

## DONATION – NEWS CLIPS, October 3, 2007

### Blood-giving boosts health, experts say, Visalia (CA) Times, September 22, 2007

By Gerald Carroll

Jim Short of Visalia has a unique slant on donating blood.

"It's like an oil change," said the 53-year-old Short, a longtime blood donor who couldn't resist the recent Raider Nation blood drive Sept. 8 at the Visalia Convention Center.

"I feel better each time I do it," Short said.

A state Department of Corrections and Rehabilitation employee, he started giving blood in his college days and he hasn't stopped.

"I started when I was 23," Short said. "I figure I've given about 2 gallons overall."

That's quite a lot because donors give about a pint of blood at each session, and blood-donor groups require that donors wait eight weeks between donations.

Studies seem to back the assertion that there are health benefits for longtime blood donors who give regularly.

"The National Institute of Health has said that men who give blood regularly have an 80 percent less chance of heart disease," said Dean Eller, president and CEO of the Central California Blood Center, which oversees blood supplies in the South Valley.

That's good news for many Tulareans. On Sept. 11 almost 400 donors took part in a Tulare blood drive paying tribute to the 9/11 terrorists attacks on America. The goal was to collect at least 343 pints — which matches the number of lives of firefighters lost in the tragedy.

The Tulare blood drive passed with flying colors, thanks in part to long-time regular donors that include Ken Dodson, a Tulare City Fire Department battalion chief.

He's given blood for the last two decades, usually every eight weeks. And he's sure he's saved more lives doing that than with his firefighting skills.

"If you want to do something to help save someone's life, there's nothing simpler than to give blood," he said.

Alice Lopez of Farmersville, who works for Tulare County Superior Court, has given blood for 15 years and talked her husband, Carlos, into donating for the first time at the Raider Nation drive.

"He wanted one of those Raider Nation blood-drive T-shirts," Alice Lopez said.

Alice has Type O blood — the most sought-after because it can be used in transfusions regardless of the blood type of the patient receiving it.

"That's even more reason for me to continue," she said.

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