Kym Buchanan, PhD

Kym.Buchanan@uwsp.edu472 CPS, 1901 Fourth Avehttp://KymBuchanan.org(715) 346-2906Stevens Point, WI 54481Twitter: @reach2grow

Education

2006 **PhD in Learning, Technology, & Culture**, College of Education, Michigan State University

1999 MA in Teaching, Concordia University (Portland, Oregon)

1998 BA in Chemistry, Reed College

Employment History

Jan 2016 - **Associate Dean of the School of Education**Present University of Wisconsin-Stevens Point. Stevens Point. WI

Helping lead a comprehensive public university of 1350+ personnel who serve ~9000 students; directly leading **30+ faculty and staff** who serve 1000+ students; directly managing a **two million dollar** annual budget; recruiting, evaluating, and retaining instructors; directly overseeing course arrays for 4 majors and 16 minors; helping coordinate an additional 21 majors and 19 minors in partner departments; leading alignment of instruction and assessment with state mandates, workforce needs, accreditation, and professional standards; leading robust, aspirational advancement (e.g., an endowed annual \$10K fellowship); preparing clear reports for internal and external stakeholders; applying charisma and command presence to build relationships and exercise authority; **coaching and supporting** faculty, staff, and students through challenges and growth, both professional and personal

May 2013 - **Senior Aide to the Provost & Chancellor**May 2015 University of Wisconsin-Stevens Point, WI

10-20+ hrs/week

Collaborated on numerous issues, including recruiting and retaining personnel and students, advising students, instruction, assessment, technology, student services, and university budget; proactively engaged with **numerous stakeholders across disciplines** and personnel categories; closely collaborated with student government; demonstrated initiative, vision, facilitation, creativity, and conflict resolution in project management, including composing a new university strategic plan, a new university honors program, and a new faculty/staff shared governance constitution and structure

Aug 2006 -Present **Associate Professor**

40+ hrs/week

University of Wisconsin-Stevens Point, Stevens Point, WI Assistant Prof. 2006-2013, Associate Prof. 2006-Present, case for Full Prof. under review

Developed a rich, inclusive vision for student success based partly on adult learning principles and 1,200+ hours of formally observing and evaluating instructors; deeply engaged on issues of **diversity and inclusive excellence**; integrated cutting-edge technology in most aspects of my teaching; developed and taught 18+ courses across several disciplines, in person, hybrid, and online, in undergraduate, graduate, and continuing education; earned consistently high student evaluations and comments (e.g., "knows a lot about the material but was never condescending or dismissive", "knows what he is talking about and is **always willing to learn**"); chaired or served on 30+ committees and task forces; earned tenure

Aug 2003 - **Graduate Assistant**, Michigan State University, East Lansing, MI July 2006

30 hrs/week

Supervised and tutored in a writing center; collaborated with instructors to match their goals with optimal tools and to prepare them for teaching; developed simulations and methods for innovative teaching and learning; organized a technology conference

June 2002 -July 2003 Research Specialist, NW Regional Educational Laboratory, Portland, OR

40 hrs/week

Lead a research project on open source software and technology planning; interviewed educators to assess their needs, and then delivered timely professional development

Sep 1999 -June 2002 Language Arts Teacher, Tigard High School, Tigard, OR

40+ hrs/week

Built relationships with students, colleagues, and parents/guardians; taught courses across several disciplines, using innovative methods and technology; co-coached the speech team

Selected Expertise

- Civics & Pluralism: power & ethics; diversity, exceptionality, & inclusive excellence; systems thinking; sustainability; social & political systems; culture studies; macroeconomics
- Communication: writing, editing, & publishing; speech-writing & public speaking; theater; social media
- Curriculum, Instruction, & Assessment: academic affairs; student support; Understanding by Design; rubrics; e-portfolios; professional development for educators; student ownership; experiential learning; learning in complex domains; managing learning environments; instructional diagnosis (e.g., SGID)
- Media & Technology: educational technology; online & hybrid/blended teaching; technology planning; learning management systems (e.g., Blackboard); numerous applications (e.g., Microsoft Office, video & sound editing, etc.); teaching using games & simulations; design (e.g., ADDIE); game design
- Organizational Learning: visioning & dialogue; strategic planning; budgeting; conflict resolution; project management; enrollment management; process improvement; program prioritization
- **Psychology:** motivation, perseverance, & reluctance; creativity; Cognitive Flexibility Theory; cognitive, behaviorist, & sociocultural perspectives; human development; positive psychology; media effects
- Student Affairs: first year experience (including first year seminar); student government; residential living; co-curricular programming; living-learning communities; conduct (academic & non-academic); school safety; serious/crisis issues (e.g., addiction, social anxiety, suicide); relationships with parents/guardians

Selected Honors

■ Phi Kappa Phi inductee, Chapter 245 (interdisciplinary honors society)	2016
■ Intergovernmental Relations Award, UWSP Student Government Association	2014
 Outstanding Chapter Advisor, Student Wisconsin Education Association 	2014, 2016
■ Outstanding Local Advisor, National Education Association	2012
■ National Residence Hall Honorary	2009
■ Dean's Scholar Fellowship (tuition & stipend for doctoral studies)	2003 - 2006
■ Eagle Scout	1992

Scholarship

Selected Publications (Peer-Reviewed by Panel)

- Sheridan, D.M., & Buchanan, K. (2016). Games and the search for 'contextually valid settings' in the writing classroom. In D. Eyman & A.D. Davis (Eds.), *Play/Write: Digital Rhetoric, Writing, Games*. Anderson, SC: Parlor Press.
- Buchanan, K. (Executive Editor), & the Common Council Planning Committee. (2015, May). *Constitution of the Common Council*. Stevens Point, WI: University of Wisconsin-Stevens Point.
- Buchanan, K. (Executive Editor), & the Strategic Planning Committee. (2014, May). *A Partnership for Thriving Communities: University Strategic Plan*. Stevens Point, WI: University of Wisconsin-Stevens Point.
- Buchanan, K., & Vanden Elzen, A.M. (Summer-Winter 2012). Beyond a fad: Why video games should be part of 21st Century libraries. *Education Libraries*, *35*(1-2), 15-33.
- Buchanan, K., & Cook, P. (Winter 2011-2012). Playing the Believing Game with Dr. Seuss and reluctant learners. *The Journal of the Assembly for Expanded Perspectives on Learning*, *17*, 31-41.
- Buchanan, K. (2007, Fall). Opportunity knocking: Playful Interest Bridging (PIB). *Wisconsin English Journal*, *49*(2), 7-10.

Published Essays (Peer-Reviewed by Editor)

- Buchanan, K. (2016, Nov 10). Dying is a learning opportunity. *PopMatters*. Available at http://www.popmatters.com/post/dying-is-a-learning-opportunity/
- Buchanan, K. (2016, Oct 24). Can transparency motivate gamers? *PopMatters*. Available at http://www.popmatters.com/column/can-transparency-motivate-gamers/
- Buchanan, K. (2016, Sep 6). How games represent learning: Repetition and reward. *PopMatters*. Available at http://www.popmatters.com/post/how-games-represent-learning-repetition-and-reward/
- Buchanan, K. (2016, Sep 1). How games represent learning: Simulation. *PopMatters*. Available at http://www.popmatters.com/post/how-games-represent-learning-part-1/
- Buchanan, K. (2016, Aug 3). Why gamers love guilds. *PopMatters*. Available at http://www.popmatters.com/post/why-gamers-love-guilds/
- Buchanan, K. (2016, Jul 19). Gamers believe in getting better. *PopMatters*. Available at http://www.popmatters.com/post/gamers-believe-in-getting-better/
- Buchanan, K. (2016, May 19). Why gamers will save the world. *PopMatters*. Available at http://www.popmatters.com/post/why-gamers-will-save-the-world/
- Buchanan, K. (2016, Apr 27). Go small: Find the thrill in humble stakes. *PopMatters*. Available at http://www.popmatters.com/post/go-small-find-the-thrill-in-humble-stakes/
- Buchanan, K. (2016, Feb 25). How do video games force us to gain perspective? *PopMatters*. Available at http://www.popmatters.com/column/how-do-video-games-force-us-to-gain-perspective/
- Buchanan, K. (2016, Feb 2). How video games engage the imagination muscle. *PopMatters*. Available at http://www.popmatters.com/post/how-video-games-engage-the-imagination-muscle/ [appeared on the front page of Google News, Feb 3, 2016]

Selected Publications (Not Peer-Reviewed)

- Buchanan, K., & Krasnoff, B. (2005). Can open source software save school libraries time & money? Knowledge Quest, 33(3), 32-34.
- Buchanan, K. (2003, October). Opportunity knocking: Co-opting & games. *ALT-N, 43*, 10-11. Available at http://www.alt.ac.uk/docs/ALT43web.pdf
- Buchanan, K. (2003, Fall). Open source software: An attractive choice for Northwest schools. *New Century Schoolhouse*.

- Northwest Educational Technology Consortium at the Northwest Regional Educational Laboratory. (2003). A road map to open source & ed tech planning [Poster]. Portland, OR: K. Buchanan.
- Buchanan, K., et al. (2003). Open options: Making decisions about open source software in K-12 [Web site]. Portland, OR: Northwest Educational Technology Consortium at the Northwest Regional Educational Laboratory.
- Buchanan, K. (2003, Winter). Open source software means more choices. NETC Circuit.

Selected Presentations (Peer-Reviewed)

Buchanan, K. (2013, June). TriPP: Teaching social studies using simulations & games. International EdMedia 2013: World Conference on Educational Media and Technology, Victoria. Canada. [accepted but not presented]

Buchanan, K., & Ormes, G. (2011, June). Work smarter: How an experimental learning International management system (LMS) supports better teaching. Paper presented at ED-MEDIA 2011 World Conference on Educational Multimedia, Hypermedia & Telecommunications. Lisbon, Portugal.

Buchanan, K., Beck, B., & Turner, D. (2010, June). Engines of Greatness: Beyond proof of International concept in serious games. Workshop presented at the Games+Learning+Society 6.0 Conference. Madison, WI.

Sheridan, D., Buchanan, K., & Swenson, J. (2005, October). Alternative (virtual) ecologies International for writing centers: The promise of online multiplayer games. Workshop presented at the International Writing Centers Association & the National Conference on Peer Tutoring in Writing (IWCA-NCPTW) Conference, Minneapolis, MN.

Buchanan, K. (2005, October). George Bush vs. Pikachu: Students' familiarity with famous people vs. video game characters. Poster presented at Future Play: The International Academic Conference on the Future of Game Design & Technology, East Lansing, MI.

Buchanan, K., & Sheridan, D. (2005, October). It's just a game: Receptivity, immersion, & International learning. Paper presented at Future Play: The International Academic Conference on the Future of Game Design & Technology, East Lansing, MI.

Mishra, P., Heeter, C., ..., Buchanan, K., et al. (2005, June). Gender impacts on game design process & products: An in depth analysis of middle school children's conceptualization of a learning game. Symposium presented at the Digital Games Research Association (DiGRA) Conference, Vancouver, British Columbia.

Sheridan, D., & Buchanan, K. (2006, May). Just for fun: Teaching writing through immersive online games. Presented at the Computers & Writing Conference, Lubbock, TX.

Buchanan, K., & Hanfling, S. (2003, July). Open source software: Is it right for you? Presented at the National Educational Computing Conference (NECC), Seattle, WA.

Buchanan, K. (2016, April). Happy teachers, happy children. Workshop presented at the Early Childhood Education Conference, Menomonie, WI.

Buchanan, K., Cook, P., Gayton, H., & Olson, T. (2012, April). Reluctance, courage, and playfulness. Workshop presented at the Leading the Way Conference. Stevens Point,

Buchanan, K., & Cook, P. (2010, April). Green Eggs and Ham: Inspiration for reaching reluctant learners. Workshop presented at the Early Childhood Education Conference, Menomonie, WI.

Buchanan, K., Beck, B., & Ropella, B. (2010, March). Engines of Greatness: A free social studies card game. Presented at the 2010 Great Lakes Regional Conference Sponsored by the Wisconsin Council for the Social Studies & International Education Annual Conference, Middleton, WI.

International

International

National

National

Regional

Regional

Regional

Regional

Buchanan, K. (2009, September). Kat: Increasing authenticity & ownership with an experimental course management system (CMS). Poster presented at the Lilly	Regional
Conference on College and University Teaching and Learning. Traverse City, MI. Buchanan, K., & Hanfling, S. (2003, April). <i>Open source software: Is it right for you?</i> Presented at the Northwest Council for Computer Education (NCCE) Conference, Portland, OR.	Regional
Buchanan, K., & Herr, M. (2016, April). <i>Ready-to-use diversity activities</i> . Poster presented at the Office of Professional & Instructional Development (OPID) Spring Conference. Green Lake, WI.	State
Buchanan, K., & Bjustad, M., & DeJardin, A. (2016, March). Safe Zone training. Workshops presented at the Wisconsin Education Association Council Professional Issues Conference, Wisconsin Dells, WI.	State
Buchanan, K., Herr, M., O'Leary, E., & DeJardin, A. (2016, March). <i>Ready-to-use diversity activities</i> . Workshops presented at the Wisconsin Education Association Council Professional Issues Conference, Wisconsin Dells, WI.	State
Buchanan, K., & Sheridan, D. (2006, March). <i>Ink: A free, online, multiplayer game for writing & community.</i> Presented at Bright Ideas: Spring Conference on the English Language Arts (Michigan Council of Teachers of English), East Lansing, MI.	State
Buchanan, K. (2005, April). Co-opting: Your curriculum + Their interests = Great teaching. Presented at Bright Ideas: Spring Conference on the English Language Arts (Michigan Council of Teachers of English), East Lansing, MI.	State
Buchanan, K., Bouck, E., Curcic, S., & Heutsche, A. (2004, March). <i>Innovative history instruction in inclusive classrooms</i> . Presented at the Michigan Association for Computer Users in Learning (MACUL) Conference, Grand Rapids, MI.	State
Buchanan, K., Hanfling, S., & Story, E. (2003, February). <i>The cost of free: Open source software & curriculum</i> . Presented at the Education Now & In the Future Conference, Portland, OR.	State
Buchanan, K., & Sheridan, D. (2006, February). <i>Ink: A free, online game for teaching writing & community</i> . Presented at the Educational Technology Conference, East Lansing, MI.	Area
Buchanan, K., & Schick, C. (2014, January). <i>Hearts-on learning: Letting your students teach the course</i> . Presented at the UW-Stevens Point Teaching Conference, Stevens Point, WI.	University
Selected Presentations (Invited)	

Buchanan, K. (2017, April). <i>Happy teachers, happy children</i> . Invited workshop to be presented at the Early Childhood Education Conference. Menomonie, WI.	Regional
Buchanan, K., & Cottrell, L. (2014, April). <i>Reluctance, courage, and playfulness</i> . Invited workshop presented at the Early Childhood Conference, Menomonie, WI.	Regional
Buchanan, K. (2018, February.) <i>Happy teachers, happy children</i> . Invited featured speaker at the Wisconsin State Reading Association Conference. Milwaukee, WI.	State
Buchanan, K. (2016, January). <i>Challenges & opportunities in early childhood education.</i> Invited workshop presented at the UW Childcare Directors Meeting.	State
Buchanan, K., & Gee, K. (2015, January). <i>Technology in the classroom</i> . Invited workshop presented at the Wisconsin Education Association Council Professional Issues Conference, Wisconsin Dells, WI.	State
Buchanan, K., & Wohlgemuth, J. (2014, February). <i>Technology bytes: A book of dragons for teachers</i> . Invited workshop presented at the Wisconsin Education Association Council Winter Leadership Academy, Wisconsin Dells, WI.	State

Buchanan, K. (2008, May). Video games, literacy, & 21st Century skills. Invited featured speaker at the Adolescent Literacy Leadership Conference, Madison, WI.	State
Buchanan, K. (2007, November). The more things change: Taming the tempest of pop media & tech. Invited featured speaker at the Wisconsin Council of Teachers of English (WCTE) State Convention, Madison, WI.	State
Buchanan, K., & Hanfling, S. (2003, May). <i>Open source software: Is it right for you?</i> Presented at the Association for Computer Professionals in Education (ACPE) Conference, Welches, OR.	State
Buchanan, K. (2017, February). (Re)Kindling joy in leading. Invited keynote at the UWSP Student Government Association Retreat. Amherst Junction, WI.	Area
Buchanan, K., & Herr, M. (2016, March). A little extra vs. this again: Inspirational diversity activities. Invited workshop at the regional Walmart managers annual meeting, Plover, WI.	Area
Buchanan, K (2016, January). <i>Getting real about messy problems</i> . Invited workshop for the Worzalla senior management team, Stevens Point, WI.	Area
Buchanan, K., & Herr, M. (2015, February). <i>Activities for approaching diversity</i> . Invited workshop at the regional Walmart managers annual meeting, Plover, WI.	Area
Moreno, M., & Buchanan, K. (2014, January). Sex, drugs 'n Facebook: Balance and boundaries in technology use. Public seminar in the Point in Common Community Speaker Series, Stevens Point, WI.	Area
Buchanan, K. (2009, April). Video games, literacy, & 21st Century skills. Invited featured speaker at the Adolescent Literacy Workshop, La Crosse, WI.	Area
Buchanan, K. (2009, March). Video games, literacy, & 21st Century skills. Invited featured speaker at the Adolescent Literacy Workshop, Waupaca, WI.	Area
Buchanan, K. (2009, March). Video games, literacy, & 21st Century skills. Invited featured speaker at the Adolescent Literacy Workshop, Green Bay, WI.	Area
Buchanan, K. (2004, May). <i>Education & open source</i> . Presented at the Pikeville Kentucky Linux Users Group (PKLUG) Linux Open Invitational, Pikeville, KY.	Area

University Courses Taught

- EDUC 708 Social & Cultural Foundations of Education
- EDUC 702 Advanced Educational Psychology: Theory Into Practice
- EDUC 398 Student Teaching / EDUC 498 Intern Teaching
- EDUC 385/585 Teaching the Early Adolescent
- EDUC 382 Managing Learning Environments
- EDUC 381 Educational Psychology
- EDUC 370/570 Choosing & Using Free Software
- EDUC 370/570 Motivating & Teaching Using Video Games
- EDUC 370/570 Motivation, Safety, & Community
- EDUC 370/570 Teaching Online & Hybrid Courses
- EDUC 370/570 Teaching Social Studies Using Games
- EDUC 370/570 Using Pop Media & Tech for Motivation & Critical Thinking
- EDUC 335 Advanced Analysis of Modern Media
- EDUC 331 Educational Technology
- EDUC 200 Professional Portfolio Development I
- EDUC 135 Thinking and Feeling in Modern Media
- FYS 103 Power, Diversity, & Democracy
- TE 150 Reflections on Learning (at Michigan State University)

Grants

- Course Development Grant (2013). Stipend (\$2000): FYS 103 Power, Diversity, & Democracy. First Year Seminar, UW-Stevens Point.
- Mini Technology Grant (2012). Adobe Creative Suite lease (\$320). College of Professional Studies, UW-Stevens Point.
- Curricular Redesign for the Online Environment Program (2011). Stipend (\$3000): EDUC 708 Social & Cultural Foundations of Education. Center for Academic Excellence & Student Engagement, UW-Stevens
- Course Development Grant (2010). Stipend (\$500): EDUC 370/570 Esmé Raji Codell: Personal Pedagogy & Imaginative Instruction. College of Professional Studies Continuing Education, UW-Stevens Point
- Mini Technology Grant (2009). Bloggie Video Cameras (\$516). College of Professional Studies, UW-Stevens Point.
- Course Development Grant (2008). Stipend (\$1000): EDUC 370/570 Teaching Social Studies Using Games. Continuing Education in the College of Professional Studies, UW-Stevens Point.
- Mini Technology Grant (2007). Hardware & software (~\$1000): Infrastructure for custom learning management system. College of Professional Studies, UW-Stevens Point.
- Course Development Grant (2007). Training & stipend (\$4900): EDUC 370/570 Motivation, Safety, & Community. College of Professional Studies Continuing Education, UW-Stevens Point.
- Ink Development Grant (2005 2007). Staff etc. for game development (\$72,000): Writing in Digital Environments Research Center, Michigan State University.
- Jeanine Dubois G3 Grant for Video Editing in the Classroom (2001). Multimedia computer & software (~\$1500).

Leadership & Professional Activities

University of Wisconsin-Stevens Point

- Student Course Evaluation Subcommittee (2016)
- Common Council, councilor & parliamentarian (2015 Present)
- Information Technology Council, chair (2015 2016)
- Faculty Staff Gay-Straight Alliance (FSGSA) (2006 Present), vice chair (2015 Present)
- Senior Aide to the Provost & Chancellor (2013 2015) (0.25-0.5 FTE)
 - □ Executive Editor, Common Council Constitution
 - □ Executive Editor, University Strategic Plan
 - □ Other leadership, representation, & projects
- Diversity Council (2015)
- Common Council Planning Committee, chair (2015)
- Search & Screen Committee: Dean of Students (2013)
- Budget Review & Advisory Committee, co-chair (2013 2015)
- University Personnel System Committee, shared governance architect (2013 2015)
- University Affairs Committee, chair (2013 2015)
- Nominations & Elections Subcommittee (2013 2015)
- First Year Experience MAP-Works Stakeholders Team (2013 2015)
- First Year Seminar Planning Committee (2013 2015)
- First Year Interest Group Mentor (2013)
- Strategic Planning Committee (2012 2015)
- Faculty Senate, senator & parliamentarian (2011 2015)
- Stevens Point Academic Representation Council (2011 Present), executive committee (2011 2013, 2016 Present)

- Residence Hall Faculty Mentor (2009 2013)
- Guest Speaker: EDUC 331 Educational Technology (2014), COMM 373 Communication & Social Change (2009, 2010, 2011, 2012)
- UWSP AFT Organizing Committee (2009 2011)
- 2% Technology Fee Committee (2007 2011)
- University Technology Committee (2007 2010)

School of Education

- Faculty and staff mentor (2015 Present)
- EdD in Educational Sustainability Development Committee (2015 Present)
- Awards Committee (2014 2015)
- Retention and Promotion Committee (2013 2015)
- Academic Staff Review Committee (2012 2015)
- Merit Committee (2011 2015)
- Core Committee, specialist (2009 2011)
- Student Wisconsin Education Association (StWEA), co-advisor (2008 Present)
- Personnel Committee (2008 2011)
- Student Advising (~40 students/semester) (2007 Present)
- Portfolio Committee, chair (2007 2013)
- Portfolio Studio Coordinator (hiring, training, & supervising employees) (2007 2011)
- Webmaster (2007 2008)
- Student Success Committee, chair (2007 2008)
- Search & Screen Committees: Special Education (2015), Educational Sustainability (2015), Educational Technology (2011 2012), Educational Technology (2007 2009), Recruitment & Retention (2007 2008), Educational Psychology (2007 2008), Reading (2006 2007)

Outreach & Community Engagement

- State Superintendent's Wisconsin Standards Review Council (2016 Present)
- Wisconsin Association of Colleges of Teacher Education (WACTE), Communications Committee (2016 -Present)
- UWSP PK-18 Council, chair (2016 Present)
- Partners in Education, Portage County (2016 Present)
- Point in Common, executive committee (2016 Present), event coordinator (2013 2014)
- Leadership Portage County, graduate (2015 2016)
- College Days for Kids workshops (6th grade)
 - □ Digital Storytelling (2013, 2014, 2015, 2016)
 - Art & Science of Video Games (2007, 2008, 2009, 2010, 2011, 2012)
- Youth In College summer academy (6-8th grade)
 - □ Co-Director (2016)
 - □ Crime Lab Camp class (2015)
 - □ Myths & Mayhem! (Level 2) class (2014)
 - □ Lights! Camera! Story! class (2012, 2013)
 - □ Games & Gamers class (2008, 2009, 2010, 2011)
 - □ lo Adventure class (2007)
- Conference Director, Center for Teaching & Technology Conference, East Lansing, MI (2004)
- Assistant Coach, Tigard High School Speech Team (2000 2002)

Volunteering

- Professional Development Plan Reviewer (2016 Present)
- Soccer Coach, YMCA (2016)
- Family Crew (Parent-Teacher Organization (PTO)), Point of Discovery School, secretary (2015 2016)
- Drama Club, assistant coach, Point of Discovery School (2016)
- Safe Zone Workshops, facilitator (2015 Present)
- Destination Imagination, program coordinator, coach, & state tournament official (Washington Elementary, 2014 Present; Point of Discovery School, 2014 2015)
- Girl Scouts, Co-Leader (Troop 6091) (2012 2013)
- Building Representative, Tigard-Tualatin Education Association (2001 2002)
- Judge: Promising Young Writers (2007, 2008); Regional Academic All-Stars portfolio/scholarship competition (2003); Regional & state speech tournaments (2000 2002); Regional & state mock trial tournaments (1999 2000)
- Regular blood donor (150+ donations) (1994 Present)