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## ALIEF BLOOD DONOR WINS CONTINENTAL AIRLINES TICKETS FOR HELPING SAVE LIVES

*Rene Casanova is The Blood Center's First Winner in 'Save Lives and See the World' Promotion*

**HOUSTON (Oct. 9, 2009)** – Alief resident and blood donor Rene Casanova is the proud winner of a pair of airline tickets to anywhere in the contiguous United States on Continental Airlines. He was randomly selected as the first winner in the “Save Lives and See the World” promotion by Gulf Coast Regional Blood Center, which is selecting prize recipients from individuals who donate now through Nov. 30.

The tickets were a welcome surprise for Casanova, as he and his wife are planning a trip to New Mexico over the holidays. Casanova is a *Commit for Life* member who donates through apheresis every other month at Westchase Neighborhood Donor Center.

“I donate because I think it’s the right thing to do,” said Casanova, who’s been giving for more than 20 years. “It makes me feel good, and it’s my way of giving back.”

As someone who’s sold health insurance for 26 years, Casanova understands the importance of regular wellness checks. That’s why he makes sure to view his cholesterol level on Digital Donor the day after he gives blood. As a gold-level *Commit for Life* donor, he plans to take advantage of an Advanced Wellness Check, a group of tests to help determine the risk of coronary heart disease, at his local donor center.

Individuals are encouraged to help meet the needs of local patients by donating blood. *Commit for Life* members who donate or attempt to donate in October and November will be entered to win one of three remaining pairs of Continental Airlines tickets for travel in the contiguous United States. They’ll also have the chance to win one of two pairs of BusinessFirst tickets to visit select international destinations.

For more information or to schedule your donation, visit [www.giveblood.org](http://www.giveblood.org) or call 1(888) 482-5663.

**ABOUT US:** Gulf Coast Regional Blood Center is asking its donors to *Commit for Life*. It takes three simple steps: 1) Donate once per quarter; 2) allow The Blood Center to contact you; and 3) spread the word, encouraging others to *Commit for Life*. Gulf Coast Regional Blood Center is the primary supplier of blood components to more than 170 hospitals and health care facilities in a 26-county Texas Gulf Coast region. Donors must be at least 17 years of age, weigh a minimum of 110 pounds and be in good general health. Individuals who are 16 years old, at least 122 pounds, in good general health and have their parents’ consent also may donate. The donation process is simple, taking only about one hour.

Gulf Coast Regional Blood Center is an independent, nonprofit blood center that is not affiliated with the American Red Cross. **Interact with us on the Web:** [www.giveblood.org/blog](http://www.giveblood.org/blog) • [www.giveblood.org/Facebook](http://www.giveblood.org/Facebook) • [www.twitter.com/commitforlife](http://www.twitter.com/commitforlife) • [www.flickr.com/photos/commitforlife](http://www.flickr.com/photos/commitforlife)

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### *Commit for Life.*

1400 La Concha Lane, Houston, Texas 77054 • 713-790-1200 • 1-888-482-5663 • [www.giveblood.org](http://www.giveblood.org)

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