

## HEROES OF THE TRI-STATES NOMINATION INFORMATION

To complete the nomination entry, please fill out the contact information below for both you and your nominee and submit this portion along with your written nomination and support materials. Nominations may also be submitted online at [www.dupaco.com/heroes](http://www.dupaco.com/heroes).

Name of Nominee

Heroic Category

Address

City

State

Zip

Phone (day)

(evening)

E-mail

Name of Nominator

Address

City

State

Zip

Phone (day)

(evening)

E-mail

Attach this form to your written document and submit all materials together by mailing to:

### Heroes Nomination

American Red Cross  
2400 Asbury Road  
Dubuque, Iowa 52001



**American  
Red Cross**



# WHAT IS A HERO? WHAT MAKES A HERO? WHO IS YOUR HERO?

## SEARCHING FOR HEROES

Do you know a person who has performed an extraordinary act of courage to save a life or who has made a difference through his or her actions?

The American Red Cross of the Tri-States is looking for local heroes to honor and celebrate at the Heroes of the Tri-States Breakfast. Nominate your hero today!

## NOMINATION GUIDELINES

An act of heroism does not need to involve the direct saving of a life. In order to be eligible for nomination, the hero must live, work, or go to school in the tri-state area or the event must have taken place in the tri-state area. Nomination forms must be received by February 1, 2010. An independent selection committee, with no affiliation to the Red Cross or its sponsors, will select the award winners.

## HERO RECOGNITION

Join us in honoring our community heroes at the Heroes of the Tri-States Event April 13, 2010.

## WHO IS YOUR HERO?

Do you know someone who has made a difference in any of the following categories?

- Fire & Rescue
- Law Enforcement
- Health Care Worker
- Professional Responder
- Adult Good Samaritan—18 years and over
- Youth Good Samaritan—Under 18 years
- Industrial Safety
- Military
- Animal Rescue
- Volunteer Community Impact
- Education

If you have questions on the criteria, please call the American Red Cross at (563) 583-6451.

## TELL US WHY

Using the back side of this brochure and a separate piece of paper, please tell us why the person you have nominated is a hero. Be sure to include any news articles or names of witnesses we may call to verify the heroic act. Award decisions will be based largely on the information you provide, so please be detailed and include as much supporting data as possible.

"I think of a hero as someone who understands the degree of responsibility that comes with freedom."**BOB DYLAN**"The legacy of heroes is the memory of a great name and the inheritance of a great example."**BENJAMIN DISRAELI**"A hero is someone we can admire without apology."**KITTY KELLEY**"Self trust is the essence of heroism."**RALPH WALDO EMERSON**"The real hero is a hero by mistake; he dreams of being an honest coward like everyone else."**UMBERTO ECO**"Great deeds are usually wrought at great risks."**HERODOTUS**