

# Rosebud



**TISS JOHNSON**

Monday, Lynn Frey made a trip to Lemmon and got a haircut.

Lynn Frey made a trip to Hettinger Tuesday.

Wednesday, James Sandgren came out to fix Lynn Frey's well.

Friday, Lynn Frey made a trip Sturgis, Belle Fourche, Redig and Bison.

Lynn Frey attended the supper at the Castle Butte Lodge put on by the dog trainer Friday

evening.

Saturday, Lynn Frey attended an auction by Bealah, ND.

Lynn Frey attended worship in Bison and then drove north of Burt, ND to the Neuburg Church for the Fall Music Concert Sunday afternoon.

LeAnn Fechter of Iowa spent Sunday through Wednesday in the Lemmon area, visiting her father.

Susan Gunn attended a two-week training at the Sioux Spiritual center near Howes Corner. She returned home Saturday.

Morell Hirning and Tiss Johnson attended the Football game in Mott Friday evening.

Morell Hirning and Tiss Johnson spent

Saturday late morning and all afternoon at the Mike and Paula Greff auction sale, north of Mott.

Tiss Johnson and Morell Hirning spent Sunday afternoon at the Neuburg Music Concert.

Friday, Bridget, Korbin, Bodee, Teagan and Terek Keller attended a supper hosted by Rob Englert.

Albert and lil Albert Keller went to Timber Lake Friday evening for a football game.

Saturday, Kellers went to Lemmon to watch lil Albert play in a football jamboree then they traveled to Coal Springs for the Threshing Bee.

Sunday Bridget, Korbin, Bodee, Teagan and Terek Keller attended church at Rosebud.

Albert went to confirmation Sunday afternoon in Bison

Christi, Zabrina, Jim and Patsy Miller drove to Lemmon Saturday and had Chinese for lunch for Zabrina's birthday.

Patsy Miller made a trip to Lemmon Wednesday.

Thursday evening, Jim and Patsy Miller drove to Buffalo, SD for the Harding County vs Bison Volleyball game in which Zabrina Miller participated.

Jim and Patsy Miller played pinochle at the Senior Center in Hettinger Friday afternoon

**MEADOW NO NEWS**



**JILL FRIESZ**

Do you know what the "Rule of 8" is? Well, apparently if you Google it, it's some sort of math wizardry. Those who know me know math is not my strong suit, so for me to be writing about anything that has to do with numbers isn't likely.

In this instance, it's a lifestyle.

I watched a video a few days ago and it was talking about dividing our days into three equal, eight-hour segments.

- Work hard for eight solid hours

- Spend eight hours doing things that bring you joy

- Dedicate eight hours for sleep

This sounds so easy and kind of like a no-brainer to have a happy, well-balanced life.

As I was watching the video, I made a mental note to try to follow

# Editorial

this "Rule of 8" to bring more balance into my life.

The problem is, I can't fit all the work that needs to be completed in a day into eight hours. I can barely fit it into 12 hours. I know I'm not alone in this – it seems like the eight-hour work-day is a relic of the past.

However, for the sake of sanity and balance, I am actively working to lighten my load at work. I want to thank my incredible staff for stepping up and pitching in wherever they are needed!

Recently I was visiting with a friend, and we were talking about how great the "Rule of 8" sounds in theory... but it just isn't possible.

I love sleep and do my best to try to get eight hours of sleep most nights – so that, on top of a 12-hour workday already accounts for 20 hours of the day.

Subtract getting ready for work, driving to and from town, grocery shopping, cooking

dinner and cleaning up the house – there's not much time left.

The notion that we can dedicate a full eight-hour block to activities that bring us happiness is another ideal that doesn't seem realistic in modern life. Joyful moments are often squeezed into the cracks of our busy schedules rather than existing as dedicated periods of time.

Instead of striving for an unattainable balance, we should focus on a more flexible approach to our time. Some days may require more focus on work, while others may involve more rest or joy. The key is to listen to our own bodies needs and prioritize what truly matters, rather than adhering to a rigid eight-hour framework.

In the end, the richness of our experiences can't be measured in hours, but in the quality of moments we experience.

# Local weather outlook

**BLAKE RAFFERTY**

**The Week Ahead:**

Dry, quiet fall weather will continue across the county over the next week. In addition to it being dry, temperatures will remain above to well above average. Several passing cold fronts will cause temperatures to dip, the most notable one on Thursday. In typical fall fashion, winds will be breezy much of the week. Wind direction will change

as fronts propagate through. Many local jurisdictions have instituted burn bans due to curing fuels and expanding drought conditions. Check the forecast and local regulations if you plan to burn this week.

**Thursday:** Partly cloudy. Highs in the mid 60s.

**Friday:** Partly cloudy. Highs in the low 70s.

**Saturday:** Partly cloudy. Highs in the upper 70s.

**Sunday:** Mostly cloudy. Highs in the low

70s.

**Monday:** Mostly cloudy. Highs in the low 80s.

**Tuesday:** Mostly cloudy. Highs in the low 80s.

**Wednesday:** Mostly cloudy. Highs in the low 80s.

**Long Term:** Above average temperatures with below average precipitation are favored through the long term period.

This will likely keep fire weather concerns at the forefront of the forecast for the foreseeable future.

**UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)**

1. Publication Title: Adams County Record

2. Publication Number: 5-180

3. Filing Date: 09/27/2024

4. Issue Frequency: Weekly

5. Number of Issues Published Annually: 52

6. Annual Subscription Price: \$45/\$55

7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®): PO Box 749 - Hettinger, Adams, ND 58639-0749

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer): PO Box 749 - Hettinger ND 58639-0749

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box  None

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)

Has Not Changed During Preceding 12 Months

Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

PS Form 3526, July 2014 (Page 1 of 4 (see instructions page 4)) PSN: 7530-01-000-9031 PRIVACY NOTICE: See our privacy policy on www.usps.com

13. Publication Title		14. Issue Date for Circulation Data Below	
Adams County Record		09/19/2024	
<b>15. Extent and Nature of Circulation</b>			
<b>a. Total Number of Copies (Net press run)</b>		<b>Average No. Copies Each Issue During Preceding 12 Months</b>	<b>No. Copies of Single Issue Published Nearest to Filing Date</b>
(1)	Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	198	185
(2)	Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	283	282
(3)	Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
(4)	Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	0	0
<b>c. Total Paid Distribution (Sum of 15d (1), (2), (3), and (4))</b>		<b>481</b>	<b>467</b>
<b>d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)</b>			
(1)	Free or Nominal Rate Outside-County Copies Included on PS Form 3541	0	0
(2)	Free or Nominal Rate In-County Copies Included on PS Form 3541	0	0
(3)	Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
(4)	Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
<b>e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3), and (4))</b>		<b>0</b>	<b>0</b>
<b>f. Total Distribution (Sum of 15c and 15e)</b>		<b>481</b>	<b>467</b>
<b>g. Copies not Distributed (See Instructions to Publishers #4 (page #3))</b>		<b>94</b>	<b>108</b>
<b>h. Total (Sum of 15f and g)</b>		<b>575</b>	<b>575</b>
<b>i. Percent Paid (15c divided by 15f times 100)</b>		<b>100%</b>	<b>100%</b>

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16. Electronic Copy Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies	53	53
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)	534	520
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)	534	520
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c x 100)	100%	100%

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17. Publication of Statement of Ownership

If the publication is a general publication, publication of this statement is required. Will be printed in the 10/3/24 issue of this publication.  Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner

Jill M. Friesz 09/26/2024

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The individual must be able to complete administrative duties, public relations work, and supervision of employees.

Position is a full-time salaried position with full benefits. Applications can be obtained from the County website, www.adamscountynd.com or picked up from the Auditor's office. Return of application to the Auditor's Office or mailed to address below:

Adams County Auditor, 602 Adams Ave Ste 201 Hettinger, ND 58639 For any other questions, please contact the Auditor's Office at 701-567-4363

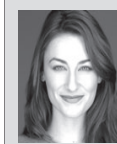
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## New Arrival at WRHS

### Sutton

6 lbs. 12 oz. and is 19.5" long  
Born September 20, 2024 at 7:58 a.m.

Son of  
Nathan & Amanda  
Sibling: Braxton

Congratulations from  
West River Health Services

