

# Birdsley

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Birdsley continued and said, "I think knowing though, that my capabilities are even better for placement in the world than it is. That was my best performance straight across. So I think that gives me a lot of encouragement moving forward."

For the second event, Birdsley had to pick the height of a yoke for a 620 lbs car. One of the problems the athletes faced with the cars was the tires were fixed and did not rotate. So, while carrying the car, if they dropped the car, the entire 620 lbs weight would come to a halt on them. Getting the right height of the yoke was key. In hindsight, Birdsley would have picked a higher yoke of the car so that the tires would not drag.

Birdsley said, "When I practiced 620 pounds on the yoke here in the gym, it was going fine, but it also wasn't a car. You don't know how to prepare yourself for something you've never tried before. But having that experience now, I feel really confident that if I ever had to do it again, I'd be able to do even better."

Day two the athletes performed the axle deadlift, which is a two inch thick bar that doesn't have any bend to it. This is much more difficult than a standard deadlift. For this event, the same style as the log. There is a smaller weight of 405 lbs and the trump axle deadlift of 470 lbs.

Birdsley said, "Deadlift has always been my weakest event. So to me, 405 pounds for one rep would have been great for

me personally. However, I was able to do three, so that was my biggest win for the entire competition. My weakest event became, for me personally, like a huge victory because I was able to get three reps at 405."

In this event Birdsley knew she could have done a fourth rep, but she strategized to conserve her energy knowing she had the fourth and last event coming next.

Regarding deadlift as one of Birdsley's weaknesses, she is getting additional help. Travis Ortmyer from Texas is taking over coaching Birdsley. Ortmyer has been a strongman competitor for over 22 years. Birdsley said, "I'm really excited to see how my ability can progress under such an experienced coach. He's already helped me so much in dead lifting where I was able to progress under my knowledge or Chad Lowry's knowledge. He's not as experienced as Travis. And Travis has helped me a lot."

The fourth event was the sandbag medley where there is a 175 lbs sandbag running 50ft into a sled. The sled's weight is over 300 lbs. Then the athlete runs back and lifts a 200 lbs Húsafell stone, which has a triangle shape.

After all four events over the two days, Birdsley placed 16th in the world for weight class.

Now Birdsley is preparing for her next event, the "Arnold's" on February 28-March 2. This event is also for the best in the world and is even harder to qualify for. There are

fewer invitations for that world competition. The Arnold's will be livestreamed from Columbus, Ohio.

Reflecting on her own journey as an athlete and taking stock of her growth or transformation, Birdsley said, "I think from the very first starting the sport until this moment, from going from just not knowing anything about the sport basically, to being two and a half years later, qualifying to be the best in the world in the sport is, an accomplishment in of itself and one that I'm very grateful for and blessed to have."

Birdsley added, "My confidence has grown in the sport because of my abilities being able to handle all of the weight that's required of me for the event."

Birdsley continued and said, "The part of learning how to be okay with not performing as good as you're capable of is disheartening. But it's also motivating to be able to take different struggles or weaknesses and failures and then you persevere through that."

She added, "Just like with life, when we encounter things that don't go our way, we can either let it defeat us and define us, or we can let it help us, grow us and give us more wisdom and give us more experience. And so I think I took this more than anything, because I know that I could have done better, and it just didn't happen that way. I'm just going to use this experience to help me grow as an athlete and grow as an individual."



photo by Jurri Schenck

## Visiting with the Clauses

Santa and Mrs. Clause visted the HSC Historical Museum for photos and fun. Conley Trisdale is seated with the pair with Annissa and Addyln Saucedo standing.

# Legislature

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vices: Eric Barlow, Chairman; Gary Crum; Lynn Hutchings; Charlie Scott; Cheri Steinmetz

The following House committee assignments have been made for the 2025-2026 biennium:

- Judiciary: Art Washut, Chairman; Marlene Brady; Laurie Bratten; Ken Chestek; Lee Filer; Tom Kelly; Jayme Lien; Daniel Singh; Joe Webb

- Appropriations: John Bear, Chairman; Bill Allemand; Abby Angelos; Jeremy Haroldson; Ken Pendergraft; Trey Sherwood; Scott Smith

- Revenue: Tony Locke, Chairman; Gary Brown; Kevin Campbell; Jayme Lien; Ann Lucas; J.R. Riggins; Liz Storer; Clarence Styvar; Bob Wharff

- Education: Ocean Andrew, Chairman; Laurie Bratten; McKay Erickson; Joel Guggenmos; Tom Kelly; Martha Lawley; Daniel Singh; Tomi Strock; J.D. Williams

- Agriculture, State and Public Lands and Water Resources: John Winter, Chairman; Dalton Banks; Bob Davis; John Eklund; Steve Johnson; Pepper Ottman; Karlee Provenza; Mike Schmid; Tomi Strock

- Travel, Recreation, Wildlife & Cultural

Resources: Andrew Byron, Chairman; Elissa Campbell; Marilyn Connolly; Steve Harshman; Julie Jarvis; Karlee Provenza; Liz Storer; Pam Thayer; Bob Wharff

- Corporations, Elections & Political Subdivisions: Christopher Knapp, Chairman; Gary Brown; Tony Locke; Paul Hoeft; Steve Johnson; Ann Lucas; Joe Webb; Nina Webber; Mike Yin

- Transportation, Highways & Military Affairs: Landon Brown, Chairman; Dalton Banks; Rob Geringer; Lloyd Larsen; Darin McCann; Bob Nicholas; Ivan Posey; Reuben Tarver; Cody Wylie

- Minerals, Business & Economic Development: Scott Heiner, Chairman; Kevin Campbell; Christopher Knapp; J.T. Larson; Martha Lawley; J.R. Riggins; Mike Schmid; Reuben Tarver; Nina Webber

- Labor, Health & Social Services: Rachel Rodriguez-Williams, Chairman; Ken Clouston; Joel Guggenmos; Paul Hoeft; Darin McCann; Pepper Ottman; Clarence Styvar; Jacob Wasserburger; Mike Yin

Additional assignments for select committees, task forces and miscellaneous committees will be made available in March, following the legislative session.

# Services

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Holy Trinity Episcopal Church – Tues., Dec. 24, Christmas Eve Candlelight Service at 7:30 p.m. No Service Christmas Day.

Hot Springs Christian Church – Regular Service on Sunday, Dec. 22, Worship at 10:30 a.m. and Sunday School at 9:30 a.m.

St. Paul Lutheran Church – Tues., Dec. 24, Christmas Eve Service at 7 p.m.; Weds. Christmas Day, Dec. 25 at 9 a.m.

River of Life Church – Christmas Eve Soup and Sandwich, with Service to follow on Tues. Dec. 24 at 6 p.m.

The Church of Jesus Christ of Latter-Day Saints – Sun., Dec. 22, Christmas Program at 9 a.m. with cookies and treats to follow.

Wisconsin Evangelical Lutheran Synod – Big Horn Federal Community Room, Christmas Eve Service, 6:30 p.m.

# Public notices

## IN THE DISTRICT COURT OF HOT SPRINGS COUNTY, WYOMING FIFTH JUDICIAL DISTRICT

IN THE MATTER )  
OF THE ESTATE ) Probate No.  
) 2024-CV-0032

OF )  
)  
)

DUANE WATKIN WATKINS )  
)  
) Deceased. )

### NOTICE OF PROBATE

TO ALL PERSONS INTERESTED IN SAID ESTATE:

You are hereby notified that on the 5th of November 2024, the Estate of Duane Watkin Watkins was admitted to probate by the Probate Court of Hot Springs County, Wyoming as Probate No. 2024-CV-0032 and that Pam Watkins and Vivian Rigsby were appointed Co-Personal Representatives thereof. Any action to set aside the Last Will and Testament shall be filed in the Court within three (3) months from the date of the first publication of this Notice, or thereafter be forever barred.

Notice is further given that all persons indebted to the decedent or to decedent's estate are requested to make immediate payment to the Estate of Duane Watkin Watkins and sent to Fallon Clay, attorney for the estate, c/o Keller Law Firm, P.C., Attorneys at Law, P.O. Box 111, Thermopolis, WY 82443.

Creditors having claims against the decedent or the estate are required to file them in duplicate with the necessary vouchers, in the office of the Clerk of said Court, on or before three months after the date of the first publication of this notice, and if such claims are not so filed, unless otherwise allowed or paid, they will be forever barred.

DATED this 25th day of November 2024.

/s/ Fallon Clay \_\_\_\_\_  
Fallon Clay, WSB #8-7266  
Keller Law Firm, P.C.  
P.O. Box 111  
Thermopolis, WY 82443-0111  
(307) 864-2318  
fallon@kellerlawpc.com

Pub. Dec. 5, 12 & 19, 2024 No. 1756

### COUNCIL PROCEEDINGS

The Thermopolis Town Council met in regular session on December 3, 2024, at 7 pm at Town Hall. Present were Mayor Adam Estenson, Council members Rachel Hughes, Dusty Lewis and Bill Malloy (via phone). Also present were Mayor/Codes Adminis-

trative Assistant Jim Jeunehomme, Clerk/Treasurer Tracey Van Heule, Police Chief Pat Cornwell, Public Works Director Basil Sorensen, Town Engineer Anthony Barnett and Town Attorney Marshall Keller. Council Member John Dorman Sr. was absent.

**AGENDA:** Lewis made a motion, seconded by Hughes and carried to approve the agenda as presented.

**MINUTES:** Lewis made a motion, seconded by Hughes and carried to approve the Council meeting minutes from November 5 and 19th, and the work session from November 19, 2024.

**BILLS:** Hughes made a motion, seconded by Lewis and carried to approve the General, Enterprise and Special Fund bills for November 2024.

**CITIZEN PARTICIPATION: OEB SALOON – CATERING PERMIT:** Lewis made a motion, seconded by Hughes and carried to approve a catering permit for OEB Saloon for the ladies Rocky Mtn Elk Foundation Banquet on December 6, 2024, from 4pm to midnight.

**DEPARTMENT REPORTS:** The following reports were available for review: police, engineering, streets and alleys, water, wastewater, sanitation and landfill. Discussion ensued on updating ordinances. Chief Cornwell noted Reagan Severance had graduated from the law enforcement academy for Dispatch. Barnett presented a certificate of substantial completion on the chip seal project. Dorman made a motion, seconded by Lewis and carried to allow the mayor to sign the certificate of substantial completion and to approve pay estimate #1 to Wild West Construction in the amount of \$105,500.35. Estenson also noted the town will close on the purchase of the land for the transfer station on November 8, 2024.

**TOWN ATTORNEY: 3RD READING OF AN ORDINANCE REVOKING FLUORIDATION IN THE WATER SUPPLY:** Keller read the proposed ordinance title which would remove the addition of fluoride to the water supply. Lewis made a motion, and Malloy seconded to pass the ordinance on third and final reading. In discussion, Estenson noted after further research, he was still in favor of removing fluoride and proposed working with public health to further educate citizens. Lewis noted most water filter systems remove fluoride. Voting aye were Estenson, Malloy and Lewis. Hughes voted no. Motion carried.

### ORDINANCE 877

An ordinance revoking the fluoridation of the water supply system of the Town of Thermopolis.

Passed on first reading, November 5, 2024.

Passed on second reading, November 19, 2024.

Passed, approved and adopted on third and final reading, December 3, 2024.

**TOWN ATTORNEY: OTHER:** Discussion

ensued on potential changes to dog licensing. The topic is scheduled for the work session on December 17, 2024.

**CODES:** Jeunehomme noted the flagpole has been shipped, with an expected delivery date after December 11th.

**ADMINISTRATION: BUDGETED BONUS APPROVAL:** Lewis made a motion, seconded by Hughes and carried to approve the net \$300 bonus, as budgeted.

**MAYOR & COUNCIL:** At 7:27 pm, Hughes made a motion, seconded by Hughes and carried to adjourn. The next council meeting is November 19, 2024, at 7pm.

**BILLS:** A & I, Oil, \$377.62; AFLAC, Insurance, \$363.12; American Welding, Welding Gases, \$83.85; BCN, Phone, \$123.40; Big Horn Water, Rental, \$58.25; Carquest, Supplies \$1,212.85; Caselle, Support, Software \$804.00; CNA Surety, Bonds, \$765.00; Dana Kepner, Software and Parts, \$3,357.59; Dunlap Enterprises, Service, \$65.00; Energy Labs, Service, \$179.00; Engineering Assoc., Service, \$18,475.80; Evident, Supplies, \$245.66; Grainger, Parts, \$713.45; Great West Trust, Retirement, \$840.00; Hawkins, Rental, \$10.00; High Plains Power, Service, \$87.70; Hopper Disposal, Tires, \$745.60; HSC, Phone, \$139.18; HS Vet Clinic, Contract, \$955.00; HSCSD#1, Fuel, \$4,972.57; HSC Treasurer, Tax Commission, \$495.41; IR, Legal Ads, \$1,252.80; Insurance Trust, Premiums, \$37,448.00; Joe Johnson Equip., Parts, \$590.00; Keller Law, Service, \$4,400.00; Laird Sanitation, Service, \$100.00; Lasers Edge, Service, \$25.00; LGLP, Deductible, \$1,000.00; Cruz Mascorro, Service, \$300.00; Motor Power Equip., Parts, \$321.51; Motorola, Radios, \$15,085.95; Murdoch Oil, Diesel, \$2,943.53; Napa, Parts, \$159.57; NCPERS, Life Ins., \$208.00; O'Reilly, Supplies, \$473.95; Owl Creek Excavation, Retainage, \$1,700.00; Postmaster, Postage, \$768.59; Railroad Mgmt, Fees, \$417.05; Range, Service, \$557.36; Riverton Tire, Tires, \$663.12; Road Runner, Parts, \$245.05; Rocky Mt. Power, Service, \$17,892.41; Reagan Severance, Mileage, \$481.60; Team Labs, Road Patch, \$1,115.00; Tegeler, Insurance, \$512.00; Text My Gov, Software, \$2,500.00; Thermopolis Hardware, Supplies, \$120.24; Thermopolis PD, Postage, \$34.77; TOT General, Streets Labor, \$2,280.00; TOT Office, Filing Fees & Supplies, \$53.24; TOT, Depreciation & Utilities, \$77,648.75; Tractor & Equip, Parts, \$126.65; Tumbleweed Propane, Service, \$142.50; Unum, Insurance, \$115.46; Verizon, Phone, \$549.18; Visa, Supplies, \$1,032.75; VSP, Insurance, \$310.34; Western Flags, Flag pole deposit; \$13,451.50; Wild West Const., Asphalt, \$8,382.70; Williams Law Office, Service, \$450.00; Workforce Services, Workers Comp, \$3,737.57; Wyoming Circuit Court, Garnishment, \$794.03; WY Gas, Service, \$942.65; WY Retirement, Retirement, \$26,467.14; WY Rural Water, Dues, \$495.00; WY.Com, Service, \$25.00; Wyonet,

Service, \$243.00; Youth Alternatives, Services, \$500.00; Payroll, \$102,492.96; Payroll Taxes, \$33,495.46.

ATTEST:

Tracey Van Heule, Adam R. Estenson,  
Clerk/Treasurer Mayor

Pub. Dec. 19, 2024 No. 1763

### NOTICE

Pursuant to the Wyoming Weed and Pest Control Act of 1973 (W.S. 11-5-101 through 11-5-303), notice is hereby given to solicit nominations for appointments to the Hot Springs County Weed and Pest Control District. In accordance with W.S. 11-5-104, district board member must be qualified electors and bona fide residents of Hot Springs County.

Appointments are for a four (4) year term with openings in Districts one (1), three (3) and four (4).

Prior to appointment, the nominee for Director shall submit a petition (available from the Weed & Pest Office) signed by at least ten (10) landowners, to the Office of County Commissioners no later than 5:00 pm January 2, 2025. The Commissioners will review petitions at their January 7th meeting.

Becky Kersten  
Hot Springs County Clerk

Pub. Dec. 19 & 26, 2024 No. 1764

Pursuant to the Laws of the State of Wyoming, W.S. § 11-24-114, we hereby give notice that a list of unclaimed estray livestock taken up by brand inspectors at various locations during the past year is posted and is available for examination in the courthouse of this county.

Pub. Dec. 19, 2024 No. 1762

### PUBLIC NOTICE

Kirby Ditch Irrigation District is in danger of being dissolved due to its failure to comply with the reporting requirements of Wyo. Stat. § 9-1-507(a)(vii).

BOARD OF HOT SPRINGS COUNTY COMMISSIONERS

Thomas J Ryan, Chairman

Pub. Dec. 19, 2024 No. 1765