2007 Lone Star Circle of Life Bike Tour
September 22 - September 29

2007 Tour Photogallery
View the 2007 Lone Star Tour Photos

The daily photogallery for the 2007 tour is posted on our photogallery page.

Riders Wanted for 2009 Tour!
Deliver the message!


Sponsorship Opportunities
You can help the Lone Star Team spread the word

You or your company can help the Lone Star Circle of Life team spread the word about the need for donors by being a sponsor. Find out how you can help.

Archives and Info
Past tour archives available

We invite you to view our 2006 Tour Video as well as the archives of past LSCOL tours. We also invite you to share your comments with the bike tour: marrowdonor@swmail.sw.org
Lone Star Circle of Life Bike Tour

Archives

The Lone Star Circle of Life Bike Tour is now in its 10th year. To visit the events of the past tours, click on the year below:

- 2006 Tour
- 2005 Tour
- 2004 Tour
- 2003 Tour
- 2002 Tour
- 2001 Tour
- 2000 Millenium Tour
Lone Star Circle of Life Bike Tour

The Event

This fall, a very special event will be held that will undoubtedly result in many Texans’ lives being changed. Through a cooperative effort of Texas’ donor centers, a bike tour called the "Lone Star Circle of Life" will be held the last week in September to raise the awareness of the need for life-saving donations of blood, marrow, organs and tissues.

Non-professional riders will be chosen for the tour. Each has a personal reason for wanting to participate in this unique event. Most have had their lives touched by blood, marrow, organ or tissue transplantation either as a donor, a recipient or a family member of a donor, or patient in need. Each day of the tour, the participants will ride in honor of a Texan in need of a transplant. Local areas will choose their honorees.

The tour will begin in Austin and will end seven days later in Gatesville. Local events in each town or city are planned to give the community a chance to participate in blood donation, register for the National Marrow Donor Program and sign an organ and tissue donation card. Recipients, donors and donor families will also be on hand to share their experiences and answer questions.

Many organizations, companies and businesses are helping, offering sponsorships to underwrite the cost of the tour and donating much-needed funds to help with tissue typing expenses.

Communities throughout the route are encouraged to take this opportunity to learn more about life-saving donations and support their neighbors searching for a life-saving gift.

Did you Know...

- One out of every 20 Texans will need blood at some point of their lives.
- Each year, over 30,000 new patients are diagnosed with a life-threatening disease that may be cured with a marrow transplant.
- It takes eight whole blood donations to provide the effective dose of one apheresis blood donation.
- Each day, an average of 17 people die while waiting for an organ.
- There are over 77 organs and tissues that can be transplanted.
- Each year 20 million blood components are transfused.
- There are currently 87,000 people awaiting a life-saving organ transplant — 5,800 of those are in Texas!
Lone Star Circle of Life Bike Tour

The Honorees

The 2007 Title Honoree for the Lone Star Circle of Life will be selected soon. Please visit this page again.

Local Event Honorees

Honorees for each bike tour local event are chosen from people in the area that have either been donors, recipients or otherwise contributed to the field of donation though blood, marrow, organ or tissue donation. Their stories are shared on the website and each rider will talk about their honoree at the local event in that area.

Local honorees will be posted to the appropriate local event site as they become available. To submit a name for consideration as a local honoree, contact the local event coordinator listed on the event pages below.

- Austin
- San Antonio
- Houston
- College Station
- Crockett
- Tyler
- Dallas/Fort Worth
- Waco
- Gatesville
Local Events

Each day of the tour, the team rides into a different Texas town or city. A special event is held in each of these sites to promote the awareness of the need for life-saving donations of blood, marrow or blood stem cells, tissues and organs. These events will also highlight those honored that day. Each daily event is organized by the local marrow donor program, blood center, tissue bank, organ provider organization and a multitude of community volunteers.

For information on how you or your organization can help with the event in your area, please contact the event coordinator listed on each page.

Local Event Sites

- Austin - Kick-off Event
- San Antonio
- Houston
- College Station
- Crockett
- Tyler
- Dallas/Fort Worth
- Waco
- Gatesville - Finale Event

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Lone Star Circle of Life Bike Tour

Local Event - Austin

Day 1
Saturday, September 22, 2007
Austin Kickoff Celebration

The Lone Star Circle of Life team will kick off the 2007 tour from the Blood Center of Central Texas, located at 4300 N. Lamar in Austin. The riders will arrive at the blood center at 8:30 a.m. to meet their honorees and guests for a kickoff reception. The team will be introduced for the first time and they will talk about the honorees they are riding for that day.

Information will also be available on blood and marrow donation as well as information on the organ registry, donatelifetexas.org. Those interested in donating blood or registering with the National Marrow Donor Program or with DonateLifeTexas.org will be able to do so at the event. The riders will leave the Blood Center of Central Texas about 9:30 a.m. for San Antonio, to begin the first leg of the nine-day ride to promote donation.

Event Coordinator

For more information, contact:

Yvonne Ybarra
South Texas Blood and Tissue Center
6211 I-10 West
San Antonio, TX 78201
Phone: 210-731-5513

Day Riders

Keith Hughart - As an organ recovery coordinator, I have been honored to meet families at the most tragic time in their lives. I have seen these amazing people choose to give the organs of their loved ones in order to save the lives of others they have never known. These families and their giving spirit must be recognized. I hope to offer my small tribute to the organ donors and their families by riding just one leg of the Lone Star Circle of Life bike tour.

Shari Miller - I am riding to bring awareness to potential donors about our mission and congratulate donors & families of donors for their lifesaving gifts. I see the need on a daily basis.

Honorees

Ty Gipson - Volunteer

TOSA volunteer, Ty Gipson, received two life-saving organ transplants in January 2000. His mother gave him one of her kidneys and he received a pancreas from a deceased donor. Ty has helped educate many Central Texans about the importance of organ donation. He speaks to high school students and at staff wellness fairs and donor drives. He also gives media
interviews and can be seen in various Central Texas publications.
Texas Organ Sharing Alliance is honored to have Ty as a member of our volunteer group and thank him for his commitment to educating others about the "Gift of Life."

Juan "Lou" Fresquez - Organ Donor

Texas Organ Sharing Alliance honors the memory of Juan "Lou" Fresquez for the many lives he saved through organ donation in January of this year.
Lou's family always knew he was a special man; the rock of the family, the problem-solver, strong-willed and always on the go.
To his friends and co-workers he was also the one people looked up to – he put himself last and never held a grudge. He volunteered much of his free time, helping out friends and those he worked with, even raising money for a sick co-worker.
He received awards for his many efforts and now we honor him for giving the ultimate gift...the "Gift of Life."

Jennifer Wilks - Marrow Transplant Recipient

On September 25, 2002, Jennifer was diagnosed with acute myelogenous leukemia. She was 14 years old.
She went through several rounds of chemotherapy in Austin. She later relapsed and had to go to Houston for a bone marrow transplant at Texas Children's Hospital.
There was not a donor in the United States, and only one international donor, who was only a "5 out of 6" match. The bone marrow from the international donor worked for about six months, then Jennifer relapsed and had to go back to Houston.
There was still no match, so she had to use her father's bone marrow. It failed and they then used her mother's and it worked. Jennifer was a fighter, but after having three bone marrow transplants over the course of three years and over 415 days in the hospital, Jennifer passed away on November 25, 2005.

Alejandro Sills - Volunteer
Alejandro Sills, a 17-year-old junior at Westwood High School, approached the National Marrow Donor program in Austin in 2006 for his Eagle Project. He is a member of Boys Scout Troop 513. He wanted to conduct marrow drives to sign up Hispanics and Latinos for the National Marrow Donor Program.

Alejandro worked very hard and diligently to set up the drives with churches, at community events and health fairs all targeting the Hispanic community. To do this he had to make contact with church leaders and different organizations to allow him to go to their churches and events. He educated the Hispanic population about the Marrow program and recruited donors to sign up to the registry.

During the drives Alejandro directed everything from start to finish. He even got members of his Boy Scouts troop to help recruit donors to sign up for the registry by passing out information as well as explaining the process and educating the community. Alejandro had a scout leader set up a Web site where people can go and find out about his project and learn more about the Marrow Program. Alejandro's goal was to sign up 100 Hispanics into the registry. With all the hard work and dedication he put in, he was able to sign up 171 donors into the registry, of whom 167 were Hispanic or Latino.

What Alejandro has done makes it possible for the National Marrow Donor Program to give patients a second chance at life. He also raised $382.47 for the Marrow Program to help get the message out about the importance of marrow donation.

Winnie Pigott - Blood Donor

Winnie Pigott has been donating blood for the last 35 years and has donated 40 gallons of blood as of September 5, 2007.

In 1972, Winnie and a friend drove by a blood center and decided that they should start donating blood. In 1989, Winnie also started donating platelets.

You can visit Winnie at The Blood Center of Austin where she currently works in the canteen, where she is also known as the "Cookie Lady". She has been doing this for the last 16 years.

Her dedication and time in donating blood and platelets has saved many lives.

Kathy Soliz
Kathy Soliz is a beautiful, smart, friendly, driven young woman who was diagnosed with Leukemia at the age of 16. She's a tough, petite tri-athlete, who refuses to let a big word like leukemia get her down.

While undergoing chemotherapy, Kathy went into remission and was able to continue her high school studies. However, a relapse in 2005 forced her to postpone her college plans. Kathy was felled by a relapse of acute lymphocytic leukemia. Doctors turned their hope towards the National Marrow Donor Program in hopes of a match. However, a match was not found and Kathy had to resume chemotherapy.

Kathy remains hopeful, even though only 10 percent of the U.S. registered donors are Hispanic, and understanding ethnic connections are important in finding a match. Worldwide, there are 10 million donors in the system, but even then, Kathy has not found her match. Kathy's main focus now is to raise awareness and educate the public of the need for life saving donations. As of today, Kathy is in remission; she is happily married and doesn't need a transplant at this time.

Andrea Franke - Organ Donor

Andrea Franke believed in organ donation and wished to donate her organs. She discussed these wishes with her husband, Scott.

In August of 2005, Andrea passed away and Scott donated her organs. He agreed to donate her organs because of the conversation they had about organ donation prior to her death. The many recipients who received a second chance at life are so grateful to Andrea for making the decision to donate and give others hope again. Her unselfish gift will always be remembered by those who benefited from her kind heart.

Scott Hector - Organ Donation Advocate

Scott Hector lost his wife, Andrea Franke in August of 2005. He agreed to donate her organs because of a conversation they had about organ donation prior to her death. The many recipients who received a second chance at life are so grateful to Andrea for making the decision to donate life and discuss those wishes with her husband.

Scott continues to honor the memory of his late wife by educating the public about the importance of giving the "Gift of Life." He shares his story with hospital staff in the Austin area so they can learn how organ donation doesn't only save those who are dying, but also helps the donor family make something positive come from their tragic loss.

Christine Campos - Peripheral Blood Stem Cell Donor
Christine joined the NMDP registry in December of 2005 while attending a drive at her job. As a teacher, Christine sets examples everyday and she helps make her community better by teaching her students.

In May of 2005, Christine set one of the ultimate examples by giving the gift of life unselfishly. She donated stem cells to a 52 year-old female with acute lymphoblastic leukemia. She continues to inspire and support by sharing her experience with potential donors.

Christine says: "Hi! My name is Chrys Campos. I am 35 years-old and was a first time donor this summer. I chose to be a donor in honor of my sister and my friend. I have a close friend who lost his 10 year-old son to leukemia. At the same time, a teacher on our campus had a daughter fighting leukemia. We had a drive on campus and I thought that maybe I would be able to help out someone in need since I couldn't help my sister or friends."

Local Sponsors

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Lone Star Circle of Life Bike Tour

Local Event - College Station

Day 4
Tuesday, September 25, 2007
Houston to College Station

The Lone Star Circle of Life team will leave Houston at 7:30 a.m. for College Station. They will arrive in College Station at approximately 3:30 p.m. and proceed to the Scott & White Clinic, 1700 University Drive at the 1700 building atrium. A reception will be held for the riders where they will be introduced. At that time, each rider will introduce the honoree they rode for that day and tell why they are being honored. Information about blood, tissue and organ donation will be available on-site as well as a drive for the National Marrow Donor Program Registry.

Event Coordinator

For more information, contact:
Debbie Mabry
Scott & White Marrow Donor Program
2401 S. 31st St.
Temple, TX 76508
Phone: 254-724-7000

Day Riders

For information about being a day rider, please contact the local event coordinator listed above.

Honorees

Amanda Fellers - Peripheral Blood Stem Cell Donor

Amanda has been on the National Marrow Donor Program Registry since the spring of 2004 when she attended a drive at the University of Texas Medical School building.

Two years after registering, Amanda was found to be the perfect match for a young woman suffering from myelodysplastic disorder. Amanda agreed to donate her peripheral blood stem
cells to give this woman another chance at life. After several days of injections to help increase the number of stem cells in her blood stream, Amanda travelled to the apheresis center in Dallas to donate her peripheral blood stem cells.

During National Donor Day 2007, Amanda was presented her donor pin, plaque and gift for giving so unselfishly of herself so another person can have a second chance at life.

Jacqueline Hearne - Marrow Donor

Jacque Hearne joined the National Marrow Donor Program Registry in 2005 at a drive in Blinn College held in honor of Kristin Reed, a young student nurse who had needed a transplant.
A year and a half after she registered, she was found to be a potential match for a teenage boy with leukemia. Working in the Hematology/Oncology department at St. Joseph's Hospital, Jacque knew about marrow transplants and the chance that they can give patients such as this young man. Several months ago, Jacque donated bone marrow to this young patient.
Jacque is the second person to become a donor from the annual Kristin Reed drives at Blinn and the second donor from St. Joseph's Hospital.

Pamela Jones - Marrow Donor

Pam joined the registry in 1994. In those 13 years, she was only contacted by the Scott & White Marrow Donor Program to update her address and to make sure she was still interested in being on the registry.

Then, in late 2006, Pam came up as a possible match for a tiny baby suffering from severe combined immunodeficiency disease. When the follow up testing showed her to be "the one," Pam never hesitated. She donated marrow several weeks after finding out she was the match.
Pam said the procedure was a good experience and not anything to fear. She has spoken to several civic groups in her hometown of Caldwell and has helped promote several area registration drives.
During National Donor Day 2007, Pam was presented her donor pin, plaque and gift in appreciation of her selfless donation.

Lisa Sledge - Peripheral Blood Stem Cell Donor

A little over a year ago, Grace Bible Church in College Station held a large drive for the National Marrow Donor Program in honor of Grant Erdner, one of last year's bike tour honorees. One of the people that registered at that drive was Lisa Sledge, youth director at the church and friend of the Erdner family.
Very quickly after the drive results were in, Lisa was identified as a possible match for a young adult with leukemia. After final testing showed she was the best match in the world for this
person, Lisa agreed to donate her peripheral blood stem cells to give him a second chance.

**Kim Doan - Peripheral Blood Stem Cell Donor**

Kim Doan joined the registry several years ago in her hometown of Weslaco. Last spring, Kim was identified as a possible match for a young man with leukemia. Follow-up testing showed that Kim was the best match in the world for this young man, and she agreed to donate her peripheral blood stem cells, which she did this summer.

A recent preliminary progress report showed that the young man that received Kim’s stem cells is doing well.

**Tom Vasovski - Donation Advocate**

Tom Vasovski is a nurse practitioner at the Scott & White Clinic in College Station. There have been many times over the past years that Tom has helped facilitate the final part of the workup procedure for many College Station area peripheral blood stem cell donors. He has gone above and beyond to make it as easy as possible for our donors and many of them have remarked at how well-treated they were during their scheduled injections.

The staff of the Scott & White Marrow Donor Program appreciate Tom and his assistance in taking care of many of the wonderful donors in the Bryan/College Station area.

**Susan Gard - Blood Donation Advocate**

Susan is a Scott & White employee, working in the OB/Gyn department. She was nominated as an honoree of the Lone Star Circle of Life Bike Tour by Brenda Jarvis because Susan is an advocate of blood donation at Scott & White. Brenda says, "Susan has a giving heart and is always there to help in whatever way needed."

Susan says, "I am honored to be a part of this year’s Bike Tour. Several years ago, my mother was quite ill and required blood transfusions. Because someone back then had taken a few minutes to donate, my mother is still enjoying health and life today. I appreciate the opportunity to pass that hope for healing on to others."

Thank you, Susan, for your very supportive role in the field of blood donation.

**Sylvan J. Ardoin - Organ Donor**

Well, the reason we honor him is this … our daddy has always been a hero in our eyes.

Daddy had a hero as well and it was John Wayne. He loved watching his films and we loved to watch them with him. If you have ever seen a John Wayne film you know that he was always saving someone’s life or himself. But our Daddy did better than that. He not only saved a man’s life, but he kept a family together. He gave this man a new lease on life to spend with his wife and children. That is an amazing story!

Daddy was a real amazing man. He raised and trained paint horses; they were his passion. He also was a quick draw, just like in the westerns he watched. He was trained by the best. Actually his quick draw trainer trained (to mention a few) John Wayne and Sammy Davis Jr. That was really cool.

Our dad is loved and missed but, his legend lives on with his wife, Ruth Ardoin, four daughters, two grandchildren and four great grandchildren.
Love always,
Your girls

**A & M Church of Christ (Al Postelwait)**

The A & M church of Christ hosted their first blood drive for the American Red Cross in 1997. Since then, they have delivered 1,551 units of blood, potentially saving 4,653 lives.

They have 175 individuals on their call list. Eighteen of their senior ladies call each of the donors on their call list. The ladies make between eight to 10 calls each. They also have five to seven people that help during blood drives. Their passion and commitment to saving thousands of lives makes them an integral piece of the community.

**Debbie Mahle - Texas A&M General Services Complex**

Debbie goes above and beyond her call of duty to ensure that Texas A&M General Services Complex’s daily donation goals are always met. In addition to performing her daily duties on the job, she promotes each drive with passion. She educates her co-workers on the importance of blood donation and sets appointments for their upcoming drives. Through education, the number of donors has drastically increased. By spreading the word of blood donation, so many more patients will be given another hug from a loved one!

**Local Sponsors**

![Scott & White](logo.png)

![Southwest Transplant Alliance](logo.png)

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Lone Star Circle of Life Bike Tour

Local Event - Crockett

Day 5  
Wednesday, September 26, 2007  
Crockett to Tyler

The Lone Star Circle of Life team leave ride into Crockett at 8 a.m. and proceed to radio station KIVY, where they will tell their stories about donation. The team will then leave for Tyler.

For more information, contact:
Janie Malone
Stewart Regional Blood Center
815 S. Baxter St.
Tyler, TX 75701
Phone: 903-535-5409

Local Sponsors

Holiday Inn Crockett

Thank you, Mr. Patel!

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Day 6
Thursday, September 27, 2007
Tyler to Dallas/Ft. Worth

The Lone Star Circle of Life team will leave Tyler at 7:30 a.m. for Dallas/Fort Worth. The riders will be riding into Victory Plaza in Dallas at 3:15 p.m. Victory Plaza is located at 3090 Olive St., in front of the American Airlines Center by WFAA. When the riders arrive at Victory Plaza, they will be introduced along with the honorees they rode for that day.

Event Coordinator

For more information, contact:

Jamie Kayser
Cook Children's Medical Center
801 Seventh Ave.
Fort Worth, TX 76104
682-885-7565

Janice Beckham
Baylor University Medical Center
3409 Worth St.
Dallas, TX 75246
Phone: 214-820-4279

Eva Trevino
Carter BloodCare
9000 Harry Hines Blvd. #227
Dallas, TX 75235
Phone: 800-DONATE4

Day Riders

John Enlow - I was on the team for the 2006 ride, our daughter had a bone marrow and stem cell transplant, we want to get more people on the registry, we also support research through the Marrow Foundation.

Becky Canal - My son is a heart transplant recipient and I have been a past team member for the Lone Star Circle of Life.

Honorees

Tyler Wood – Donor
Tyler was a donor for a patient that had paroxysmal nocturnal hemoglobinuria. The recipient is clear of her disease and doing well one year after the transplant.

**Willie Wimbrey – Peripheral Blood Stem Cell Donor**

I am 33 years old and an Assistant Principal at Cross Timbers Intermediate School in Mansfield. I am a faithfully active member at Crossroads Christian Church in Grand Prairie with my wife, Catherine. We recently celebrated our first year anniversary and are expecting our first baby on December 21. My wife was not in my life three years ago when I donated blood stem cells to a gentleman in need, but my wife knows all the details.

I joined the donor list in 1994 because there was a 17-year-old boy, just three years younger than I was at the time, who needed a matched donor. I was not a match for him. Ten years later, I had long forgotten about him until I received a phone call that I was a match for another gentleman in need of a donor. I donated my peripheral blood stem cells to this man. I am proud to be a donor and I encourage others to do the same.

**Lynn Hooper – Kidney Pancreas Recipient**

On November 18th, 1980 Lynn was diagnosed with Type I diabetes. After 17 years of living with diabetes, Lynn was informed that his kidneys were failing and that he would need a transplant within three years.

He was lucky because his kidneys failed at a rate that is nearly half the national average and it took five and a half years before dialysis was necessary. Lynn was advised that he should seek a pancreas transplant as well as a kidney. After only being on peritoneal dialysis for 15
months, Lynn received both a kidney and a pancreas at Baylor.
After being a diabetic for over 22 years, Lynn has not needed insulin since his transplant and both kidney and pancreas have worked flawlessly since donation. Lynn is dedicated to educating the public about organ donation and transplantation and travels around the state of Texas talking about his experience and how they can make a difference in others' lives like someone did for him.

**Tony Richardson – Transplant Recipient**

"Mr. Richardson, your kidneys have failed and you'll need dialysis."
My thoughts ran at a pace faster than I could keep up. Three days a week, 4.5 hours a session attached to a machine that's actually keeping me alive. My life has changed so much, from a hardworking professional concerned with success to a man who believes that caring, patience, acceptance, understanding and most of all, giving, are the greatest attributes a person can possess. I currently work at a Boys and Girls Club and I try to impart this wisdom everyday to our next generation. My greatest joy is knowing that those that love me can see that because someone gave me another chance at life, I've become a giver, even if it's just a smile.

**Barbara Reese – Transplant Recipient**

"I became ill in 1998 when my daughter was eight years old. I was told I had Hepatitis C and had three years to live. I told the doctor then that that was not true! I had a daughter to raise! All of the things that come with raising a child flashed before me: college, weddings, grand-children. My daughter will graduate from high school next year and we still have a long way to go.

I ended up having Hepatitis C as well as autoimmune Hepatitis C. I worked 40 to 60 hours a week up until two weeks before my transplant. In 2002, five years after I was told I would only live three years, I had my transplant. It was very hard to wait and I was lonely and fearful. With the excellent care and support I received from Baylor, I could not have asked for better. Now it has been almost five years since my transplant and I have not had any problems – we were a perfect match.

I am very grateful to my donor family for the decision they made after losing their precious son. I hope to one day meet them to personally thank them. I believe that no matter what comes
before you in life, God has a plan just for you. The choices you make determine the outcome. Do you listen to Him or your flesh – what's best for you?

I believe: God heals, God saves, God can make it new again. Organ donation can make it new again for someone. It is a blessed decision that families make and one that should not be taken for granted.

**Shane Outlaw – Organ Recipient**

I am Shane Outlaw. I had a liver transplant April 1, 2005.

I live in Irving with my wife, Julie, and my son, Tanner. We have truly been blessed from an unknown donor, who we think about every day.

Our family is honored to be apart of such a great event and we would like to thank every person who is a part of it.

**Stephanie Franklin - Marrow Donor**

Stephanie Franklin is a wife, mother and a marathon runner. She is also a marrow donor for an 8 year-old girl in another country.

Stephanie joined the registry in 2005, donated her marrow in 2006 and just recently gave white blood cells to her recipient. The Franklin family holds this little girl dear to their heart and the small sacrifices that they made to have her be healthy is worth it. As a parent, Stephanie understands that the small moments in life are precious.

**Akiim DeShay - Peripheral Blood Stem Cell Recipient**

I am 36 years old, married and have two children: a 3 year-old boy and an 8 year-old girl. Three days after Thanksgiving in 2003, I went to the emergency room for a severe stomach ache. There was nothing but inflamed tissue in my stomach, but the blood tests pointed to leukemia. Two days later, I was diagnosed with acute myeloid leukemia.

Initially, I was treated with chemotherapy but that only got rid of half of the leukemia. That's when I was told I needed a bone marrow transplant to survive. During my second round of
chemo, we found out that my sister and only sibling was a match. I had my transplant on Good Friday in April 2004 and have been in remission since that time. I was then diagnosed with chronic graft-versus-host disease from the transplant, but have improved over the years. I have been able to spend lots of quality time with my family who endured this long journey with me and it feels good to be alive. I began volunteering

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Lone Star Circle of Life Bike Tour

Local Event - Gatesville

Day 8
Saturday, September 29, 2007
Waco to Gatesville

The Lone Star Circle of Life team will leave Waco at 8:30 a.m. for Gatesville. They will arrive in Gatesville at approximately 1 p.m. at the Gatesville Chamber of Commerce office at the old Cotton Belt Depot, on the corner of Hwy. 84 and Business 36 (2307 State Hwy. 36). A reception will be held where the riders will be introduced, and each rider will introduce the honoree they rode for that day.

A blood drive will be held at the depot from noon until 3 p.m. Information about the National Marrow Donor Program Registry and the organ donation registry DonateLifeTexas.org will also be available. Those interested in joining either or both of the registries will be able to do so at the event.

Event Coordinator

For more information, contact:
Lisa Steward
202 Elms St.
Gatesville, TX 76528
Phone: 254-289-1733

Day Riders

Keith Steward - I received a kidney transplant on January 24, 2007 from a Lone Star Circle of Life team mate, Shari Miller. I want to honor her and deliver the message of the importance of donations. There is hope when someone cares and has a desire to help others in need.

Shari Miller - I am riding to bring awareness to potential donors about our mission and congratulate donors and families of donors for their life saving gifts. I see the need on a daily basis.

Honorees

Keith Steward - Kidney Recipient

The Gatesville Messenger said it best – "Perhaps no one in the Gatesville area has
been a stronger advocate for organ donations than Keith Steward."

Keith knew for years he would one day need a kidney transplant because his family suffered from polycystic kidney disease. He lost his dad and one sister to the disease, and had another sister who survived because of a transplant in the mid 1980s. Being an advocate for donation, Keith was a team member of many of the Lone Star Circle of Life Bike Tours, where he would educate people throughout the state about the need for donors.

Keith found out firsthand that the bike tour is truly a circle of life when he found the kidney donor he needed in his teammate from the 2001 tour, Shari Miller.

**Shari Miller - Kidney Donor**

Shari Miller is one of those really special people. She promotes blood, platelet and marrow donation through her job at the South Texas Blood and Tissue Center in San Antonio. She also promotes donation through the Lone Star Circle of Life Bike Tour as a past team member of the 2001 team, and as a day rider for several tours.

Shari not only understands the need for donors, but also really understands the word "teammate".

Last year, when Shari heard that one of her teammates from the 2001 tour needed a kidney transplant and his family members were not able to be the donor, Shari took action. She called her teammate in need, Keith Steward, and told him she wanted to donate one of her kidneys to him. After the tests showed that she could be a donor, Shari and Keith both entered Scott & White Hospital on the same day, played card games together with their family and friends that night, then both went to the operating room the next morning.

Shari and Keith are true teammates in the circle of life - and they have matching scars to prove it.

The Lone Star Circle of Life is very pleased to honor two of their own - Shari and Keith.

**Joy Marshall - Peripheral Blood Stem Cell Donor**

Joy registered with the National Marrow Donor Program in 2001, not expecting to ever be called to be a donor. The Scott & White Marrow Donor Program contacted Joy last year to inform her she was a possible match for a young man with leukemia. When asked if she would consider being his donor, she immediately and enthusiastically said "yes".

Joy traveled to Dallas to donate her peripheral blood stem cells to this man giving him a very special gift of life. In a few weeks, Joy will celebrate the one-year anniversary of her donation, and her recipient will celebrate his one-year anniversary of a second chance of life.

In addition to her stem cell donation, Joy has also been an active promoter of the National Marrow Donor Program, speaking with groups in the area about her experiences as a donor.
The Scott & White Marrow Donor Program thanks Joy for both her life-saving donation and for her efforts to encourage others to join the registry.

**Dennis Taylor - Marrow Donor**

In 2006, Dennis Taylor’s younger brother, Bob, was diagnosed with mantle cell lymphoma. After months of chemotherapy, the doctors said he needed a bone marrow stem cell transplant. Dennis, his older brother and sister were all tested and Dennis was a match! Dennis didn’t hesitate. He began preparation for the transplant on February 16, 2006. On February 21, he donated his stem cells to his younger brother.

When he learned he was a match, Dennis was proud and happy to donate "life" to his brother. This was not a new experience for Dennis and his family because ten years ago, his daughter, Keia Wilson, donated bone marrow to an 18-month-old boy. Dennis and his family are firm believers in the National Marrow Donor Program.

**Kenneth Daniels - Kidney Recipient**

"After being on dialysis for about two and a half years, I received a kidney transplant on March 17, 2006. I received my kidney through the Scott & White transplant program. My kidney came from an anonymous donor, and I never did find out much about the donor. No greater gift can a person give than life for another person. I truly thank Scott & White Dialysis Center and the transplant team. My granddaughter has also been on dialysis and was blessed to receive a kidney transplant thanks to a generous and thoughtful donor."

**Lynita Steward Salter - Kidney Recipient**

"I was diagnosed with polycystic disease while my three sons were small. As the kidney disease progressed, I had one kidney removed and later began treatment by dialysis. In 1984, I received a transplant from an anonymous donor. I have never met the donor's family. Because of the generosity of this family in their time of grief, I have had the opportunity to raise my children, enjoy my six grandchildren and travel all over the world. I want to say thank you to the donor family and to encourage everyone waiting for a transplant to have hope.

**Susanna Burleson - Blood Donation Advocate**

I gave blood for the first time on July 24, 1973. It was difficult since my veins were small. It was suggested that I could help future blood drives in other ways. Several American Red Cross workers got me involved serving refreshments and visiting with the donors.

In the 1980s, I was elected to the board of directors of the Coryell County Chapter of ARC. I served as a volunteer to keep the office open when the staff was in meetings or training. Eventually, I was hired as Executive Secretary and held that position for 3 ½ years until Coryell County's chapter was merged into the Mid-Tex Chapter.

I have continued to work as a volunteer for Gatesville blood drives by calling donors, distributing literature and flyers, visiting with donors and anything else I can help with. Since I began in 1973, I can only recall missing two blood drives - one when I had a severe cold, and the other when my husband was in the hospital recovering from heart surgery.

**James B. Burleson - Blood Donation Advocate**
I became a blood donor while attending technical school in Waco in 1971. I have continued since moving to Gatesville in August 1971. I am a multi-gallon donor.

In addition to being a blood donor, my wife and I have taught first aid and CPR classes for the American Red Cross. We are also certified Disaster Relief volunteers.

I personally know the value of donated blood. I had heart surgery, a procedure that lasted 11 ½ hours and needed blood during the operation. My family and I are thankful to the donors who provided the blood that was there when I needed it.

**Eddie McBeth - Organ Recipient**

"On May 12, 2006, my life was given to me again by a donor unknown. He gave me his heart. Before the transplant, I was unable to take care of myself. However, that has all changed thanks to the generosity of a donor. Let us all be aware of and sign up for the donor program."

**Sharon Welker - Transplant Recipient**

Sharon was diagnosed with acute myelogenous leukemia and received a peripheral blood stem cell transplant at Medical City Hospital in Dallas. Her donor was her sister, who lives in upstate New York.

As most patients with leukemia, Sharon also used many units of blood and platelets before receiving her transplant.

**Joan Lehmkuhler**

"I was born three months premature and my kidneys have never worked correctly. I have been on dialysis for a year and a half and currently waiting for a donor so I can have a kidney transplant. I am 39 years-old and still work full-time at Central Texas College. I do my dialysis four times a week (usually two during a work day)."

**Local Sponsors**

*SCOTT & WHITE*

*Extraco Bank - Gatesville*

*Central Texas College*
Gatesville High School - Culinary Arts Program

Hillcrest Medical Clinic

Flentge Drug

First Baptist Church

Gatesville Chamber of Commerce

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Lone Star Circle of Life Bike Tour

Local Event - Houston

Day 3
Monday, September 24, 2007
Columbus to Houston

The Lone Star Circle of Life team will leave Columbus at 7:30 a.m. for Houston. They will arrive at approximately 3:30 p.m. at Saturn of Houston, 10050 Southwest Freeway (Hwy. 59 and Bissonnet).

A reception will be held for the riders where they will be introduced. At that time, each rider will introduce the honoree they rode for that day. Information about blood, tissue and organ donation will be available on-site and a drive for the National Marrow Donor Program Registry will be held.

Event Coordinator

For more information, contact:
Anne Marie Cervenka
Gulf Coast Regional Blood Center
1400 La Concha Lane
Houston, TX 77054
Phone: 713-791-6697

Day Riders

Jared Jakacky - I want to help bring public attention to the possibilities where one life ends and another begins.

Kimberly Davis - I am riding to honor the kindness of organ and tissue donors and their families.

Christine Shiang - My previous employment at LifeGift and my current work in cancer research reinforce my desire to contribute in other ways. I have been a day rider with the team for the past two years and would like to continue this worthwhile tradition.

Ryan Connor - Everyone has the opportunity to contribute to improving someone's life. Through promotion and education of organ and tissue donation, we have a better chance to reach out to people and teach them about the benefits of donation. By working for an organ procurement organization, I get great pleasure knowing what I am doing is allowing recipients to continue to live and fulfill their dreams and goals.

Anthony Crespo - I rode as a day rider last year and realize it is a great way to raise awareness of organ donation in my community.

Denise Van Kuiken - To support and promote the importance of organ and tissue donation. Also, for donor families – the generosity they show in their time of grief is incredible.

Marsha Cohen - As a bone marrow transplant coordinator, I see everyday how this procedure
can save someone. So few people are lucky enough to have a family match so volunteer donors are always needed to help save a life.

**Honorees**

**Brenda Yates - Peripheral Blood Stem Cell Donor**

I have been a blood donor for many years and have always liked the feeling that I get when I donate. I had my name added to the Bone Marrow Registry many years ago as part of a regular Blood Drive at the company that I worked for. Over the years, I have sometimes wondered what it would feel like to be selected as a possible donor.

In the early part of 2007, I got a call that I was a possible match for a gentleman that was suffering from leukemia and was asked if I would go to the Blood Center for additional testing. To make a long story short, after additional testing it was determined that I was a match.

In April 2007, I donated peripheral blood stem cells for the patient. Before the donation, I asked my friends to help me pray about making the donation as well as for the patient that was to receive it.

In my opinion, the feeling that you get from donating is well worth any discomfort that you experience in the donation process. I feel that it has been both a privilege and an honor to donate and would urge others to have their name added to the Bone Marrow Registry.

With great gratitude and pleasure, The Gulf Coast Marrow Donor Program honors Brenda Yates.

**Harish Kapoor - Peripheral Blood Stem Cell Donor**

In August of 2000, there was a booth for registering volunteers for the Bone Marrow Registry. My wife and I both registered by giving a sample of blood. At the end of 2006 we got a call from The Gulf Coast Marrow Donor Program that I may be a match for an unrelated patient and they needed my consent for further testing. I immediately gave my consent. I did not hear back from them and was told they may have found someone else as a better match, as finding a match is very rare.

This March 28, 2007, I got an email from the local blood center saying I had come up as a
potential match for a young leukemia patient. I was told once again that my chances of being a match were slim. On April 18, 2007 I got an email back:

"Hi Harish,
You have come up as a match for a 26 year-old male that has leukemia. Please let me know if you have any questions. Thanks so much for agreeing to come in next week."

On May 10, I went to the Blood Center and they checked my vital signs, took a blood sample to check the white blood count before the start of injections (to simulate the bone marrow stem cells from bone to blood).

The big day was Monday, and by Sunday I had same bone ache (I was told it is normal to have since your body is producing stem cells in blood). On Monday, we went to the Methodist Hospital in the Texas Medical Center where they collect both the bone marrow and the stem cell.

Martha (donation coordinator) was waiting in the main hall. I was a bit delayed and she joked, "You are not allowed to get sick today - the patient is counting on you!" I was very lucky that the senior nurse, Billy, was there and she did a wonderful job of putting the needles in both arms and the process started. It took approximately five hours for the whole process.

One can watch a DVD or take sleep medicine during the process. I spent my time chatting with my wife at my side. She was such a support to me.

I was tired after that but still drove straight home, ate and went to sleep. I returned the next day for the second day collection and saw the doctor, Martha and Billy all smiling as they told me that I did not have to do another donation because they collected enough in one day.

After the donation, I felt tired for a couple of days, but was back to work and doing everything I used to do like mowing my lawn, landscaping and planning home projects.

I recently received some good news in June:

"Hi Harish,
Well, my friend, I received an update on your recipient this morning. They kept it short and sweet but what they told us was good news. Your recipient has engrafted (this means that it is now your blood cells that are growing within him). They say he is recovering well and he has been discharged from the hospital. He still has to go frequently to the outpatient clinic for testing, but that is normal. I am so happy to have a good update for you. Hope you and your lovely family are well."

My advice is, if you can give the gift of life, please do it. I am glad I was given the chance to do that.

The Gulf Coast Marrow Donor Program is proud to honor Harish Kapoor for the 2007 Circle of Life.

Samantha "Sam" Whitney - Organ donor
Samantha "Sam" Whitney was an independent, vibrant young woman who always wore a smile on her face. She had a zest for life that moved her to make the most of every minute.

Sam began to display her independence very early in life. At the tender age of six, Sam believed that her after-school program director wasn't applying the rules fairly to all of the children. So she decided to draft a petition to have the program reviewed and had her fellow first graders sign it! While the program survived, Sam's leadership had only begun to emerge.

Sam turned 16 in October, 2000. While preparing for her driver's test she decided to become an organ and tissue donor. Upon telling her parents, Al and Sandra Whitney, she said that she and her friends had discussed organ donation and decided it was the right thing to do.

Following Tropical Storm Allison in summer 2001, Sam was driving to her boyfriend's house when a car veered into her lane. She swerved onto the storm-softened median flipping the car end to end.

Sam was flown to Memorial Hermann Hospital but she never regained consciousness and was declared brain dead three days later. When approached by LifeGift, Al and Sandra said the decision to donate had already been made by Sam.

Sam's thoughtfulness, kindness and generosity were among her many gifts. But the greatest gift she shared with her mother was teaching Sandra how to live. Sandra admits that she always looked to the future, instead of relishing the present. Sam showed her how to enjoy life every day-no matter what you're doing.

It's a gift that inspires each of us, especially Terry Anderson, Jordan Carroll and Mark Durand - the recipients of Sam's life-saving organs. LifeGift is honored to recognize Sam.

Jennifer Lewis - Recipient
Stecil Hopkins - Organ donor
Stephanie Lewis Johnson - Donor mom

Stephanie Lewis Johnson and Jennifer C. Lewis share a bond of love that began when Jennifer received a liver from Stephanie's son, Stecil, in 1997.

Stecil Benard Hopkins was only 17 when he died following an automobile accident. Like so many families, Stecil's mother, Stephanie, wanted him to live on through organ donation.
When told that a low percentage of African-Americans donate organs, Stephanie knew she could help make a difference by donating her son's organs.

That difference was made in the life of Jennifer Lewis when she received Stecil's liver. Since meeting a few months after the surgery, Stephanie and Jennifer have been close friends, staying in contact through cards, letters and phone calls. The two are so thankful for each other and end their letters with the words "Forever connected."

Grateful for the incredibly generous act that saved her life and allowed Stephanie to honor her son, Jennifer shares important moments in her own life with Stephanie - moments that are possible only because of Stecil.

Jennifer also speaks on behalf of organ donation for LifeGift, carrying Stecil's photograph and telling their story to everyone she meets.

It is with our deepest gratitude that those of us at LifeShare honor Stecil Hopkins and his mother Stephanie Lewis Johnson and great joy that we honor Jennifer Lewis.

**Recipient Manuel "Manny" Arredondo**

Celebrating his twentieth year as a heart recipient, Manny Arredondo has many things for which he is thankful.

Diagnosed with viral cardiomyopathy in the mid 1980s, Manny was placed on a transplant list in August of 1988. Little did he know that in the next few months he would be given the most precious gift of all - the gift of life. On November 4, 1988, Manny received a heart transplant at the Methodist Hospital in Houston.

Since his heart transplant, Manny has enjoyed his second chance and takes nothing for granted. When asked what he would tell his donor family, he responded, "Your son gave me life and, in return, I was able to give life to someone else, my daughter." Born five years after he received his transplant, Manny's youngest daughter will be 15 in February. "She keeps me motivated." He is also grateful for being able to witness two of his other children marry and make him a grandfather.

Manny enjoys going to the gym four to five times a week and advocating for organ and tissue donation through his volunteerism with LifeGift and participating in the Texas Transplant Games, where he has won numerous medals.

It is with joy that LifeGift honors Manny Arredondo.

**Sheri Jones - Blood and Platelets Recipient**
When looking up the word “blood” in the dictionary, one might find it defined as, "the vital principle; life." Before October 1993, if you had asked me to define the word "blood," I too would have given a simple textbook definition. But, if you were to ask me after that pivotal month when I received the news that they had found leukemia in my bone marrow, you might have heard a different definition: strength, hope, time and a possible future. Because before that time, I had no idea how the selfless and generous gift of another would become so important to saving my life.

In the early part of October, 1993, I started feeling tired and really run down. But, like many busy moms, I just thought I wasn't getting enough sleep and simply shrugged it off. My fatigue persisted for about two weeks and followed with a sore throat and body aches. The pain in my throat became so intense that I thought I had better get checked for mononucleosis. Soon after hearing the doctor tell me that I was simply anemic, I started to have excruciating pain in my teeth and gums, horrible stomach aches and inflamed red knots on my calves that felt like they were on fire. When I went for a second opinion, the look on the doctor's face confirmed my suspicion and I knew that we were dealing with more than simple anemia. I had acute myelogenous leukemia otherwise known as AML, a fast growing and deadly form of cancer.

During my initial induction course of chemotherapy and throughout my five follow-up rounds, I received what appeared to me to be pints and pints of both red blood cells and platelets. I remember sitting in my hospital bed thinking about how much time it must have taken to fill up each of the bags that now dripped new life into my sick body. And, I remember wishing that I had been brave enough before I got sick to give the precious gift of my own blood to help save another.

With God's pure grace, wonderful doctors, my loving family and friends and the most priceless gift from others, I got through my cancer treatments and into remission.

I have been in remission since the date of my last treatment, April 1994. And to this day, I wish that I had a way to thank all of those strangers whose blood truly became my "vital principle" and my life.

It is with great pleasure that the Gulf Coast Marrow Donor Program honors Sheri Jones.

Univision Channel 45 - Committed Blood Donor Group
Univision Channel 45, Telefutura and Univision Radio are the only radio-television partnership in the Texas Gulf Coast region that host bi-annual blood drives with Gulf Coast Regional Blood Center.

In addition to public drives at area malls and Neighborhood Donor Centers, Univision encourages its employees to "Commit for Life" by hosting employee drives at the station. The public affairs directors for both the radio and television entities ensure that their audiences are well-informed by spreading the word through their community affairs programs, Nuestra Vida and La Voz de Pueblo. In 2006, the group helped save more than 2,500 lives!

Univision's commitment strengthens not only the Blood Center's efforts to create awareness in the Hispanic community, but also the ability to fulfill its overall mission of saving lives.

It is with great gratitude and appreciation that the Gulf Coast Regional Blood Center honors Univision for their dedication to the "Commit for Life" program.

Wanda Easterling - Volunteer

"Every time I put a donor testing kit together, I pray and ask God to bless the patient that needs a match," says volunteer Wanda Easterling.

She knows first hand how important it is for every patient who is searching the Registry to find that needle in a haystack. Easterling's grandson, Ayinde' Williams, was diagnosed with leukemia on Mother's Day, 2006, when he was seven years old. Ayinde's name, which comes from a small country in Africa, means "we prayed for joy and joy came." Ayinde' brought much happiness to his family and countless others.

Easterling moved to Houston from New Jersey in January of 2006. When she learned of her grandson's diagnosis, she called the Gulf Coast Marrow Donor Program to find out how to sign up to get on the Registry, not just for her grandson, but for anyone searching for a match. She was flying back and forth to her daughter's home during that time as she tried to help her daughter juggle her schedule with her sick child and his three-year-old brothers.

While Ayinde' was in the hospital, Wanda noticed that there was an abundance of intricate paper work and detailed procedures that were in place. She knew that in addition to all the medical personnel helping her grandson that somewhere, someone was working behind the scenes making all this possible.

As she continued to speak with the marrow program in Houston, she was encouraged to become a volunteer and was made aware that there were a number of opportunities for service in the office and at drives. In November 2006, Wanda became a regular volunteer for the marrow program. She began coming to the office twice weekly where she found various jobs of interest to her.

Ayinde' passed away in his mother's arms on Mother's Day, 2007, one year from the date of his diagnosis. But his memory lives on in the heart of his grandmother and so many others.

Wanda says that being a volunteer is something that she looks forward to every week and is her way not only of honoring her grandson but also a way to do something tangible for the patients who are struggling to get their second chance at life.

It is with great pleasure that the Gulf Coast Marrow Donor Program honors Wanda Easterling, a dedicated mother, grandmother and volunteer.

Zachary Grafe - Leukemia Survivor
It was September of 2000 and I finally went into the emergency room. The fever I had had spiked to 103º. I went there thinking that I had a really bad case of the flu or something, but was not prepared for the reality. After spending about five to six hours in the emergency room, having my blood drawn three or four times, and all other avenues checked for what was making me feel so sick, we finally had the answer. The emergency room physician came in and said he was pretty sure I had some form of leukemia. And so the journey began from there.

I went to Southwest Memorial and was quickly referred to MD Anderson Cancer Center. I was placed in a protective environment for close to a month and continued my chemotherapy regimen once I was released from the hospital. I went into remission after the first round of chemotherapy and continued the chemo for another nine months. Things seemed to be going really well.

It was 2002 and our first daughter, Riley, was born in April. In May, I had learned that I relapsed. This time around I would be going through a bone marrow transplant. I was fortunate or lucky or whatever you want to call it, but my brother was a perfect marrow match. Once again, after the first round of chemo I was back into remission. There was a brief waiting period before I would go through two days of chemo, rest for a day and then receive the transplant. Everything seemed to be going good once again. There were a few problems with my body wanting to reject the transplant, but on the whole, things went very smoothly.

It was January of 2004 and my wife and I were expecting our second daughter, Reagan, to be born in May. Once again I had relapsed. As odd as this may sound I was lucky enough to relapse far enough away from my first transplant that we were able to go through the whole procedure a second time. This time around I dealt with more complications than the first transplant, which is a good thing because we know that the transplant has really seemed to "take." It has been three and a half years since that last transplant and we are expecting our third child to be born in October - who says chemotherapy makes you sterile!

I am still trying to figure out why I had to go through this experience and what it really all means. One thing I know for sure is that it has brought me closer to God, my family and my friends.

Jennifer Pool - Stem Cell Donor
It was the summer of 1998. My daughter, who was three years old at that time, was being fitted by an optometrist for her first pair of glasses. As the optometrist measured, formed and slipped the glasses off of my daughter's tiny little face, we began to talk about our children. The optometrist's eyes filled with tears as he told me that his 16 year-old son was dying of leukemia and his only hope for survival was a bone marrow transplant. Unfortunately, no donor was ever found.

In my desperate attempt to comfort this kind man, I asked the simple question "Is there anything I can do to help"? Without hesitation, he looked directly into my eyes and simply said "register to be a bone marrow donor." The next week, I went and submitted a blood sample, and my name was placed on the National Bone Marrow Registry.

Eight years passed and I never heard a word from the registry. Finally, in October of 2006, I got the call. The caller on the other end of the phone asked me if I remembered registering to be a donor, so many years ago. I remembered clearly, as the pain and hurt on that desperate father's face, was something that I would never forget.

Over the next few weeks, I went through a series of tests and underwent a complete physical. It was determined that I was healthy and an appropriate match for my recipient. My prayer during the whole process was "God, let me be a perfect match, keep my body healthy, and let my recipient be healthy enough to undergo the transplant process." My prayers were answered.

In November of 2006, over the Thanksgiving holiday, my stem cells were harvested and transplanted to my recipient, a 34 year-old male stricken with leukemia. Nine months have passed since the transplant, and the last bone marrow biopsy performed on my recipient revealed that 98 percent of the blood cells in his body are mine and that he shows no signs of leukemia!

I am now anxiously awaiting the one year anniversary of the transplant. At that point, I will be told the identity of my recipient and we can actually meet face to face.

The greatest lesson I learned throughout this whole process, is the dire need for donors. I am hopeful that my experience will educate others and will motivate many to register to become a donor. To know that I have given another person an opportunity to live is the most rewarding thing I have ever done. My prayer is that one day each request for a match will be found.
Local Sponsors

Marrow Donor Program
Gulf Coast Regional Blood Center
www.giveblood.org

Saturn of Houston

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Lone Star Circle of Life Bike Tour

Local Event - San Antonio

Day 1
Saturday, September 22, 2007
Austin to San Antonio

The Lone Star Circle of Life team will leave Austin Saturday morning at 9:30 to head for San Antonio. They will ride to the Rolling Oaks Mall, 6909 N. Loop (Loop 1604 and Nacogdoches Avenue) at 4 p.m. The riders will meet their honorees and guests at the main entrance to the mall by JC Penney.

A reception will be held at the JC Penney court where the riders will be introduced. At that time, each rider will introduce the honoree they rode for that day. Information about blood, tissue and organ donation will be available on-site and a drive for the National Marrow Donor Program Registry will be held.

Event Coordinator

For more information, contact:
Yvonne Ybarra
South Texas Blood and Tissue Center
6211 I-10 West
San Antonio, TX 78201
Phone: 210-731-5513

Day Riders

For information about being a day rider, please contact the local event coordinator listed above.

Morris Camp - I am riding to support Bonnie Lundy.

Carrie Carmichael - I am riding to support Bonnie Lundy.

Ed Purvis - This will be my third year as a day rider. I am riding to support Bonnie Lundy, who initiated me into cycling and donation.

Keith Hughart - As an organ recovery coordinator, I have been honored to meet families at the most tragic time in their lives. I have seen these amazing people choose to give the organs of their loved ones in order to save the lives of others they have never known. These families and their giving spirit must be recognized. I hope to offer my small tribute to the organ donors and their families by riding just one leg of the Lone Star Circle of Life bike tour.

Sharon Sander - To support transplant recipient, Bonnie Lundy.

Jim Fiore - To help raise the awareness of the need for life-saving donations of blood, marrow, organs and tissues. As a certified personal trainer – and after reading Bonnie Lundy’s story – I understand the importance of outreach and the need to continually educate people regarding tissue donation. Life is important and should be enjoyed on all levels.
Joe McBride - "I want to support the Circle of Life message and to support my daughter, Angie Balentine, and her family as they travel with the tour".

Honorees

Annalisa Hernandez - Transplant Recipient

My name is Frances Lopez and I am a single parent of three, two daughters and one son: Abigail, 15 years old, Antonio, 9 years old and Annalisa who was 14 years old when she passed away last July. Both my daughters suffer from nephronophthisis–medullary cystic disease and my son currently gets checked two to three times a year.

My oldest daughter Abigail first got sick in August of 2005. She was in the hospital for a few weeks and started hemodialysis right away. She was then on peritoneal dialysis and finally had her kidney transplant on Dec. 14, 2006. I was her donor.

Annalisa was checked in September 2005 and showed early signs of kidney failure and later had a biopsy in October 2005. She was put on various meds and a strict diet to slow the disease down. Anna started peritoneal dialysis July of 2006.

Abby and Annalisa were a strong support for each other and spoke nightly about their experience. The disease didn't slow them down though. Both were involved in sports and were in school fulltime and always had a house-full of friends.

Anna had her transplant on January 5, 2007. It was a cadaver kidney and everything went well. In February 2007 she was diagnosed with Type 1 diabetes from the transplant. After the initial shock, she dealt with it head on and gave herself shots daily. She was such a positive person. At the end of April of 2007, lab results showed she had CMV (cytomegalovirus).

She started treatment in the doctor's office and went to the hospital at the end of May. Things then took a turn for the worst. She was out of the hospital for most of June and was able to spend her birthday with friends at home but was back in the hospital by July. Anna lost her fight to CMV and pneumonia on July 29, 2007.

In this whole crazy mess, Antonio was always encouraging his sisters. He continues to be checked every 4 to 6 months. There is a possibility that he will either carry the disease or need a transplant himself.

The question I always get is, "How do you do it?" I always answer, "I do it because of my kids, they are always positive, whatever comes our way."

Abigail Hernandez - Transplant Recipient
My name is Abigail Hernandez. When I first found out that I had kidney failure, my mind went blank and I had no idea what was going on! My mom got a call from my doctor that I had to be rushed to the emergency. So she told my brother and sister to hurry up and pack some clothes. They were going to stay with a friend for a few days.

Once I got to the hospital I didn't know what was happening. When I got to my room in the hospital, the doctor came in and told me what they were going to do to me. At that point I got so freaked out!

When I woke up the next morning I had a dialysis tube in my leg. I had to start doing home dialysis for a few days. Then I went into surgery to get another tube so I can start peritoneal dialysis at home. When I healed I went back to school but it wasn't the same because everyone asked me where I was and I was so nervous and I didn't want to tell them. I couldn't spend the night at any of my friends' houses because I had to be on the machine for about 12 hours every night. I had to do that for a year and a half. Then I found out that my mom was going to donate a kidney to me. I was so excited because then I wouldn't have to be stuck to that annoying machine every night!

After my transplant I felt like I had so much more energy. And I was so happy because I could spend the night at my friend's houses. Now I have to take meds every day and night. I hate it, but as I am getting used to it, it's not that bad.

Tommy Stuchell - Marrow Donor

I joined the bone marrow donor registry in the early 1990s as an afterthought. As I was donating blood in Houston, the person collecting my donation asked if she could draw a few extra vials and enter my name in the registry. I thought, "Sure, why not." And I am so glad that I did.

More than 15 years later, I have moved and changed addresses at least 10 times and lived in several different cities. But with each move, I remembered to go to the registry website and update my contact information.

I received a call from the Gulf Coast blood and tissue center in Houston in November 2006, informing me that I was a potential match to be a marrow donor. I was a little surprised, really, after all this time, but it was a phone call that will have a lasting impact on my life.
After transferring my file to the San Antonio blood and tissue center, the process to become a donor began in earnest. I can not say enough about the quality of care provided by the good folks from the blood and tissue center that stayed with me through the entire donation process and the nurses and doctors who performed the procedure. I was educated and informed every step of the way, and there were no surprises.

Since all of my family lives in the eastern part of the U.S., I am equally grateful for the caring and support from my extended family here in San Antonio, my friends and colleagues at NuStar Energy. All of this came together, this past February, to make my donation experience one of the most rewarding of my life. I am so glad that I did it, and would be happy to do it again.

Kevin Duane Soucie - September 25, 1988 - December 22, 2004

Kevin "Bubba" Soucie was a joy to our family. He always smiled and was full of life.

Kevin was a loving, caring person, he was a peacemaker. He enjoyed his life and had been quoted to say, "I love my life, every second of it."

He loved sports! He knew the stats on the teams and players of baseball and basketball. Kevin enjoyed hunting, fishing and camping but his favorite sport of all was skateboarding.

Kevin taught us to live everyday to its fullest and always give your best. We are so blessed to have had a wonderful son, a wonderful brother, a wonderful grandson, cousin and nephew.

Kevin, you have taught us to open our eyes and hearts, to love, to give and to be at peace with ourselves and others. We all love you and miss you!

Debby Geer-Costello - Transplant recipient

I was diagnosed with acute lymphoblastic leukemia on October 21, 2005 at age 38. I had a stem cell transplant (my brother was my donor) on February 27, 2006. I'm now 18 months in remission.

I have a 7 year-old daughter and we raise money for the Leukemia-Lymphoma Society through
I am also am a Patient Ambassador for the National Bone Marrow Donor Program.

In memory of Angela Renee McCarns

Angela Renee McCarns was born February 24, 1961, in Los Angeles, California. Angela was a good student in school and she loved her family.

She was interested in Boy Scout and sport activities because her brothers Terry and William were involved in those activities. She loved ballet and creative dancing as well. Angela was a member of the Blue Birds and secretary of the organization. She was also an honor student and active in school activities. One of her favorite teachers was Mrs. Billy White and she enjoyed many experiences with her including skating, picnics and camping. She enjoyed activities with her family, friends and relatives.

Angela was very devoted to her family. She enjoyed attending church and participating in religious activities. Sadly, Angela lost her battle to leukemia on October 11, 1974. She enjoyed life, was loved and will always be remembered.

Erika D. Rymers - Bone Marrow Donor

My name is Erika Rymers. A few years back, I was donating blood at a blood drive my work was sponsoring. At that time, a representative from South Texas Blood and Tissue Center asked me if I would be interested in signing up to be a marrow donor. I said, "Sure, why not?" Never did I believe I could be a match.

A couple of years after I signed up, I received a phone call with the news that I was a match. I never even thought to say I couldn't do it. I have two small children and all I think about is if our positions were switched, I would want someone to do this for my child. Before the procedure, all I knew was that my recipient was a 5 year-old little girl. I went through with the procedure and did not even find out the name of this little girl.

After a year went by, I received a call from Sarah at the Marrow Program. She was ready to give me my recipient's name. Of all the names out there her name was Ashley, the exact name I chose to name my own daughter. What a coincidence.

In memory of Mary Lou Jackson

Mary Lou was one of the sweetest people we knew. The staff at the Bone Marrow Transplant clinic would like to submit this form as a way to honor Mary Lou. We would like people to know that without the transplant she received, she would not have had more time. Time to be with her family and friends, time to laugh and bring a smile to those around her, time to enjoy her life, time for us to know what a wonderful person she was. We are all deeply saddened by Mary Lou's passing, but we celebrate the extra life she lived because of her donor.
Phillip Lopez - Blood and Platelet Recipient

Phillip is a 14 year-old young man who has relapsed leukemia. He is receiving chemotherapy and when he goes into remission, he expects to have a stem cell transplant.

Because of his treatment, his blood making system does not work correctly so he needs many units of blood and platelets weekly to replace what his body does not make.

He has a great attitude and charm. Philip is a very nice young man and smart. He is currently in homebound school. He is very caring and puts his family before himself. He has many siblings. Regardless of what is happening in his life, he always has a smile.

Klay Davis

You’d never guess that this charming young man with the easy laugh and great sense of humor has been battling sickle cell anemia since he was diagnosed at the age of three. You might see him playing basketball with his friends, working at his job, or tinkering with his car and you’d think he was perfectly normal.

For 10 years, he has been receiving ecotpheresis treatments every four to six weeks. During each session, Klay receives pints of O-negative blood that restores his energy. A few days prior to treatment, he says, "I start sleeping more and feeling very tired, but after the blood transfusions, wow! I feel hyper!"

Klay is deeply grateful for every day, for the gift of life and for the future that he views with his characteristic optimism. "I would love to thank all the people who donate blood. They couldn't possibly know the huge impact they have on other's lives. I was at the Blood and Tissue Center one day and I talked to a man who just walked in after work to donate blood. He came out of the kindness of his heart. What a generous thing to do. I wish that he and the others who give blood could see what their sacrifices mean to me and to others like me. Without these transfusions, I could not lead a normal life. I would have been gone by now."

Darlene Moy - Transplant Recipient

Darlene received her National Marrow Donor Program donation over five years ago. She is a true inspiration to everyone going through a transplant.

Darlene is a very special person to us and has been a part of our Bone Marrow Transplant family for many years, and we hope many more. She is a true survivor thanks to the National Marrow Donor Program.

Susan Dick - Transplant Recipient
Susan received a peripheral blood stem cell donation from a National Marrow Donor Program donor in August of this year.

A little over a month later she was back at home and feeling great. Susan has a presence about her that just draws people to her. She is sweet, energetic, caring and great company. Being a little over a month post-transplant she can be seen in the outpatient clinic going in for check ups, where she always finds a new friend.

All Susan knows about her donor is that he is a 46 year-old male, she and her family are so thankful to him. They have written to him and hope to thank him in person some day. Having this transplant has given her a new lease on life and she will tell this to everyone she meets.

Christopher Garcia - Peripheral Blood Stem Cell Donor

In October of 1994, Christopher Garcia filled out a consent form and gave a blood sample. He had just joined the National Marrow Donor Program registry! He thought no big deal - maybe he'll be called up some day and maybe not. Time passed, twelve years to be exact, until that some day came.

In December of 2006 Chris was told he could be the match for a 9 year-old boy with pure red cell aplasia. Chris celebrated the new year and the chance that he could be the match. Finally, in May of 2007 it was decided – Chris was indeed the best candidate. He donated his life saving-stem cells in July of 2007. To date his recipient is doing very well and being monitored on an outpatient basis.

Bradley Fisk

Bradley Fisk was given a gift from God and he used it his entire life to make the world a happier place - a place filled with gospel, bluegrass and country music. He played the fiddle since he was no taller than the length of his bow. His lively, foot-stomping music brought joy to strangers and impelled crowds to dance in the aisles at festivals across the state of Texas.

In the fall of 2006, Bradley was diagnosed with a malignant histiocytosis and had to put his music on hold. His focus was to concentrate on healing his young body. After months of testing and treatment, including potent rounds of chemotherapy, he found a match through the National Marrow Donor Program. He received an transplant, but sadly passed away in August.

His family is grateful to the donor, who unselfishly gave the gift of hope in a time of need. Bradley was kind hearted, always full of fun and known for his trademark ability to make everyone laugh. He will always be remembered.

Antonio Gonzales - Peripheral Blood Stem Cell Donor

Antonio “Tony” Gonzales registered with the Marrow program in February of 2004, while attending a drive at St. Phillips Nursing School. As a nursing student, he knew the need for minority donors and hoped he could help some day.

Two years later, in October 2006, his chances of being a donor increased as he was identified to be a possible match. The only information he was given on the patient is she was a 31 year-old female with myelodysplastic disorder. Tony came in for additional blood work and so began his journey.

A month later, he was notified that he was indeed the match for this patient. Shortly thereafter
he completed a physical to ensure he could donate safely. Finally, Tony donated his stem cells in December 2006. He did very well and recovered quickly. Of course, he was more concerned with the well-being of his recipient. Tony received a card from his recipient this past April. It was great news! The recipient is doing well and she was very thankful to Tony.

Ashley Ramos

Ashley Angelica Ramos was 2½ years old when her mother started noticing a change in her. Ashley, who loved being in the family pool no longer wanted to swim and she complained that her legs hurt. This eventually progressed to loss of appetite, constant fevers and bruising. After several months of doctor and emergency room visits, the family finally received a diagnosis. It was acute myelogenous leukemia.

She immediately started chemotherapy and responded very well. Within days Ashley was full of energy and feeling great. This put her in remission for two wonderful years.

Ashley again started feeling bad and in November she kept telling her mom "Not yet, not yet." On December 30th, Ashley woke up screaming that her stomach hurt, but she quickly said it was a bad dream. Olivia knew better and rushed her to the emergency room, where she demanded labs to be run stat. The cancer cells were back. Ashley and her mother spent New Years Eve in an ambulance headed to another hospital so Ashley could again begin treatment. It was then that Ashley told her mom "You see, I said not yet," and Olivia finally understood. Ashley knew all along, but wanted to be at home with her family for the holidays.

Ashley received her transplant in July of 2005, she is now doing well, with minor complications that are under control. She has returned to school and finally had a birthday party last year – the past few years she had not felt well enough. She celebrated with family and friends, all who attended were very thankful to have her.

Juan "Jay" Avina Jr. - Tissue Donor

Arrived in heaven on June 14, 1999

Jay was a ball of energy from the day he was born with his "fire red" hair. He was a loving and caring person who cherished his family and loved his mom and brothers unconditionally. He lent a helping hand, a shoulder to cry on, an ear to listen, arms to hug and jokes to lighten your heart.

We miss Jay terribly but have comfort in knowing that his donation of tissue and ligaments helped many people. Since Jay's untimely death, his mother has joined the staff at the San Antonio Blood & Tissue Center. Every day she's fortunate to see Jay as she walks by his picture on the "quilt of comfort" hung near her office.

Shari Miller - Kidney Donor

Shari Miller is one of those really special people. She promotes blood, platelet and marrow donation through her job at the South Texas Blood and Tissue Center in San Antonio. She also promotes donation through the Lone Star Circle of Life Bike Tour as a past team member of the 2001 team, and as a day rider for several tours.

Shari not only understands the need for donors, but also REALLY understands the word "teammate".

Last year, when Shari heard that one of her teammates from the 2001 tour needed a kidney
transplant and his family members were not able to be the donor, Shari took action. She called her team mate in need, Keith Steward, and told him she wanted to donate one of her kidneys to him. After the tests showed that she could be a donor, Shari and Keith both entered Scott & White Hospital on the same day, played card games together with their family and friends that night, then both went to the operating room the next morning.

Shari and Keith are true team mates in the circle of life - and they have matching scars to prove it.

**Local Sponsors**

*South Texas Blood & Tissue Center*
*SATURN of SAN ANTONIO*
*A Member of the Cavender Auto Family*
*TOSA*
*Texas Organ Sharing Alliance*

**Herff Travel**

**Rolling Oaks Mall**
Lone Star Circle of Life Bike Tour

Local Event - Tyler

Day 5
Wednesday, September 26, 2007
Crockett to Tyler

The Lone Star Circle of Life team will leave Crockett at 7:30 a.m. for Tyler. They will arrive at the Carter BloodCare facility in Tyler, 815 S. Baxter St., at approximately 3:30 p.m. A reception will be held for the riders where they will be introduced. At that time, each rider will introduce the honoree they rode for that day. Information about blood, tissue and organ donation will be available on-site as well as a drive for the National Marrow Donor Program Registry.

Event Coordinator

Janie Malone
Carter Bloodcare
815 S. Baxter St.
Tyler, TX 75701
Phone: 903-535-5409

Honorees

John Paul Little - Platelet Donor

"I donated several units of platelets to my sister, Chloe Jane (Little) May. Chloe was diagnosed with acute leukemia in late 2006 and passed away on June 9, 2007 at Hospice Homeplace in Tyler. Her death came just over a year from the date of my late wife, Crysta Ann Little, who suffered from uterine cancer. Chloe would have survived only a short time without the platelets donated by numerous volunteers throughout East Texas."

Sam Pollard - Blood Donor

In the last 62 years, I have donated 15 gallons (plus) of blood to Stewart Regional Blood Center. I donate blood because I want to help those who need blood to live. In the past year one of my wonderful great grandsons has been fighting leukemia. Tucker Thomison is doing well at this time and some ones blood helped him be in recovery.

Tucker Thomison - Blood Recipient

Tucker wants to thank everyone who has given blood to all of the blood banks in the Tyler and Dallas area. He has needed many pints of blood in his fight with leukemia.

Frank Creath - Blood and Platelet Recipient
I was diagnosed with acute myelogenous leukemia in March 2007. Since my treatment began, I have received many blood and platelet transfusions. I will continue to require these transfusions during my ongoing chemotherapy treatments. I never realized how important blood donation is until I was the one who needed it.

So, how do I thank so many for truly giving me the "Gift of Life"?

Local Sponsors

La Quinta of Tyler

Thank you, Connie!
Lone Star Circle of Life Bike Tour

Local Event - Waco

Day 7
Friday, September 28, 2007
Dallas/Ft. Worth to Waco

The Lone Star Circle of Life team will leave the Dallas/Fort Worth area at 7:30 a.m. for Waco. They will arrive in Waco at approximately 3:30 p.m.

Arriving in Waco, the riders will ride into Indian Springs Park across the Waco suspension bridge and be greeted by the honorees and guests.

A reception will follow inside the Waco convention center to coincide with the packet pickup for the Waco Wild West that will be held the next morning. At the reception, the riders will be introduced and each rider will introduce the honoree they rode for that day. Information about blood, tissue and organ donation will be available on-site and a drive for the National Marrow Donor Program Registry will be held.

Event Coordinator

For more information, contact:

Debbie Mabry
Scott & White Marrow Donor Program
2401 S. 31st St.
Temple, TX 76508
Phone: 254-724-7000

Day Riders

Susan Field, Dave Guyer and Kevin Barrett rode the last several miles with the team to welcome them to Waco.

Honorees

Kevin Fisk - Peripheral Blood Stem Cell Donor

Kevin is a Waco firefighter and joined the registry in December of 2004 when a drive was being held at the fire station following the first Miracle Match Marathon. Over two years later, he came up as a possible match for a man with non-Hodgkins
lymphoma. Follow up testing showed that he was the best match for this man so Kevin donated his peripheral blood stem cells in the spring of 2007.

Kevin continues to support the National Marrow Donor Program by not only being a rider on the 2007 team of the Lone Star Circle of Life, but as a Waco firefighter. He also supports the Scott & White Marrow Donor Program through the Miracle Match Marathon so other Wacoans can easily join the registry.

**Jane Aiken - Liver Transplant Recipient**

Jane Aiken received a liver transplant 15 years ago and has shared her experience with thousands of people over the years.

Texas Organ Sharing Alliance honors Jane for the wonderful job she does educating the public about the importance of organ donation. We are sure she has touched many lives by making people think about becoming organ donors. She has also been a role model to those who were in need of a transplant and did not know what to expect.

For that and all you do, thank you.

**Charles Cagle - Organ Donor**

Charles Cagle gave so much during his life including serving his country, guiding young men as a Scout leader, serving on several boards, building homes for the needy and giving many hours of volunteering for various groups. Charles knew all about giving; he was a 20-gallon blood donor.

Charles’ generosity did not end when he died. He and his wife, Nancy, had the very important conversation about organ donation prior to his passing and Nancy was able to fulfill his last wish – giving a second chance to others through organ donation.

**Hillcrest Organ Donation Performance Improvement Committee**

Texas Organ Sharing Alliance is honoring the Hillcrest Organ Donation Performance
Improvement Committee for their commitment to saving lives through organ donation. The staff at Hillcrest is instrumental in using the "team approach," a term which describes the way the staff introduces the procurement coordinators to the potential donor family. With the creation of the Committee, Hillcrest has been able to assist Texas Organ Sharing Alliance in giving the opportunity of organ donation to more Waco area families.

On behalf of those extraordinary families and the many transplant recipients who were given the gift of life, we thank the Hillcrest Organ Donation Performance Improvement Committee.

**John Sheffer - Liver Transplant Recipient**

John received a life-saving liver transplant several years ago and has since helped educate the Waco community about the importance of organ donation. He has volunteered his time and told his story to many people at several events including wellness fairs and special functions.

John and his family also recently experienced the other side of transplantation when his nephew passed away and became an organ donor. The lives of many grateful people were saved because of the decision to give the "Gift of Life."

**Donald Cernosek - Blood Donor**

Donald is a dedicated blood donor and an extremely hard working blood drive coordinator. He is a regular donor who has donated over seven gallons.

He handles the West community blood drives, sponsored by the Kiwanis Club of West. Since he started handling the drives, the number of people coming to donate has doubled, if not tripled.

We want to honor him for putting so much time and effort into encouraging people to give the gift of life!

Thank you Donald!

**Phil Bukowski - Platelet Donor**
Phil Bukowski understands the need for blood, as Phil's oldest son fought a hard battle with cancer. Phil now encourages blood donation to honor his son's memory and help give others a chance to live!

Phil is a dedicated platelet donor - he donates just about every 3 to 4 weeks and has given over 15 gallons in his lifetime. Apart from being a platelet donor, he does everything he can to help promote blood donation in the community.

Phil and his brother own Bukowski Plumbing and they have "adopted" the Carter BloodCare Waco donor center to help bring in friends, employees and customers. In addition to this, Phil also helps coordinate the blood drives at his church! He is such a devoted blood donor and an incredible blood donor advocate. We want to honor him for his dedication to saving lives and spreading the message of giving the gift of life!

**Joe Cook - Platelet Donor**

Joe Cook has spent a lifetime saving lives and making a difference in his community.

Joe is a firefighter who thinks nothing of going into a burning building to save someone or their property. Joe also saves lives in a different way.

Joe is a platelet donor who has donated over 31 gallons of lifesaving blood products. He doesn't know who he is donating for - he just knows someone in his community needs him.

Encouraging others to give the gift of life is also a passion for Joe. Every time he comes to the donor center to donate, he asks one of his fellow firefighters to come with him. He talks about the need for blood everywhere he goes.

On the outside, Joe just looks like a regular guy. But to the citizens in Waco and especially to the patients in our local hospital, Joe is anything but ordinary.

He is a hero in every sense of the word.

**Theodore Monthey - Peripheral Blood Stem Cell Donor**

Theodore Monthey joined the registry in September of 2006, shortly after he turned 20 years old. & It was only six months later that he was contacted by the National Marrow Donor Program telling him that he was a potential match for a young man not much older than himself.
Theodore immediately said "yes" when he was told his testing showed he was the best match for this young man and asked if he would be the donor. Just weeks later, Theodore donated his peripheral blood stem cells giving this young man a second chance of life.

H-E-B Grocery Stores - Blood Donation Promotions

H-E-B Grocery Stores is being honored because of their commitment to saving lives in Central Texas. Since H-E-B was first approached about doing blood drives, they have without reservation been willing to host blood drives at their stores. They are always available to host last minute blood drives if the blood supply dips lower than normal. In addition, H-E-B Grocery Stores partners with Carter BloodCare every year during the 4th of July week, in what has become know as the H-E-B Blood Drive Challenge. This program began in 2003, with a few stores adopting the Waco donor center - and it has now grown to 10 stores in several counties hosting blood drives and encouraging the communities to donate blood to help the holiday blood supply. This last year, H-E-B helped to collect almost 300 pints of lifesaving blood products in a week's time! H-E-B goes above and beyond to make sure patients in the local hospitals have the blood they need!

Local Sponsors

Scott & White • 2401 S. 31st St. • Temple, TX 76508
• 254-724-2111 • 800-792-3710 • 254-724-3038 (TTY)
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Lone Star Circle of Life Bike Tour

2007 Photo Gallery

Tour photos will be added to this website the day following each local event of the 2007 tour. You are invited to visit daily and follow along with the tour throughout the week by clicking on the daily links below. Photos will be posted as soon as they are available and the links will be activated.

**September 22 - Kick-Off event**
Austin

**September 22 - Day One**
Austin to San Antonio

**September 23 Day Two**
San Antonio to Columbus

**September 24 - Day Three**
Columbus to Houston

**September 25 - Day Four**
Houston to College Station

**September 26 - Day Five**
Crockett to Tyler

**September 27 - Day Six**
Tyler to Dallas/Fort Worth

**September 28 - Day Seven**
Dallas/Fort Worth to Waco

**September 29 - Day Eight (Finale)**
Waco to Gatesville

Back to Top
Photogallery - Kick-off Event in Austin

Friday, September 21, 2007
Kick-off at Austin

For more details visit the Riders and Honorees pages.

Photos from the Lone Star Circle of Life will be added to this website the day following the event. You are invited to follow along with the tour throughout the week.

The Lone Star Circle of Life team prepares to leave the hotel parking lot to ride into the kickoff event. They were joined by past team rider and honoree, Shari Miller.

Day rider Shari Miller is welcomed by Marshall Cauthron of the Blood and Tissue Center of Central Texas.

Honoree Kathy Solis is interviewed by a news station and tells about her battle with leukemia.

News station camera teams film the team riding into the Blood and Tissue Center of Central Texas.
2007 team captain Fred Carter tells why he is riding in the Circle of Life and begins to introduce the riders.

Rich Oropeza visits with his honoree, Winnie Pigott.

Rider Saundra Karnes introduces Shari Miller and team mate Keith Steward. Shari donated a kidney to Keith last January.

Lisa Reeve tells about Jennifer Wilkes, as Jennifer’s parents look on.

Bonnie Lundy tells about Ty Gipson, the honoree she rode for in Austin.

Debbie Mabry and Keith Steward visit with Betty Otter-Nickerson before the team heads out for San Antonio.
Lone Star Circle of Life Bike Tour

Photo gallery - Day 1 - Austin to San Antonio

Saturday, September 22, 2007
Austin to San Antonio

Photos from the Lone Star Circle of Life will be sent to this website the day following the event. You are invited to follow along with the tour throughout the week.

The riders head to San Antonio after the Austin Kickoff event.

Riding the gentle hills close to Gruene.

Rick Cavender with Cavender Auto Group talks with rider Kevin Fisk and his honoree, Christopher Garcia.

Joe Canal is greeted by several event attendees.

Marrow Donor Erick Rymers meets the recipient of her donation for the first time at the San Antonio event.
Joe Canal talks with his honoree’s parents. Joe rode in memory of Kevin Soucie.

Rich Oropeza tells the audience about one of his honorees, Klay Davis, who has battled sickle cell anemia since he was three years old.

Saundra Karnes tells about her honoree, transplant recipient Daniel Edelen. Saundra rode for Daniel two years ago in the Circle of Life.

Yvonne Ybarra, Director of the Marrow Program at South Texas Blood and Tissue Center thanks everyone for coming to the event to celebrate donation.

The day riders, Ashley, Erika and Rick Cavender join the team for a pose to remind everyone to Connect for Life.
Lone Star Circle of Life Bike Tour

Photogallery - Day Two, San Antonio to Columbus

Sunday, September 23, 2007
San Antonio to Columbus

View the riding history of the day

Photos from the Lone Star Circle of Life will be added to this website shortly following the event. You are invited to follow along with the tour throughout the week.

Gary Van Kuiken helps get the bikes ready to go.

Joe McBride joins the group for the ride to support his daughter, Angie Balentine.

Travis Kaspar climbs one of the hills near Shiner.

Team Captain Fred Carter on the road to Columbus.

The team members at a lunch break at the Municipal Park in Shiner.

The team members get closer to Columbus.
Taking a break.

Kevin Fisk completes 105 miles.

Pulling in the hotel parking lot after 105 miles.

A quick photo at the end of a good day.
Lone Star Circle of Life Bike Tour

Photogallery - Day Three, Columbus to Houston

Monday, September 24, 2007
Columbus to Houston
View the riding history of the day

Peloton Journal- Monday, September 24, 2007 entry

After months of training and anticipation, the kickoff of the 10th Annual Lone Star Circle of Life Bike Tour began at the Blood & Tissue Center of Central Texas in Austin on Saturday, September 22nd. This fantastic event set the stage for 10 of us to begin our mission to create awareness for the need for organ, tissue, bone marrow and blood donation over the course of eight days.

We started our warm-up on the bikes with a short trek to the Austin event to honor the local heroes that have given the gift of life as well as those who have received a gift. Afterwards, we headed through downtown on Guadalupe for a 70 mile ride to San Antonio. On the way, our team, consisting of a heart transplant recipient, a kidney donor and her recipient, a stem cell donor, a stem cell recipient, and the rest of us who have had their lives impacted in some way by tissue donation, began coming together as a team and a family. We traveled through smooth roads, stopped for a picnic lunch in Kyle, repaired six flat tires courtesy of train tracks in San Marcos and thought seriously about jumping into the beautiful rapids of the Comal River.

Upon arrival in San Antonio, the team watched with tears in our eyes as a young mother from Fresno, CA met the seven year-old girl who received her stem cells and ultimately saved her life. Together, we also celebrated a brave boy named Daniel who is winning the battle with leukemia by reminding us all to "Be Hopeful". We left the event wearing Daniel's message on a wristband and a promise to carry his message for the rest of the tour.

After a carb-loading dinner and live music at The Blue Cactus courtesy of our friend and sponsor, Rick Cavender, we were soon fast asleep. Early Sunday morning, we headed out of Seguin with absolutely the smoothest roads a road cyclist could ask for and affectionately known to us as "butt candy". But our heavenly ride soon came to an end as we entered a county that was plagued by chip seal roads and rumbles. Despite the rough roads, numb hands, and sore behinds, we reached our goal of riding over 100 miles to Columbus.

This morning, we were joined by the Life Riders and we all headed out together to ride to Houston. It was a great day riding together through Bellville, Brookshire and then our event at the Saturn dealer in Houston on smooth and flat roads. At the end of the day, we enjoyed dinner at Chili's to support a fundraiser for St. Jude's Children's Hospital where one of our team member's nephew is undergoing a marrow transplant for leukemia. We are all looking forward to cycling to Aggieland tomorrow.

~ LSCOL Biker Chick

Photos from the Lone Star Circle of Life will be sent to this website the day following the event. You are invited to follow along with the tour throughout the week.
Team Captain Fred Carter gives the riding information for the day before the team leaves Columbus as Keith Steward and Debbie Fendrick look on.

Kevin Fisk, James Balentine and Joe Canal make a quick sandwich at a lunch stop at Bellville.

Marsha Cohen, far left, a past Circle of Life team member, joins the group for the day. Seated with her are Bonnie Lundy, Saundra Karnes, Kevin Fisk, Travis Kaspar and Fred Carter.

Making a turn on the way to Brookshire.

The team arrives at Saturn of Houston - Southwest Freeway.

The Life Rider team from Houston. This is their third year to join the Circle of Life team for the ride into Houston.

Houston honoree Manny Arredondo shows the honoree tag with his name on it that was worn by Travis Kaspar.

Lisa Reeve introduces her honoree, Harish Kapoor.
Rich Oropeza talks with his honoree Shari Jones and her family.

Kenneth Morales, right, and Joe Canal pose with their honorees, Stephanie Johnson, second from the right, and Jennifer Lewis. Stephanie’s son Stecil donated his liver to Jennifer ten years ago.
Lone Star Circle of Life Bike Tour

Photogallery - Day Four, Houston to College Station

Tuesday, September 25, 2007
Houston to College Station

View the riding history of the day
View the riding history (Drive from College Station to Crockett)

Photos from the Lone Star Circle of Life will be sent to this website the day following the event.
You are invited to follow along with the tour throughout the week.

The team begins the day riding through the beautiful countryside around Brookshire.

Making a turn on a country road.

Riding the line.

Stopping for lunch in Waller.

The team rides by Texas A&M University on their way to the College Station event.

Bonnie Lundy meets her recipient, Lisa Sledge.
Rich Oropez talks with his honoree, Susan Gard.

Fred Carter visits with his honoree, Jacqueline Hearne.

Kenneth Mireles talks about blood donation with Al Postelwait with the Texas A&M Church of Christ.

Travis Kaspar poses with the family of his honoree, Sylvan J. Ardoin as well as Dusty Milanes with Southwest Transplant Alliance and her daughter.
Lone Star Circle of Life Bike Tour

Photogallery - Day Five, Crockett to Tyler

Wednesday, September 26, 2007
Crockett to Tyler
View the riding history of the day

"View from the Vue"

Deborah Fendrick, the driver of our Saturn Vue pace car, gives us her "View from the Vue" each night at our team meeting. Today's report included her observation that when the team is riding through the countryside past a pasture with horses or cattle, the livestock will stare toward the team with what seems to be great curiosity. She reports that the cattle just stand and watch the riders closely, but horses will many times run the same direction the riders are going.

Photos from the Lone Star Circle of Life will be sent to this website the day following the event. You are invited to follow along with the tour throughout the week.

The riders thank Mr. Patel, owner of the Holiday Inn in Crockett, for his hospitality.

The team gather outside radio station KIVY in Downtown Crockett. Joanne Warner interviewed several riders to let the listeners know how they can register to be a donor.

The team leaves Crockett headed towards Tyler.

Traveling through the tall pines.
James Balentine, Lisa Reeve, Rick Oropeza and Kenneth Mireles stop for lunch at the lookout near Jacksonville.

Joe and Becky Canal met Janee Boling, center. Ten years ago, Janee donated her daughter, Jaclyn's, heart to Joe and Becky's son, Josh.

Kevin Fisk and his honor Frank Creath are interviewed by Radio station KBTT.

Travis Kaspar talks to his honoree, Liliane Hoppenreijs, about the tour.

Lisa Reeve, left, and Keith Steward, right, visit with Tucker Thompson and his great grandfather, Sam Pollard.

The riders pose for a quick photo at the lookout.
Lone Star Circle of Life Bike Tour

Photogallery - Day Six, Tyler to Dallas/Ft. Worth

Thursday, September 27, 2007
Tyler to Dallas/Ft. Worth
View the riding history of the day

"View from the Vue"

Today I learned some "biking language." When a rider uses the pointer finger to point to the sky, it does NOT mean there’s a hot air balloon or flock of birds overhead. It's the signal to ride in a single-file formation due to road conditions, traffic or passing over a bridge. The riders look like a synchronized performance team as everyone knows their place and quickly moves to it.

Photos from the Lone Star Circle of Life will be sent to this website the day following the event. You are invited to follow along with the tour throughout the week.

Becky Canal, center, gives the day's prayer before leaving for Dallas. The team was joined by 2006 team rider John Enlow, left, and Becky Canal for the day's ride.

The team leaves Tyler on a beautiful country road.

On the road to Dallas.

Climbing one of the many hills on the route.
Arriving at the American Airlines Center and Victory Plaza.

The presentations begin as Kevin Fisk, Janice Beckham, Scott Simpson and Regina Rodriguez look on.

Fred Carter talks to his honoree Stephanie Franklin and her family.

Honoree Akiim DeShay talks about the importance of African Americans joining the registry as his sister and rider Lisa Reeve look on.

Saundra Karnes asks her honoree, Tony Richardson, to say a few words about his transplant.

Debbie Mabry, left, presents Brooke Fendrick, right, Vice-president of Marketing with the Dallas Stars a special team shirt as her mom, pace car driver Deborah Fendrick, looks on. The riders and their honorees were the guests of the Dallas Stars at the game that evening.
Lone Star Circle of Life Bike Tour

Photogallery - Day Seven, Dallas/Ft. Worth to Waco

Friday, September 28, 2007
Dallas/Ft. Worth to Waco

View the riding history of the day

Photos from the Lone Star Circle of Life will be sent to this website the day following the event. You are invited to follow along with the tour throughout the week.

The team visits Joshua Canal, son of Joe and Becky Canal, at St. Luke’s Hospital in Dallas.

Travis Kaspar helps get the bikes loaded in the trailer.

Angie Balentine talks about the day’s ride with Rich Oropeza, left, and Gary Van Kuiken.

Saundra Karnes and Kevin Fisk lead the riders across the Waco Suspension Bridge into Indian Springs to meet their honorees.

Gary Van Kuiken talks to a member of the team that he rode in honor of, the Hillcrest Organ Donation Performance Improvement Committee.

Rich Oropeza talks with his honoree, Phil Bukosky, an advocate for blood donation.
Rider Travis Kaspar and the family of Charles Cagle talk with the media about the organ donation.

Fred Carter shares a story with a member of the HEB team that was honored for their contribution in the field of blood donation by holding many blood drives in the Waco community.

Lisa Reeve meets Peripheral Blood Stem Cell donor Theodore Monthey, center, and his family. Theodore was presented his donor pin at the ceremony.

Michelle Segovia talks about the need for organ donors.
Lone Star Circle of Life Bike Tour

Photogallery - Day Eight, Waco to Gatesville

Saturday, September 29, 2007
Waco to Gatesville

View the riding history of the day

Photos from the Lone Star Circle of Life will be sent to this website the day following the event. You are invited to follow along with the tour throughout the week.

Bonnie Lundy reads about her honoree for the day while Lisa Reeve pins on her honoree tag.

Keith Steward poses with his kidney donor, Shari Miller, before striking out for his hometown of Gatesville.

The team passes Baylor University on their way to Gatesville.

Traveling through beautiful Coryell County.

Holly Mabry talks to a couple of riders during the final rest stop of the tour.

Debbie Fendrick checks with the event coordinator.
Rick Oropeza reads about his honoree.

Kevin Fisk is greeted by his family (and three biggest fans) when he arrives in Gatesville.

Local Event coordinator, Lisa Steward, welcomes the crowd to Gatesville and the final event of the 2007 Lone Star Circle of Life Bike Tour.

Joe Canal introduces the honoree he rode for on the trip to Gatesville.

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# 2007 Support Crew

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>James Balentine</td>
<td>Austin</td>
<td>James has been a team member and official tour mechanic with the Lone Star Circle of Life for all ten tours. He is also a champion BMX racer.</td>
</tr>
<tr>
<td>Deborah Fendrick</td>
<td>Temple</td>
<td>Deborah retired last year as the coordinator of <em>Designs of Hope, A Children’s Project</em>. Many of the children who have participated in designing artwork for the project have also been honorees of the Lone Star Circle of Life. Deborah will help with the pace car and general support.</td>
</tr>
<tr>
<td>Keith Steward</td>
<td>Gatesville</td>
<td>Keith has been a team rider in five LSCOL tours, team captain in 2002 and 2003 and on the support team for three tours. Keith is a recent recipient of a kidney transplant.</td>
</tr>
<tr>
<td>Angie Balentine</td>
<td>Austin</td>
<td>This is the second tour for Angie, wife of the team mechanic, James Balentine.</td>
</tr>
<tr>
<td>Holly Mabry</td>
<td>Austin</td>
<td>Holly works for the Texas Senate Education Committee. She has been a volunteer with several Texas donor centers of the National Marrow Donor Program for over ten years. This is her third time to help with the Lone Star Circle of Life.</td>
</tr>
<tr>
<td>Debbie Mabry</td>
<td>Temple</td>
<td>Debbie is the manager of the <em>Scott &amp; White Marrow Donor Program</em> and the coordinator of the Lone Star Circle of Life bike tour.</td>
</tr>
</tbody>
</table>
Lone Star Circle of Life Bike Tour

Riders

We are pleased to announce the 2007 Lone Star Circle of Life Team!

Congratulations to the 2007 Lone Star Circle of Life Team! The following riders have been selected for the 2007 tour. They have been selected not only because they are experienced riders, but also because their lives have been touched by the need for blood, marrow, organ or tissue donation. Each day of the tour, each member of the team will ride in honor of a Texan for their unique contribution either as a donor, a recipient or for their support for the field of donation. To nominate someone to be an honoree on the tour, please email us at marrowdonor@swmail.sw.org

As this is the 10th anniversary of the Lone Star Circle of Life Bike Tour, we encourage all past team riders to apply as a day rider for one or more segments of the tour.

The 2007 Lone Star Team

Fred Carter
2007 Team Captain

City: Belton, Texas
Age: 43
Employer: Central Texas Council of Governments - Accounting
Reason for Riding: "I am a 17-year leukemia survivor with an interest in raising awareness of the need for life-saving donations of blood, marrow, organs and tissues. I have been a member of the LSCOL teams for the last nine years. Have bike, will travel!"

"Be a donor and give the gift of life - YOU could be a hero!"

Joe Canal

City: Tyler, Texas
Age: 50
Employer: Tyler Christian Fellowship  
Reason for Riding: "I am riding in the Lone Star Circle of life to raise public awareness of the need for life saving organ, tissue and blood donations and to say 'Thank You!' to all donors and their families who made the decision to give the gift of life."

"Organ and tissue donations save lives every day."

Kevin Fisk  
City: Central Texas  
Age: 32  
Employer: City of Waco Fire Department  
Reason for Riding: "Having been on the registry for years, I was excited to learn that I was a match for someone in need of a bone marrow stem cell transplant. After donating, I was excited and thrilled to learn how I could help spread the word about the registry and get more potential donors on it."

"It's absolutely amazing how little it takes of oneself to give someone else life."

Saundra Karnes  
City: Waco, Texas  
Age: 61  
Employer: Self-employed  
Reason for Riding: "A long-time advocate of the donor program, my life has been touched by family and friends who were donors or recipients. Participating in the Lone Star Circle of Life tours, meeting honorees and their families and hearing their stories, following their progress, rejoicing with successes, or being saddened by relapse, set-backs, or no available matches have intensified my dedication to donor awareness. Bringing attention to the National Marrow Registry’s shortage of registered Hispanics is of particular interest to me since learning of the shortage. The Lone Star Circle of Life tour provides a way in which to raise awareness of this and other donor areas and to give hope for those waiting for their hero."

"What better way is there to use my God-given cycling ability than to help others?"
Travis Kaspar

City: Austin, Texas
Age: 31
Employer: Northrop Grumman
Reason for Riding: "Donations have touched every aspect of my life. My father, Daniel, is still going strong thirteen years after receiving a kidney from my mother, Alice. My nephew, Cole, is currently undergoing treatment for neuroblastoma at St. Jude hospital in Memphis and frequently benefits from platelet and packed red blood cell transfusions. I have had the opportunity to donate blood for family members as well as folks I will never meet. Every time I do so, I am happy to help make a difference in someone's life"

"Whether for friends, family, or a complete stranger, a blood or tissue donation touches both their life and your own."

Bonnie Lundy

City: San Antonio, Texas
Age: 36
Employer: Transplants for Children
Reason for Riding: "I ride to dismiss all misconceptions about transplantation and to celebrate the 15th anniversary of my heart transplant in good health in hopes to encourage others who have been transplanted to continue living life to the fullest...because it is possible. I also ride to honor my donor, Shay Ledbetter, and because I can!"

"I feel especially grateful for this opportunity and have an unfathomable sense of obligation to my donor and donor family to live my life to its fullest!"
City: Conroe, Texas
Age: 41
Employer: LifeGift Organ Donation Center
Reason for Riding: "I have been involved with organ and tissue donation for the past nine years. Having seen the comfort grieving families receive from meeting their loves one's recipients gives me the motivation to ride on behalf of donation. In fact, it is an honor. The need for these precious gifts that literally give life is so great that I feel this is one way I can help to get the word out. Cycling to raise awareness is just a small gesture compared to the ultimate gift of life that many people have unselfishly given to others."
"Saving a person’s life through donation is a blessing to the donor and the recipient. Talk to your family about donating life!"

Rich Oropeza

City: Lewisville, Texas
Age: 37
Employer: Sewell Automotive Companies
Reason for Riding: "Before I learned about the tour, I did not pay much attention to the importance of being a donor. My wife works at a children's hospital where lives are saved due to others giving the gift of life. I now make it part of my daily schedule to encourage others to donate or at least sign up for the marrow donor registry. This is my seventh year to participate in the Lone Star Circle of Life tour."
"Giving someone the chance to live a better life through blood, organ, tissue and marrow donation is the greatest gift we can share with one another."

Lisa Reeve

City: Temple, Texas
Gary Van Kuiken

City: The Woodlands

Age: 38
Employer: Scott & White, Director of Cancer Research Operations
Reason for Riding: "During my career in the Cancer Center at Scott & White, I am reminded daily of the need for life-saving tissue, blood and marrow for patients battling cancer. I would like to celebrate the 10th year of the Lone Star Circle of Life Bike Tour by riding in honor of the countless heroes who are willing to give their time and tissue to help someone they may not even know."

"I am honored to ride to increase awareness of the need of tissue donors and hopefully inspire others to make a personal decision to be an organ or tissue donor."

Gary Van Kuiken

City: The Woodlands

Age: 49
Employer: Chevron
Reason for Riding: "I am riding to help create greater awareness of the importance of signing up to make life giving gifts of organs, tissue, marrow and blood. This is my second year on the tour. Last year’s tour was one of the most meaningful weeks in my life. Experiencing the emotion, power and gratefulness of donor and recipient families was just incredible."

"I'm thrilled to be part of the team this year and to use my abilities to help raise awareness of the life-giving power of blood, marrow, organ and tissue donation. I'm glad to do my part to help!"
Lone Star Circle of Life Bike Tour

Sponsorships

To become a sponsor of the Lone Star Circle of Life, or to make a contribution in honor or in memoriam of a friend or family member, please contact the tour coordinator at marrowdonor@swmail.sw.org. All sponsors will be recognized on the tour website.

The Lone Star Circle of Life would like to thank:

THE MARROW FOUNDATION® The Marrow Foundation for their assistance with the Lone Star Circle of Life Bike Tour.

Title Honoree ~ $10,000

The Title Honoree will receive top placement on all promotional items throughout the tour and special recognition at all local events. The family of the Title Honoree will be the special guest at all bike tour functions.

Century Sponsors ~ $10,000

Title sponsors will receive top sponsor placement on all promotional items throughout the tour and special recognition at all local events

Circle of Life Sponsor ~ $5000

Circle of Life sponsors will receive large color logos on the tour trailer, preferential placement of their logos on tour rider jerseys and T-shirts, and special recognition on the website.

Lone Star Sponsor ~ $2500

Lone Star Sponsors will see their logos displayed on the tour trailer, rider jerseys, T-shirts and the website.

SIEMENS

SCOTT & WHITE

LIVESTRONG

LANCE ARMSTRONG FOUNDATION

CARTER BLOOD CARE

Cook Children’s

DALLAS STARS
Corporate Sponsor ~ $1000

Corporate Sponsor names will be listed on the tour trailer, rider jerseys, T-shirts and the website.

Saturn of Mesquite
Donor Sponsor ~ $500

Donor Sponsor names and logos will be displayed in black on the tour T-shirt.

LaQuinta of Tyler

W Productions

The American Airlines Center

Friend Sponsor ~ $250

Friend Sponsor names will be displayed on the tour T-shirt.

*In Memory of*
Josephine R. Nevins
*In Memory of*
Dr. Preston Goforth

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**Lone Star Circle of Life Bike Tour**

**The Need**

**Mission Statement**

To raise the awareness of the need for life-saving donations of blood, marrow, organs and tissues.

**Blood**

Blood is a vital, life-saving liquid with a limited shelf life, so the supply must be constantly replenished. More than 20 million units of blood components are transferred to about four million patients each year. About one out of every 20 Texans will need blood at some point in their lives. However, less than 5 percent of the eligible population in Texas donates blood. Supply and demand fluctuate, which can cause life-threatening shortages!

**Marrow**

Each year, 30,000 patients are diagnosed with a life-threatening disease that could be cured with a marrow transplant - if a match is found. Approximately 70 percent of the patients in need of a transplant rely on the National Marrow Donor Program to locate a volunteer, unrelated marrow donor.

Finding a marrow donor match is a difficult process and nearly half of those in need will not find a match on time.

**Organs and Tissues**

Transplantation is one of the most remarkable success stories in the history of medicine. It is often the only hope for thousands of people suffering from organ failure or in desperate need of a life-enhancing or life-saving tissue. As of March 2006, the United Network for Organ Sharing reports that more than 91,000 Americans await organs while hundreds of thousands more could benefit from tissue transplants. Each day, an average of 17 people die while waiting for an organ.

Organs than can be transplanted include heart, liver, lungs, kidney, pancreas and small bowel. Tissues used in transplant include bone, skin, heart valves, corneas, veins, cartilage and tendons.