 16-4-113 notice is hereby given that the Board of Trustees of Northwest College will be requested to adjust estimated revenues and/or allocations to programs at the December 8, 2025, 4:00 pm meeting in Powell, at the Northwest College Yellowstone Building conference room.

First Publ., Tues., Dec. 2, 2025  
Second Publ., Thurs., Dec. 4, 2025

### Renewal permit

**PUBLIC NOTICE**  
In accordance with the provisions of the Wyoming

Environmental Quality Act and Chapter 1 of the Solid Waste Rules, Contango Oil and Gas Company has submitted a renewal permit application for the Elk Basin #2 Industrial landfill.

This facility provides for the disposal of Industrial wastes which have been generated within Contango's oil field operations at the Elk Basin Oil Fields. The 5 acre facility is located approximately 14 miles northwest of Powell, Wyoming on the Wyoming/Montana border. More specifically, this facility is located in the SE1/4, NW1/4 of Section 19, T58N, R99W, in Park County, Wyoming. The total volumetric capacity of this facility is estimated to be 30,000 cubic yards. The remaining life of the facility is estimated to be 793 years.

The Department of Environmental Quality (DEQ) has reviewed the application and found it to be complete. Copies of the permit application and the DEQ's review of the application can be viewed at DEQ's Cheyenne office located at 200 W. 17th Street, Cheyenne, Wyoming 82002. Any interested person has the right to file comments on the permit application and the DEQ's completeness review. The period for providing comments shall begin on Dec. 4, 2025 and end on Jan. 10, 2026. Comments must be received by 5:00 PM on the last day of the notice period. Comments on this application must be submitted in writing to the Department of Environmental Quality, Suzanne Engels, Administrator, Solid and Hazardous Waste Division, 200 W. 17th Street, Cheyenne, Wyoming 82002 or

submitted using the DEQ comment portal provided at https://shw.wyomingdeq.commentinput.com/.

DEQ is now conducting a review of the application to determine if it complies with applicable technical standards for a facility of this type. If DEQ finds that the application complies with the technical standards, DEQ will issue a proposed permit and provide public notice and further opportunity to comment on the proposed permit.

In accordance with the Americans with Disabilities Act, special assistance or alternative formats will be made available upon request for individuals with disabilities.

Para español, visite deq.wyoming.gov.  
First Publ., Thurs., Dec. 4, 2025  
Final Publ., Thurs., Dec. 11, 2025

### Meeting notice

The annual meeting of the Park County Predator Management District will be Tuesday, December 16, 2025 at the Park County Alternative EOC room, courthouse addition, 1002 Sheridan Ave., Cody, WY at 7:00 pm. Directors of the board representing livestock interests as provided in W.S. 11-6-202(a)(i) and (ii) shall be elected at the meeting.

First Publ., Thurs., Dec. 4, 2025  
Final Publ., Thurs., Dec. 11, 2025



# Winter HEALTH & WELLNESS

POWELL TRIBUNE

SUPPLEMENT TO THE POWELL TRIBUNE | THURSDAY, DECEMBER 4, 2025

Kim Decker works out as part of the Senior Strength and Balance class at the Johnson Fitness Center at Northwest College. Courtesy photo

## STRENGTH to be human

### Foundational wellness

BY AMBER STEINMETZ  
Tribune special features

Physician Assistant Betsey Neddermeyer practiced primary care in a traditional setting for nine years, but after going through her own difficult health journey she knew she needed to make a change.

She faced a variety of challenges including being diagnosed with a genetic mutation and having a bilateral mastectomy at a young age.

“As a patient, I just wasn’t as educated as I probably should have been,” she said. “Some of that could have been because I was a provider and they assumed I knew things, but I personally feel like my care was crappy.”

Wanting to do more as a provider, Neddermeyer began to look beyond the scope of traditional care and discovered functional medicine.

#### TRADITIONAL VS. FUNCTIONAL

In traditional medicine, the focus is on diagnosing and treating specific diseases and symptoms, often with a focus on pharmaceuticals and surgery. It is usually more focused on short-term symptom relief, especially for acute conditions.

“You come in and you’re already sick or there’s a problem, and we’re just throwing a Band-Aid on it, an antidepressant or a blood pressure pill,” Neddermeyer said of traditional medicine. “We’re not telling you lifestyle-wise, you should be doing all these things.”

See Wellness, Page 2 >

### ‘We are all humans, and we were made to move’

BY WENDY CORR  
Tribune special features

Old age ain’t no place for sissies.” At least, that’s how Bette Davis felt — and anyone who is facing a decline in functionality of formerly functional body parts would be inclined to agree. But that decline is not inevitable, according to local experts in strength, endurance and physical rehabilitation.

“If we buy into the societal norm of getting old, then you’re going to be old,” said Jesseca Cross, former Olympic athlete and head staff trainer for the Senior Strength and Balance program in Powell and Cody. “I personally don’t like the term ‘senior.’ We are all humans, and we were made to move.”

#### STRENGTH AND BALANCE

Deb White is co-owner of Wyoming Sport and Fitness (WSAF) in Cody. Several years ago, she noticed that there were an increasing number of senior citizens working out at her gym. At the same time, she was watching her then nearly 90-year-old mother become more and more frail.

So she collaborated with one of the personal trainers at WSAF, Aaron Nichols, and a new program, “Senior Strength and Balance,” was born.

“We ran it in Cody as just volunteers for a year,” said White. “And then while we were doing that, we applied for this Wyoming Department Health grant. And we’re now almost done with year two out of three years.”

The program already boasts two sessions in Cody, with each session lasting one hour, twice a week, on Mondays and Wednesdays. The Powell session at the Johnson

Fitness Center at Northwest College is also twice a week, on Tuesdays and Thursdays.

“We have almost 60 seniors in Cody, about 25 in Powell and about 25 in Laramie,” said White.

Cross runs the Senior Strength and Balance program at Northwest College. With her expertise in strength training, Cross designed the programs that are in use by the seniors, and which the other staff members implement.

“When we came to Powell, most of our people could not get off the floor,” said Cross. “We would put them down on a mat, and they could literally not get up. So we would suspend them between two bars so that they could actually stand up and sit down.”

But after a few months in the program, Cross said, there’s been a dramatic difference in the abilities of the participants.

“Now they can get off the ground,” she said. “And we have a 73-year-old lady in our class in Cody who leg presses 500 pounds.”

When the program began in Powell, White said there was a very visible sign of success that many of the members were able to attain.

“The first day, these people with walkers and oxygen tanks on their backs came in,” she said. “But we have people who come in now and take their oxygen tanks off and set them on the floor and go work out.”

“These people are doing the things that they were able to do as a 20-year-old, but there’s some 20-year-olds that don’t do what they do,” said Cross.

#### ASSESSMENTS

At WSAF, White and her team put their seniors through what’s known as a Dy-

namic Gait Assessment, which generates a subjective balance score between zero and 24, depending on how mobile a person is.

“They walk and look over their shoulder, they step over something, they walk upstairs,” said White. “If they score above a 22 out of 24, their odds of falling are really pretty low. We’ve had seniors that were at 11 or 12 when they started, and they’re not to 22 yet, but they’re all up at, say, 19 or 20.”

Jennifer Chanley is a physical therapist at Advantage Rehab, which has offices in Cody and Powell. She said that when a new patient comes to them, they ask a number of questions to assess the patient’s goals.

“We ask people, how are you sleeping at night? What are still some things that you’re having trouble doing? What are your goals? What do you want to get back to doing?” said Chanley. “And so we really customize our treatment plan around what that what the patient wants to be able to do.”

Chanley said that they put their patients through several assessments when they come in for physical therapy.

“We look at how well they can stand up and sit down out of a chair,” she said. “We take a look at how far they can walk for a period of six minutes, and we also look at their balance. Then we’ll customize their treatment program to address any balance issues, strength issues and endurance issues.”

#### FLEXIBILITY MATTERS

Lifting weights isn’t the only way that seniors can improve their strength and balance. Amy Jones discovered yoga when she was first diagnosed with multiple sclerosis at the age of 40.

“This 88-year-old yoga teacher taught us our first class, and it was just so fun and interesting, and I learned how to breathe that first time,” said Jones. “But yoga also helped me to walk better, and get stronger.”

Jones, who had previously spent her career working with adults on the autism spectrum, found such benefit in the movements that she eventually became a certified instructor, and now teaches two levels of classes for seniors in Cody — chair yoga

See Strength, Page 4 >

## A HEALTHY LIFE INCLUDES A HEALTHY FINANCIAL PLAN

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IS IT TIME FOR A SECOND OPINION ON YOUR FINANCIAL WELLNESS?

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Physician Assistant Betsey Neddermeyer (right), speaking with patient Julie Olson, offers functional wellness treatments at True Body Medical Aesthetics and Wellness. Courtesy photo

## Wellness: Genetic testing provides personalized insights into your health

Continued from Page 1

Functional medicine is a personalized, science-based approach to health care that focuses on identifying and addressing the root causes of a disease. Unlike conventional medicine, it emphasizes the interconnectedness of the body's systems and considers how factors like genetics, diet, lifestyle and environment impact health over time.

"The functional, or integrative, health region of medicine is 100% for the patient," she said. "We're constantly improving things, changing things and it's always about the patient and how we can improve longevity."

Feeling she could no longer practice in the traditional space, in 2023, Neddermeyer opened True Body Medical Aesthetics and Wellness in Cody with the vision of creating a healthy person inside and out.

"In the functional wellness space, it's the whole picture and how to optimize that as best we can," she said. "We want to provide the best care possible, the care that they deserve. Any new service, any new medication, anything we bring on, we look back at that mission. Is this going to help the patient? That's what we're all about."

### THE WHOLE PICTURE

Functional medicine providers like Neddermeyer use advanced lab testing and diagnostics to create tailored treatment plans that may include medications, natural supplements, therapeutic diets, detox programs and stress management. By taking the time to understand a patient's full medical history and life context, they aim to prevent illness and promote overall well-being by targeting the underlying issues rather than just the symptoms.

"Rather than looking at someone's labs and saying, 'Oh, your labs look normal,' it's diving into it," Neddermeyer said. "OK, your labs look normal based on those reference ranges, but you just came in here saying you're tired, you can't get up in the morning, you're gaining weight and you don't know why. Those are symptoms, and we know that XYZ hormones can actually help fix those. So why don't we start with the natural thing first? And a lot of times it works."

Neddermeyer says the goal for each client is to give them small manageable goals to reach optimal wellness.

"The majority of our clients that are coming in say, 'I just don't feel good, and I want to

feel better,'" she said. "It's getting their lives back on track one step at a time and meeting them at where they're at. We're not overloading them with everything because it can get super overwhelming."

At True Body, Neddermeyer offers many functional wellness services including:

- Hormone Replacement Therapy
- Peptide Therapy
- Medical Weight Loss
- Biological Age Testing and Optimization
- Gut and Allergy Testing
- Nutritionist Counseling
- Multi-Cancer Early Detection Screening
- Genetic Marker Screen and Counseling
- Sexual Wellness
- Inbody Composition Scanning
- Micronutrient and Antioxidant Testing
- Genetic Wellness Testing
- Primary Care

She said genetic testing provides personalized insights into your health, nutrition, fitness and risk factors for certain conditions. By analyzing an individual's DNA, Neddermeyer can provide tailored recommendations to optimize lifestyle, prevent disease and enhance overall quality of life.

"Once you have your genetic genome, you literally can go anywhere with it and be like, 'Oh, my blood pressure is going up. OK, based on my genetics, it says that these medications won't be good for me, but these will be good for me. Also, this lifestyle is going to be the best for me to reduce my blood pressure,'" she added.

And if a genetic test shows a risk for certain chronic conditions such as diabetes, osteoporosis or Hashimoto's, they can work out a preventative plan.

"So if you're at risk for diabetes, we don't want to wait until you become a prediabetic to treat you," she said. "We're going to optimize your A1C and get your blood sugars as dialed as we possibly can so you never even get there."

Hormone replacement therapy also is available and can improve a variety of issues including depression, anxiety, mood, weight loss, libido, energy, sleep, acne, PCOS, muscle mass and hair loss.

"We try to use purely natural hormones if we can, we try not to do a lot of synthetics," Neddermeyer said.

Peptides, meanwhile, can lead to faster recovery, increased muscle development, fat loss, improved skin quality and better sleep.

"A peptide is a short chain of

amino acids," she said. "If you build a bunch of amino acids, you get proteins, and proteins are the building blocks of life."

There are many options out there and Neddermeyer herself can feel overwhelmed by all the information available. That is why True Body offers free consultations before anyone commits to services.

"I just wanted people to feel like it's a place where you can come ask questions and we can hash them out so you feel like there are opportunities to make things better and there are options," she said. "I want people to leave here feeling empowered and educated."

A recent addition to the True Body team is the product and service specialist, who sits down and goes through every service so clients can determine which best applies to them.

"You don't know what you don't know," Neddermeyer said. "So we'll help guide you down the path. We offer those free consultations on purpose, because we don't want to be scary. We want to be very welcoming."

### CONTINUING TO GROW

In its first year True Body was open just one day a week. Two years later it has grown so much it's open every weekday and Neddermeyer is looking to hire a second provider because her schedule is booked out for months. She started with weight loss and body composition, before adding women's and men's health, followed by peptide therapy.

"People are thirsty for it and want the care, so we're adding onto that," she said. "We also have other departments like skincare, aesthetics and injectables."

Neddermeyer also tries to do events to educate the public, including monthly webinars.

"I also did a movie night at the theater where we watched a film on hormones so people could come and empower their own mind," she said. "We've really taken off. I wasn't expecting it, but I'm very grateful. I hope it continues to grow and evolve and change people's lives."

Most functional medicine treatments are not covered by insurance but Neddermeyer does her best to make it affordable, offering payment plans and a VIP program.

"I try to make it really streamlined," she said. "Care doesn't need to be complicated. It also doesn't need to be a financial burden."

To learn more go to [truebody-medispacom](http://truebody-medispacom).

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# Do the latest weight loss drugs live up to the hype?

BY WENDY CORR  
Tribune special features

Ozempic. Wegovy. Zepbound. Xenical.

If the hype is to be believed, these medications are wonder drugs, solving the crisis of obesity. And for some people, the results speak for themselves, with dozens, in some cases 100 or more pounds lost.

Local medical professionals “weighed in” on the pharmaceutical panaceas that have helped hundreds of Wyomingites achieve better health.

### THE OBESITY CRISIS

Obesity in America is more than just on the rise — according to the latest statistics, around 43% of Americans are overweight, with 9.2% considered severely obese. That's compared to 35 years ago, when just 20% of the population faced weight issues. Here in Wyoming, one-third of the population has Body Mass Index (BMI) numbers that put them in the obese category.

That's why the emergence of these GLP-1 drugs — which help the pancreas produce more insulin and lower blood sugar, as well as reduce appetite and slow digestion — have seemed to some to be a miracle cure.

Ken Ferbrache is living proof of the effectiveness of GLP-1 therapy. The Lovell resident, himself a medical professional, lost 45 pounds after he was prescribed Ozempic.

“My mom died of every complication associated with diabetes,” said Ferbrache, a physician's assistant at North Big Horn Hospital in Lovell. “So when my doctor told me I was a diabetic, for me, it was an all time low.”

Ferbrache said his A1C numbers, a blood test that measures average blood glucose levels, were high enough that traditional diabetes drugs like Metformin and Pioglitazone weren't working. But after he was prescribed Ozempic, the 45 pounds he had put on over the years almost literally fell off his frame.

“It was the craziest thing in the world,” said Ferbrache, “because when I started with the Ozempic, I was 204 pounds, and over six months to a year, I now reside at 160.”

### HOW DOES IT WORK?

“The pathophysiology of diabetes is when your sugars are too high, which causes inflammation in the distal microscopic blood vessels — the arteries, specifically,” Ferbrache explained. “They become so inflamed that they die, and then the nerve endings don't get blood flow.”

Those microscopic blood vessels feed the eyes, brain, kidneys, and the extremities, which is why diabetic patients often risk the need for amputation of limbs if their condition becomes out of control.

GLP-1 receptor agonist medications, the class of medications that Ozempic belongs to, were first approved by the Food and Drug Administration (FDA) in 2005, primarily to treat diabetes. The drug Ozempic has been prescribed since 2017, and researchers soon discovered that use of that medication had a positive side effect — weight loss.

Dr. Adair Bowlby is a family physician with Billings Clinic. She explained that Ozempic is a GLP-1 drug, which mimics the hormone in the upper intestines and stomach that regulate blood

sugars and regulate the hunger “switch.”

“The two drugs in the class that work for weight loss are semaglutide and tirzepatide,” she said. “It basically acts in your body like GLP-1, which regulates appetite. It tells you you're full. It slows your digestion, and increases your feelings of being satiated.”

That was Ferbrache's experience.

“I just found that I wasn't hungry,” he said. “It's not that I didn't crave foods, because I did. My wife's a phenomenal cook, but like, for Thanksgiving, you're sitting at the table, and here comes the pumpkin pie. You take two bites, and it's like, I'm satisfied. I just get up and walk away from it. So for me, Ozempic was miraculous, just unbelievable.”

### OZEMPIC VS. WEGOVY

When researchers realized that people were losing weight on the semaglutide drugs, Bowlby said the drug companies, in particular, Novo Nordisk for Ozempic, went back and tweaked things a bit, and came up with Wegovy.

“It's exactly the same chemical, but they tweaked the dosing regimen,” said Bowlby. “The maximum dosing is higher to get that weight loss indication from the FDA.”

She clarified, however, that Ozempic can only be prescribed for people who have been diagnosed with diabetes.

“You can't get Ozempic for weight loss,” said Bowlby. “If I put ‘weight loss’ or ‘obesity’ as the diagnosis for a prescription for Ozempic, I get a big old ‘nope.’ It may give me a yes for Wegovy, depending on the patient's insurance coverage.”

### BWARE THE SIDE EFFECTS

Despite the reported success of the semaglutide drugs, with all medications comes the potential for negative side effects. In the case of Ozempic or Wegovy, Bowlby says that the vast majority of those are related to delayed gastric emptying, or emptying of the stomach.

“People will complain of reflux, they'll complain of nausea, of vomiting, of constipation, because it just slows down the whole gut,” she said. “If somebody's going in for surgery, say, a knee replacement or anything, they have to stop their GLP-1 medication two to three weeks in advance to decrease that risk of aspiration, because their stomach doesn't empty.”

There are more serious side effects that occur on rare occasions, which Bowlby said include pancreatitis, allergic reactions, kidney injury (related to dehydration from nausea and vomiting), and sometimes, especially for patients on insulin, low blood sugar.

“The reflux, nausea, vomiting, constipation, are very, very common,” said Bowlby. “A third of patients. The other ones are very rare.”

### WHO QUALIFIES?

Bowlby has prescribed semaglutide drugs for literally hundreds of patients. She said the best results happen for people who can tolerate the side effects.

“Of the people who can tolerate them, most people lose weight,” said Bowlby. “80-plus percent lose weight.”

With either drug, however, comes a caveat — the effects only last as long as the patient is on the medication.

“If you take them off their



Diabetes and weight loss medications such as Ozempic and Wegovy have exploded in recent years and local medical professionals say they are successful at curbing appetite and losing weight, but there are some potential downsides.

medicines and their lifestyle changes, they're right back where they started,” said Ferbrache.

That is the whole paradigm of obesity as a chronic disease, Bowlby pointed out.

“The management becomes chronic and lifelong,” she said. “The medications are long term. They're not a quick fix.”

Bowlby said that one study she reviewed showed that two-thirds of people who went off of the semaglutide drugs regained the weight within one year.

“I have a really good friend who has lost 140 pounds on this medication,” she said. “He knows he's on it for life, because he has no control of his food.”

### FINANCIAL BURDEN

Bowlby pointed out that many insurance plans do not specifically cover weight loss medications, which means if someone is just pre-diabetic, which, if untreated, becomes diabetes, they will not qualify for either Ozempic or Wegovy.

But without insurance, the price is a significant hit to the pocketbook.

“If you are cash pay, Ozempic at the maximum dose is about \$1,000 a month,” she said. “And Wegovy, because of the higher dosing, is about \$1,300 a month.”

But the success of the drug can create a paradoxical situation.

“I have a patient that has a similar story to mine with obesity,” Ferbrache said. “We've got his sugars down, and his insurance won't pay for the Ozempic anymore because he's not obese anymore. So when we stop this, he's going to gain it back.”

### A SOLUTION FOR MANY

Bowlby said that in her experience, those who are successful with weight loss on Ozempic or Wegovy have the right mindset.

“When a patient comes to see me and says, ‘I've had it, I've done all the other things, and it's this or surgery,’ I really have a conversation with them, assessing their readiness to change,” she said. “Because this isn't a quick fix. So I look at, how willing are they to change?”

But Bowlby has seen the benefits for those who are willing to commit to the lifestyle changes that result in significant weight loss.

“People are more involved in life, people can get off their couch, can keep up with their kids, can keep up with their grandkids, who are more in-

involved in their community, in their churches, in doing the social things because they hurt less,” she said. “I have seen people come off of their CPAP machines. Their moods are better because they feel accomplished. They feel like they have had success in an area where they have not had success before.”

For Ferbrache, the reminders of how far he has come, thanks to Ozempic, occur often.

“When I go buy dog food, it's a 40-pound bag, and every time I lift it I go, ‘I can't believe I was carrying that around,’” said Ferbrache. “It's the craziest thing. I am amazed and awe stricken and every nice thing you can say about Ozempic, because I could see the changes that were happening for the positive.”



Ken Ferbrache, a Lovell medical professional, lost 45 pounds in less than a year while on Ozempic. Courtesy photos

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**Jacob 'Jake' Price instructs 72-year-old Freda Miller on a barbell row exercise at the Johnson Fitness Center at the Northwest College Campus. Several seniors attend classes on Tuesdays and Thursdays for the program.**

Tribune photo by Mark Davis



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**Strength:** Training is beneficial not only physically, but also psychologically

Continued from Page 1

for people who are less steady, and a class she calls “Junior Seniors.”

“The seniors in Cody (that are in the Junior Seniors class) are not your typical seniors,” said Jones. “The senior citizens in Cody who are in their 60s are like people in their 30s in most areas. So I have the two groups that I teach.”

Jones said the members of her classes see improvements in nearly every aspect of their physical fitness.

“Their muscles get stronger and they improve their balance, their coordination, their confidence, their posture, just everything,” she said. “I just work on all the avenues of yoga.”

**LESS THAN THE COST OF A BROKEN HIP**

White pointed out that while the concept is simple, many don’t grasp the practical — and financial — benefits to staying strong as you age.

“We can run this program in a community for less than a year, for less than the cost of one broken hip,” she said. “Once they break their hips, like, 50% are dead within a year. They end up in long term care and lose their social connection, and they just can’t ever return to their pre-injury lifestyle.”

However, once a person starts exercising, particularly after being properly trained to do weight-bearing exercises, Chanley says improvements are seen throughout a person’s daily life.

“They’re on a regular exercise program to maintain their range of motion, their strength and their endurance,” she said. “They can walk through Albertsons. They can go to Walmart. Some people really love that they can walk up and down Costco now and spend an hour pushing the cart. That’s really important.”

White relayed a number of

other successes that can’t be measured at the gym.

“We had this 94-year-old gal who was super excited that she could lift the edge of her queen size mattress now,” she said. Another one of her members, who was in her 70s at the time, said she was “all excited to be able to go waterskiing again.”

“They’re outside, they’re gardening, they’re doing their own yardwork, they’re doing their own housework,” said White. “All those things that they feel well enough to do, that lets them continue to live independently.”

**THE SOCIAL ANGLE**

White pointed out that, especially for residents who have ranches or farmed for much of their lives, the Senior Strength and Balance program provides more than just physical activity — it is an antidote to social isolation.

“What do they have to get them up and get them going? They come in to exercise,” said White. “It is super social. The Cody group a lot of times all sit around afterwards and visit, they make plans to go to lunch.”

“But what I’ve seen, more than just the social aspect, is the encouragement,” said Cross. “Somebody stopping and saying, ‘Oh, you know what, your feet are wrong on the leg press,’ or, ‘You need to go a little deeper in your lunge.’ It is the most fantastic, truly, to watch a group of people come together and not only learn how to lift, but to take the confidence and start to train each other.”

**REFERRALS**

White said that there are a few doctors in Cody and Powell who have been referring their patients to the Senior Strength and Balance program.

“A problem that we’ve had, especially in Cody and Laramie, the people who self-select to come are the people who run

out of the gym to go play pickleball, but there are people who really need it,” she said. “And so we have given out brochures to a lot of the primary care doctors in town and the orthopedic doctors in both Cody and Powell, and we visit the senior centers in Powell and Cody pretty regularly to try and encourage more people to participate.”

At Advantage Rehab and other similar facilities in the area, a doctor’s referral isn’t necessary to get started working with a physical therapist to improve strength and stability, but a doctor does need to approve in order for Medicare to cover the cost.

“They don’t have to have the doctor’s order first,” said Chanley. “They can come and make an appointment and be seen by a physical therapist, and then we will write up the evaluation. We’ll send it to their doctor for signature, and then that’s taken care of. But it does need to be signed by the doctor, and then Medicare covers the therapy.”

**CONFIDENCE OUTSIDE THE GYM**

Cross and others on staff with the Senior Strength and Balance program have designed booklets so participants can go to any gym and continue to exercise safely, as well as include other healthy habits into their daily lives.

“We give them recipes, we give them advice, like, walk this far, do these stretches,” said Cross. “We provide as much balance work as we possibly can. And coming up in January, the plan is to actually create a seven day a week program so they have no excuses.”

White said that the training the members receive is especially helpful to people who live elsewhere part of the year.

“A lot of these people now, they go to be a snowbird somewhere, and they walk into the gym and they’re like, ‘Here’s my workout. I’m all set,’” she said.

Many of Chanley’s patients who graduate from physical therapy continue on their own at some of the local fitness facilities, or working with personal trainers.

“The difference with their gait, their speed of walking and their confidence, it’s just so amazing to watch the change and the improvement over time and their ability to do the things that they want to do,” said Chanley. “Getting back to gardening, getting back to their favorite hobbies. They can play with their grandchildren again, and go up and down the stairs more easily.”

**STRENGTH TO BE HUMAN**

“My hope for this whole community, which I call Powell/Cody/Lovell, is for us to finally decide that doing life together is better than to be separate, and to make the most amazing humans possible,” said Cross. “We need people out building gardens. We need people out doing the activities that are going to hold these small communities together.”

Jones said she gets such joy out of the photos that her students send her of them doing everyday things that they previously were unable to do.

“Nothing makes me happier than seeing them lifting up groceries because they can now,” she said.

The Department of Health grant for the Senior Strength and Balance program expires Dec. 31, 2026, but White said she is looking for more funding.

“I’m going to find a way to make it work,” she said.

Cross pointed out that healthy, strong individuals are necessary in order to grow as a society.

“My end goal is for everybody to be thriving and doing the things they never thought possible, no matter what age they are,” said Cross. “Let’s get back to doing the things that humans were made to do, so we can grow.”



Jessica Waldron SLP from Lander and Dr. Asay in Sen. John Barrasso's office in the United States Capitol Building. Courtesy photos

## Dr. Levi Asay again part of ASHA's Hill Day in DC

Dr. Levi Asay an audiologist at Big Horn Basin Hearing in Cody, was recently back in Washington, D.C., to advocate to legislators on issues related to hearing and speech-language pathology (SLP).

Dr. Asay is an audiology representative on the American Speech-Language and Hearing Association's (ASHA) Committee of Ambassadors. Part of those responsibilities include working with members of Congress to ensure better access to hearing and speech services.

Dr. Asay was accompanied by his (SLP) counterpart, Jessica Waldron, from Lander as well as over 300 other audiologists and SLPs. The pair backed the Individuals with Disabilities Education Act (IDEA)(HR 2598/S1277) which currently serves many special needs children in Wyoming and across the nation. These services were previously provided through the Department of Education, which is being dismantled.

Dr. Asay has also advised Congress to support the Medicare Audiology Improvement Act (HR2757/S1996), as Medicare does not currently cover comprehensive audiology services. Better coverage would improve access to hearing which is currently not available to many older adults. Likewise,



Dr. Levi Asay in the United States Capitol.

the Medicare Patient Choice Act (HR 4204) would also allow patients to see trusted and long standing providers.

Dr. Asay also asked that our legislators protect newborn hearing screening programs like EHDI (Early Hearing Detection and Intervention), which are critical to identify very

young children who may have hearing loss. Early intervention leads to much better outcomes in language acquisition and scholastic performance.

Besides being involved with hearing issues at the national level, Dr. Asay also serves on a state board and sees patients at his office in Cody.

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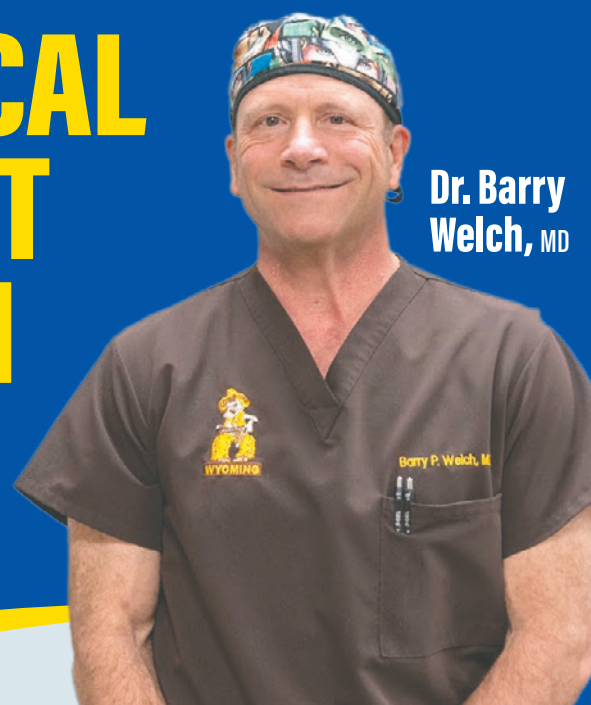
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# Medicare Advantage does not mean double coverage

BY SARAH PRIDGEON  
Sundance Times  
Via Wyoming News Exchange

**S**UNDANCE — With Medicare enrollment upon us, the business office at Crook County Medical Services is looking to clear up a misconception about Medicare Advantage plans.

It may not be immediately obvious, said Business Office Manager Julie Zaato, but enrolling in a Medicare Advantage plan does not mean a person has double coverage.

“What I find is that, a lot of times, people will elect for a Medicare Advantage plan, and they don’t realize that (it) replaces their Medicare,” she said. “Truly, it’s one or the other.”

Medicare Advantage plans are private insurance, rather than government run and funded.

“Claims are processed by commercial insurances that have gone through whatever steps they have to be able to provide these types of plans,” Zaato said.

A Medicare Advantage plan may or may not work for you, she said, as it does offer different benefits and drawbacks to standard Medicare.

“I do think they are often cheaper,” she said. Patients who have enrolled in an Advantage plan have told her that the premiums are reasonable.

They can also negate the need for supplements because they will include, for example, dental and prescription coverage.

“They will offer some of those services that you don’t actually get with standard Medicare, that you would have to pay for extra coverage for,” she said.

On the other hand, Advantage plans can impact a person’s access to medical care.

“Where the mismatch hap-

pens is when you actually need in-patient care,” Zaato said.

Medicare Advantage, she explains, always requires pre-authorization, and this can lead to a delay in care.

It can take three or four days to get a patient authorized to come to Crook County Memorial Hospital from a facility further away for swing bed care, for example, while a provider cannot simply order a CAT scan or MRI without pre-approval from the insurer.

“Standard Medicare never [requires pre-authorization] — not to be admitted, not to get an MRI, none of those things,” she said.

Medicare Advantage may therefore work better for patients who are not currently likely to require intensive medical care. Perhaps even more importantly, Advantage plans limit the number of days for which someone can receive in-patient care.

“Once you’re here, the insurance company for Medicare Advantage gets to determine when you get to go home, rather than your medical professional,” she said. “That’s one really big difference that we see here in the hospital.”

Advantage plans are also more of a burden for rural hospitals, which usually lack the manpower to go through every claim and make sure the plan is held to the same standard as Medicare.

The National Council on Aging advises anyone who has enrolled in a Medicare Advantage plan without realizing it would not provide double coverage or would otherwise prefer to enroll in standard Medicare that the Medicare Advantage Open Enrollment Period runs from Jan. 1 to March 31, during which patients may switch to a new Advantage plan or disenroll.

“They will offer some of those services that you don’t actually get with standard Medicare, that you would have to pay for extra coverage for.”

**Julie Zaato**  
Business manager

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# Women's Renewal Retreat:

GROUNDING FOR HOLIDAY HARMONY

Tucked between Cody and Powell, the quiet town of Ralston might be easy to pass by — unless you know where to look. Just beyond Main Street, a red picket fence and evergreen-lined gate open to a gravel drive that leads into the serene Barrows Z3 Retreat Center. What looks modest from the highway unfolds into a beautifully restored collection of rustic buildings and gardens, perfect for intimate gatherings. On Nov. 15, 2025, more than 20 women arrived here for a day devoted to unwinding, reconnecting, and preparing mind and body for the busy holiday season.

The Holiday Harmony Women's Renewal Retreat was hosted by Age of Aquarius Cody (AoA), a collaborative wellness space founded by Niina Barrows in June 2025. AoA brings together practitioners who support whole-body well-being through yoga, fascia maneuvers, meditation, sound baths, sauna sessions and locally crafted herbal products. More information can be found at [ageofaquariuscody.com](http://ageofaquariuscody.com) and on Facebook.

The day began with a choice of chair or mat yoga led by Martine Grant of Earthseed Yoga. With 20 years of teaching experience, Martine offers an inclusive approach that welcomes every body and every level of practice.

"During a particularly difficult patch of life, yoga chose me," she shared. "It was lifesaving — it reduced stress and anxiety, built resilience, and regulated my emotions and sleep."

Martine holds a 200-hour Yoga Certification along with specialties in Yoga for Kids and Trauma-Informed Yoga. She also holds an MBA from the Wharton School and an M.Ed. from Montclair State University. She teaches at AoA, Club Dauntless and Indigo Thrive and can be found at [weearthseedyoga.com](http://weearthseedyoga.com) or on Facebook at Earthseed Yoga LLC.

Following yoga, participants moved into a session of fascia maneuvers guided by Heather Wagner of Fascial Harmony. These gentle, restorative movements blend breath, stretch, and release to calm the nervous system, ease tension, reduce



Retreat participants with Heather Wagner exploring fascia maneuvers.

pain, and support natural alignment. Heather began sharing this work after her own significant healing from a serious back injury and the exhaustion of prolonged motherhood burnout. The fascia maneuvers, developed by Human Garage, brought her both physical relief and emotional regulation. She now teaches at the Z3 Retreat Center and in Burlington. Her class listings are available on the AoA website and on her Fascial Harmony Facebook page.

After a nourishing lunch, the group gathered for a presentation by Heather Jones — herbalist, medical intuitive, and owner of Enchantment Creek Apothecary. For 20 years, Heather has practiced herbalism, meditation and energy work. Her Pharmacy Gardens cultivate over 70 medicinal plant species, and her tinctures and salves are made entirely from fresh, locally grown or wild-foraged materials. She discovered herbalism while searching for healing options when conventional medicine had no solutions left to offer.

"Within six months of creating my own protocol, I was symptom-free," she said. Her work can be explored at [enchantmentcreek.com](http://enchantmentcreek.com).



Heather Jones of Enchantment Creek Apothecary during a herbalist talk.

The afternoon concluded with a deeply restorative sound bath led by Niina Barrows. Participants settled into mats and blankets as waves of sound washed over the room — a practice used for centuries to reduce pain, calm the mind, and support deep rest. Afterward, some guests lingered to visit the pop-up holiday bazaar, chat with fellow participants, or relax in the hot tub before heading home grounded and renewed.

The retreat drew a diverse and dynamic group: executives, teachers, grandmothers, health care professionals, young adults, and seasoned wellness seekers and practitioners. Many shared glowing reflections. Mary McFarlane

of Cody described it as "a relaxing day bringing harmony to the body, mind, and spirit." Virginia Schmidt, also from Cody, said, "It was one of the best-executed, highest-quality holistic events I've ever attended. A beautifully orchestrated balance of movement, nourishment, education, and healing. A perfect example of world-class quality in rural Wyoming."

For those who attended, the day offered exactly what they hoped for — and for anyone who missed it, this retreat is one to mark on the calendar next time.

For more information, please email [wywinterwellnessretreat@gmail.com](mailto:wywinterwellnessretreat@gmail.com).



Martine Grant of Earthseed Yoga leading a Chair Yoga class with retreat participants.



Niina Barrows of Age of Aquarius Cody during Sound Bath at the close of Women's Renewal Retreat.

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## The profound benefits of a winter wellness retreat

The rushed pace of the holidays often leave us more depleted than nourished, more stressed than nurtured, and more unbalanced than ever, especially if we are caregivers who never take a break. Why not give yourself the most precious and sustaining gift of all — the gift of health? A winter wellness retreat might be just what the (proverbial) doctor orders!



LYNN HORTON

Why a winter retreat? A winter retreat mimics nature by taking a much needed post holiday pause. By nourishing our bodies and minds, emotions and spirits, we experience the vital power of renewal and resilience. By practicing strategies of self-care, we prioritize rest and recovery, tapping into our capability to heal on a profound cellular level. Participating in a retreat is a way to renew, recharge, and align with our deepest values and intentions. The artistic exercises performed during a retreat releases our dormant creative potential, producing new thought patterns and allowing for expansion of endless possibilities. Finally, the benefits of a winter retreat extend towards experiencing much-needed connection with others in our local community.

A winter retreat mimics nature by taking a much needed post holiday pause.

The Heart of Yellowstone Ranch on Heart Mountain is offering a unique Winter Wellness Retreat, held Saturday and Sunday, Jan. 17-18, 2026. The retreat is intentionally offered during the first new moon of the new year. Why a New Moon Retreat? The New Moon is symbolic for renewal, new beginnings and fresh starts; a time of introspection and setting intentions. By creating a “clean slate” and planting the seeds for future endeavors, the potential for personal growth is maximized.

How is this achieved? Retreat offerings include breath work and yoga practice for all abilities and experience; journaling including new year goal-setting to facilitate releasing blockages that act as barriers to moving forward; various art exercises to foster the creative process; learning strategies to enhance listening to your body by incorporating specific, tangible tools to foster self-care and resilience; and a guided walking meditation to more deeply connect with nature (weather dependent). Peppered throughout the two-day retreat are lectures on the medicinal benefits of food, the crucial importance of a healthy liver and gut to health, the power of intermittent fasting to reclaim health, and detoxification techniques. Healthy, delicious and nourishing food is provided. Retreat participants will take part in a symbolic letting go of the past during a Saturday evening fire. For an additional fee,

there are optional opportunities that include massage therapy, dry sauna, cold plunge and overnight lodging in the stunning, 7,000-square-foot lodge at the Heart of Yellowstone Ranch, deepening your retreat experience.

Four impassioned health care practitioners, all credentialed in their respective fields, with over 90 accumulated years of practice, provide the framework and synergistic healing, personal growth and transformation to retreat participants. Martine Grant, owner of Earthseed Yoga, believes that embarking on a yoga journey is about more than

achieving the perfect pose — it’s about discovering ease, steadiness, and a sense of comfortable belonging in your own skin. Meghan Gaspers, massage therapist and nervous system practitioner at Rocky Mountain Wellness Connection in Cody, is passionate about helping her clients both listen to and act on their body’s wisdom, fostering authenticity and resilience. Tiffani Feeley, art education coordinator at Cody Arts, is adept at using creative practices to reduce anxiety and “rewire the brain.” Additionally, as yoga instructor at Firefly Yoga and Wellness studio in Cody, Tiffani helps her clients feel more at ease in the yoga postures so they can feel the benefits of a yoga practice, on and off the mat. And, Lynn Horton, MD, owner of Wisdom Health, LLC in Powell, incorporates evidence-based research into the health benefits of exercise, nutrition, the gut microbiome, stress reduction techniques, sleep optimization, and other preventive strategies to help her clients discover, address, and heal the root causes of chronic symptoms and illness.

A vital aspect of the retreat focuses on identifying and incorporating simple, doable health habits into their lifestyle, empowering retreat participants to experience long-term success of personal transformation. Virtual follow-up within the month of the retreat fosters accountability and lasting change. Make a lasting commitment to your health by signing up for the Winter Wellness Retreat at the Heart of Yellowstone Ranch on Heart Mountain. Your mind, body, emotions and spirit will thank you for your decision!

Lynn S Horton, MD, is owner of Wisdom Health, LLC: Metabolic Health & Lifestyle Medicine in Powell. In addition to personal lifestyle coaching, she teaches classes on cellular and metabolic health, empowering men and women to adopt and sustain healthy lifestyle choices to feel their best self, transform their health, and live their best lives.

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Ake Wisniewski applies pressure to a mock wound with assistance from EMS Manager Scott Bagnell (right) as her father, Waleryan (left), watches. Photo courtesy Jim Cannon/PVHC

Powell Valley Healthcare hosts class

# STOP THE BLEED

Powell Valley Healthcare recently hosted a Stop the Bleed for the community, run by Dr. Sawley Wilde and the EMS team in mid November, just a day before National Rural Health Day. Around 60 people took part, and another class for the community is being planned in the spring.

Each participant received a "Stop the Bleed" kit provided by the Big Horn Basin Healthcare Coalition and five lucky winners received a free tourniquet.

EMT Joshua Campbell works with Landon Anderson to demonstrate use of a tourniquet.



EMT Megan Geise demonstrates how to wrap a wound on Neil Waite as Landon Anderson watches.



EMT Geoff Hovivian works with attendee Avery Timmons during the class.

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REPORT:  
**Hearing loss  
 contributes to  
 dementia**

**Engagement with other people is a key factor in avoiding dementia**

BY ZAC TAYLOR  
 Tribune editor

Don Doucet was not surprised by a recent report finding nearly a third of dementia is attributable to hearing loss.

The Powell hearing instrument specialist said there's been anecdotal evidence for years that older people who have trouble hearing seem to be more likely to develop dementia, but the findings by the Journal of the American Medical Association back that up, finding 32% of dementia is attributable to hearing loss.

"It's pretty astounding," Doucet said. "The good news is that it's considered the No. 1 largest modifiable risk factor for dementia. So really encouraging people to seek intervention is the key to try to get ahead of that, if they can."

Doucet, licensed in both Nebraska and Wyoming, has lived in Cody since 2014 and works at Powell's Beltone Hearing Plus. He said with the aging of the area population, and the increase in older adults moving in, it's an issue that will only increase going forward.

The issue, he said, is people who struggle to hear often avoid long talks with others or fade out of conversations due to it being too frustrating to follow along. And engagement with other people is a key factor in avoiding dementia.

"When the mind becomes disengaged, we do what is natural, we just kind of shut down," he said. "We do what's going to be the easier thing to do, you know, and if the mind isn't stimulated by that, that intake of information, the exchange of ideas, we kind of experience a bit of mental atrophy. We all do. We know how it feels like to be in a fog when you've been kind of isolated from communication for a while. Well, it can be the same thing with our inability to communicate because we're not hearing."

Doucet said he's seen it in his office, where some people he's talking to will fade out of a conversation because of inability to hear.

The good news is hearing aids have improved over the years.

"Hearing aids are never going to replace natural hearing, but

they've come a long way in terms of the implementation of artificial intelligence, for example, to help analyze your acoustic environment as it changes, they will change. And so the old, the old analog hearing aids, going back, you know, quite a while. You know, everything was manual. You had to choose different programs for different settings. Now the hearing aids do that automatically."

Most hearing loss, Doucet said, is brought on by age and exposure to loud noises. He said anyone who is over 40 years old and especially those worried they may be losing hearing should get checked regularly.

Of course, he said it's best to prevent exposure to sustained loud noises earlier to head off future issues, especially knowing what we know now about the link between hearing loss and dementia.

"Young people today need to be much more cautious about protecting their hearing," he said. "Instead of thinking that, you know, when they hit 40, that they get a do over, you know, or

new ears, the damage you cause just by listening, you know, to music too loudly with earbuds, for example, is really turning into kind of a real, substantial damage to our young people."

Doucet said Beltone offers no cost screenings for people to get an idea of what kind of hearing loss they've already had, and thus have a baseline to check against future hearing loss.

He said there's not much more rewarding than to finally fit someone with hearing loss with new hearing aids.

The moment I fit them with hearing aids, you know, after they get past the challenge of the loudness of their own voice and hearing things they haven't heard in a long time, it's amazing how sharp they are," Doucet said. "I mean, they are so in tune with what's going on, and they're responsive, and they're, you know, they're joking — it's just, it's night and day. It's one of the things that really makes this line of work so rewarding, because you can make such a difference in people's lives so quickly."

**"When the mind becomes disengaged, we do what is natural, we just kind of shut down."**

Don Doucet  
 Hearing specialist



DON DOUCET

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