

# Kathie Herrera receives Special Olympics Athlete of the Year Award

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 Kathie Herrera, a 15-year-old sophomore at Vermillion High School, was honored on July 27 in Aberdeen at the South Dakota High School Coaches Association 40th Annual Award Luncheon with the 2011 Special Olympics South Dakota, Outstanding Athlete of the Year Award. This award is presented to a Special Olympics athlete who has demonstrated the true spirit, courage, sharing and joy of Special Olympics.

Kathie recently returned from Greece after competing in the World International Special Olympic Games. Kathie was selected to represent the United States and be on the US Swim Team after earning multiple Gold medals during swim events at the National Special Olympics held in Lincoln, NE in July 27, 2010. Kathie practiced her swimming skills with Yankton Swim Team and attended USD swim camp one week before departing on June 18. She joined the US Team traveling to the Isle of Rhodes, Greece. The team practiced, adapted to the area and prepared for the competitions for a week prior to the actual competitions which started after an amazing international star-studded opening ceremony on June 25.

Kathie competed in the first preliminary events of the Games early the next morning. As a Special Olympian, Kathie could only participate in four events yet she

managed to medal in all of them. She received a silver, second place in the 100M Breast stroke, Division F2 with a final time of 1:54.25; a silver, second place in the 100M Freestyle Division F2 with a final time of 1:22.41; a silver, second place in the 4x100M Medley Relay where she swam the Breaststroke in the second leg of the medley with a final time of 6:37.83 and a bronze, third place in the 200M Individual Medley, Division F1 with a final time of 3:44.77.

Kathie also competes in basketball, bowling and track and field Special Olympic events. Kathie's coach, Jen Law states that Kathie has blossomed and grown in confidence as she has competed in Special Olympics. Kathie has been helpful and attentive to younger Special Olympic athletes who are new to sports. Ms. Law cites that Kathie has been particularly helpful with one student who was not responsive to their regular methods yet with Kathie's attention and help, the student is now participating more fully.

Kathie's parents state that Kathie initially was very insecure and frightened of new events and activities. She experienced high levels of anxiety when stressed or frightened. Team sports were difficult because Kathie's delayed responses often frustrated other teammates and coaches. Swimming became her sport because she loved to be in the water. It seemed to have a calming effect.

Kathie was allowed to develop at her



Pictured are Darryl Nordquist, CEO, Special Olympics South Dakota (SOSD) Mel Frosch, sports director, SOSD, Ron Stewart, board member, SOSD, Kathie Herrera, SOSD Athlete of the Year and Kim Benning, board chair, SOSD.

own pace without the worry of competition. Over time, as her confidence grew, Kathie started to attend competitive meets. In Special Olympics activities everyone participates and the emphasis is to do

your best. Special Olympics activities have helped Kathie to continue to grow in confidence and leadership. She has developed friendships locally, nationally, and internationally. Kathie's parents are particularly

proud of the Athlete of the Year Award as it reinforces their belief that Kathie's growth, development, and maturation continue to improve with participation in Special Olympic activities.

# 18th Annual Bull-A-Rama set for Aug. 27

The Coyote Country Rodeo Club (CCRC) members are gearing up for the 18th Annual Bull-A-Rama showcasing the "Extreme Bull Riding Tour" held at the Clay County Rodeo Grounds west of Vermillion on Timber Road. This year's event promises to be exciting and jam-packed with activities.

Friday evening, Aug. 26, starts the weekend off with the "Unloading of the Bulls" at the rodeo grounds. This is your opportunity to get an overall view of the bucking bulls that have been provided by the stock contractor and meet some of the bull riders on tour. Friday night also features a meal of roasted pork, beans and all of the fixings (\$5 donations for the meal).

On Saturday morning, the Aug. 27, there will be a Bull-A-Rama Promotional Event "The Bull Stops Here" running from 10 a.m. till noon in the Pump-N-Pak parking lot. It will

include registration for the kids' mutton busting and youth steer riding, horse rides, presale of Bull-A-Rama tickets, meet artist Ray Kelly, bull riders and a rodeo clown and an opportunity to get up close and personal to a bucking bull.

All eyes will then turn to the main event which begins Saturday, Aug. 27 at 7 p.m. at the rodeo grounds. The Bull-A-Rama will include sanctioned extreme bull riders, an open class event, steer riding for the youth, mutton busting, a candy toss, food stands and beer sales.

Following the conclusion of the bull riding there will be a fireworks display by Fireworks Unlimited and then a free dance featuring the band Riata. Everyone is encouraged to stay for the fireworks and dance.

Sunday morning will begin with a Cowboy Church Service at 10 a.m., followed by a 12 p.m. trail ride from the rodeo grounds down along the



beautiful Missouri River. The weekend's events will culminate with a pot-luck meal at the rodeo grounds at the conclusion of the trail ride.

The members of Coyote

Country Rodeo Club invite everyone out to enjoy a historical South Dakota tradition and celebrate all that bull riding and rodeo has to offer.

On May 12, Ted Muenster, chairman of the board of directors of the Vermillion Area Community Foundation, presents a check for \$1,350 to Brad Waage, vice president of the Coyote Country Rodeo Club, and Andy Howe, a rodeo club member. The Coyote Country Rodeo Club used the funds to construct a new ticket booth at the rodeo grounds that will be put into use later this month for the 18th Annual Bull-A-Rama. (Photo by David Lias)

# Coyote Volleyball opens fall camp

South Dakota volleyball began its fourth year under Coach Matt Houk's guidance Tuesday as the Coyotes opened fall camp. South Dakota has 14 athletes in in camp - including six freshmen - as it prepares for a season-opening tournament at Wyoming on Aug. 26-27.

The Coyotes, entering their first year of competition in the Summit League, return five starters and their libero from their 2010 that finished as Great West Conference tournament runners-up. They have 12 home matches as part of a 32-match regular-season slate.

Houk has also announced that Nikki Hintze has joined the Coyote coaching staff as a graduate assistant. Hintze is a former volleyball standout at Wisconsin-Green Bay who coached for the Milwaukee Sting Volleyball Club last season.

Hintze played at Wisconsin-Green Bay from 2007-09 and is fourth all-time in school history in kills per set (2.90) and sixth all-time in school history in kills (920). She also led the Phoenix with 22 service aces in 2008.

Hintze, a native of Menomonee Falls, Wis., was

named to the Horizon League All-Newcomer team in 2007 after transferring from Northern Michigan.

South Dakota opens the

regular season on Aug. 26 against Gonzaga at the Wyoming tournament. The Coyotes' home opener is Sept. 19 against North Dakota State.

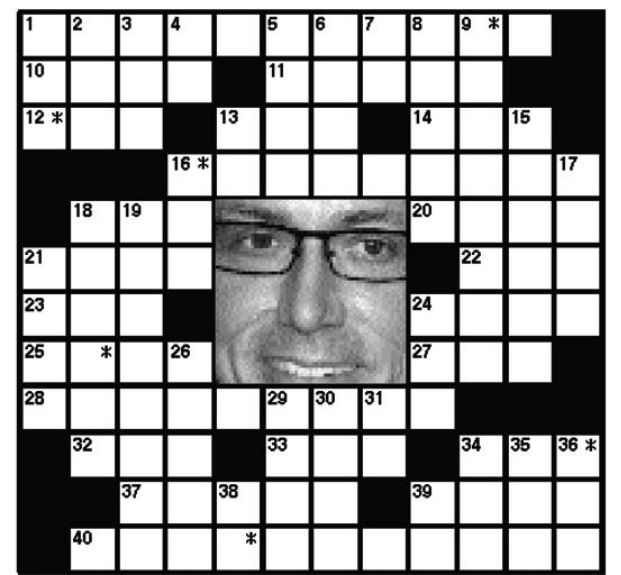
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The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

- ACROSS**
- "Shark Tank" personality (2)
  - "\_\_\_ Man"; 2008 film for Robert Downey Jr.
  - One of the Simpsons
  - Mr. Aykroyd
  - Shriver or Dawber
  - Hampton or Holiday
  - Actor on "Rules of Engagement"
  - Vein contents
  - "\_\_\_ Night With Jimmy Fallon"
  - Got rid of
  - 109, in old Rome
  - Poe's monogram
  - \_\_\_ drink; soda pop
  - Experts
  - "Austin Powers: The \_\_\_ Who Shagged Me"; 1999 movie
  - Role on "CSI" (2)
  - VW forerunners
  - Dennis or Doris
  - "\_\_\_ South" (1994-96)
  - Ford failure
  - Cabin wall pieces
  - "\_\_\_ Lights"
  - "Two Guys, \_\_\_ and a Pizza Place"
  - 1987 Burt Reynolds movie (hyph.)
  - Kettle, for one
  - Inform
  - "License to \_\_\_"; 2007 Robin Williams film
  - "America's \_\_\_ Top Model"
  - Scarlett and her father
  - Occupation for Clark Kent and Lois Lane
  - Ninth months: abbr.
  - 90 degrees from ENE
  - Riyadh resident
  - "The Big \_\_\_ With Donny Deutsch"
  - Tim or his sister
  - Suffix for glad or mad
  - Eddie on "Frasier," e.g.
  - Word of disgust
  - Ending for cold or bold
  - Tom Brokaw's state of birth: abbr.
  - Simon Cowell's age
- DOWN**
- "The Heartbreak \_\_\_" 2007 Ben Stiller movie
  - Historical period
  - Max \_\_\_ Sydow
  - "\_\_\_ Plain Sight"
  - Actor Epps
  - \_\_\_ Chop; one of Shari Lewis' puppets
  - Most-watched series of the 1998-99 season



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