

Ken got best possible 'tip'

Last week my wife and I returned from the ultimate business pleasure trip — a seven-day high-fitness cruise to the western Capitan.

I accompanied a group of cardiac and pulmonary patients and was responsible for providing educational lectures, exercise classes and small group discussions.

The first night at dinner, our waiter introduced himself: Good evening. My name is Ken, and I am in charge of providing you with excellent food and service for the week. Shortly thereafter, we became friends.

Ken, a 27-year-old wife and 2-year-old daughter living in Ireland, seemed particularly interested in my work with cardiac patients. Throughout the cruise he often asked me questions about exercise, general health and heart disease.

"MY FATHER had a heart attack when he was only 48, and today he



fitness
Barry Franklin

can only walk a short distance before his legs cramp up," Ken said.

I suggested that his father probably had intermittent claudication, a peripheral vascular disease involving cholesterol blockage of the blood vessels in the legs.

On another occasion, Ken pulled me aside and naively inquired whether cigarette smoking was really detrimental to one's health. He noted that his father was a heavy cigarette smoker, and that he himself had been smoking one to two packs per day for more than a decade.

It was clear that Ken had had little education regarding the physiological effects of cigarette smoking. I proceeded to explain to him the dangers of carbon monoxide and nicotine, and the unquestionable links between cigarette smoking, heart disease and lung cancer.

He listened intently, and his concern was apparent.

AS KEN VIEWED one of the pulmonary patients in our group who was having difficulty with her breathing, he commented that he already found himself coughing each

morning. "I certainly don't want to end up on a portable oxygen tank for the rest of my life," he said.

Ken's service during the week was exceptional. As is customary, the last day of the cruise I placed a generous gratuity into an envelope along with a short "thank you" note.

As I gave Ken the envelope that evening at dinner, he pulled me aside and emphatically stated that he had decided to give up cigarette smoking — for good! "I am going to throw this pack into the ocean — I have had my last cigarette," Ken said.

I felt great that I had been able to convince him to give up this habit.

As we left the ship the final day, my wife asked me whether I had given Ken a good tip.

I said to her, grinning ear-to-ear, that I was confident that I gave him the best "tip" that he will ever get.

"I'm going to throw this pack in the ocean," said Ken, who got a good "tip" from our columnist.

Rouge zinc dump case settled

State officials last week announced that a settlement has been reached involving excessive discharges of zinc into the Rouge River from the Double Eagle Steel Coating Co. facility of Dearborn.

Double Eagle is jointly owned by Rouge Steel Co. and USX Corp. The settlement involves clean-up costs, damages and penalties, according to Attorney General Frank J. Kelley and Gordon Guyer, director of the state Department of Natural Resources (DNR).

"To their credit," Kelley said, "Rouge Steel and USX recognized the seriousness of the past violations, engaged in responsible negotiations with my office and the DNR, and moved with dispatch to bring the Double Eagle plant into compliance with its discharge permit."

THE SETTLEMENT was contained in a consent decree filed simultaneously with Kelley's complaint in the Ingham County Circuit Court.

The complaint listed excessive discharges of zinc from the Double Eagle facility from April through August 1986.

The consent decree was approved by acting Ingham Circuit Judge William E. Collette upon motion by Kelley, representing the DNR and the attorneys for Rouge Steel Co. and USX Corp.

KELLEY GAVE this outline of the settlement:

- "The companies have agreed to pay \$775,000 in penalties for past violations to the State of Michigan, in addition to \$100,000 in damages.
- "They have agreed to complete a comprehensive dredging program no later than September of 1987 to remove zinc-contaminated sediments from the lower Rouge River. This dredging program may cost an additional \$800,000.

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