



State of Michigan,) ss  
County of Genesee)

Nancy Block being duly sworn, deposes that he/she is principal clerk of MLive Media Group; that Flint Journal is a public newspaper published in the city of Flint, with general circulation in Genesee county, and this notice is an accurate and true copy of this notice as printed in said newspaper, was printed and published in the regular edition and issue of said newspaper on the following date(s):  
**Flint Journal 04/30/2024**

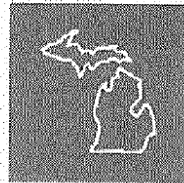
*Nancy Block*

Principal Clerk of the Publisher

Sworn to and subscribed before me this 8th day of May 2024

*Teasha R Payne*  
Notary Public

TEASHA R. PAYNE  
NOTARY PUBLIC, STATE OF MI  
COUNTY OF MECOSTA  
COMMISSION EXP FEB 24 2026  
ACTING IN COUNTY OF Genesee



**Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
NOTICE OF PUBLIC HEARING  
June 4, 2024  
9:00 a.m.  
Location: 611 W. Ottawa Street, UL-5  
Lansing, Michigan**

The hearing is held to receive public comments on the following administrative rules:

**Real Estate Appraisers  
(MOAHR #2023-32 LR)**

**Authority:** MCL 339.308, 339.202, 339.205, 339.210, 339.2601, 339.2605, and 339.2617, and Executive Reorganization Order Nos. 1991-9, 1996-2, 2003-1, 2008-4, and 2011-4, MCL 338.3501, 445.2001, 445.2011, 445.2025, and 445.2030.

**Overview:** The proposed rules include the following modifications: clarify and update language; disallow market analysis as performed by a real estate licensee to count toward the education requirements for licensure; separate the requirements for precensure education, precensure course approval, and continuing education into separate sections; ensure precensure distance education programs are compliant with AQB criteria; clarify the circumstances under which approval for a precensure course shall be rescinded; update the AQB criteria for continuing education courses and clarify the number of hours and topics required; and update the transaction limits for a state licensed real estate appraiser to align with federal standards.

The rules will take effect immediately upon filing with the Secretary of State, unless specified otherwise in the rules. Comments on the proposed rules may be presented in person at the public hearing. Written comments will also be accepted from date of publication until **5:00 p.m. on June 4, 2024**, at the following address or e-mail address:

Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing—Boards and Committees Section  
P.O. Box 30670  
Lansing, MI 48909-8170  
Attention: Departmental Specialist Email: BPL-BoardSupport@michigan.gov

A copy of the proposed rules may be obtained by contacting Board Support at (517) 241-7500 or the email address noted above. Electronic copies also may be obtained at the following link:

**Real Estate Appraisers**

<https://ars.apps.lara.state.mi.us/Transaction/RFRTtransaction?TransactionID=1459>

To allow for broad public attendance and participation, including for persons with disabilities, members of the public may access this meeting by both web and phone and provide either oral or written comments. Closed captioning will be provided, when available. Members of the public who are speech or hearing impaired may also attend and participate in this meeting by dialing 7-1-1 and using the Michigan Relay service. More information about this service may be found at [https://www.michigan.gov/mpsc/0,9535,7-395-93308\\_93325\\_93425\\_94040\\_94041--,00.html](https://www.michigan.gov/mpsc/0,9535,7-395-93308_93325_93425_94040_94041--,00.html).

People with disabilities requiring additional accommodations (such as materials in alternative format) to participate in the meeting, or those that have questions should contact the department at [BPL-BoardSupport@michigan.gov](mailto:BPL-BoardSupport@michigan.gov).

**Please call (517) 241-7500 or email [BPL-BoardSupport@michigan.gov](mailto:BPL-BoardSupport@michigan.gov) with any questions related to the hearing.**



State of Michigan,) ss

County of Kent and County of Ottawa)

Nancy Block being duly sworn, deposes that he/she is principal clerk of MLive Media Group; that Grand Rapids Press is a public newspaper published in the city of Grand Rapids, with general circulation in Kent and Ottawa county, and this notice is an accurate and true copy of this notice as printed in said newspaper, was printed and published in the regular edition and issue of said newspaper on the following date(s):

Grand Rapids Press 04/30/2024

*Nancy Block*

Principal Clerk of the Publisher

Sworn to and subscribed before me this 30th day of April 2024

*Teasha R Payne*

Notary Public

TEASHA R. PAYNE  
NOTARY PUBLIC, STATE OF MI  
COUNTY OF MECOSTA  
COMMISSION EXP FEB 24 2026  
ACTING IN COUNTY OF Kent



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Bureau of Professional Licensing  
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# The Mining Journal

Upper Michigan's Largest Daily Newspaper  
249 W. Washington St., Marquette, Michigan 49855. Phone (906)228-2500. Fax (906)228-3273.  
AFFIDAVIT OF PUBLICATION

STATE OF MICHIGAN

AFFIDAVIT OF PUBLICATION

For the County of: **MARQUETTE**

In the matter of: Notice of Public Hearing  
Department of Licensing and Regulatory Affairs  
Bureau of Professional Licensing  
Real Estate Appraisers  
June 4, 2024

Size: 3 x 12

State of **MICHIGAN**, County of Marquette ss.

**ANN TROUTMAN**

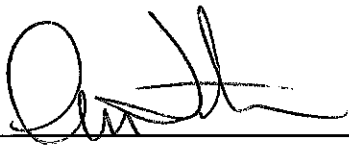
being duly sworn, says that she is

**PUBLISHER**

of **THE MINING JOURNAL**

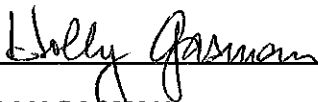
a newspaper published and circulated in said county and otherwise qualified according to Supreme Court Rule; that annexed hereto is a printed copy of a notice which was published in said newspaper on the following date, or dates, to-wit

May 1, 2024



**ANN TROUTMAN**

Subscribed and sworn to before me this 1st day of May, 2024.



**HOLLY GASMAN**  
Notary Public for **MARQUETTE** County, Michigan  
Acting in the County of Marquette  
My commission expires: May 25, 2025



# Good Advice

**Dear Annie**

## Navigating wedding etiquette

**D**ear Annie: I have a question I hear many people ask about wedding gift-giving.

The old rule of thumb was the gift should cover the plate. Others say it's a gift and you're not responsible for paying for the couple's wedding.

Recently, my husband and I attended a family member's wedding; we put \$200 in an envelope and gave them a lovely wedding frame. We couldn't afford a hotel so we drove 2.5 hours each way.

We truly couldn't afford what we gave as it was. And we never heard a word after the wedding.

It was lovely talking to friends and family, but I truly wished I hadn't attended.

Is it a gift, or must we



ANNIE LANE

pay for all expenses for each of us? When our children got married, many people were very generous, and some were not. -- Confused

Dear Confused: As far as the amount to give, it varies. Cultures have different ways of handling import-

ant events like a birth, a wedding or a funeral. You mentioned an "old rule of thumb" stating that "the gift should cover the plate." That sounds fine for some people, but perhaps not for you. It sounds like your gift was as generous as it could be. In other words, it was clearly your intention to honor the couple the best way you could. The \$200 gift you gave, along with the frame, sounds very generous in view of the circumstances you described. The fact that you had a good time at the wedding with your family and friends would seem to indicate that they had a good time with you, too. Clearly, your presence was enough. You mentioned that the couple did not acknowledge your gift. That might not be a

reflection of your gift but perhaps a reflection on the couple.

Dear Annie: I'm writing in response to "Love My Mother-in-Law," who was being rudely interrupted and chalked it up to somebody that wanted to hear themselves speak.

As a woman in my late 30s, I started to seek out mental health support because I wasn't the person I wanted to be. One of the behaviors I wanted to change was always feeling like I was interrupting others, but I truly cared about what they were saying and wanted to show them that. Listening, for me, was waiting my turn to speak, not hearing what was being said. I thought it was a flaw in my personality.

After much digging and many other behaviors that seemed related, my therapist recommended I be evaluated for ADD. I come from a generation where ADD/ADHD seemed to be a buzzword and a condition that was over-diagnosed to explain troubled behaviors in kids, so I wasn't necessarily on board.

Fast forward through research and an evaluation, and I have been diagnosed with ADD. It is such a relief to know I am not a bad person, but I have an imbalance of neurotransmitters that creates many of these behaviors I am trying to change, including interrupting. There are so many thoughts in my head that I feel, in order

to contribute to the conversation, I have to get them out or I will forget due to the incessant raving thoughts I have.

So while she may love her MIL, she should also know that there are many reasons for people that interrupt and some are not within their realm of control. -- ADD Adult

Dear ADD Adult: Thank you for giving another possible explanation for interrupting. When we know better, we do better.

**EDITOR'S NOTE:** "Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

### To Your Good Health

## Amid meds and a new diet, SIBO symptoms fail to improve

**D**EAR DR. ROACH: I was diagnosed with small intestinal bacterial overgrowth (SIBO) by my gastroenterologist over three years ago. I was tested using the tube method. (I followed a diet the day before, then blew into tubes the day of.) I am so bloated that I cannot wear any of my clothes because I look as though I'm ready to deliver a baby any minute.

I was put on several antibiotics, including rifaximin, none of which helped. I also followed the low-FODMAP diet. I was only supposed to follow it for six weeks, then wean myself off. However, I'm still following the diet. I am glucose- and lactose-free, and I still have absolutely no relief. I am taking pantoprazole.

I have been tested for celiac disease, but I'm OK there. I'm at my wits' end and was wondering if there was anything you could recommend. -- Anon.

ANSWER: SIBO is when large amounts of bacteria from the mouth and colon are present in the small intestine. This can cause the primary symptom of bloating, but can also cause excess gas, diarrhea and abdominal discomfort in some people. In severe cases, it can stop the person from being able to absorb nutrients, leading to weight loss and nutritional deficiencies. The diagnosis is most commonly made by a breath test (the "tube method" you mentioned), which looks for hydrogen and methane.

Antibiotics will usually



DR. KEITH ROACH, MD

improve symptoms. Since it didn't in your case, reconsideration of the diagnosis is appropriate, and either a repeat breath test or a different diagnostic test (such as a duodenal aspirate to look at bacteria counts) should be considered.

If the diagnosis remains SIBO, but there isn't any improvement in symptoms, there are additional treat-

ments (such as an elemental diet). But most importantly, your doctor should try to understand why you have SIBO in the first place.

An abnormal intestinal anatomy, from surgery or a condition like Crohn's disease, is one big cause of SIBO. Abnormal GI motility from conditions that affect the nervous system of the intestine, like long-standing diabetes or scleroderma, is another.

The pantoprazole you are taking prevents your stomach from making acid. Without acid, mouth bacteria can go into the intestine. I would certainly ask your gastroenterologist about re-treatment and stopping the pantoprazole, if possible. Finally, medicines to enhance the movement of the intestine can be helpful for some people whose underlying cause is poor

intestinal movement.

DEAR DR. ROACH: I am an 83-year-old female. I broke my left hip 14 months ago and received a hemiarthroplasty. Right now, my legs are so weak, and my balance is so bad. I have started to do beginners yoga, and the results are terrific. I walk better and have less pain.

So, my question is: Is it safe to do yoga at an advanced age? I am especially thinking about

the inverted positions and folds. Could these give me a stroke? I do lean one leg against the sofa for balance. -- V.S.

ANSWER: Yoga is a terrific way of improving strength and flexibility. Although it is possible to injure oneself while doing yoga, having a teacher who understands your limitation (in your case, the recent hip surgery) is critical. The most common injuries are due to overstretching, but

a stroke would be incredibly rare. Men are at a higher risk than women for injuries in yoga, and participants as well as teachers need to understand the differences in male anatomy that predispose men to yoga-related injuries.

**EDITOR'S NOTE:** Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu) or request an order form of available health newsletters or mail questions to P.O. Box 536475, Orlando, FL 32853-6475.

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### NOTICE OF PROJECT PLAN PUBLIC HEARING Ely Township

Ely Township will hold a public hearing on the proposed DWSRF Greenwood Water System Improvements Project for the purpose of receiving comments from interested persons. The hearing will be held at 6:00 p.m. on Wednesday, May 15, 2024, at the Ely Township Hall, 1555 County Road 496, Ishpeming, MI 49849. The purpose of the proposed project is to demolish the current wellhouse at the Greenwood location, build a new water treatment building, and construct a water treatment system. Included in the water treatment system is the installation of a standby generator. The negative impacts expected with the proposed project is the potential for rate increases and the possibility of increased truck traffic on County Road CZ. Positive impacts include a more efficient and reliable water supply system and backup power capability at the new water treatment building. The estimated cost to users for the proposed project will be \$2,000,000.

A copy of the plan detailing the proposed project is available for inspection at the Ely Township Hall. Written comments received before the hearing record is closed on May 15, 2024, will receive responses in the final project plan. Written comments should be sent to the Ely Township Hall, Attn: Jeremy Laakso, 1555 County Road 496, Ishpeming, MI 49849 or by email [supervisor@elytp.com](mailto:supervisor@elytp.com).

### City of Ishpeming Marquette County, Michigan Notice of Obligation to Destroy Noxious Weeds and Tall Grass

To: The residents and property owners of the City of Ishpeming, Marquette County, Michigan and any other interested persons.

**Please Take Notice** that in accordance with Michigan Public Act 359 of 1941, as amended, and City Ordinance No. 4-500, as amended, all grass and weeds in excess of 12 inches in height within platted subdivisions in which buildings have been erected on 60% of the lots, and condominium subdivisions, including vacant lots, and in un-platted lands with a dwelling thereon, and all lots along improved streets in common usage, for a depth of 165 feet or the depth of the lot, whichever is less, must be cut and must remain cut to a height not greater than four inches throughout the balance of said year by the owner, agent, or occupant in charge of the premises. In default thereof;

**Notice is hereby given** that the City of Ishpeming may enter the premises and cut the same as frequently as necessary during 2024 to comply with the foregoing regulations and may charge the cost thereof against the property owner and for collection may place the amount upon the next tax roll of the City as a tax lien against the offending premises.

**Please take further notice** that any person in default of the foregoing obligation to cut shall also be subject to a civil fine of up to \$100 for each violation. Such cutting obligation shall not apply to fields devoted to growing any small grain food crops such as wheat, corn, oats, barley, rye, and garden vegetables.

Published in accordance with Public Act 359 of 1941.

City of Ishpeming  
Cathy Smith, City Clerk  
100 E. Division Street  
Ishpeming, MI 49849  
906-485-1091



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why more  
people  
use the  
classifieds!**

Great deals for  
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THE MINING  
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