

# THE GLOBE

## CLASSIFIEDS

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

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118 E. McLeod Avenue  
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Ironwood, MI 49938  
classifieds@yourdailyglobe.com  
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(906)932-5358 Fax

### Lost & Found

Eyeglasses, solar shield flips, and appointment calendar. Reward! patriciaheupher@gmail.com (906)364-7212

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

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

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-855-773-8191 today to schedule a free quote. It's not just a generator. It's a power move. (CNA-MI)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation 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)

### Roof Shoveling

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

### 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

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

### Appliances

## Mattson's TV & Appliance



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906-932-0510

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### 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  
www.borsethproperties.com

### Autos/SUVs

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 1-888-425-2108 today! (CNA-WI)

### Legals

November 28, 2024  
STATE OF MICHIGAN  
PROBATE COURT  
GOGEBIC COUNTY  
PUBLICATION OF  
NOTICE OF HEARING  
FILE NO. 2022-84-DA

In the matter of Joel Wesley Graser TO ALL INTERESTED PERSONS including Valerie Graser, Adrienne Palm, Adam Graser, Scott Graser and Joel Wesley Graser II whose address(es) is/are unknown and whose interest in the matter may be barred or affected by the following:

TAKE NOTICE: A hearing will be held on December 10, 2024 at 2:30 p.m. at 200 N. Moore St., Bessemer, MI 49911 before Judge Anna R. Talaska P88662 for the following purpose:

Petition for Authority to Distribute Settlement Proceeds Pursuant to Wrongful Death Act PUSANTO MCL 700.3924 TO RECOVER DAMAGES, A PERSON WHO MAY BE ENTITLED TO DAMAGES MUST PRESENT A CLAIM FOR DAMAGES TO THE PERSONAL REPRESENTATIVE OF THE ESTATE OF JOEL GRASER, DECEASED, ON OR BEFORE THE DATE SET FOR HEARING ON THE PETITION FOR AUTHORITY TO DISTRIBUTE SETTLEMENT PROCEEDS. FAILURE TO PRESENT A CLAIM FOR DAMAGES WITHIN THE TIME PROVIDED BARS THE PERSON FROM MAKING A CLAIM TO ANY OF THE PROCEEDS.

11-19-2024  
Thav. Ryke & Associates  
Jennifer Fracassi P45651  
24725 W. 12 Mile Rd., Ste. 110  
Southfield, MI 48034  
(248) 945-1111  
Adam Graser  
N. 10466 Lake Rd.  
Ironwood, MI 49938  
(906) 285-1848

November 27, 2024  
December 5, 12, 2024

INVITATION TO BID  
"Little Girl's Point County Park Changing Room Removal"  
Sealed Bids will be received by the Gogebic County Forestry and Parks Commission, until 9 A.M. Central Standard Time, Tuesday, December 17th 2025 for the removal and disposal of the two changing room buildings located north and south of the restrooms at the Little Girl's Point County Park, 1930 Lake Road, Ironwood, Michigan. Work to be completed by June 6th, 2025. Contractors may visit the site to view detailed scope of work necessary. Please submit a current certificate of liability along with your sealed bid.

Any other information concerning this bid may be obtained from the Gogebic County Forestry and Parks office, 500 N. Moore St., Bessemer, Michigan 906-663-4687.  
Greg Ryskey  
Director

THE CLASSIFIEDS ARE AN



# NOW HIRING



N5241 US-45, Watersmeet, MI 49969

## The Lac Vieux Desert Health Center

in Watersmeet, MI is seeking to fill the key positions of  
**Family Wellness Coordinator**

The full job descriptions can be found on our website at:  
[www.lvdhc.org](http://www.lvdhc.org)

or for more information please contact our HR department at (906) 358-4588 ext. 102.

LVDHC offers competitive wages and outstanding benefits.

Please contact us to apply!

"We work as a team and love what we do."

## IRONWOOD AREA SCHOOLS

is accepting applications for the following:

One (1) Full-Time Secondary Science Teacher  
OR  
One (1) Full-Time K-12 Physical Education Teacher

Michigan Teaching Certification Required  
or Meets MDE Criteria for Out-of-State Applicants  
or be able to acquire the same

Start Date: January 6, 2025  
Position Open Until Filled

For more information visit our website:

<https://www.ironwoodschoools.org/page/employment-opportunities>

Daniel Martinson, Superintendent

Ironwood Area Schools of Gogebic County

650 East Ayer Street, Ironwood, MI 49938

Email: [dan.martinson@ironwoodschoools.org](mailto:dan.martinson@ironwoodschoools.org)

(906)932-0200

EQUAL OPPORTUNITY EMPLOYER



## IRONWOOD AREA SCHOOLS

Inspire and Equip ALL Students for Life!

### Legals

November 27, 2024  
NOTICE:  
TO ALL OWNERS OF REAL ESTATE AND PERSONAL PROPERTY IN THE CHARTER TOWNSHIP OF IRONWOOD, GOGEBIC COUNTY, MICHIGAN. A special Board of Review meeting will be held Tuesday, December 10, 2024 at 4:00 pm in the Township Board Room at N10892 Lake Road, Ironwood, MI 49938. The purpose of this meeting is for errors and omissions.

Charter Township of Ironwood  
Sherry King, Clerk

November 27, 2024

### Notice of Public Hearing Ironwood City Commission

NOTICE IS HEREBY GIVEN that a Public Hearing will be held by the Ironwood City Commission on Monday, December 9, 2024, beginning at 5:25 P.M. (local time) in the Commission Chambers of the Memorial Building, 213 S. Marquette Street, Ironwood, Michigan. The purpose of the hearing is to receive public comment on the condemnation of a Described Structure Constituting a Public Nuisance at 615 E. Tamarack Street. Written comments can be submitted to the Ironwood City Commission, Memorial Building, 213 S. Marquette Street, Ironwood, MI 49938, prior to the scheduled Public Hearing.

City of Ironwood  
Jennifer L. Jacobson, City Clerk

### HURLEY

- Brite Spot 2
- Cary Mine
- Corkscrew
- Krist
- Midland
- Pat's Foods
- Sharon's
- Town & Country
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- Lotter's BP
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# Classifieds

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LVDHC

Lac Vieux Desert Health Center

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](http://www.lvdhc.org)

"We work as a team and love what we do."

## Bessemer Plywood Corporation

Bessemer Plywood Corporation is accepting applications for a full-time **receptionist/administrative assistant** position. Candidates should be energetic and a team player who is familiar with general office skills. Experience in an office setting, bookkeeping, business works, excel, word, and Microsoft access is a plus but not necessary as we will train the right candidate. Bessemer Plywood Corporation offers competitive wages and benefits such as, health, dental, vision and life insurance as well as paid time off, paid holidays and 401k.

Please mail resumes to or apply in person at:

**Bessemer Plywood Corporation**

1000 Yale Ave • Bessemer, MI 49911

Office Hours M-F 8am-5pm

Or email resumes to:

[pam@bessemerplywood.com](mailto:pam@bessemerplywood.com)

BPC is an equal opportunity employer

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ARE YOU UP EARLY?

We have the perfect job for you . . .

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• 3 am start time

• Use our vehicle

This position is responsible for delivering The Globe to local post offices, vending boxes and outlet stores using a company vehicle.

### Requirements

- Valid Driver's License
- Proof of clean driving record
- Proof of Insurance
- Must be able to carry & lift up to 50 lbs.

Applications are available at:



Monday-Friday 9:00am-4:00pm

118 E. McLeod Avenue, Ironwood, MI

or e-mail resume to:

[hofstad@yourdailyglobe.com](mailto:hofstad@yourdailyglobe.com)

Previous applicants please reapply • No phone calls please

### SPONSOR A PET!

For just \$20 a month, help get the face of an up-for-adoption pet from the H.O.P.E. Animal Shelter in our monthly Adoptive Pets page. Call Megan at (906)932-2211 or e-mail [classifieds@yourdailyglobe.com](mailto:classifieds@yourdailyglobe.com)



### Early Head Start Teacher

wanted with  
Lac Vieux Desert Child Development Center  
Watersmeet, MI

Job can be viewed at [www.itcml.org](http://www.itcml.org)  
CDA preferred; preference given to qualified Native Americans (send copy of Tribal card with resume) and current/previous Head Start parents.

Send resume to:

Wendy Belleau

2956 Ashmun Street  
Sault Ste. Marie, MI 49783

906-632-6896 x 109

fax 906-253-1893

[wendybp@itcml.org](mailto:wendybp@itcml.org)

### Airport Seasonal Employee

The Gogebic-Iron County Airport is accepting applications for a snow removal position. Knowledge of heavy equipment operation is required along with a valid driver's license. Must pass background check and drug screen. Schedule varies depending on snow.

Applications may be picked up and returned to the Manager's office or downloaded from our website at [www.flyfromironwood.com](http://www.flyfromironwood.com). Applications will be reviewed until the position is filled.

### Gogebic-Iron County Airport

FBO/Manager's Office

E5560 Airport Rd., Ironwood, MI 49938

Email: [iwdairport@gogebic.gov](mailto:iwdairport@gogebic.gov)

The Gogebic-Iron County Airport is an equal opportunity employer.



LVDHC  
Lac Vieux Desert Health Center

N5241 US-45, Watersmeet, MI 49969

## The Lac Vieux Desert Health Center

in Watersmeet, MI is seeking to fill the key positions of

• Facilities Maintenance Worker

• Certified Pharmacy Tech

Benefits:

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• Competitive Pay

• Dental/Vision/Health insurance benefits available immediately

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• And so much more!

Please visit our website for full job description:

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• Under 65 Health Insurance (Obama Care)  
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**Tom Mott**  
(906)285-2549



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(906)364-0463

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\* 12 Months or Less

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## THE GLOBE

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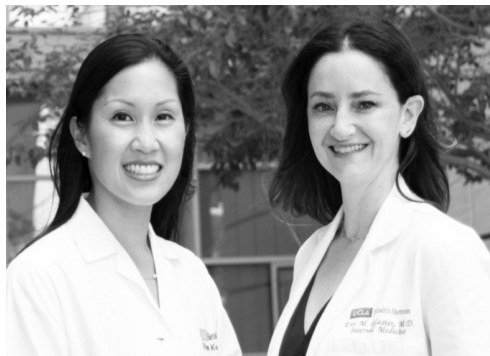
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# Ask The Doctors



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

## COOLDOWN PERIOD IMPORTANT AFTER EXERCISING

Dear Doctors: I meet up with friends a few days a week to go running. One of them always skips the cooldown and hops right into his car to drive to work. A trainer once told me that's a recipe for sudden cardiac death. Do you know if that's a myth, or is there something to it?

Dear Reader: The term "sudden cardiac death" is used to describe a medical emergency that, because it compromises the cardiovascular system, results in the person's death within an hour of the onset of symptoms. Most often the problems directly involve the heart. These include various types of heart arrhythmias, cardiac arrest, heart attack, cardiomyopathy or stroke. Although not as common, sudden cardiac death can occur due to a drug overdose, trauma or poisoning. Sometimes a cause for the sudden cardiac death cannot be determined. The death occurs because something has caused the heart to stop altogether, or to function so poorly that it was unable to deliver enough blood

throughout the body to sustain life. The most common factor in sudden cardiac death is the presence of coronary artery disease, or CAD. This is a condition in which the interior walls of the arteries that deliver blood to the heart grow narrow, or become completely blocked, due to a buildup of plaque. In younger adults, a heart arrhythmia, such as ventricular or atrial fibrillation, or ventricular tachycardia, is often the cause. These are conditions in which the electrical signals that coordinate the heartbeat go awry, which swiftly disrupts the flow of blood throughout the body. The good news is that sudden cardiac death during or after exercise is rare. However, the trainer you spoke with is on the right track in discussing the importance of a cooling down period after exercise. When you exert yourself in any way, your heart begins to beat faster and more forcefully in order to deliver the additional oxygen and nutrients needed by the muscles. This, in turn, leads to an

increase in systolic blood pressure, which is the force of the blood on the walls of the vessels during a heartbeat. Both the added demands on the heart and the increase in systolic blood pressure will persist for as long as you maintain the pace and intensity of the exercise you are doing. A cooldown period immediately following prolonged vigorous exercise is beneficial to the heart. It lets you slowly reduce the demands you have been making on your muscles, and thus on your heart. As the muscles work less, their need for oxygen decreases. This allows a return to a slower and less vigorous heartbeat, which in turn begins to ease systolic blood pressure. A cooldown doesn't have to be elaborate or prolonged. Simply taking the time to slow the pace of your run, to jog for a bit as you regain your breath and then wind down to a few minutes of brisk walking should be enough for both the heart and your blood pressure to have a safe and gradual recovery.

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.)

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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.

" R X M L M G U K V V U X I R V W V F M V R Z  
V F W P K V K I W R X U K S O B F U L W T E  
X U I O L T U I W B M I W P K S S E , G K V R ' T  
L K I W R X U Z ' V . " — O U Z B F W M O S W

Previous Solution: "I vividly remember Charles Bronson's face in 'Chino.' The Western genre is screaming for a face like that." — Mads Mikkelsen

TODAY'S CLUE: F equals F

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## DAILY GLOBE SUDOKU

DIFFICULTY RATING: ★★★★★

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

### HOW TO PLAY:

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

### PREVIOUS SOLUTION

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