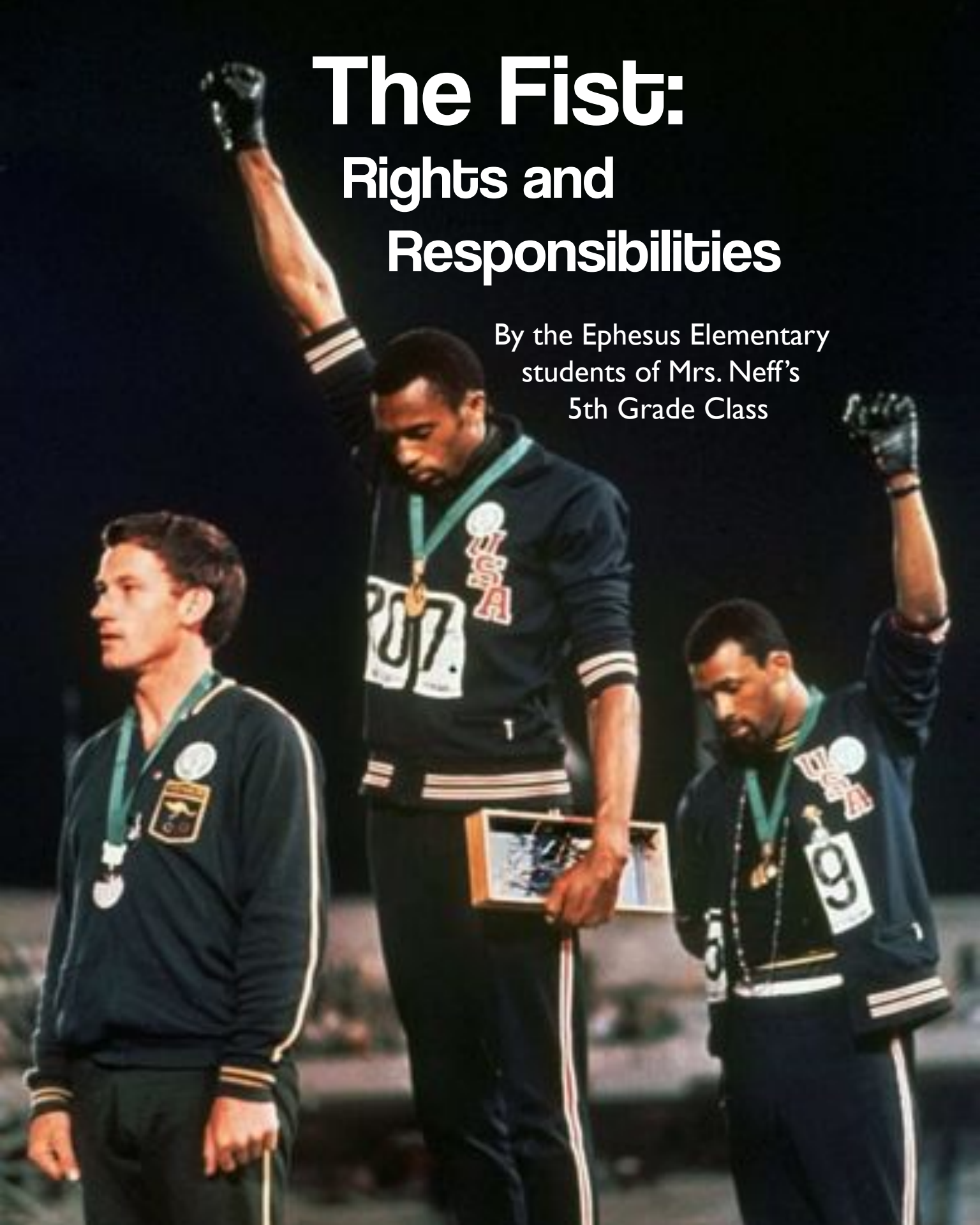


The Fist: Rights and Responsibilities

By the Ephesus Elementary
students of Mrs. Neff's
5th Grade Class



The Fist: Rights and Responsibilities

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Foreword

This book began as a problem. A teacher thought it would be valuable and relevant for students to explore rights and responsibilities through the context of a historical event. Several Ephesus educators joined the search for a mentor text that told a lesser-known, but important, civil rights story. The timing was serendipitous. Fifth graders were beginning a social studies unit that required them to: analyze the rights and responsibilities of United States citizens in relation to the concept of “common good” according to the United States Constitution, specifically the Bill of Rights.

Our enthusiastic search for a mentor text, however, came up short. But remember, Roadrunners are problem-solvers. We could not find the book we wanted, so we wrote a book -- two actually. Each student created a drawing to enhance his/her team’s chapter. This book represents collaborative efforts to accurately research and tell the story as we see it, through the lens of human rights.

Certain historical events and figures inevitably shape the way we come to see the world. During this unit of study, fifth graders were asked to prioritize and synthesize goals and roles of government and citizens. We hope our collaborative project encourages you to explore and reflect on rights, responsibilities, common good, and what it means to live in a democratic republic.

Enjoy!

Kim Mellor, Literacy Coach (3-5)
Hannah Murphy, Art Teacher
Becky Baker, AIG Specialist
Kristin Ducanis, 5th Grade Teacher
Kathy Neff, 5th Grade Teacher
Kirsten Venema, ESL Teacher

Chapter 1



John F. Kennedy by Kate Lutz

The Turmoil of the 1960s

By Kate Lutz, Peter Ring and Sarah Clements

It was 1968. This has been described as a tumultuous time for America. Major changes were going on throughout the United States in the 60s. These changes impacted many lives and caused major problems between citizens. For instance, the Vietnam War which had taken a violent toll on America, was losing more and more support as new views about patriotism emerged.

The Civil Rights movement, another marker of change in the U.S., was gaining momentum. Martin Luther King, Jr. had established himself as the

voice of non-violent protests, and his speaking out against segregation was bringing attention to inequality in America. Martin Luther King, Jr. was eventually shot and killed in Memphis, Tennessee, April, 1968. Later in the year, Senator Robert F. Kennedy was assassinated in California. These tragedies were the result of bitter disagreements over racial discrimination. Many people were feeling threatened by the fight for equality. The pro-segregation supporters did not like the thought of segregation being ended, and leaders like Martin Luther King, Jr. and Robert F. Kennedy became targets. But their deaths did not stop the ripple of hope that the Civil Rights movement had sent out into the world. As social and racial tension was building in our country, the hope for equality continued to extend its reach and its message. In Mexico, the Olympic games had begun and John Carlos and Tommie Smith were just about to make a statement.



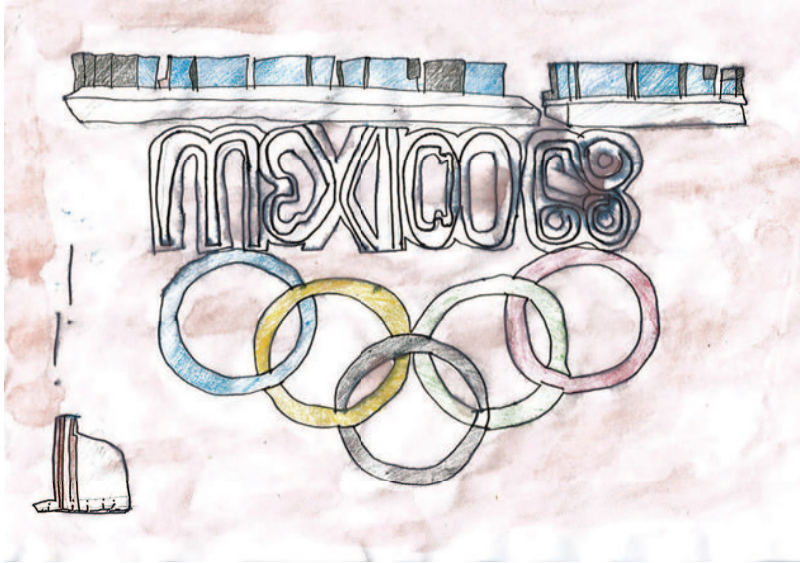
An American tank by Peter Ring



Mohammed Ali by Sarah Clements

The year 1968 had many downfalls and highlights. The end of the 1968 Olympics was not a normal ending for the games. Whether or not the 1968 Olympics was a downfall or a highlight depended on who you were and how you looked at things. Nevertheless, it was a year that would not be forgotten.

Chapter 2



The 1968 Olympics logo by Pristine Onuoha

Symbols of the Olympics

By Pristine Onuoha, Najah Chance and George Sapeta

To be the best, you need work hard for it. The Olympic games embody this mind-set. Athletes train intensely for years to become the best at their sport and to proudly represent his/her country on a world stage.

More than 2,800 years ago, the city-states of Greece had many disagreements that ended in wars. They all came up with a game to unite them all, which was called the Olympics. Over time, the Olympics grew to include more games, events, and activities. Eventually other nations took part in the Olympics. A “modern” Olympics was revived in 1896, and the nations involved agreed to hold the games every four years. The original aim to bring the city states together in Greece by creating and participating in friendly and peaceful competition grew to include many nations while retaining its original goal.

Today, the Olympic games capture the interest of spectators from big cities to small towns all over the world. Athletes are stronger than ever. Olympic organizers work hard to make the games fair, including enforcing the rule that no professional athletes compete. Through careful screenings and the use of technology, the International Olympic Committee (IOC) oversees the Olympic games and tries to prevent cheating while upholding the spirit of the games. The IOC, upstanding athletes, and the support of other nations have helped the Olympics maintain a reputation for fair and friendly competition.



1896 Olympics Medals by George Sapeta



A woman carries the flame by Najah Chance

Several symbols are used to represent the history, traditions, and pageantry of the Olympics. First, the Olympic Motto and creed reminds athletes to strive for their best. Three Latin words, Citius-Altius-Fortius (faster, higher, stronger) make up the motto. The creed is: The most important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well.

The five interlocking rings is the most recognizable symbol of the games. The five rings represent continents: The Americas, Africa, Europe, Asia, and Australia. The Olympic flame honors and symbolizes the first games that took place in Greece. The lighting of the flame begins a strict ritual which includes a relay from Olympia, Greece to the host city of the games. The flame cannot be extinguished as it passes from one athlete to another. The Athlete's Oath is a promise that athletes make to encourage fairness and peace. These symbols and traditions communicate simple messages and give the Olympic games a special identity.

Chapter 3



The logo for the project by Mia Porter

The Olympic Project For Human Rights

By August Walls, Darla Jean-Charles, Mia Porter

The Olympic Project for Human Rights (OPHR) was primarily an organization made up of African-American athletes. Formed in the fall of 1967 to boycott the 1968 Olympic games in Mexico, the group had white supporters too. Its main goal was to expose America's lie about equal rights and spotlight how American Black athletes were being used to communicate a false perception of equality. The OPHR wanted to protest peacefully against unfair treatment of African-Americans. The main focus of the OPHR was to promote the Civil Rights movement and help gain equal rights for African Americans as well as other oppressed people who were denied their human rights.

The OPHR's lead organizer was Dr. Harry Edwards, but many people were part of the project. Almost all of the significant members were athletes, Tommie Smith and John Carlos included. Carlos and Smith were they had an important decision to make as members of the OPHR.

The OPHR was successful in bringing attention to segregation and unequal rights in America thanks to a decision made by Carlos and Smith at a crucial moment during the Olympics. But they were not alone in their actions. A third man, Australian sprinter, Peter Norman, a white athlete, joined them to make a bold statement.



A newspaper headline by August Walls

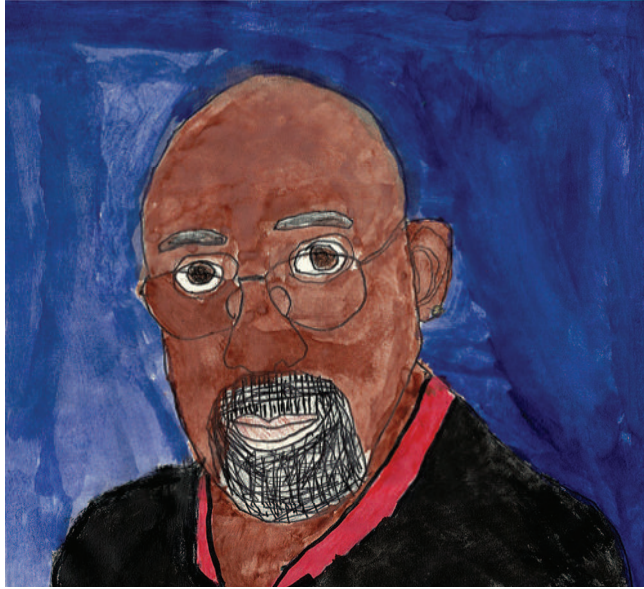


A 1968 poster by Darla Jean-Charles

Unfortunately, many people perceived the actions of Carlos, Smith, and Norman as disrespectful. Their decision to use the black power salute, a symbol made popular by a group called the Black Panthers, was considered threatening and linked to some violent protests led by members of the Black Panthers. The runners' decision to display their support for the Civil Rights movement in this way came with consequences. Interviews afterwards reported that Carlos, Smith, and Norman did not intend to send a message of violence, but rather pride. The Black Panther salute was well known and capable of bringing attention to an issue that needed to change.

The OPHR boycott sparked an emotional reaction and got attention during the Olympics and goes down in history as a special and memorable moment. OPHR's main goal, equality for all, made the issue of segregation a talking point and introduced the world to America's less glamorous side. It took courage to stand up and protest, especially since the reaction and consequences were unknown. Let's learn about one of the brave athletes who took a risk with his silent protest, John Carlos.

Chapter 4



John Carlos in his old age by Alex Butler

John Carlos

By Charlotte Bevin, Alex Butler and James Green

Did you know John Carlos was one of the three fastest runners in the 1968 Olympics? John Carlos had a major impact on the Civil Rights Movement too. He actually changed the Olympics for the better.

John Carlos was a talented track and field star. John Carlos received a full scholarship to East Texas State University and was the school's first track and field Lone Star Conference champion. After one year at East Texas State University, he was accepted to San Jose University where he was able to work with a notorious coach named Lloyd "Bud" Winter, who earned his own spot in the track and field Hall of Fame. Coach Winter prepared Carlos for Olympic competition.

In the 1968 Olympics, in Mexico City, Carlos not only won the bronze medal

in the 200 meter dash, but he showed bravery beyond the track. During the National Anthem he and fellow sprinter, Tommie Smith, raised a fist with black gloves on. They were promoting equality and justice for everyone. His strategic actions were defiant, but he was desperate for change. It was a good example of a non-violent, silent protest ... a plea for help. John Carlos got death threats after displaying the black power symbol, and the Olympic committee was shocked and angry. Olympic officials reacted immediately, and John Carlos and Tommie Smith were banned from the games.



John Carlos at the finish line by James Green



*The entrance of San Jose University
by Charlotte Bevin*

John Carlos knew he was taking a professional risk when he raised his gloved fist. His running career ended, but he turned to football and was drafted to play professionally for the Philadelphia Eagles. A knee injury, unfortunately, shortened that career. Eventually he had to settle with a public sector job, working for a PUMA store in Los Angeles. He probably never anticipated the impact of his actions on his personal life. The most devastating result of his silent, Olympic protest was his wife committing suicide. He blamed her despair on media attacks, lack of job opportunities, and financial hardship after the Olympics.

Carlos and his activism still lives in our memories, and his brave actions still affect our lives. He not only changed the Olympics in 1968, but also put attention on civil rights in America!

Chapter 5



Tommie Smith in sprint start position by Harper Eckert

Tommie C. Smith

By Ben Ashley, Harper Eckert and Emma Richie

This is the story of a battle and a great warrior. The battle was the huge Civil Rights Movement. The great warrior was the silent and unknown hero Tommie Smith.

The seventh of twelve children, Tommie Smith grew up in Clarksville, Texas. When he was young, Tommie fought a serious battle with pneumonia and was a survivor. He was smart, but it was his athleticism that made him well known. Tommie Smith attended San Jose State University, where he ran track, played basketball, and football. Though he was voted most valuable athlete for all three of the sports, he quickly gave up football and basketball to run track, which was his best sport. Tommie Smith was the star of his track team at San Jose State University, where he set three new college records. When he graduated from college, Tommie ran professional track. The peak of Tommie

Smith's career was when he qualified for the 1968 Olympics in the 200 meter race. It was his participation in this event that made him famous and a legend.

Tommie set an Olympic and world record in that race of 19.89 seconds, but it was his determination to stand up for equal rights that made him famous at the 1968 Olympics. Tommie Smith and his fellow countryman, John Carlos, who finished third, told the silver medal winner, Peter Norman, a white, Australian runner, what they were going to do while atop the podium receiving medals. As the American national anthem played, Tommie and John raised a fist with a black glove on it in a salute to black power. The gesture stunned everyone. Little did anyone know that this was just a small ripple in the big waves of the Civil Rights movement in America.

In addition to an immediate ban from the games and being stripped of his medal, Smith was suspended from the Olympics for 4 years afterwards for making his public stand against segregation and inequality. Even so, he became a hero to many. He was elected into various hall of fames and gave speeches. Even now, 47 years later, Tommie Smith remains a legend and an example of standing up for human rights. He reports that he has no regrets about protesting on a stage as big as the 1968 Olympics.



Tommie Smith running by Ben Ashley



John Carlos by Emma Richie

Chapter 6



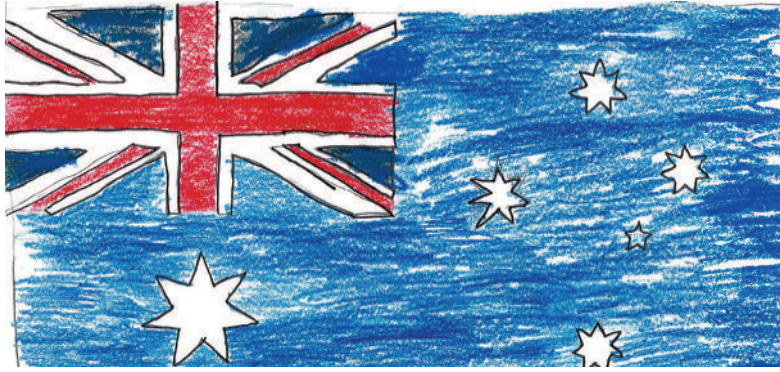
Peter Norman by Emma Chekan

Peter Norman

By Emma Chekan, Cody Benton, and Caroline Karczewski

Peter Norman is from Australia. He was born on June 15, 1942. You may wonder why he is mentioned in a book that talks about a protest against segregation and discrimination in America. Peter's family was dedicated to the Salvation Army, and his Christian beliefs led him to disagree with unfair treatment and whites-only authority.

He was the best 26-year-old athlete in Australia in 1968. He broke the Australian record by running the 200 meter dash with a time of 20.06, and he came in second place in the Olympic games. As Tommie, Peter, and John and were standing on the podium and the American National Anthem was playing, they all were wearing badges that read: Olympic Project For Human Rights. As all of the three were standing on the podium, John and Tommy lifted a fist in air, and the fist had a black glove on it, a symbol for black power. They did this while the National Anthem played. When they left the field, they got booed. Their medals were taken away. Peter Norman was banned for 3 years from the Olympics once he got home.



The Australian Flag by Cody Benton

“When I was about to go onto the podium, John Carlos and Tommie Smith came up to me and started asking me some questions,” said Peter Norman. They said, “Do you believe in God?”

I said, “I do.” Then they said “Do you believe in human rights?”

I said “Yes.”

The last thing they said to me was, “Will you help us with our protest?” I said “Yes.” Suddenly I saw an Olympic rower from the USA who was wearing a badge that said “Olympic Project For Human Rights,” and I walked over to him and asked him if I could wear it and he said yes.

Thirty-eight years after the Olympics, Peter Norman died of a heart attack at the age 64 on October 3, 2006. At his funeral, John Carlos and Tommie Smith were the pallbearers. On October 9, 2006, Australia proclaimed that the 9th would be called Peter Norman Day. Eventually Parliament issued an apology to Norman’s family, recognizing that he had been unfairly punished for doing a brave thing. It was sad that Norman did not hear his country’s apology.



Peter Norman with Olympic Medal by Caroline Karczewski

Chapter 7



The Black Power Logo by Cooper Spaeth

The Rebellious Act

By Nora Lewis, Charlie White and Cooper Spaeth

Most of the crowd was booing as the three athletes walked off the field. Their names were John Carlos, Tommie Smith, and Peter Norman. For better or worse the athletes had just made their mark in history.

Two black gloves brought the crowd to a hush, then to a loud boo. John Carlos and Tommie Smith raised a fist in the Black Power salute while accepting gold and bronze medals at the 1968 Olympic games. These athletes had been thinking a while about a way to let their plight be known. The two had faced segregation and unequal rights for most of their lives and we were ready to take a risk by participating in a peaceful demonstration of black solidarity. They had taken their shoes off and were wearing black socks to represent black poverty. John Carlos was also wearing black beads, a symbol of the lynchings of black people. Tommie Smith had a black scarf to represent black pride.

How a person interprets their protest and actions depends on perspective. The three athletes on the field thought their protest was necessary. Their position as world class athletes came with responsibilities. Most of the white people in the stands screamed ‘boooo’, while many of the black people felt moved and respected. The head of the Olympics was furious and was quick to call the act “rebellious.” Peter Norman thought that they were brave. He was moved by their desire to share their plight, and he joined their protest by quickly finding and pinning an Olympic Project for Human Rights badge on his jacket as he took the silver medal spot on the podium.

The press was unimpressed. Represented primarily by white reporters, the press was responsible for using the word “rebellious” to describe the act. A few people fully appreciated the impact the athletes’ actions had on the world. It made people notice and respond.

Sometimes you need to stand up for not only your rights but also the rights of others, no matter how bad the consequences. This is what John Carlos, Tommie Smith, and Peter Norman did. They stood up for equal treatment and equal rights for Black Americans, an effort worth bronze, silver, and gold.

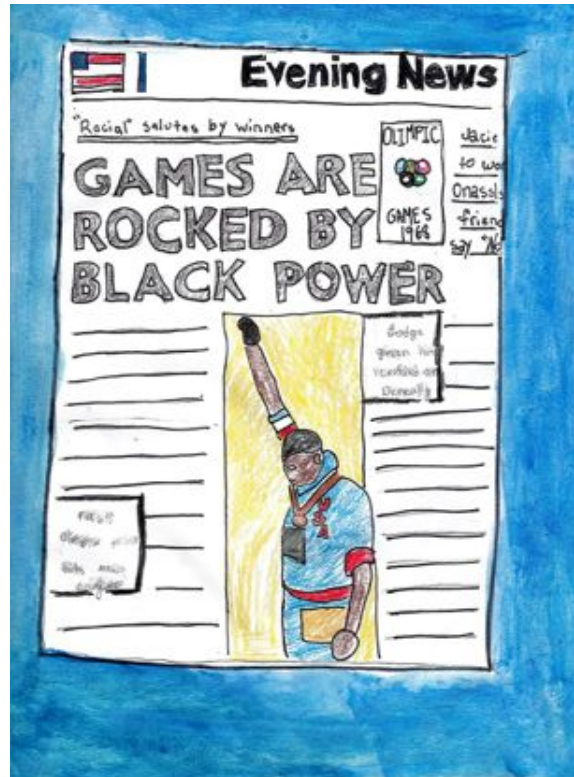


The Rebellious Act by Charlie White



The three athletes by Nora Lewis

Chapter 8



1968 newspaper headline by Julianne Reynolds

The Consequences

By Julianne Reynolds, Jeremiah Obie-Baldwin and Jason Ordonez-Gonzalez

Many decisions we make come with a consequence, good or bad. Consequences can be unpredictable. Three men, John Carlos, Peter Norman, and Tommie Smith stood up for their rights unsure of the consequences. The hard part was what followed.

Standing up for human rights caused a lot of conflict, especially during the Civil Rights movement. When these two men John Carlos and Tommie Smith, used the black power salute on the podium at the Olympic games, many people saw it



1968 newspaper headline by Jason Ordonez-Gonzalez

as a symbol as violence. The Black Panthers were a group that used this symbol, and they were not opposed to violence. So everyone thought that this symbol was associated with things like mean and rough behavior. Later, during interviews of Carlos, Smith, and the Australian runner, Peter Norman, the three men shared that they only meant peace. They meant no harm for anyone, just attention on their cause.

Even though John Carlos and Tommie Smith were the only ones that used the symbol, they all received consequences. For example John Carlos and Tommie Smith had to return their medals and leave Mexico in 48 hours, and they received death threats. Also John Carlos's wife eventually committed suicide, as a result of the pressure and stress. The 1968 track and field team was not honored with the traditional invitation to the White House from the President. Some of Peter Norman's consequences included not having his world record entered in the world record book. Even though he was the fastest runner in Australia, they did not pick Peter Norman for the next Olympic team.

Some people would question whether this Olympic event was successful or not, but it depends on how you look at it. It did help the civil rights movement move forward because every time someone provides another push for their rights, it helps progress the movement. Martin Luther King, Jr. did this every time he made a speech and bravely pushed for equal rights. Also, this event on the podium gained a lot of attention, not only because it was an important historical event but also because it was unexpected. Imagine

you're sitting in the stands watching a track race, then all the sudden fists are raised and a protest happens. Sadly though, change in the black community was slow - equal rights did not occur immediately after this protest.

Peter Norman, Tommie Smith, and John Carlos changed many lives in the past which helped our lives today. When people stand up for their rights they prove determination, bravery, and strength, and perseverance. We all know there might be consequences, but never stop trying because you're afraid of what's ahead. These three men grew up to live their lives. Do you wonder what happened to them after the protest and what they are doing right now? Remember that these men changed our lives, and you can change lives too. Sometimes the simplest gesture or act can make a difference.



Australian Congressman speaking about a formal apology to Peter Norman after his death by Jeremiah Obie-Baldwin

Chapter 9



Tommie Lee and John Carlos carry Peter Norman's Casket by Anna Floyd

Where Are They Now?

By Cole Huggins, Anna Floyd and Jacob Brown

On the night of October 16, 1968, three men's lives drastically changed. John Carlos, Tommie Smith, and Peter Norman's lives changed due to point of view. The Black Power Salute, a clenched fist raised overhead, that they displayed at the 1968 Mexico City Olympics was meant, according to the athletes, to symbolize solidarity and unity. The Olympic Commissioners saw their salute differently - as support of a militant minority group known as the Black Panthers. As a result, Tommie Smith, Peter Norman, and John Carlos were punished by the Olympic Commissioners.

After John Carlos protested with the Black Power salute in the 1968 Olympics, he was banned from the American track team. John then joined the NFL and played professional football for the Philadelphia Eagles. An injury to his knee ended his career shortly after one year. After recovery, he played a season for the Montreal Alouettes and one year for the Toronto Argonauts.



*The two athletes receiving ESPN awards
by Cole Huggins*

In 1985, John Carlos became a counselor for Palm Springs High School in California. In 1998 John was honored for his protest and given an award. When Peter Norman died, John Carlos and the second protester (Tommie Smith) were at the funeral as pallbearers. Strangely enough, John never received an apology from the Olympic Commissioners and has now decided he doesn't want one.

After the Olympics, Tommie Smith graduated from San Jose State University with a degree in social sciences. He then played for 3 years in the NFL for the Cincinnati Bengals. After that, he got a masters degree in sociology at Goddard College. He then joined Oberlin College faculty as a sociology professor and track coach. Next, he spent 27 years at Santa Monica University in a similar capacity. He then returned to the Atlanta area, and in 2007 he wrote an autobiography titled "Silent Gesture." Currently, he helps with youth health in the Tommie Smith Foundation.

Peter Norman was not well received in Australia for his role in the Black Power Salute and wearing a badge stating, "Olympic Protest For Human Rights." Afterwards, Peter tried out for the 1972 Olympics. Despite being one of the world's fastest sprinters, he was rejected. Soon after this, he took up Australian Rules football but had a career-ending leg injury. Sadly, in 2006,

he died of a heart attack because of a three year alcohol addiction.

These men suffered for their actions. They moved on and pursued other careers, but their protest for human rights left a lifelong impression on them and history. Even 47 years after it happened, people still know, study, and continue to learn about John Carlos, Tommie Smith, and Peter Norman. Their story is not as well known as other civil rights stories, but it tells us that it is important to stand up for your rights and rights of others, no matter the consequences.



John Carlos and Tommie Lee by Jacob Brown

Chapter 10

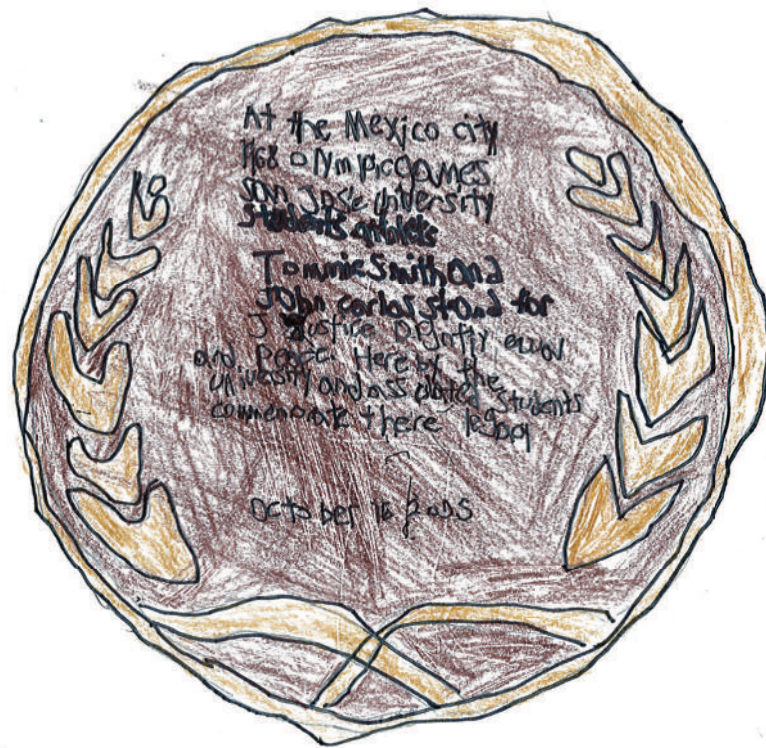


A statue of the rebellious act at San Jose State by Carl Sjoelin

Lessons Learned

By Carl Sjoelin, Tatum Cubrilovic and Tyler Greenwood

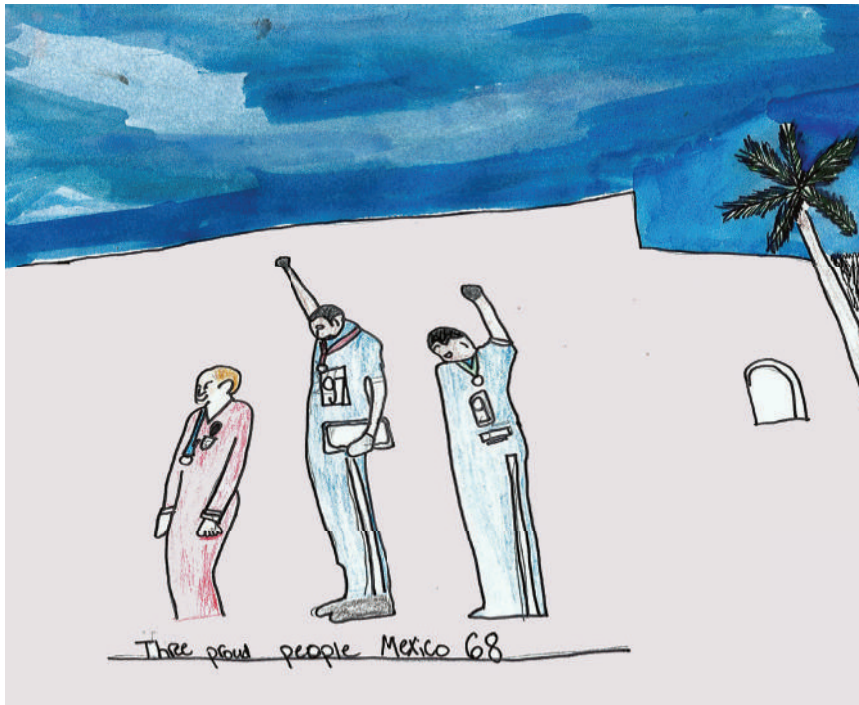
The year, 1968, is a year we can really learn from. Before the summer Olympics, the Civil Rights movement was happening in America. Martin Luther King, Jr.'s assassination on April 4 shows how tense and scary these times were. Although he used words instead of violence and gave speeches to hundreds and thousands of people, not everyone was willing to listen. But for the people who did, they found his words inspirational. They loved his speeches. He really helped black Americans have hope during tough times. Hope faded some more when King's assassination was followed by the assassination of Robert F. Kennedy, on June 6th.



A plaque marking their actions by Tyler Greenwood

Even at the loss of two very important people, however, the Civil Rights movement kept going, a lesson in perseverance. Tommie Smith and John Carlos lost the medals they earned, bronze and gold, at the 1968 Olympics because they believed in the Civil Rights Movement and wanted to see bigger changes in the way things were in America. Tommie Smith wore a black glove on his right hand that represented the power within black America. John Carlos wore a black glove on his left hand to represent black unity. They raised their fists as they stood on top of the Olympic podium to show black power at a time when black people felt powerless. They also chose to not wear shoes to symbolize black poverty. There were mixed emotions about what they did. The reason they got banned and their medals got taken away is because there were two groups that both used the raised fist symbol. The Black Panther party was a group of minority citizens known for their militant responses to discrimination. They were known to use violence, if needed, to demand equal housing, income, and jobs. Tommie Smith stated in an interview once that the fists he and John Carlos raised did not suggest violence, but was a fist for human rights.

John Carlos and Tommie Smith were brave, and we can learn lots of things from their actions. Standing up for what is just and good can come with consequences, but we have a responsibility to do it anyway. For example, you should not stand and watch kids being bullied; you have to stand up to the bullies. Smith and Carlos felt that helping end racism was more important than medals.



A mural in Mexico of their rebellious act by Tatum Cubrilovic



This book began as a problem. A teacher thought it would be valuable and relevant for students to explore rights and responsibilities through the context of a historical event- the 1968 Olympics. Several Ephesus educators joined the search for a mentor text that told a lesser-known, but important, civil rights story. The timing was serendipitous.

We hope our collaborative project encourages you to explore and reflect on rights, responsibilities, common good, and what it means to live in a democratic republic.