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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

Home

after the first run

Improvements

Eliminate gutter cleaning forever!
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(CNA-MI) (CNA-MI)

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

Business

Opportunities

Looking for estimates to replace barroom floor at Wakefield American Legion Post 11, 605 River Street, Wakefield, MI, 49968. Contact Claire Jewess, (906)364-2531 or gerouxpost11@gmail.com

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.

Pets

Pure bred Siberian Husky puppies (no papers). Born 10-19-2024. Ready to go December 21st (Just in time for Christmas). Males are black & white with blue eyes. Females are red & white with blue eyes. 1st shots and de-worming. Asking \$800.00 for males, \$1,000.00 for females. Call (715)862-0890 for adoption or

questions

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THE GLOBE

118 E. McLeod Avenue • Ironwood, MI 49938 Available Monday - Friday 9am-4pm



The Lac Vieux Desert Health Center in Watersmeet, MI is seeking to fill the key positions of

- Facilities Maintenance Worker
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- Competitive Pay
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Please visit our website for full job description: www.lvdhc.org

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City of Ironwood IRONWOOD Accepting Applications

Entry Level Clerical Office Assistant

The City of Ironwood is accepting applications for the position of Entry Level Clerical Office Assistant. This is a temporary position with a January 2025 start date and an end date no later than June 30, 2025. Applications will be reviewed on a rolling basis until the position is filled.

The employee working in this position will be expected to scan large documents into a digital format and save the files to our computer system. **Qualifications:** Must be a self-starter, work with minimal supervision, and be able to operate necessary computer programs and scanning equipment.

> Applications can be obtained from the City Clerk's Office or from the City's website at https://ironwoodmi.gov/government/departments/

Completed applications should be submitted to:

City Clerk's Office 213 S. Marquette Street

Ironwood, MI 49938 or via email to: clerk@ironwoodmi.gov

Application Deadline: Open until filled.

We encourage applicants to apply as soon as possible. The City of Ironwood is an Equal Opportunity Employer.

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

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122 E. Aurora St. Ironwood, MI 906-932-0510

Apartments & Duplexes

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3 bedroom house – 806 Manganese St. Hurley 3 bedroom house – 314 Kennedy St. Ironwood Contact Wayne at

(715)561-5153 ext 100

Wildwood Apartments - Ironwood, Michigan

You may be eligible for a federally subsidized rental unit in Ironwood, Michigan. One Bedroom Apartments are available to very low, low and moderate income households 62 years of age or older, or disabled households of any age Rent is based on income. This is a Smoke-Free Facility. Pets are welcome.



For Applications call: Site Manager (906) 932-6355 TDD#7-1-1 www.upcap.org

This institution is an equal opportunity provider and employer

Houses for Rent

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

Real Estate

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crafts, Motor

8 foot boat lift for sale. Good for fishing boat, but too narrow for pontoon. You disassemble and take it. Asking \$500.00.

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Legals

December 19, 2024 STATE OF MICHIGAN 32ND JUDICIAL CIRCUIT FAMILY DIVISION FAMILY DIVISION
GOGEBIC COUNTY
PUBLICATION OF
NOTICE OF HEARING
REGARDING PETITION FOR
NAME CHANGE
CASE NO. 24-258-NC
HON. ANNA R. TALASKA

In the matter of Henry Atlas Gardner TO ALL PERSONS including:

whose address is unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: Henry Atlas Gardner has filed a petition for name change.

A name change hearing will be held on Tuesday, January 21, 2025 at 11:00 AM.

At Gogebic County Courthouse, 200 N. Moore St, Bessemer, MI 49911 before Judge Anna R. Talaska to change the name of Henry Atlas Gardner to Hank Atlas Gardner.

Legals

December 19, 2024 STATE OF MICHIGAN 32ND JUDICIAL CIRCUIT FAMILY DIVISION FAMILY DIVISION
GOGEBIC COUNTY
PUBLICATION OF
NOTICE OF HEARING
REGARDING PETITION FOR
NAME CHANGE
CASE NO. 2024-231-NC
HON. ANNA R. TALASKA

In the matter of Vance Michael Robbins TO ALL PERSONS including whose address is unknown and whose interest in the matter may be barred or affected by the following: TAKE NOTICE: Vance Michael Robbins has filed a petition for name change.

A name change hearing will be held on Tuesday, January 7, 2025 at 11:00 AM.

11:00 AM. at Gogebic County Courthouse, 200 N. Moore St, Bessemer, MI 49911 before Judge Anna R. Talaska to change the name of Vance Michael Robbins to Mipha Autumn Robbins.



Publishes Every Thursday! Tell Us Your Good News... Birthdays, Anniversarys, **Graduations...**

Deadline: 11a.m. the Tuesday before Publication **Stop Into Our Office or Email Megan:** classifieds@yourdailyglobe.com

Northwood's Estates - Ironwood, Michigan You may be eligible for a federally subsidized rental unit in

Ironwood, Michigan. One and Two Bedroom Apartments are available to very low, low and moderate income households. Rent is based on Income. Complex includes laundry facilities and playground. MSHDA Vouchers are welcome. For Applications call:







UPCAP Services, Inc. at: (906) 217-3036 or call the Site Manager at: (906) 285-0235 TDD#7-1-1 www.upcap.org

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RESUME

EMPLOYMENT



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)

N5241 US-45, Watersmeet, MI 49969

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

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· Proof of clean driving record

• Proof of Insurance · 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: hof stad@your daily globe.comPrevious applicants please reapply · No phone calls please

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 BPC is an equal opportunity employer

Hurley Chamber of Commerce **Chamber Director**



We are now hiring the right person to be the Director of the Hurley Chamber of Commerce! The Chamber Director oversees all functions of the Hurley Chamber. You should be comfortable representing the chamber in all meetings and events. The ability to multi-task is a must. You will also be responsible for planning and executing all Chamber-sponsored events. The ideal candidate will possess skills in Microsoft Office, QuickBooks, Canva, and be familiar with social media platforms. Experience in a leadership role is a plus. If you are a self-starter and have an outgoing, positive demeanor, this may be the position for you! We would love to chat!

> Contact us at 715-561-4334 or send in your resume via email at hurley@hurleywi.com



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DAILY GLOBE SUDOKU

DIFFICULTY RATING:食食食食												
		4		6		8		3				
3		8		7			2					
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	5			2		7		6				
6		2		5		4						

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

F	PREVIOUS SOLUTION											
8	3	1	5	6	2	7	4	9				
6	7	5	9	1	4	8	2	3				
2	4	9	8	3	7	6	5	1				
4	8	7	6	5	3	1	9	2				
1	9	6	2	4	8	5	3	7				
3	5	2	7	9	1	4	8	6				
7	1	8	4	2	9	3	6	5				
9	6	4	3	7	5	2	1	8				
5	2	3	1	8	6	9	7	4				

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.

MYPH VR JR TRUHVBYAZ ZRRJ

HFHGO JWO RK UO MYKH, WAJ Y

LWAAW MHWFH VBH HWGVB XHVVHG

VBWA Y KRNAJ YV." — IBY IBY

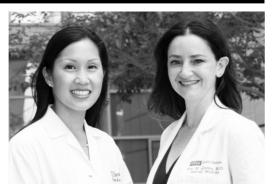
GRJGYZNHC

Previous Solution: "I would sooner play in a good British picture than in the majority of American pictures I have seen." — Glynis Johns

TODAY'S CLUE: A spenbe 1

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Ask The **Doctors**



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

LIFESTYLE CHANGES CAN HELP **LOWER CHOLESTEROL NUMBERS**

Dear Doctors: I had my physical last fall, and it included some blood tests. One of them showed that my cholesterol levels rose a bit since last year. My doctor says that if they keep going up, I should consider using meds to control them. What is cholesterol?

Can you lower it naturally? Dear Reader: Cholesterol is a fatty, waxy substance that is carried by the blood and used by tissues throughout the body. Although most often discussed as a risk factor in car-

diovascular disease. cholesterol actually plays many essential roles in health and well-being. Your body needs cholesterol to produce hormones, build and maintain cell walls and membranes. manufacture vitamin D and aid in digestion. The highest concentration of cholesterol in the body is in the brain, where it is essential to the creation and maintenance of neurons and other tissues.

When assessing cholesterol levels, your doctor checks two specific factors. Each is calculated in milligrams of cholesterol per deciliter of blood, or mg/dL. One is a measure known as total cholesterol,

which is just as it sounds. The other looks at the proportions of two subsets of cholesterol. These are low-density cholesterol, or LDL, and high-density cholesterol, or HDL.

HDL, aka the good cholesterol, helps usher cholesterol out of the blood. LDL molecules, the so-called bad cholesterol, are larger and stickier than HDL. They can build up within the arteries, form plaques and lead to cardiovascular disease and stroke.

About 80% of the cholesterol in your body is produced by the liver. The rest comes from diet -- and that's one area where changes can have a positive effect.

Numerous studies have found a high-fiber and plant-forward diet can measurably improve blood cholesterol numbers, particularly LDL. This means switching from animal proteins to foods like beans, legumes, seeds, nuts, soy products and chickpeas. Also important are plenty of fresh, leafy greens, berries, fruit and healthful oils. Although diet is often seen as the main culprit in poor cholesterol numbers, not getting enough exercise plays a role as well. The current recommendation is 150 minutes of moderate exercise per week, or 75 minutes of high-intensity activity. It turns out that when you get your heart pumping, the body responds by releasing HDL into the blood -lipoproteins that collect cholesterol and carry it to the liver for disposal. Sedentary people get an extra bonus: Data show that those who have not previously exercised often see the most noticeable improvement. Lowering stress and getting enough high-quality sleep are also important. Too much of the first and not enough of the latter can lead to increased levels of cortisol and adrenaline. Each of those can not only cause a spike in cholesterol production, but can also increase inflammation and have an adverse effect on blood sugar control. Also im-

portant: quitting smoking. For people whose cholesterol numbers are merely a bit elevated, lifestyle changes can be safe and effective. It's wise to check in with your doctor to share your game plan and let them become a partner in your



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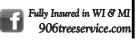
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