

# TRANSITION TIMES

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Dear Transition Times Families,

We are now enrolling the last group of people from the Teen Health Study into the Transition Times Study, and the first group of people from the Transition Times Study will finish the study this spring! By next year at this time, we should have some preliminary results that we can share with you.

Now that winter is finally here, we thought that we would put you in the mood for the upcoming Winter Olympics with some trivia and some highlights for this year's events.

Enjoy and stay warm!

Sincerely,

Vicki S. Helgeson

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## Winter Olympics 2010

### Information

**Host City:** Vancouver, BC, Canada

**Motto:** With glowing hearts/ *Des plus brillants exploits*

**Nations Participating:** 80+ (projected)

**Athletes Participating:** 5,500 (projected)

**Events:** 86 in 7 sports

**Opening Ceremony:** February 12, 2010

**Closing Ceremony:** February 28, 2010

Vancouver won the bid to host the 2010 games on July 2, 2003. Each Olympic host city designs a logo for the games to represent their city and nation. The 2010 logo was unveiled on April 23, 2005. The logo is named Ilanaaq the Inunnguaq. Ilanaaq is the Native American word for friend. Inunnguaq is a stone landmark or stone cairn. They are cultural symbols to the Native American tribes in Canada.

Its use in the Olympic logo has been controversial among the Inuit and the First Nations of British Columbia. The stone landmarks hold cultural significance for the tribes and some feel that its use in the Olympic logo marginalizes the landmarks' meaning. Despite the controversy, it is acknowledged that the logo pays tribute to the stone cairn that stands at Vancouver's English Bay. Both the Olympic logo and the statue on the bay hold the meanings of friendship and welcoming the world.

## Olympic Mascots



The mascots for the 2010 Winter Olympic and Paralympic Games were introduced on November 27, 2007. Miga, Quatchi, and Sumi are inspired by Pacific Coast Indian legends. Miga and Quatchi are mascots for the Olympic Games, while Sumi is the mascot for the Paralympic Games.

Miga is a mythical sea bear, who is part orca and part Kermode bear. The Kermode bear lives in the central and northern coasts of British Columbia. The bear's fur is a light blond color and they are also called "spirit bears". Because of their ghost-like appearance, "spirit bears" hold a prominent place in the Canadian First Nations / American Indian mythology of the area.

Quatchi is known worldwide as Sasquatch or Bigfoot. It has been the subject of hundreds of sightings for centuries throughout the Pacific Northwest.

Sumi is an animal guardian spirit with the wings of the Thunderbird and legs of a black bear who wears a hat of an orca whale. Among the Pacific Northwest Indian tribes, the bear is considered a guardian spirit.

## Olympic Hopefuls

**Jeremy Abbott** - figure skating

Jeremy is the 2009 U.S. figure skating champion. His other hobbies include: drawing, writing, snowboarding, and reading.

Random trivia: Jeremy's older sister, Gwen, was a downhill skier who competed in the X-Games.

**Ben Agosto & Tanith Belbin** - ice dancing

Agosto and Belbin are the most decorated ice dancing team in U.S. history. They won the silver medal at the 2006 Olympic games in Torino. They also won 2 silver medals and 2 bronze medals at the World Championships. They were the five time gold medalists at the U.S. Championships. The pair is ranked #2 in the ISU World Standings.

Random trivia: Ben always wanted to do cartoon voice acting. He got a gig as the voice of a villain in a video game.

Tanith has worked as a Good Morning America correspondent and as a Ford NY Model.

**Gretchen Bleiler** - snowboarding

Gretchen won the silver medal at the 2006 Olympic games in Torino. She won more halfpipe competitions in 2003, 2005 and 2006 than any other female snowboarder. Gretchen is also active in several environmental organizations including the Aspen Snowmass Save Snow Campaign and [stopglobalwarming.org](http://stopglobalwarming.org).

Random trivia: Gretchen was the first female rider to perfect an inverted backside 540 known as the crippler.

## Olympic Hopefuls cont.

### Sasha Cohen - figure skating

Sasha retired after the 2006 Olympics. She decided to return to the sport, seeking a spot on the 2010 U.S. Team. She won three World Championships and a silver medal from the 2006 Olympics in Torino. During her time away from the ice, Sasha has appeared on multiple TV shows, she has done commercials for Simply Saline, a nasal mist, and Got Milk? She also appeared as herself in the 2007 movie, *Blades of Glory*.

Random Trivia: Sasha's long term goal is to work as a fashion designer or in the entertainment industry.

### Apolo Anton Ohno - short track speed skating

Apolo won a gold and silver medal at the 2002 Olympics and he won a gold and 2 bronze medals at the 2006 Olympics. Just one more medal would make him the most decorated Winter Olympian in American history. He has won an Olympic medal in every distance. He was given his unusual first name by his father, Yuki, who combined the Greek words "Ap," translated to "steering away from," and "Io," translated to "look out, here he comes." His middle name, Anton, means "priceless."

Random trivia: Apolo won ABC's "Dancing With the Stars," Season 4, with partner Julianne Hough on his 25th birthday

### Brooks Orpik - hockey, defenseman

Orpik made his NHL debut with Pittsburgh during the 2002-03 season before becoming a regular with the Penguins in 2003-04. In 2009, in a 7-game epic Stanley Cup Final, the Penguins would dethrone the Red Wings and earn the franchise's third Stanley Cup title. He would appear in all 24 playoff games for the Penguins, providing stability from the back end.

Orpik is known for his aggressive play on the blue line. In August 2009 he was invited to the U.S. Hockey orientation camp (Aug. 17-19), for the 2010 Winter Olympics in Vancouver. On January 1, 2010, Brooks was selected to the 2010 USA Hockey Olympic team.

### Shaun White - snowboarding

Shaun won the Olympic gold medal in 2006. His success continued as he marched through the 2007 season taking podiums across the world, claiming snowboarding's highest honors in 2007 with victories at the Winter X Games (superpipe), as well as the Burton Global Open Championship and the TTR Tour Championship. With another sweeping performance at the 2009 Winter X Games, he added two more gold medals to his pile in superpipe and slopestyle.

After setting new standards in the world of snowboarding, White decided to make his mark in skateboarding. White joined Tony Hawk on his Gigantic Skatepark Tour in 2002 and made his pro skateboarding debut at the 2003 Slam City Jam. Shaun White finished fourth in the vert half pipe, which qualified him for the 2003 X Games, where he finished sixth in the vert competition. By 2005, White was medalling at the X Games, taking silver in the vert competition. He topped that in 2007 with gold and won the bronze in 2008.

Random trivia: At 5 years old, doctors noticed that he suffered from a condition called tetralogy of Fallot, which is a series of heart malformations. He underwent two surgeries to repair his damaged heart.

## Olympic Trivia

Ghana, Bahamas, Cayman Islands, Colombia, Peru, Montenegro, and Serbia will make their Winter Olympics debuts at Vancouver.

1992 was the last year that both the summer games and the winter games were held in the same year. After 1992, the summer and winter games are staggered two years apart.

The first Winter Olympic Games were held in Chamonix, France in 1924.

No country in the Southern Hemisphere has ever hosted the Winter Games.

Only four athletes have ever won medals at both the Winter and Summer Olympic Games: Eddie Eagan (U.S., boxing and bobsled), Jacob Tullin Thams (Norway, sailing and ski jump), Christa Luding-Rothernburger (East Germany, cycling and speed skating), and Clara Hughes (Canada, cycling and speed skating).

Bjorn Dahlie of Norway won 12 medals at the Winter Games. He won the medals over the course of three Olympics (Albertville, Lillehammer and Nagano). In addition to his achievement in the Olympics he had great success in the world championships (17 medals of which 9 gold), especially in 1997 when he got medals in all five events. A career-ending roller skiing accident in 2000 prevented Dahlie from adding to his collection of medals.

The United States has hosted the Winter Olympics four times: 1932 in Lake Placid, 1960 in Squaw Valley, 1980 in Lake Placid and 2000 in Salt Lake City.

The men's and women's hockey will be played on smaller NHL-sized ice for the first time, saving millions of dollars by not having to build a new rink.

The youngest athlete to win a gold medal at the Winter Games was 15 year old American figure skater Tara Lipinski. She won the gold at the 1998 games in Nagano.

Vancouver is the first Winter Olympics host city to hold the opening and closing ceremonies indoors.

