

With the beginning of a new year comes a fresh start. New Year's resolutions are often made to form good habits and reach new goals. This New Year's, the American Red Cross encourages people to resolve to help patients in need through regular blood donations. As the winter season continues, blood donations are especially needed. Donations typically decline this time of year, as many regular donors are impacted by inclement weather and seasonal illnesses.

The next Red Cross blood drive will be from noon to 6 p.m. Jan. 24 at Western Avenue Church of Christ, 215 S. Western Ave. in Liberal.

Call 1-800-RED CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org) to make an appointment or for more information.

Donate blood Jan. 24