



2017 Marks Special Olympics North Dakota's 45th Anniversary!

Special Olympics North Dakota (SOND) is celebrating its 45th Anniversary throughout 2017. 45 Years of *Believing and Becoming* is an anniversary celebration of the hope, desires, energy and determination of real people, in real communities, achieving real results. Many people have shaped our history because they believed and had the courage to challenge prejudice and speak up for what is right. Because of them we can celebrate and recognize the journey of what our athletes have become and not just the medals they have won. Special Olympics empowers people to reveal their inner champion.

In 2018, Special Olympics International/Incorporated will be celebrating the 50th Anniversary of the founding of our organization by Eunice Kennedy Shriver. The support of our mission has been strong with our movement message focusing on the training and competition for people with intellectual disabilities. As we transition to the next 50 years, it has been recognized that now is the perfect pivot point to reframe our movement message to identify us (Special Olympics) as a transformative movement driven by people with intellectual disabilities to spread joy, courage, and friendship with the world.

Join us as we celebrate the accomplishments of the athletes and the successes provided through the ongoing support of the thousands of volunteers, sponsors and donors

North America Special Olympics Softball Tournament Coming To North Dakota

Bismarck-Mandan will host the 2017 Special Olympics North America Softball Championship this summer. The event is expected to draw more than 700 participants and bring about 1,000 visitors to the community August 17-20.



SPECIAL OLYMPICS
NORTH AMERICA
SOFTBALL CHAMPIONSHIP



This is the first time the tournament will be held in North Dakota. Thirty-two teams from across the U.S., Canada and the Caribbean are expected to compete. In addition to the tournament, the public is invited to attend opening ceremonies, including a parade of athletes.

Tryouts will be held on Saturday, June 3 at Clem Kelly Diamonds (1 & 2) in Bismarck for the coed softball team that will represent Special Olympics North Dakota at the tournament. Registration will begin at 10:00 a.m. with tryouts lasting until about 2:00 p.m. Athletes must have a current medical and consent form on file, and tryouts are open to any North Dakota registered Special Olympics athlete 16 years of age or older. For more information, please contact Kelsey Larson at 701-746-0331.

CHECK OUT OUR NEW WEBSITE!

www.specialolympicsnd.org



Special Olympics North Dakota Statewide Partners

SpartanNash Foundation To Launch Scan Promotion At Supermarkets Statewide For Special Olympics North Dakota

From May 3 through May 14, SpartanNash Supermarkets will be running a companywide campaign partnering with Special Olympics North Dakota. At all Family Fare Supermarkets in Dickinson and the Fargo/West Fargo area, and Dan's Supermarkets in Bismarck/Mandan, customers will have the opportunity at any checkout lane to donate \$1, \$5, or \$10 to Special Olympics North Dakota. The SpartanNash Foundation started this campaign with Special Olympics Michigan 33 years ago, this year there are nine states participating, and 100% of funds raised will be donated to the participating Special Olympics programs.



Matt Ihringer SpartanNash Healthy Athlete Of The Year

New this year, Matt Ihringer, Fargo, was chosen as Special Olympics North Dakota's SpartanNash Healthy Athlete. Matt's image will be on "Our Family Brand" water bottles sold at SpartanNash stores in the Midwest and he will have in store meet and greets where he will autograph trading cards, details can be found on our website:

www.specialolympicsnd.org or on our Facebook:
www.facebook.com/SpecialOlympicsND.

Special Olympics North Dakota Is First Community Credit Union's Second Quarter Charity

First Community Credit Union (FCCU) has selected Special Olympics North Dakota as their charity of choice for the 2nd quarter. They will be providing volunteers at the District III Spring Games and also at the State Summer Games.

FCCU Locations: Bismarck, Fargo, Hankinson, Jamestown, Milnor, Napoleon, Oakes, Portland, Steele, Valley City, Wahpeton, and Wishek.

For questions or more information, contact FCCU at 701-253-5109.



Casey's And Coca Cola In-Store Fundraising Campaign

Casey's General Stores has teamed up with their partners at Coca Cola and will launch a corporate wide in store campaign during the month of June benefitting Special Olympics. This campaign, which started in Iowa, will be held at each of the 1,968 stores in their 15 state operating area, including North Dakota.

Funds will be raised by the sale of \$1 pinups in store as well as a percentage of sales from 44 oz. fountain drinks sold during the month of June. Aside from raising awareness and fund for Special Olympics, Casey's will also have volunteers help at their local State Summer Games.

Make sure to stop at a Casey's General Store at the following locations:

Carrington	Jamestown
Ellendale	Mayville
Fargo/West Fargo	Oakes
Hillsboro	Valley City
Horace	Wahpeton



Return Of A 3-Day State Summer Games



Join us for the largest Special Olympics North Dakota sporting event, the State Summer Games, in Fargo on June 8th, 9th and 10th. Thursday, the Opening Ceremony will kick off the three day weekend with the Parade of Athletes and official opening of the games at the Fargo Civic Center.

On Friday, close to 300 athletes will compete in the sports of bocce, powerlifting, swimming and volleyball at Fargo Davies High School. Saturday will showcase the Track and Field competition at Fargo South High School with more than 250 athletes competing their way to a gold medal.

Other activities throughout the weekend will include Olympic Town, Healthy Athlete screenings, Opening Ceremony entertainment and the Athlete Victory Dance!

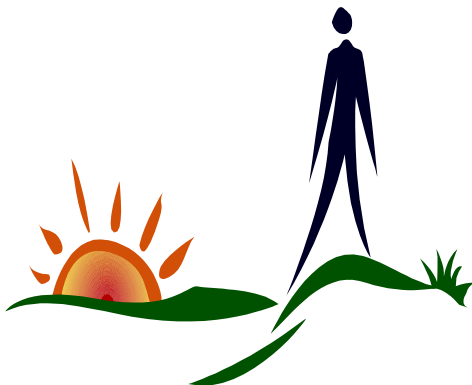
If you would like more information or would like to volunteer, please visit www.specialolympicsnd.org.



2017 Memorials

Special Olympics North Dakota deeply appreciates receiving donations in memory of friends and loved ones. Memorial gifts have been received in remembrance of:

Candace Batts
Theresa Christianson
Dennis Endresin
Shirley Henry
Doris Jacobson
Darlene Kovarik
Daniel Orluck
David Overvold
Sylvia Sherwood
Esther Unruh



Golf Season Is In Full Swing!

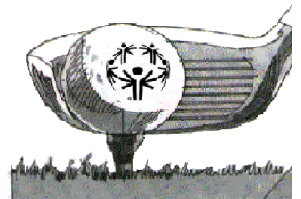
Invite friends and family to participate at one of three benefit tournaments this summer. Each tournament includes a round of golf, lunch, dinner and prizes.

Thursday, June 15 Grand Forks Country Club, Grand Forks

Tuesday, June 27 Oxbow Country Club, Fargo

Monday, July 17 Souris Valley Golf Course, Minot

To register your team or to sponsor a hole, call 701-746-0331 or visit <http://specialolympicsnd.org/events/fundraising-events/golf-classics.html>



Healthy Athletes Initiative Impacting Special Olympics North Dakota Athletes



The Special Olympics Healthy Athletes® initiative was officially launched in 1997 as a response to the disparities faced by Special Olympics athletes in access to quality health care. Despite a mistaken belief that people with intellectual disabilities receive the same or better health care than others, they typically receive sub-standard care, or virtually no health care at all.

Since its inception, Healthy Athletes has provided more than 1,400,000 free health exams to athletes and trained more than 120,000 health care professionals worldwide. Exams and screenings are provided in the areas of general fitness (FUNFitness), podiatry (Fit Feet), hearing (Healthy Hearing), vision (Open Eyes), dental hygiene (Special Smiles), healthy lifestyle choices (Health Promotion), physical exams (MedFest) and soon to be launched, emotional wellness (Strong Minds).

With Healthy Athletes, Special Olympics has become the largest public health organization specifically for people with intellectual disabilities. The program enhances the well-being, sports performance and quality of life for people with intellectual disabilities. Healthy Athletes is vitally important and has contributed to immense improvements to the health care of people with intellectual disabilities and public policy regarding people with intellectual disabilities.

The Healthy Athlete program in North Dakota has provided exams and screening in FUNFitness, Special Smiles, Opening Eyes, and Health Promotion. We will soon be offering Strong Minds, one of the first programs in the world to offer this initiative.

Local Celebrities Have Got The Rhythm

By day, they are bankers, business owners, administrators and realtors but for one night, local community members performed hip hop, swing, and Bollywood dances to raise money for Special Olympics North Dakota. The 8th annual Dancing for Special Stars event was held at the Empire Arts Center, Grand Forks on April 11.

The event which started in 2010, teams up local community members (celebrities) and dance instructors who perform a dance routine for audience and judge votes. Nine couples wowed a full house with their performances.

Major sponsors of the event were: Red River Endodontics, Zimney Foster P.C. and AE2S, Choice Financial, Dahlstrom Motors, Edgewood Healthcare System, ICON Architectural Group, The Lighting Gallery, Lunseth Plumbing & Heating Co., McFarlane Mechanical Contractors, Quotable Kids Speech & Language Clinic and True North Equipment.

Dance celebrities and their dance partners participating in this year's event were:

Senta Grzadzieleski and Dylan Smith	Scott Schultz and Sami Larson
Sonia Roberton and Andy Sullivan	Mitch Price and Klaudia Price
Sonia Kraft and Robert Paul Simon	Chris Greenberg and Alicia Bullinger
Anubha Bansal and Armando Mendoza	
Robert Ford and Hailey Jutz	

Nicholas Flom and Nicque Robinson-Dela Cruz



Winning Couple Mitch and Klaudia Price



Upcoming Events

May

- 3-14 SpartanNash Scan Promotion-Statewide
- 6 Area 2 Spring Games-Minot
- 7 District 3 Spring Games-Valley City
- 7 District 4 Volleyball, Powerlifting, and Swimming-Mandan
- 21 District 4 Track/Area Volleyball-Dickinson
- 27 Car Wash- Grand Forks

June

- 2 Benefit Golf Tournament-Valley City
- 8-10 State Summer Games-Fargo
- 15 SOND Golf Classic-Grand Forks
- 17 5k- Minot
- 24 Car Wash- Grand Forks
- 27 SOND Golf Classic- Fargo

July

- 17 SOND Golf Classic- Minot
- 20 Area Picnic- Grand Forks
- 22 Car Wash- Grand Forks

August

- 17-20 Special Olympics North America Softball Championship- Bismarck
- 19 Car Wash- Grand Forks

September

- 10 Pancake Breakfast- Minot
- 16-17 State Soccer/Bocce-Grand Forks
- 19-20 LETR® Tip-a-Cop- Applebee's Statewide
- 23 LETR® Truck Convoy- Fargo

October

- 11 Dancing for Special Stars-Minot

November

- 4-5 State Bowling- Mandan
- 18 State Awards Banquet- Fargo
- 18-19 State Leadership Conference - Fargo

North Dakota Athletes Proudly Represent USA At Special Olympics World Winter Games



Nearly 3,000 athletes and 1,100 coaches from 110 nations competed at the 2017 Special Olympics World Winter Games in Austria, March 18-24, 2017. Competition and special event venues were held in Graz, Schladming and Ramsau.

Four Special Olympics athletes from North Dakota were part of the Special Olympics USA team which was comprised of 150 athletes, 40 coaches and 20 support team members. Cindy Schopper of Valley City was a snow shoe coach for Special Olympics USA and Julie Blehm of Fargo was a member of the Special Olympics USA medical team.

Christy Coughlin-Snowshoeing, Minot: Second place in the 200 meter race, First place in the 400 meter race, and Second place in the 4x400 relay



David Johs-Cross Country Skiing, Bismarck: Second place in the 1k, and Sixth place in the 4x1k relay

Katielynn Ovitt-Alpine Skiing, Bottineau: First place in advance slalom and Second place in the advance giant slalom

Wade Wintermeyer-Snowshoeing, Jamestown: First place in the 200 meter race, Second place in the 400 meter race and Third place in the 4x400 relay.



Kevin Arthaud Involved In The Law Enforcement Torch Run Final Leg In Austria



The Flame of Hope was carried through 47 cities, towns and communities across Austria before arriving at the WM-Stadium Planai in Schladming as part of the Opening Ceremony for the 2017 Special Olympics World Winter Games on Saturday, March 18, 2017.

Kevin Arthaud has been involved with the Law Enforcement Torch Run (LETR) since 1982. He has been involved in previous International Final Legs. In Austria, Kevin was a part of the Final Leg and was invited to speak to the crowd of participants.

Kevin said, "I get many rewarding experiences from being involved with

LETR: our fund raising efforts help athletes get involved in sporting events, they develop friendships with other athletes and their families, it helps families develop a support system with other family members of athletes, it draws LE agencies together to work towards a common goal and it builds morale within agencies participating in LETR events."



First Quarter Of Coaches Training Schools Completed

Special Olympics North Dakota offers training school to our coaches to teach them more about the sports they coach, go over Special Olympics rules, and coaching athletes with intellectual disabilities.

On March 30th, Preston Olson of Choice Health and Fitness in Grand Forks was the swimming clinician for the first of many coaches training schools held in 2017. Seven coaches from around the state spent two days learning the basics of the sport of swimming as well as how to communicate to athletes with autism. Preston is a certified clinician with the Michael Phelps iM Program, which he attended in Massachusetts in October.

David Schmidt of Fargo, a certified Bocce clinician, demonstrated his experience and knowledge of the sport of bocce to coaches throughout the state at two different locations. Volunteer coaches in Fargo and Bismarck received the necessary instructions to become certified coaches in Bocce.

Please look for future coaches' clinics, including a soccer clinic featuring coaches from University of Mary in August. More details to come!

State Basketball A Slam Dunk In Minot

For the 35th consecutive year, Minot hosted the Special Olympics North Dakota State Basketball Tournament in March. More than 380 athletes competed in this two day event which saw an increase of 6 teams compared to 2016.

For the second straight year, Minot State University student athletes were involved



with cheering on our Special Olympics athletes during the good times and the very few bad times. Congratulations to the new Division I champs, the Jamestown Wizards as they took down defending champs Grand Forks Thunder. In the youth division, a new champion was also crowned as the Cass County Tigers took home the gold.



Congratulations to the other champions: Dickinson Blue Jays, Harvey Hornets, Jamestown Wildcats, Wahpeton Gators, Mandan Sonics, and the Cass County Foxes. Also, congratulations to the 32 All-Tournament team and Honorable Mention members from this year's tournament.

This event would not have been possible without the following sponsors: Minot Junior Golf Association, First International Bank and Trust, City of Minot, Bremer Bank, Hess Corporation, North Hill Bowl and Verendrye Electric Trust, Inc.

Spread The Word To End The Word

The R-Word campaign is a world wide movement to raise awareness on the harmful effects of using the 'R' word. The R-word is not an inclusive word, it is derogatory and demeaning, and has no place in our society. We want it to be known to everyone, whether you're a student or an adult, that you have the power to make change!

This year's campaign was held on March 1st and featured many participating schools from North Dakota. The University of North Dakota, Minot State University, North Dakota State University, Bismarck High School, and Minot Bishop Ryan High School to name just a few.

This campaign does not start and end on March 1st. It is up to all of us to continue *spreading the word to end the word* all year long, everywhere we go. We must pledge to stop using the R-Word and encourage others to do the same. For more information about the movement, please visit r-word.org!

Warm Hearts Abound In Frozen Waters

From February to April, nearly 200 brave souls embraced the cold by raising funds and taking a chilly plunge into North Dakota waters for Special Olympics North Dakota! Polar Plunges were held in Bismarck, Dickinson, Fargo, Grand Forks and Minot this past spring and a 6th plunge will be held in Jamestown this fall (details to come). The Polar Plunge® is organized by North Dakota Law Enforcement volunteers, as part of the year-round Law Enforcement Torch Run (LETR) program, which dedicates its time to raising awareness and funds for Special Olympics.



A special thanks to the host locations: the Elks Lodge #1199 in Bismarck, Dan Porter Motors in Dickinson, Ramada Plaza in Fargo, Choice Health and Fitness in Grand Forks, and the Sleep Inn & Suites in Minot. We also thank the leadership and volunteers of our organizing committees, event sponsors, donors, and most importantly all the brave souls that celebrated the winter months of 2017 by “Freezin’ for a Reason!”

Polar Plunges sponsored in part by:

Premier Polar Plunge Partner: AE2S

Igloo Sponsors: Dan Porter Motors, Legal Edge Solutions

Iceberg Sponsors: B&K Electric, Kohl’s, McKenzie Energy Partners, VFW Post 3817 Charitable Gaming Fund

Snowflake Sponsors: Ameriprise Financial, Bob’s Oil Field Service, Dacotah Bank, Dakota Supply Group, Dickinson Heating & Air, Don’s ABC Seamless, Ebenezer’s Irish Pub, Hollevoet Orthodontics, Jody Arthaud, Marathon Oil Corporation, McQuades, Prairie Hills Mall, and Wells Concrete.



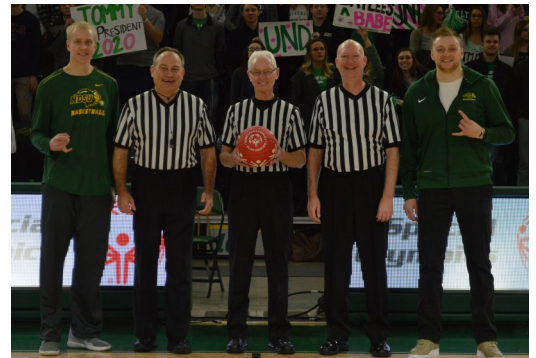
Unified Rivalry Basketball Game A Success



On February 11th, athletes and partners from SO College UND and SO College NDSU competed in the second annual Unified Rivalry Basketball game at the Sanford Health Athletic Complex in Fargo, ND.

More than 200 students and community members were in attendance, which made for an exciting and energetic event. The bright atmosphere was due not only to the intense fans, but also the volunteer staff. Dan Michaels (NDSU Football) served as the PA announcer for the evening, and brought us right into

the action play-after-play. The NDSU Athletics staff put on a fantastic display for us, with all of the sounds and special effects that you would expect to find at a NDSU Bison or UND Fighting Hawks Game, and the NCAA basketball refs were the cream of the crop.



Both teams displayed high levels of talent, teamwork, and competitive spirit. This was certainly an experience that everyone involved will remember and cherish for a long time, and a great step forward for social inclusion within all age groups and educational institutions. Unified Sports® has shown great success in North Dakota and is the foundation for a new and upcoming generation of Special Olympics athletes and partners. We look forward to see what excitement this event will bring us next year!

The Best Tasting Fundraiser

On February 21st, elite restaurants across the state donated a percentage of sales to Special Olympics North Dakota. Thanks to those who dined at the restaurants to support the promotion, and thank you to all participating restaurants:

Sky's Fine Dining– Grand Forks

BrickHouse Grille– Dickinson

The Boiler Room– Fargo

Pirogue Grille– Bismarck

Hearts Were Warm This Year For Giving Hearts Day

Joined by 360 charities across North Dakota and Western Minnesota, Special Olympics North Dakota participated in Giving Hearts Day 2017. Held February 9th, this online fundraising campaign had a record year, raising \$25, 712.23 from 289 donors in 65 cities in 24 hours. Thanks to everyone who donated to make the event successful.

Foggy Weather Doesn't Faze Athletes



A fog-dense Winter Games held at Bottineau Winter Park and Annie's House did not impact the stellar athletic performance of athletes from across the state.

More than 75 athletes participate in Alpine Ski, Snowshoe and Cross Country Ski events. A change of venue seemed to be a minimal adjustment as athletes such as Jecky Oulare of Grand Forks conquered the cross country ski slopes to a first place finish and Jon Fettig of Minot left his competition in the powder during the 100 meter snowshoe race.



Many thanks to the major sponsors: Rugby Eagles, Mikkelson Aggregates, Ottetail Power Company, Ballantyne Oil, LLC, North Star Community Credit Union, State Bank of Bottineau, Turtle Mountain Communications, Wold Engineering PC, Family Vision Center and Quilt Inn and Suites.



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