

My story

Please give blood.



**American
Red Cross**

The need is constant.
The gratification is instant.
Give blood.™



Kris

Kris believes in answering the call.

He served in the **U.S. Army**. He moved across the country to be closer to family. And he made a commitment to keep donating blood and platelets as long as he's healthy.

Kris first gave in the early '70s as an enlisted man. Eventually, he got to know people at the **American Red Cross**, and made it a personal goal to reach 30 gallons--a goal he's not far from attaining. Recently, **he gave for the 200th time** at a blood drive at his daughter's elementary school.

Kris believes if you can donate, you should, and then to give as often as you can. No one, he says, should ever have to worry about what they would do if they needed blood and it wasn't there. That's why he has convinced **two of his three sons to become blood donors**, and why he continues to visit his favorite blood drives again and again.

Blood donors must be at least 17 years old, weigh a minimum of 110 pounds, be in general good health, and present a donor card or positive ID upon donation. ©2009 The American National Red Cross 06/09AP638

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