**DEADLINE FOR AD COPY IS 11:00AM TUESDAY FOR THURSDAY EDITION** 

#### CONTACT US

118 E. McLeod Avenue **PO Box 548** Ironwood, MI 49938

classifieds@yourdailyglobe.com (906)932-2211

#### (906)932-5358 Fax

#### **Lost & Found**

Lost & Found Ads run 1 time FREE 15 word limit. The ads must be in by 11:00am Tuesday before publication 906-932-2211 classifieds@yourdailyglobe.com

#### **Personals**

Please check your ad on the first run. The Globe will not be responsible for mistakes after the first run.

#### **Services**

When veterinary care is unavailable or unaffordable, ask for Happy Jack® animal healthcare for cats dogs, & horses. At Tractor Supply® (www.happyjackinc.com) (CNA-MI)

#### Home

#### **Improvements**

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris- blocking gutter protection. Schedule a FREE LeafFilter estim-ate today.20% off Entire Purchase. Plus 10% Senior & Military Dis-counts. Call 1-866-495-1709 (CNA-MI)

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Safe Step. North America's #1 Walk-In Tub. Comprehensive life-time warranty. Top-of-the-line in-stallation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-855-861-4501 (CNA-MI)

#### **Help Wanted**

906 Tree Service is looking for a part time plow driver. Call/text Tom for details. (906)285-2549.

#### **Business**

#### **Opportunities**

NOTICE: The Globe, while exercising The Globe, while exercising reasonable care in accepting ads, warns those answering to investigate the proposition offered and to be careful of any ad requiring money to be sent for information or long distance phone calls that may request money for information.

#### **Give Away-Pets**

Give Away Ads are FREE 1 time. 15 word limit. The ads must be received no later than 11:00am Tuesday before publication (906)932-2211 classifieds@yourdailyglobe.com



matters of current, public interest and be no longer than 400 words.

Must be signed by the author and include name, address and phone number for verification purposes.

#### THE GLOBE

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#### **Appliances**

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### Apartments &

#### **Duplexes**

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#### **Houses for Rent**

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Homes, Apartments, and Business Spaces for rent. Call for details. The Real Estate Store (906)932-5406

#### **Storage Space** for Rent

8x20 Storage Rental Units - just off US 2 in Ironwood. Perfect for storing patio furniture, lawn mowers, trailers, motorcycles, snowmobiles, etc. Call or text (906)364-0215

#### Real Estate

#### **Borseth** Insurance & **Real Estate**

Two Locations Ewen, MI Phone: (906)988-2329 Ontonagon, MI Phone: (906)884-4161 Toll Free (877)768-9846

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Copper ingots, Finnish knives, Old pictures of Blacksmith Shops, Snow shoes. Also looking for bear or wolf traps (906)369-3682

#### Autos/SUVs

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pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-425-2108 today! (CNA-WI)



0 N5241 US-45, Watersmeet, MI 49969

The Lac Vieux Desert Health Center in Watersmeet, MI is seeking to fill the key position of Radiology Tech (Full-Time/Part-Time, 01/25 - 4/25)

This job is a temporary position – no benefits. Please visit our website for full job description: www.lvdhc.org

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#### **FULL-TIME LOAN OPERATIONS CLERK**

Gogebic Range Bank will accept applications for a Full-Time Loan Operations Clerk until position is filled.

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Previous applicants please reapply. www.gogebicrangebank.com

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  - Please visit our website for full job description:

www.lvdhc.org

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#### Legals

October 31, 2024
STATE OF MICHIGAN
PROBATE COURT
GOGEBIC COUNTY
NOTICE TO CREDITORS

Decedent's Estate CASE NO. 24-96-DE Estate of Michael Fabian Posey Date of birth: 3/2/1943 TO ALL CREDITORS:\*\* NOTICE TO CREDITORS: The decedent, Michael Fabian Posey, died 9/5/2024. Creditors of the decedent are noti-

fied that all claims against the estate will be forever barred unless presented to Michelle McMillin, personal representative, or to both the probate court at 200 N. Moore Street, Bessemer, Michigan 49911 and the personal representative within 4 months after the date of publication of this notice. James D. McKenzie P30831

108 S. Moore St. Bessemer, MI 49911 906-663-4771 Michelle McMillin 9227 Vine Avenue Allen Park, MI 48101

October 31, 2024
STATE OF MICHIGAN
PROBATE COURT
GOGEBIC COUNTY
NOTICE TO CREDITORS
Decedent's Estate
CASE NO. 24, 95, DE

CASE NO. 24-95-DE Estate of Byron Michael Davis, Sr. Date of birth: 1/17/1952 TO ALL CREDITORS:\*\*
NOTICE TO CREDITORS:
The decedent, Byron Michael Davis, Sr., died 8/31/2024.
Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Byron Michael Davis, Jr., personal representative, or to both the probate court at 200 N. Moore Street, Bessemer, Michigan 49911 and the personal representative within 4 months after the date of publication of this notice. James D. McKenzie P30831 108 S. Moore St.

Bessemer, MI 49911 906-663-4771 Byron Michael Davis, Jr. 518 Stambaugh Avenue Iron River, MI 49935 906-284-0558



## **NOW HIRING** ROUTE DRIVER

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with health providers to document the region's health care needs.

Starting salary is \$40,000 per year with a full benefits package.

Minimum qualifications are a bachelor's degree and one year of

administrative work experience including excellent writing and oral presentation skills.

If interested, please send a resume and cover letter to

P. O. Box 68, Presque Isle, WI 54557

and we will provide the applicant with additional information about

the position and hiring process.

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- · Proof of clean driving record • Proof of Insurance
- $\bullet$  Must be able to carry & lift up to 50 lbs.
  - Applications are available at:

THE GLOBE

Monday-Friday 9:00am-4:00pm 118 E. McLeod Avenue, Ironwood, MI or e-mail resume to:

hofstad@yourdailyglobe.com Previous applicants please reapply · No phone calls please

# Are you looking to:

Give Away

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Hire

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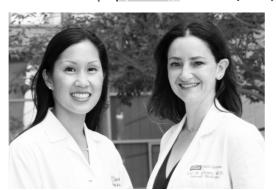
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# Ask The **Doctors**



by Elizabeth Ko, M.D. & Eve Glazier, M.D.

### **WALKING PROGRAM ALLEVIATES CHRONIC LOWER BACK PAIN**

Dear Doctors: I threw out my lower back two years ago while I was helping my cousin move. My back would feel better for a while, but then the pain would always come back. I noticed that since I started a walking program, that cycle stopped. Do you know why that would be?

Dear Reader: You have discovered one of the many -- so many! -- health benefits of walking. As primary care physicians, a large part of our jobs is helping the people we work with to achieve and maintain good health. That makes walking a topic that is near and dear to our hearts.

It is easy to consider walking primarily as a means of locomotion. But it does so much more than get us from point A to point B. The process of walking places physical demands on the body that help us not just physically, but also mentally and emotionally.

Walking is dynamic, rhythmic and can easily become aerobic. Whether a gentle stroll or a speedy workout, it engages muscle groups throughout the body. You're practicing balance when you walk and maintaining flexibility. Your lungs and heart are more active, and with every step, you are giving a boost to the movement of lymphatic fluid. Walking helps maintain a healthy weight, improves blood pressure, aids in blood sugar control and bolsters the immune system. As an added bonus, regular walking has been shown to be effective at improving sleep, memory and cognition, and also lifting mood and lowering the risk of depression.

Due in part to our upright posture, lower back pain is common. Data show that up to 85% of us will deal with some form of back pain in our lifetimes. As anyone who has experienced it knows, lower back pain can flare unexpectedly, often in response to movement. This can make people leery of doing any kind of exercise, even when recommended by their doctors. The good news is that the vast majority of lower back pain -- the estimate is 90% -- is tempo-

that having had a lower back injury, such as a sprain or strain or a slipped disc, puts you at risk of a recurrence. And that's where the walking you are doing enters the pic-

A contributing factor to low back pain is poor muscular support. This includes not just in the back, but also the muscles of the core. As you walk, you are exercising muscles that help stabilize, and thus protect, the spine. A recent study looked at 700 adults with chronic lower back pain. Half were asked to walk 30 minutes per day, five days a week. They also learned about the mechanics of back pain and strategies for recovery. At the end of three years, it turned out that the people in the walking group went twice as long without a recurrence of low back pain as those who did not walk.

We hope that, even with your back pain gone, you will continue your walking program. Your back -- and the rest of your body -- will thank you.

## EBRITY CIPHER

by Luis Campos Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"HKG ELXTHG CZT IGH ZTH ZS CZTO BGFS-AGXHGOGW ELXWBGH, CZT'OG

LXBHMXHFC SOGGW ZS CZTO ZRX

VMLX." — ETBLALMX MXHKZXC

PLGWLB

Previous Solution: "Not to sound overly cheesy but I really appreciate the freedom we have in America — especially as a female." — Katy Perry TODAY'S CLUE: X signbə d

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#### **HOW TO PLAY:**

Each row, column & set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition

PREVIOUS SOLUTION											
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Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Eve Giazier, M.D., MBA, is an internist and associate professor of medicine at OCLA Health.

Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.)

(Send your questions to askthedoctors@medinet.ucla.edu, or write: Ask the Doctors, c/o Media Relations,

UCLA Health, 924 Westwood Blvd., Suite 350, Los Angeles, CA, 90095.

Owing to the volume of mail, personal replies cannot be provided

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rary. The not-so-good news is

5 3

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