

Diary of a blood donation expert

by Brian Randall
Staff Writer

Q: How much blood can you donate? Have you ever passed out?

Let me just say this, I don't donate: I give. Donating implies a charitable act; for me, it's all about the idea of circulating more of me throughout American veins. I give to the weak so that they might be strong. ¹This is the first difference between you and I, amateur. They don't test my blood for iron; they test it for steel.

You'll never see me with a needle in my arm. They just stick it right into my jugular. Most people give a pint. I give a gallon, at minimum. I challenged people in the past to donator off's. See who can give the most before they pass out. Well, let's just say this: I usually end up having to donate extra blood to keep my opponent alive.

Have I ever passed out? Only once, I decided to donate blood and do a triathlon at the same time. Let's just say I didn't think through the swimming section and had some shark issues. Though I can say with relative confidence, that it was the oxygen deprivation at the bottom of the ocean that caused my temporary black out. I still won the race and was able to donate some blood so that the shark could live.

I hope your questions have been answered. If you would like to know more, you could come polish my "American Red Cross donor of the year" trophies, and I would be glad to answer any more questions you might have.

¹Relative term in comparison to me.

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