

Work Expected To Start on Hotel in Fall

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then, Mr. Green has received a building permit and began purchasing Residential Equivalent Units (REUs) for the structure, although without a building permit, he is unable to purchase any for his proposed marina.

An REU is based on the average water requirements of a family of four and is used as a measure of a municipality's water and wastewater treatment capacity required for building projects. On Mackinac Island, the relatively few remaining REUs in the city are rationed and sold by the Department of

Public Works.

Director Bruce Zimmerman told *The Town Crier* that, based on the Bayfront Hotel building permit, Mr. Green needs 12.45 REUs. One hotel room requires 0.35 REUs, he said.

A marina requires one REU plus 0.15 REU per boat slip, said Mr. Zimmerman.

Mackinac Island releases 15 REUs a year for new or expanding buildings and the city contends its wastewater treatment plant could reach full treatment capacity by 2011. Issued on a first-come basis, each REU will cost \$5,587 in 2007, up 4.3 percent from last year. They are issued

only after a building permit is granted.

In December, Mr. Green was issued 6.1 REUs, which accounted for all of the remaining REUs available for 2006. Early this month, he was issued 3.35 REUs, which came out of the 2007 calendar year allocation. He still needs three REUs to complete the hotel portion of the project.

Work is expected to start in the fall, beginning with the demolition of the present structure, which contains a house that was converted to three apartments in the rear and a convenience store that faces Main Street.

Bone Test Is Important Tool

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the occurrence of osteopenia. Again, this is not a disease but an assessment of bone density relative to age and sex and other overall physical health. Preventing fractures is an important goal during aging.

Maintaining a healthy weight is important, achieved by a balanced diet and regular daily physical exercise. Weight-bearing exercise such as walking is helpful for building muscle, stabilizing mobility and balance, maintaining bone and joint function, and overall fitness. Vitamin D is important. Exposure to sunlight, about 10 minutes a day, provides the body with the opportunity to synthesize vitamin D. Vitamin D-fortified foods are useful, as are vitamin D supplements when needed. Calcium, obtained in dairy products, leafy

green vegetables, or calcium supplements, is also important for bone health. Smoking is contraindicated because of the deleterious effects.

Medications are available to help in the management of conditions associated with higher risk for fractures. When osteopenia is present, strengthening of bone can be achieved by lifestyle modifications – diet, exercise, weight maintenance, and overall fitness are important. Treatment of osteoporosis with medications that slow bone loss and increase bone density, hormone-based therapies, and others are available. They should be used under careful monitoring by your physician because of the potential for risks and side effects.

Dr. Silva is a professor of surgery at Wayne State University and a resident of Woodbluff on Mackinac Island.

Carlton Varney Recalls Work With First Ladies

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I thought that each First Lady's background color preference was interesting. No two were alike and that is what really makes my role as a decorator different and interesting. There is no right color or wrong color when decorating, but there is a choice.

At the Grand Hotel on Mackinac Island, guests enjoying the suite will see on the wall

the letter Mrs. Ford sent (her reply) indicating her decorating and design choices. This letter from Betty Ford, expressing gratitude for the hotel's naming a suite after her is a badge of honor for the hotel. After all, how often does a hotel name its suite after a First Lady - and not the President?

Gerald Ford was in office 3-1/2 years and did so much to move the world forward. His ability to move forward majority

rule in Africa, ending Colonialism and Colonial rule, was a major, major accomplishment. To finalize the agony over Indo-China was another major contribution to the world order. His sincerity, serenity, and integrity will always be remembered by Americans, and Betty Ford's personal contribution to the advancement of mental health concerns and to the advancement of ways to treat alcohol and drug abuse have been astounding and of great help to patients all over the world.

To Betty and Gerald Ford, I am delighted that our paths in life crossed - if for only a small fraction of time. That fraction and this past New Year Day's viewing you and your family and friends participating in the celebration of a life so honorably spent, made my New Year 2007 one filled with fond memories. If I were there in Heaven with you, Gerald Ford, I would create for you an environment filled with every comfort and joy you wished. But, in my heart, I know you have that space already created - the way God is rewarding you for a life well spent.

City Discusses Lot Split Request

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to start.

The Fire Department has received 25 new fire helmets, purchased by a \$5,000 grant from the Sault Ste. Marie Tribe of Chippewa Indians. The old

helmets were purchased in 1984 and the face shields were becoming impossible to repair, said Fire Chief Dennis Bradley. The new helmets meet National Fire Protection Association safety requirements.

School Staff Receives Pay Raise

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on Thursday, February 22.

The board recognized volunteers for their help to redecorate the school library, which now includes new carpeting, a new coat of paint, interesting decorations, and comfortable amenities such as a small

couch, plush pillows, and throw rugs.

The board agreed to hire City Clerk Karen Lennard as the school's election coordinator, since municipal and school governments now share election days and city clerks are in charge of the election process.

Sites Marketed as Package Deal

The Mackinaw Area Visitors Bureau in Mackinaw City has developed package pricing to promote six area attractions, it announced February 1. The "Mackinaw Infinity Package" allows patrons to pay one price to visit six of the area's tourist sites, as many times as they would like, within a three-day period.


Sites included in the package are Thunderfalls Family Waterpark, Fort Mackinac on Mackinac Island, Historic Mill Creek, Colonial Michilimackinac, Old Mackinac Point Lighthouse, and ferry boat rides to Mackinac Island.

To get the package, patrons must reserve rooms for two nights at a participating Mackinaw City lodging facility. The Infinity Package is sold through the Visitors Bureau.

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