

Organ donation registration

In Ohio, residents can register to become organ donors at the Bureau of Motor Vehicles when renewing a driver's license or state ID, or by going to donatelifeohio.org and either sign up online or print out a form to mail in to the Ohio Bureau of Motor Vehicles.

HEART

FROM E1

Volunteers make the wait easier

After regaining some of her strength as a former aerobics instructor, Mulkerin approached Kendall with her idea. Several months later, and after being trained as a hospital volunteer, Mulkerin started calling a handful of patients Kendall recommended.

"More and more," Kendall says, patients are waiting at home instead of at the hospital, due to advancements in medication and cardiac assist devices.

The initial feedback was so positive, says Kendall, that she sent Mulkerin 67 names. Mulkerin quickly found that the patients had so many questions, there was no way she could reach them all once a month. That's when she enlisted Bianchi's help.

Of the 80 to 100 patients Mulkerin and Bianchi have contacted so far, Kendall says only about five did not want to be called back.

Mulkerin spends 15 hours a week talking to patients over the phone. She's been calling some of them for two years, and the conversations have moved from the uncertainty and fear leading up to a transplant to the joy of watching their children grow.

"They actually call us now," says Mulkerin.

Mulkerin spends much of her time raising awareness for organ donation. She takes 43 pills a day, a variety of supplements and medications to prevent her body's rejection of her new heart.

"I know I've made a big difference in driver's ed classes because I'll ask the kids, 'How many of you are organ donors?' before I start my talk, and less than half will raise their hands," says Mulkerin. "Then I'll do my talk and ask, 'How many of you are going to sign up?' And almost all of them raise their hands."

As the sun sets over the Cleveland skyline, visible from the rooftop pavilion of the Clinic, Bianchi, joined by his wife, Pam, and son, Frank Jr., greets members of his "transplant family." A few dozen peo-

ple have come to this month's heart transplant program dinner at the hospital.

"It's an exclusive family — we only let about 55 people in it a year," jokes Don Peshek, 61, who received a heart transplant five years ago. "We're an emotional group, there's no doubt about that."

One by one, the patients stand and either share their number or say how many months they've been waiting for a new heart. The crowd, including their families, applauds as each one sits back down.

"I'm No. 1,352," announces William Dlugos, 74, a retired electrical engineer from North Royalton who served 25 years in the Air Force.

Dlugos is wearing a white polo shirt embroidered with a bright red heart logo and black lettering that reads, "I had a change of heart on May 7th 2008."

Dlugos' wife, Marilyn, keeps a plastic bag containing several dog-eared photos in her purse. The pictures are of the 17-year-old girl who died in a car crash in Kentucky and gave her husband a second chance at life.

The photos are a gift the Dlugoses received after a rare, mutually agreed-upon visit with the donor's family. William still wears the beaded bracelet the girl's grandfather gave him.

"I feel very close to her," says William. "Especially at church, a lot of times when I'm praying, I just slip my thumb down and feel the pulse."

Following the dinner, Bianchi talks to a man whose voice he recognizes immediately but is meeting face to face for the first time tonight.

Fred McConnell, 65 and a retired dairy farmer from Wellington, has been waiting for a heart for a year and a half. He is a Status 2 patient, meaning that, unless his condition worsens, he won't gain seniority on the waiting list.

McConnell apologizes to Bianchi for missing some of his calls, saying he is still able to work outside on his property for most of the day.

"Any support from anybody who's been through it lifts you up," says McConnell.

Bianchi promises to keep calling until McConnell answers.

HEALTHY

FROM E1

Snuffing smoke on school grounds

Shelly Kiser, director of advocacy for the American Lung Association in Ohio, said the issue is important because most adult smokers began lighting up as youths. Tobacco use is the No. 1 cause of preventable death in the country, she said.

Diamond sees it as part of the education process. "If students don't see others — including possible role models — smoking or using tobacco in other ways, then they're less likely to take it up."

For the past year, Diamond's group has continued its campaign to adopt the policy statewide. They also are trying to find state lawmakers to sponsor a bill that would make all public school grounds tobacco-free.

A state law would put weight behind a policy that is now sometimes difficult to enforce, Kiser said. "Districts encourage students not to smoke, but some don't have a written policy or just don't have the means to back it."

Boards can formulate punitive measures against employees and students who may violate a tobacco-free campus policy. But what about parents or visitors smoking under the stadium bleachers or in their cars? The most district employees can do is ask visitors to stop or ask them to leave the campus.

Diamond said that the policy adopted by the state board calls for 100 percent tobacco-free campuses. That means no tobacco use of any kind in vehicles owned by the schools, on school grounds, parking lots, football stadiums or other athletic fields. Individuals also would not be allowed to smoke in private vehicles parked on school property.

About 130 of Ohio's 613 school districts have adopted the state board's campuswide tobacco-free policy, according to the Ohio Department of Health. Some of the larger districts on the list include Cleveland city schools, Fairview Park, Medina, Mentor, Avon Lake, Canton and Columbus.

This cost-free policy could also help a district's bottom line, Diamond said, by reducing litter and fire hazards.

Diamond said that about 23 states have passed a law prohibiting tobacco use on K-12 public school campuses.

"We are very happy that the Ohio Board of Regents recommended that Ohio colleges and universities become tobacco-free campuses," Diamond said of the action taken this summer.

Diamond said movement on the issue likely will not occur until after the November general election, but her group will continue to spread the message.

"It's important for students and their health both now and in the future," Diamond said.

The impact of taxes on smoking

People may be trading one bad tobacco habit for another.

A report released last month by the Centers for Disease Control and Prevention shows that cigarette consumption declined by 32.8 percent between 2000 and 2011. Besides education programs, experts credit this reduction in part to the 2009 increase in the federal excise tax on cigarettes.

But the consumption of loose tobacco and cigars increased 123 percent over the same period, probably because these products are taxed at a lower rate, making them less expensive overall, according to the study.

"The data suggest that certain smokers have switched from ciga-

rettes to other combustible tobacco products," the study stated.

The CDC used excise tax data from the U.S. Department of Treasury's Alcohol and Tobacco Tax and Trade Bureau to derive estimates on consumption for cigarettes, roll-your-own tobacco, pipe tobacco and cigars.

These products are not easily compared, as loose pipe tobacco, for example, is taxed by the pound and cigarettes are taxed by the pack. To determine consumption, researchers converted the tax data from pounds of tobacco to a per-cigarette equivalent using a formula in the Master Settlement Agreement (between attorneys general and tobacco companies).

Researchers noted that the tax on loose pipe tobacco was \$22 per pound less than on loose roll-your-own cigarette tobacco (taxed at the same rate as manufactured cigarettes).

With a cheaper base material, manufacturers have been able to market products such as a tightly rolled cigar for 7 cents each — about one-fourth of the cost of one conventional cigarette.

Consumers might not always realize that taxes are figured into the total price of tobacco products. Ohio, for example, levies a 17 percent tax on the wholesale price of tobacco products such as snuff, chew and cigars. Ohio smokers pay about 41 percent in state taxes on a pack of cigarettes.

Even though cigar and pipe smoking doubled in the last decade, the rate of cigarette use remains significantly higher. According to the CDC study, cigarette smoking fell from 435 billion to 292 billion cigarette-equivalent units from 2000 to 2011. Use of noncigarette combustible products increased from 15 billion cigarette-equivalent units to 33.8 billion in the same time period.

But the CDC study noted that tax increases have been instru-

mental in reducing tobacco use overall and preventing some people from starting.

A model for abuse

New research shows that it probably does matter if children are enamored of people who glamorize smoking and drinking without regard to the dangers.

A Yale School of Medicine study released in August found that adolescents who engage in drinking alcohol, smoking cigarettes or using marijuana may be at greater risk for subsequent abuse of prescription painkillers as adults. Kids who have early exposure to these vices are two to three times more likely to abuse prescription opioids as adults, researchers stated in the study that was published online in the Journal of Adolescent Health.

The study used data from subjects ages 18 to 25 from the 2006-08 National Survey on Drug Use and Health.

It found that 12 percent of those surveyed reported current drug abuse. This is the breakdown of substances used by people in that group when they were kids: 34 percent marijuana, 56 percent cigarettes and 57 percent alcohol. Researchers said that in young men, previous abuse of all three substances was linked to a greater likelihood of drug abuse as young adults. In women, the connection to adult abuse was only with those who had used marijuana when they were young.

Alerting kids to the dangers of using these substances could decrease the number of young adults who abuse prescription painkillers, the study said.

To reach this Plain Dealer reporter: ekleiner@plained.com, 216-999-4631

STRETCH

FROM E1

100 miles doable, but it's risky

Luckily, I had good weather. Almost every day I was able to run outside and keep the scenery fresh at Edgewater Park, the Ohio & Erie Canal Towpath Trail, the Cleveland Metroparks and Shaker Lakes. Only once did heavy rain drive me indoors, forcing me to bang out 15 dull miles on a treadmill and a tenth-of-a-mile jogging track.

The first four days went smoothly enough. The weather cooperated, my recovery efforts worked, and before I knew it, I had 60 miles under my belt.

Then came a blazing-hot Friday and the first hiccup in my plan. Instead of 15 miles, I was only able to complete 12, leaving me with 28 to cover over the weekend. Faced with the additional mileage, I chose the two-day route: 10 plus eight on Saturday, followed by 10 on

Sunday.

I said I don't recommend what I did, but I don't mean that exactly. If you're a competitive runner and you're able to increase your load gradually, 100 miles a week is not only reasonable but advisable. Look no further than the pros.

I also said I wasn't sure what the benefits are, but that wasn't 100 percent true, either. Yes, the impact on my racing remains to be seen, but the side effects were both clear and positive.

The runner's high was never-ending. I slept like a rock. Cold drinks tasted heavenly. In the office, my head was clear, my mind focused. I even noticed a difference in my personal life. After each long day of working and running, I returned home to my wife and sons with pure joy.

Doubling my mileage in a single week definitely wasn't smart. Giving my all to running, just for one week? One of the best things I've ever done.

To reach this Plain Dealer reporter: zlewis@plained.com, 216-999-4632

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HEALTH EVENTS

WEDNESDAY

Joint replacements

When: 6:30 p.m.
Where: Ehrnfelt Recreation and Senior Center, 18100 Royalton Road, Strongsville.
Details: Dr. Mark Panigutti discusses new technologies and approaches for knee and hip replacements and how advances in care, materials and techniques mean shorter hospital stays and improved outcomes. To register: 440-816-8446.

SATURDAY

Sickle cell walk

When: Registration, 9 a.m.; fair begins at 10 a.m.
Where: East Technical High School, 2439 East 55th St., Cleveland
Details: The Sickle Cell Awareness Walk is designed to bring attention to the needs of adults with sickle cell anemia and

HEALTH LETTERS

Help needy first, then offer sliding scale

When money is tight, the most needy should be served first ("Helping hands for baby," Sept. 4). Why not offer the service on a sliding monetary scale for those with financial resources?

DEB
posted.on.cleveland.com

Letters regarding stories in the Health section can be sent to healthletters@plained.com or mailed to: Health Editor, The Plain Dealer, 1801 Superior Ave., Cleveland, OH 44114. Letters may be edited for length and clarity.

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THE WORDS	(PG13)	(12:00) / 2:30 / 5:05 / 7:35
LAWLESS	(R)	(1:30) / 4:25 / 7:25
THE POSSESSION	(PG13)	(12:15) / 2:40 / 5:00 / 7:40
2016:OBAMA'S AMERICA	(PG)	(12:05) / 2:25 / 4:55 / 7:20
PREMIUM RUSH	(PG13)	(12:20) / 5:15
HIT AND RUN	(R)	(2:50) / 7:50
ODD LIFE OF TIMOTHY GREEN	(PG)	(1:15) / 4:00 / 6:45
PARANORMAN	(PG)	(3D) (2:30) / 7:10
	(2D)	(12:10) / 4:50
HOPE SPRINGS	(PG13)	(12:25) / 2:55 / 5:20 / 7:45
BOURNE LEGACY	(PG13)	(12:30) / 3:45 / 6:55
EXPENDABLES 2	(R)	(12:00) / 2:35 / 5:10 / 7:45

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2016: OBAMA'S AMERICA	(PG)	12:30 / 2:50 / 5:05 / 7:20
THE BOURNE LEGACY	(PG13)	12:20 / 3:20 / 6:20
BRAVE	(PG)	(3D) 12:45 PM
	(2D)	3:25 PM
CELESTE AND JESSE FOREVER	(R)	3:10 / 8:00
THE COLD LIGHT OF DAY	(PG13)	12:20 / 2:40 / 5:20 / 7:40
THE DARK KNIGHT RISES	(PG13)	12:00 / 3:30 / 7:00
THE EXPENDABLES 2	(R)	12:55 / 3:35 / 6:30
HIT AND RUN	(R)	12:45 / 5:35
HOPE SPRINGS (2012)	(PG13)	12:40 / 3:40 / 6:50
LAWLESS	(R)	12:15 / 3:50 / 7:30
MARVEL'S THE AVENGERS	(PG13)	6:40 PM
THE ODD LIFE OF TIMOTHY GREEN	(PG)	12:25 / 3:55 / 6:55
PARANORMAN	(PG)	(3D) 12:10 / 4:50
	(2D)	2:30 / 7:10
THE POSSESSION (2012)	(PG13)	12:35 / 3:05 / 5:30 / 7:50
PREMIUM RUSH	(PG13)	12:05 / 2:25 / 5:00 / 7:45
SPARKLE	(PG13)	12:50 / 3:45 / 7:25
THE WORDS	(PG13)	12:00 / 2:35 / 5:10 / 7:35

New Fall Hours: OPEN NOON TILL 10:30 PM FRIDAY THROUGH MONDAY NOON TILL 8:30 TUESDAY THRU THURSDAY
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THE WORDS	(PG13)	(11:35) / 2:00 / 4:30 / 7:00 / 9:30
THE COLD LIGHT OF DAY	(PG13)	(12:10) / 2:45 / 5:10 / 7:40 / 10:00
POSSESSION	(PG13)	(12:40) / 3:00 / 5:20 / 7:45 / 10:10
LAWLESS	(R)	(12:30) / 4:00 / 7:20 / 10:05
THE AVENGERS	(PG13)	(3D) 9:50 PM
	(2D)	(2:55) / 6:40
2016: OBAMA'S AMERICA	(PG)	(11:50) / 2:05 / 4:20 / 6:50 / 9:15
HIT AND RUN	(R)	(12:05) / 5:05 / 9:55
PREMIUM RUSH	(PG13)	(2:40) / 7:35
THE EXPENDABLES 2	(R)	(11:55) / 2:25 / 4:55 / 7:25 / 9:55
PARANORMAN	(PG)	(3D) (11:45) / 2:15 / 7:10
	(2D)	(4:50) / 9:35
THE ODD LIFE OF TIMOTHY GREEN	(PG)	(12:00) / 2:30 / 5:00 / 7:30 / 10:05
THE BOURNE LEGACY	(PG13)	(12:45) / 3:45 / 6:45 / 9:45
THE CAMPAIGN	(R)	(12:15) / 2:50 / 5:30 / 7:55 / 10:15
HOPE SPRINGS	(PG13)	(11:40) / 2:10 / 4:40 / 7:15 / 9:40
DIARY OF A WIMPY KID: DOG DAYS	(PG)	(11:30) / 1:50
THE DARK KNIGHT RISES	(PG13)	(4:10) / 8:00
BRAVE	(PG)	(2D) (12:20)

SPECIAL EVENTS:
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2016: OBAMA'S AMERICA	(PG)	(12:20) / 2:50 / 5:15 / 7:30 / 9:50
APPARITION	(PG13)	(12:15) / 2:30 / 4:40 / 7:40 / 10:15
BOURNE LEGACY	(PG13)	(12:30) / 3:40 / 6:55 / 9:55
BRAUNED	(R)	(Cine-Arms) (12:55) / 4:00 / 6:50 / 9:25
BRAVE	(PG)	(3D) (3:30)
	(2D)	(1:00)
CAMPAIGN	(R)	(12:00) / 2:15 / 4:35 / 7:00 / 9:40
CELESTE & JESSE FOREVER	(R)	(Cine-Arms) (12:10) / 2:30 / 4:50 / 7:10 / 9:30
COLD LIGHT OF DAY	(PG13)	(12:00) / 2:20 / 4:40 / 7:05 / 9:30
DARK KNIGHT RISES	(PG13)	(12:45) / 4:25 / 8:05
DIARY OF A WIMPY KID: DOG DAYS	(PG)	(12:15) / 2:45 / 5:10
EXPENDABLES 2	(R)	(2:10) / 4:55 / 7:35 / 10:05
HIT AND RUN	(R)	(12:05) / 2:35 / 5:05 / 8:00 / 10:35
HOPE SPRINGS	(PG13)	(12:40) / 3:35 / 6:45 / 9:15
LAWLESS	(R)	(1:05) / 2:20 / 3:45 / 5:00 / 6:25 / 7:45
	(2D)	9:05 / 10:30
MARVEL'S THE AVENGERS	(PG13)	(3D) 6:05 / 9:20
	(2D)	(1:10) / 4:20 / 7:40
ODD LIFE OF TIMOTHY GREEN	(PG)	(12:50) / 3:55 / 6:35 / 9:10
PARANORMAN	(PG)	(3D) (12:35) / 10:15
	(2D)	(2:55) / 5:20 / 7:55
THE POSSESSION	(PG13)	(11:15) / 3:30 / 6:10 / 8:40
PREMIUM RUSH	(PG13)	(12:25) / 3:00 / 5:30 / 7:50 / 10:25
SPARKLE	(PG13)	(1:20) / 4:05 / 7:25 / 10:10
TED	(R)	7:30 / 10:20
TOTAL RECALL	(PG13)	(1:25) / 4:15 / 7:00 / 10:00
THE WORDS	(PG13)	(11:55) / 2:25 / 4:50 / 7:15 / 9:45

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