

THE GLOBE

CLASSIFIEDS

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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.

Home

Improvements

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Roof Shoveling

Need your Roof Shoveled? Decks, Porches too. Call Tyson at: (906)285-0036 Licensed & Insured Loader Services also Available.

Help Wanted

Local Ironwood business is hiring for a full time maintenance position. You can send a resume or any questions to Ironwood.mi49938@yahoo.com

Jacobs, McDonald & Silc P.C. is seeking to hire a part time receptionist/secretary. Please send letter of interest to law office, P.O. Box 725, Ironwood, MI 49938 or email to mmac1@ironwoodlaw.com

Business

Opportunities

NOTICE: 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

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Bids

Gogebic Range Bank Ironwood office is now accepting sealed bids up until 4:00 pm Friday November 22nd on a 2016 Chevrolet 1500 with 232,314 miles. replaced engine has 133,873 miles. Minimum bid \$7000. Vehicle will be sold as is. We reserve the right to accept or reject any and all bids. Please call 906-932-7646 and ask for Erica for any questions on this vehicle.

Legals

November 7, 14, 21, 27, December 5, 2024

Notice of Foreclosure by Advertisement
NOTICE is given under section 3212 of the revised judicature act of 1961, 1961 PA 236, MCL 600.3212, that the following mortgage will be foreclosed by a sale of the mortgaged premises, or some part of them, at a public auction sale to the highest bidder for cash or cashier's check at the place of holding the circuit court in Gogebic County, starting promptly at 10:00 a.m., on Friday, December 13, 2024. The sale will occur in the first-floor entrance hallway at the county courthouse in Bessemer, MI. The

Legals

amount due on the mortgage may be greater on the day of sale. Placing the highest bid at the sale does not automatically entitle the purchaser to free and clear ownership of the property. A potential purchaser is encouraged to contact the county register of deeds or a title insurance company, either of which may charge a fee for this information.

Name(s) of the mortgagor(s); MARLA A. POWERS, a single individual. Original mortgagee: FIRST NATIONAL BANK OF WAKEFIELD. Date of Mortgage: October 25, 2023. Date of Mortgage Recording: November 2, 2023. Amount claimed due on date of notice: \$53,253.01. Description of the mortgaged premises: Located in the City of Ironwood, Gogebic County, Michigan and described as: All that part of the South 1/2 of the Southeast 1/4 of Section 15, Township 47 North, Range 47 West, more particularly described as follows: Commencing at a point of the West line of Lake Street, 429 feet North of and 33 feet West of the Southeast corner of said Southeast 1/4 of the Southeast 1/4; thence West, parallel to the South line of the Southeast 1/4 of the Southeast 1/4, a distance of 130 feet; thence North, parallel to Lake Street, a distance of 57 feet; thence East, parallel to Cloverland Drive, a distance of 130 feet; thence South, parallel to Lake Street, a distance of 57 feet to the POINT OF BEGINNING, said mortgage being recorded in Liber 682, Page 106, Gogebic County Records. Common street address: 607 N. Lake Street, Ironwood, MI 49938. The redemption period shall be 6 months from the date of such

Legals

sale, unless determined abandoned in accordance with MCL 600.3241a, in which case the redemption period shall be thirty (30) days from the date of such sale. If the property is sold at foreclosure sale under Chapter 32 of the Revised Judicature Act of 1961, pursuant to MCL 600.3278 the borrower will be held responsible to the person who buys the property at the mortgage foreclosure sale or to the mortgage holder for damaging the property during the redemption period. Attention homeowner: If you are a military service member on active duty, if your period of active duty has concluded less than 90 days ago, or if you have been ordered to active duty, please contact the attorney for the party foreclosing the mortgage at the telephone number state in this notice. This is a notice from a debt collector. Dean Law Office, P.C., 204 Harrison Street, Ironwood, MI 49938 (906)932-4010.

November 14, 2024
Notice of Public Hearing for Community Development Block Grant Application for the "MI-Neighborhood Program" in the City of Ironwood Ironwood City Commission
Notice is hereby given that a Public Meeting will be held by the Ironwood City Commission on Monday, November 25, 2024, beginning at 5:25 P.M., 213 S. Marquette Street, Ironwood, Michigan 49938, in the City Commission Chambers to receive public comment on the Community Development Block Grant Application for the MI-Neighborhood Program. The grant request is \$160,000 to be used for housing rehabilitation for low to moderate income households in the R-1A and R-1B zoning districts in the City of Ironwood. The funds will be used for exterior improvements so no individuals will be displaced as part of the program. The exterior improvements will include improvements like, siding, soffit, fascia, window and door wrapping, roofing, chimney repair, foundation repair, stairs, and garage doors. The objective of the improvements is to rehabilitate the exterior to the maximum extent possible. Four (4) houses will be selected for grant funding, each house receiving up to \$40,000 for exterior housing rehabilitation. If the City receives grant funding, an application process will be opened to determine which properties will be selected.

The Community Development Block Grant application will be available for review during normal operating hours of the City in the City of Ironwood Community Development Office located at 213 S. Marquette Street, Ironwood, MI 49938. The application is proposed to be submitted on November 26, 2024. Public comment can be sent in writing via email to bergmant@ironwoodmi.gov or mailed to Ironwood Community Development Office, 213 S. Marquette Street, Ironwood, MI 49938.

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Applications are available at:



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



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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CELEBRITY 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.

" T H T U G B P U O P R C U I V C Z I B P
R C A T Z , P S T I P B C U E X I Z P B S I X F T
C S E P S T I P B C U E I V T R N I N U T , I P B C U E
T I T U S X I G . " — E C S X T Y J C U T S J P X F

Previous Solution: "When I was a kid, I went from ground zero to Pluto. The first place I played was the Houston Astrodome." — Leif Garrett

TODAY'S CLUE: *S equals Z*

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THE GLOBE 13 Weeks \$20⁰⁰ 26 Weeks \$38⁰⁰ 52 Weeks \$70⁰⁰

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DAILY GLOBE SUDOKU

DIFFICULTY RATING: ★★★★★

7		9	3					
5	9	2	8	1			3	7
	5					9		1
		7		5				
1	7					4		
3	4		5	6	2	7	8	
			7	9			1	

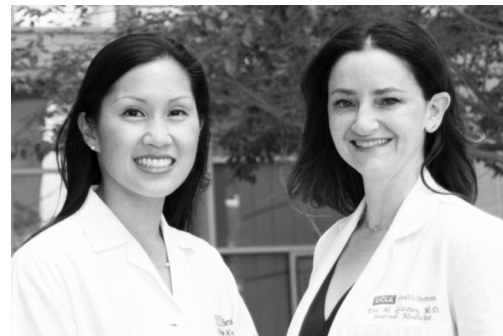
HOW TO PLAY:

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

PREVIOUS SOLUTION

2	8	7	1	6	9	5	4	3
5	1	9	4	3	8	6	2	7
6	4	3	2	7	5	9	8	1
3	2	6	9	4	7	8	1	5
8	5	1	6	2	3	4	7	9
7	9	4	8	5	1	2	3	6
9	3	8	5	1	2	7	6	4
4	7	5	3	8	6	1	9	2
1	6	2	7	9	4	3	5	8

Ask The Doctors



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

WALKING BACKWARD MAY HAVE LINK TO INCREASED COGNITION

Dear Doctors: My father is 74 years old. He wants to stay healthy, so he has started taking a fitness class at his local community center. One of the exercises they do is to walk backward. The instructor says it's good for your body, and also for cognition. Do you know if this is actually true? Dear Reader: The health benefits of walking are well-established. Make it a regular part of your life, and walking helps with strength, endurance and balance; bolsters cardiovascular health; aids in blood sugar control; helps maintain a healthy weight; contributes to improved mood and emotional health; reduces anxiety and tension; and helps you get a good night's sleep. Increasing distance, speed and frequency increases the benefits. And as your father has been told in his fitness class, so does a change of direction. Known as retro walking, the practice of walking backward engages the same groupings of muscles as does forward motion. That is, the hip flexors and adductors, gluteal muscles, quadriceps, hamstrings, calf and foot muscles. However, when walking backward,

each of the muscles involved must work in a different way and put forth different degrees of effort. The mechanics of maintaining balance are similarly challenged. Researchers who study the biomechanics of walking backward found this change in direction has multiple benefits. It can strengthen the muscles in the back; increase strength and flexibility in the hamstrings; strengthen the ankles; improve balance, posture and coordination; and even ease lower back pain. Due to a decreased range of motion in the knees and hips, retro walking can be kinder to those joints. There is also evidence that walking backward can have a beneficial effect on cognitive health. Several studies have found that when someone walks backward, activity in the pre-frontal cortex increases. That is the region of the brain associated with problem-solving, logic and making decisions. In one particularly intriguing study, participants who simply visualized the act of walking backward, but were actually sitting still, improved their scores on a memory test.

The precise connection between retro walking and improved cognition is not yet clear. However, researchers suspect that the increased complexity of the physical aspects of the process somehow support the data processing centers of the brain. When it comes to adding retro walking to your regular fitness regimen, the data shows that as little as 10 to 15 minutes per day can be beneficial. Safety is obviously an important consideration. When moving backward, it can be difficult to anticipate and compensate for obstacles. Glancing backward to assess the terrain can throw off balance, which can add an extra element of risk. Walking backward on a treadmill gives you a stable base, allows you to set a steady and controlled speed and lets you track your distance and progress. Another option is working with a partner, each taking turns going forward and backward. If working alone, a hallway that is clear of rugs or obstacles can be an option. To maximize benefits and avoid injury, it is important to plan ahead and ease into the process.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. (Send your questions to askthedoctors@mednet.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. COPYRIGHT 2023 UCLA HEALTH. DISTRIBUTED BY ANDREWS MCMEEL SYNDICATION 1130 Walnut, Kansas City, MO 64106 816-581-75008