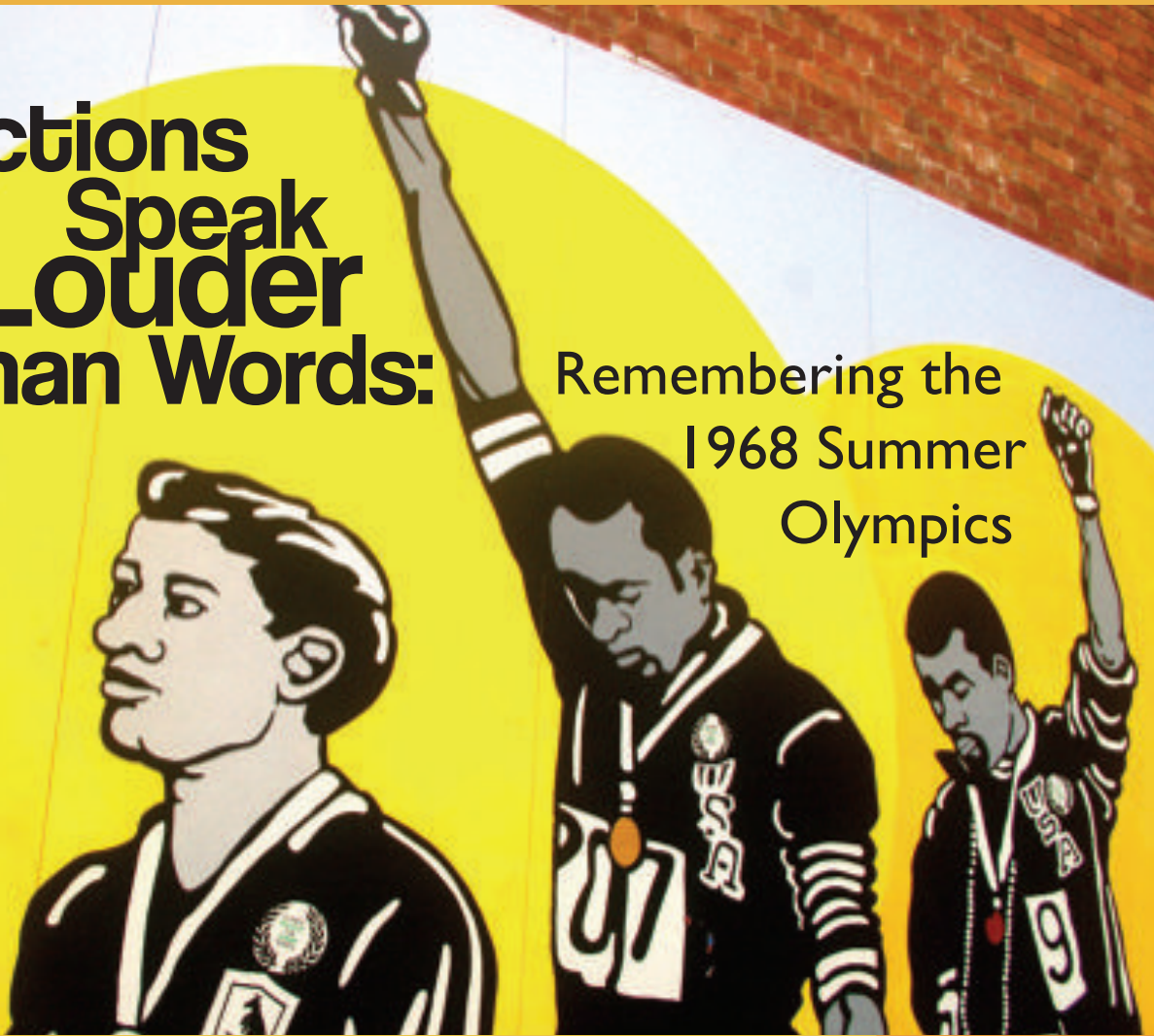


Actions Speak Louder Than Words:

Remembering the
1968 Summer
Olympics



**By the Ephesus Elementary
students of Mrs. Ducanis'
Fifth Grade Class**

The Fist: Rights and Responsibilities

Index

Foreword

Chapter 1: The Turmoil of the 1960s

Chapter 2: The History of the Olympics

Chapter 3: The Olympic Project for Human Rights

Chapter 4: John Carlos

Chapter 5: Tommie Smith

Chapter 6: Peter Norman

Chapter 7: The Rebellious Act

Chapter 8: Consequences

Chapter 9: Where Are They Now?

Chapter 10: Lessons Learned

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 Gael Aguilar-Perez

The Turmoil of the 1960s

by Gael Aguilar-Perez, Zachary Martin-Duffett and Toby Reed

Let's go on a trip to 1964. You are a Black teenager who is 16 years old, you have decided to join a protest group that most of your neighborhood is in. You go to the spot where you normally have meetings one day and find it a wreck. It was bombed! A crowd has already gathered, and you manage to catch the end of a speech given by the founder of the group, "This has gone on long enough! We have rights -- we must demand those rights! All in favor say aye!" "Aye!" The vote was unanimous, and preparations for the protest tomorrow begin. "It all starts today," you think to yourself. You are fearful but hopeful too. You have to join the nonviolent group and march.

Half-way on the way to the old K-Mart the next day, you see policemen with massive German Shepherds, alongside a fire truck. Firemen step out into the street and point their firehoses in your direction. You see the white faces, then you feel a battering ram of force, 200 pounds of pressure hits you on your back and you flip over. You look around and see your friends with skin ripped off, bruises already forming. You are lucky so far. Then while you and the rest of the group are on the ground, the police release the dogs. Police knocked protesters on their heads with cudgels, knocking them to the ground dazed, an easier target for the dogs. It was chaotic, a nightmare, but everyone survived. As soon as everyone is standing up again, the cuffs come out. Everyone they can round up is arrested. You feel powerless.



An American Tank by Zachary Martin-Duffett

The 1960s was marked with huge highs and lows for our country. Neil Armstrong, an American astronaut, set foot on the moon, the first person to do so. Thurgood Marshall became the first African American person to sit on the US Supreme Court. But two charismatic leaders and visionaries, Martin Luther King, Jr. and President John F. Kennedy, were assassinated. The Vietnam War escalated. Back then a lot of black



Martin Luther King, Jr. by Toby Reed

Americans, or people of color, weren't treated fairly and did not receive the same opportunities as white people. A lesser known nonviolent protest occurred too, during the 1968 summer Olympics. You will hear about the significance of this event later on in this book. There are not a lot of stories out there that explain this event to children. We hope to shed light on it.

Chapter 2



Some original Olympic medals by Reilly Adams

The History of the Olympics

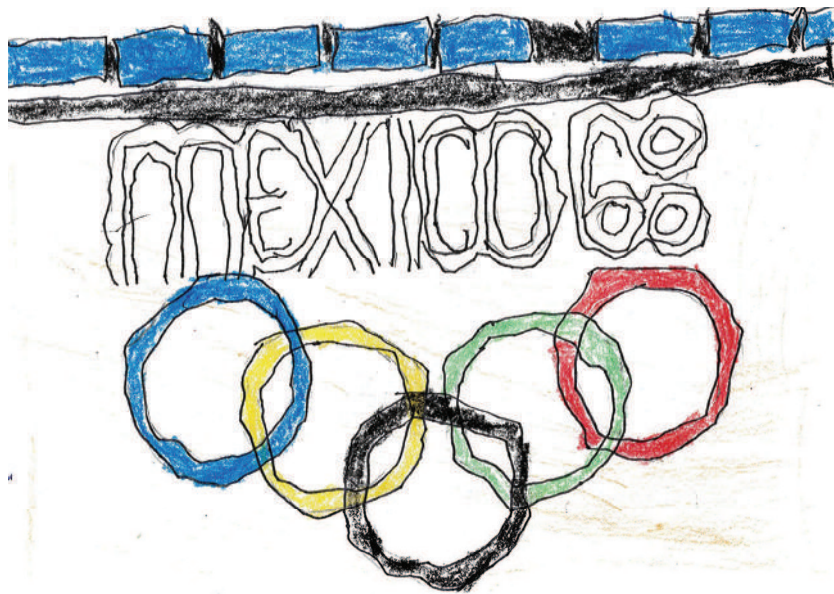
By Christian Greenwood, Alice Karakachian and Reilly Adams

If you went to the Olympics you would find athletes taking home medals or better yet a memory. You would find thousands of people cheering on their family. The Olympics is a wonderful time when groups of people get together and watch people compete in peace and in harmony. You would love to see the athletes go past the finish line. People yelling and screaming for their countries to win. Did you ever know what the Olympics are and the story behind it? What the Olympic symbols are and how it started? Read to find out all your questions in the following paragraphs.

Symbols

The Olympics is a gigantic event when lots and lots of people get together and compete in many different games. The Olympics also has a few main symbols. One of them is the Olympic flame. The Olympic

flame is lit in the opening ceremony and stays lit until the closing ceremony. In the past in Olympia, ancient Greece, several months before the Olympics the flame is lit by the sun's rays. It is taken by the host city in a relay of fast runners carrying flaming torches. The Olympic flame means friendship. The next symbol is the Olympic flag. The Olympic flag is 5 different color rings. The colors are Blue Black Red Yellow and Green Each color is a color on each country's flag The Olympic flag symbolizes respect for every nation. The last main symbol, the Olympic Motto which is "Citius, Altius, Fortius" which is "Faster, Higher, Stronger" in latin. The Olympic motto symbolizes excellence.



The 1968 Olympic Logo by Christian Greenwood

Olympic Facts

Even though the Olympics is about getting together peacefully sometimes there were protests. Sometimes people just want to win and would even use drugs so they can win. This is banned in the Olympics so they would get in trouble. The Olympics have been held every four years since 1896 except during the world wars (1914-1918 and 1939-1945). The summer and winter Olympics were born in Athens in 1896. Soccer is the most popular sport in the Olympics. The ancient Olympics started in 776 BC. Since 1896 there has been 27 Olympics. The most popular athlete in the Olympics was Carl Lewis who

won 9 Gold medals. He won four gold medals in the year of 1984. The next Olympics will take place in 2016 in Rio de Janeiro Brazil. Here are many of the events you can do in the Olympics and when they originated: water polo-1900, weightlifting-1896, wrestling-1896, yachting-1900, archery-1972, badminton-1992, basketball-1992, canoe/kayak-1936, cycling-1896, diving-1904, equestrian-1900, fencing-1896, field hockey-1908, gymnastics-1896, judo-1964, rowing-1900, shooting-1896, soccer-1900, softball -1996, swimming-1896, table tennis-1988, taekwondo-2000, team handball-1936, tennis-1896, track and field-1896, volleyball-1964.



The 1968 Olympic medals by Alice Karakachian

Winners

After a game the winners would receive their prize. In ancient times the winners would only get a simple olive branch as the prize for first place. That sounds like that is a horrible prize, but when they returned to their city-state they would be awarded with money, and everywhere they went they would get honored for their work. The Olympics was always peaceful. That is why a man who lived in France wanted to search for Olympia. He liked the fact that everyone was peaceful and nobody fought.

Now that you know a little more about the Olympics, you can remember it and one day you may go to the Olympics and know what to expect. You now know about the Olympic symbols and when the next Olympics will take place, you also know about what the Olympics are and, how the Olympics originated. They continue to stand as a symbol of global peace and unity and friendly competition.

Chapter 3



The Logo for the Olympic Project for Human Rights by Kieran Cudahy

The Olympic Project For Human Rights

By Kieran Cudahy, Jaliyah Ellington, Helen Katz and Henry Webb

The Olympic Project for Human Rights (OPHR) was founded in 1967 by Dr. Harry Edwards and the Olympic Committee for Human Rights (OCHR). Some other supportive members were Tommie Smith, John Carlos, and other black authorities. Most members of the OPHR were African American athletes or community leaders. Some people in the Olympic project for human rights were white too, including members of the Harvard University rowing team. Tommie Smith said the OPHR was about the rights of "All humanity, even those who denied us ours."

"When this thing is done, it can't be taken back." -John Carlos

The goal of the OPHR was to stop racial discrimination and racism

in the U.S. and to use the “International spotlight” of sports, and in general, highlight race problems. Many prominent black athletes, including Tommie Smith and John Carlos, were members of the OPHR. Their goal was to show the world what was happening in the U.S. to African Americans. While training for their Olympic debut, they had been planning their “act” for several years. Their act was a significant protest that the OPHR held in order to achieve their goal for human rights.

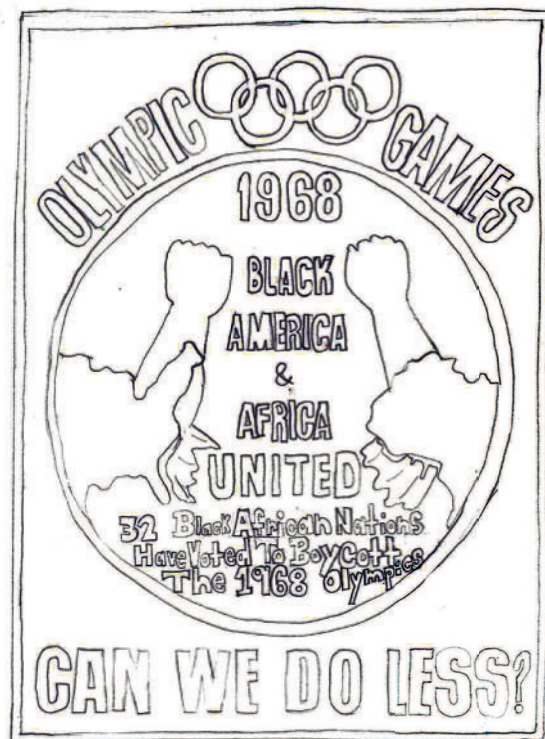
“This was all zigzagging through my mind like lightning bolts.”-John Carlos

Peter Norman decided to be a part of their cause by wearing a badge that influenced the 1968 Olympics in Mexico City and changed Peter Norman’s destiny. Tommie Smith and John Carlos wore specific types of clothing to represent the struggles and hopes of black Americans. They each wore a black glove on one of their hands to represent black power. Tommie Smith and John Carlos also wore no shoes but black socks to represent black poverty. The final thing John Carlos wore was a black scarf to represent black pride.

John Carlos expected to see fear in Peter Norman’s eyes but he didn’t see fear, “I saw love”.

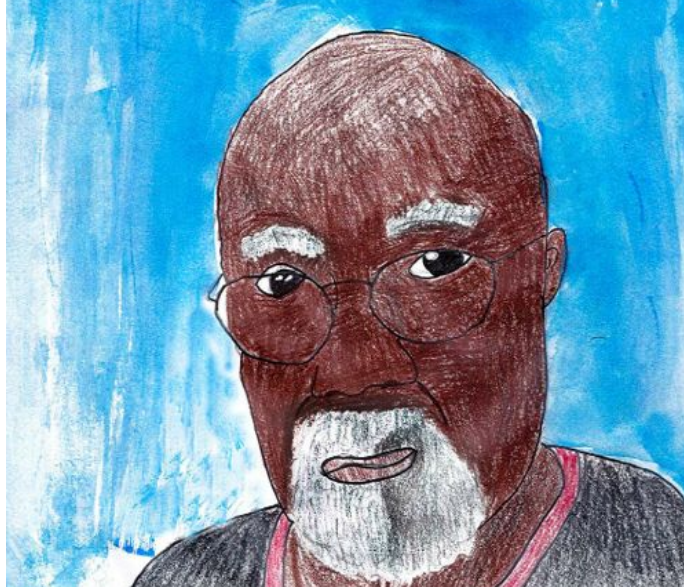


Malcolm X by Henry Webb



1968 Poster by Helen Katz

Chapter 4



John Carlos by Tessa McCaffrey

John Carlos

By Emely Martinez-Medrano, Tessa McCaffrey and Dylan McGlinn

John Wesley Carlos was born in 1945 in Harlem, New York and faced racism as a child. People underestimated his abilities because of the color of his skin. Obviously they made a big mistake. Sadly, he lost his dream of being an Olympic swimmer because of harsh treatment at the community pool. But don't worry, after that he decided to change his sport but kept his dream to be an elite athlete. He trained hard and with the best coaches to become a runner and was determined to get into the Olympics and win. His hard work paid off. He made it to the 1968 Olympics, and he won 3rd place! John Carlos went to San Jose State University. He was smart, but his focus and love was on sports. He continued training for the Olympics. He wanted

to prove to the world his amazing strengths. Eventually John Carlos and other athletes, Tommie Smith and Peter Norman, started talking about how they could bring attention to equal rights. Carlos and Smith raised their fist in the air after winning 1968 Olympics during the National Anthem. It's true! Even today, John Carlos says he does not regret any of it. He still thinks it was the right thing to do. It was not easy, but it was right.



*John Carlos crosses the finish line
by Emely Martinez-Medrano*

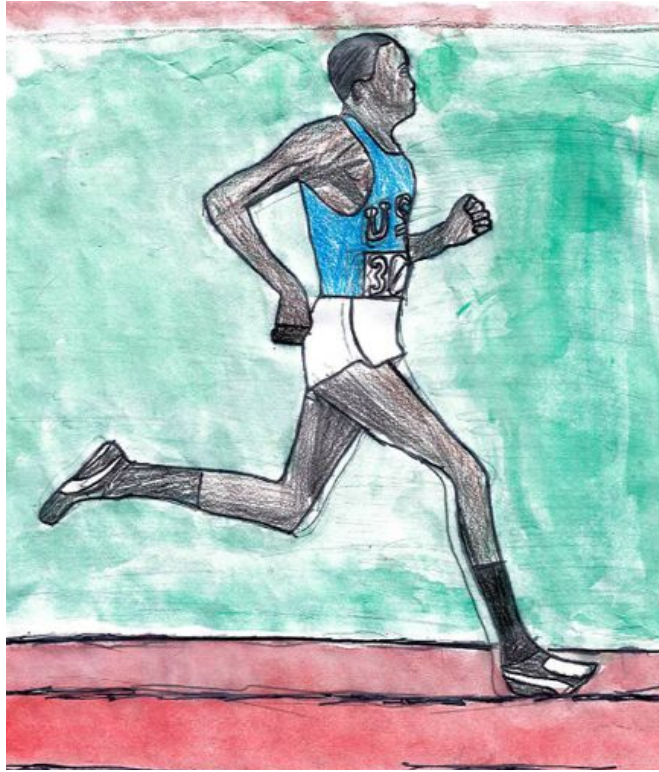


San Jose State University by Dylan McGlinn

After giving the black power salute, John Carlos was banned from Olympic competition and had to return his medal. His house was attacked. His life was threatened. Even though he had just won the bronze medal in the Olympics, a large majority of people thought he was no good. He had supporters too, but the outrage from the white majority made life extremely difficult. His personal life took a hit. He was married to Kim Carlos, but in 1979, more than ten years after his Olympic protest, Kim committed suicide. The cruelty, fear, and financial stress that surrounded their lives was unbearable for Kim.

John Carlos is still alive at age 70. He was forced to explore a few other careers after the 1968 Olympics, including professional football and retail sales. He most recently served as a Track and Field coach and an In-school Suspension Supervisor for Palm Springs High School in California.

Chapter 5



Tommie Smith running by Dylan Aubrey

Tommie C. Smith

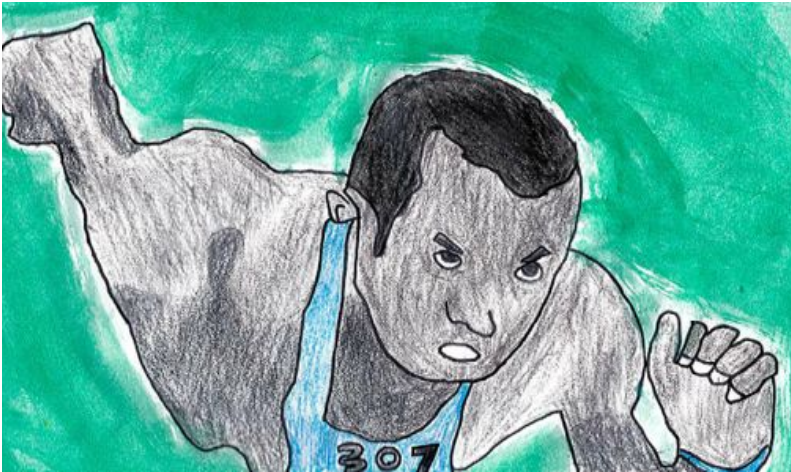
By Dillon McCafferty, Dylan Aubrey, Daniel Cefalo, and Kyle Fu

The Summer Olympics, 1968 - a man did the unthinkable. He stuck a fist in the air causing a uproar. But before we get there, we're going to the beginning... the beginning of a legend.

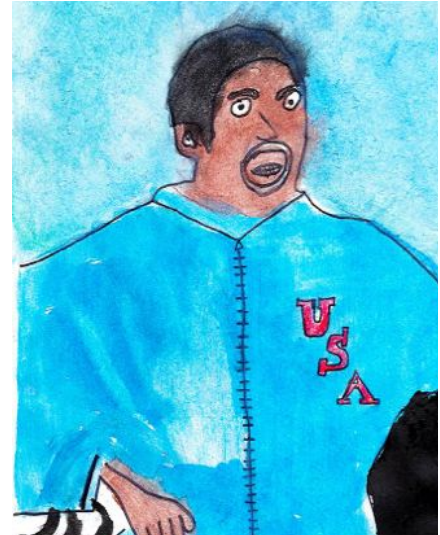
Tommie C. Smith was born on June 6, 1944 in Clarksville, Texas. He must have had an exciting childhood, being the seventh of 12 children! In his childhood he suffered a life threatening case of pneumonia and almost died. Despite this he grew up to be an amazing athlete.

He started his sports career when he was in high school. He played football, track and field, and basketball. He went to San Jose University and started to get more intense with his track and field career. He was such a great athlete that he got into the 1968 Olympics for track and field. It was there that his life changed forever.

BANG! Tommie Smith started off the race strong. He was closing in on the finish. Ten yards... five yards! Tommie Smith won the 200m dash! Then on the podium he did something that changed the future for all African Americans everywhere. He shot his fist in the air to represent human rights during the national anthem and shocked the world. After “the fist,” he had some consequences. He lost his medal and was banned from the Olympic Games forever.



*Tommie Smith in sprint start position
by Kyle Fu*



John Carlos by Dillon McCafferty

After his Olympic career, he went to play football for the Cincinnati Bengals for 3 years. Tommie Smith didn't do the best in the NFL, (he only played one game), but he still got multiple Hall of Fame awards for track and field, such as the National Track and Field Hall of Fame, even after his last race.

Tommie Smith was an activist, athlete, and a hero to many African Americans around the world. He was punished but was honored by many. Now you know how Tommie C. Smith changed the world... forever.

Chapter 6



Peter Norman by Amelie Ward

Peter Norman

By Amelie Ward, Reem Alotaibi, Mi Htaw Pakaw, and Nasser Alotaibi

Peter Norman is from Australia. He was born on June 15, 1942. His family was dedicated to the Salvation Army, and Norman eventually became a Salvation Army officer. He earned the reputation of being one of the best athletes in Australia and became famous for his speed but also because of his beliefs about racism and equality.

Peter Norman broke the Australian record in 1968 by running the 100 meter dash with a time of 20.06 seconds, placing second in the Olympic games. When Peter Norman crossed the finish line, he approached the podium with



The Australian Flag by Mi Htaw Pakaw

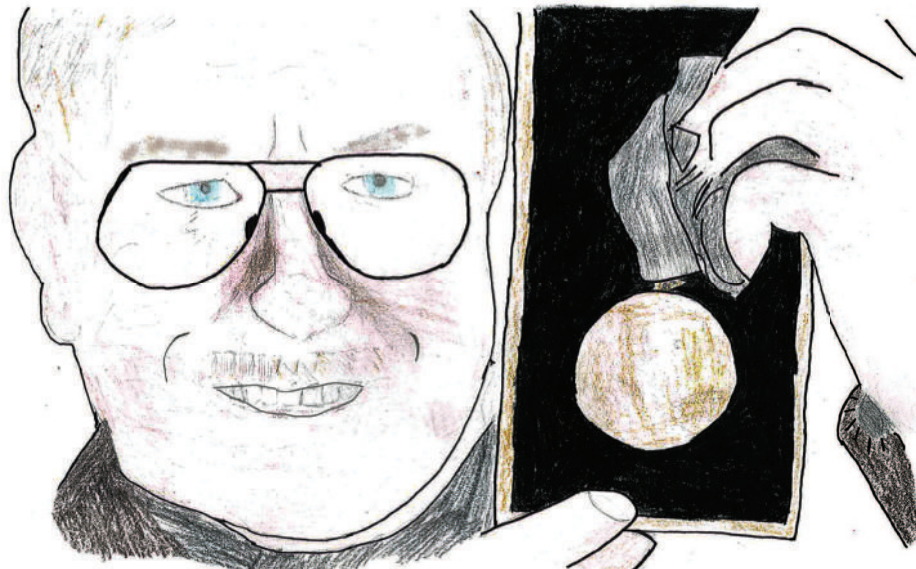
the first and third place winner Tommie Lee and John Carlos to get his silver medal. The National Anthem for the USA began playing to honor the first place finish, and all three athletes appeared wearing badges that said Olympic Project For Human Rights. As all three men were standing on the podium, the American athletes, John and Tommie, raised their fists in air, a symbol for black power. They got booed. Olympic organizers and many spectators were shocked. Smith and Carlos were immediately stripped of their medals and sent away from the Olympic village. When they returned home, their houses were attacked. Peter Norman continued running but was not selected for the Olympic team during the next two rounds of tryouts, and he suffered from depression for many years.

According the Norman, when he was about to go on the podium, he entered a conversation with Smith and Carlos who asked him, "Do you believe in God?" to which Norman responded, "I do." They followed with the question "Do you believe in human rights?" Norman answered, "Yes." Peter Norman volunteered to support the cause and actions of his fellow medal winners and describes what happened after the conversation: "Suddenly I saw an Olympic rower from the US 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." In the photo, Norman wears a badge just like the one Smith and Carlos wore. Carlos and Smith saw what he did as more than a token. "While he didn't raise a fist, he did lend a hand," was how Smith explained it.



Peter Norman Running by Nasser Alotaibi

Thirty eight years after the Olympics, Peter Norman died suddenly of a heart attack on October 3rd, 2006, at the age 64. John Carlos and Tommie Smith were pallbearers at his funeral. On October 9th, 2006, Australia proclaimed that day to be recognized as "Peter Norman Day.



Peter Norman by Reem Alotaibi

Chapter 7

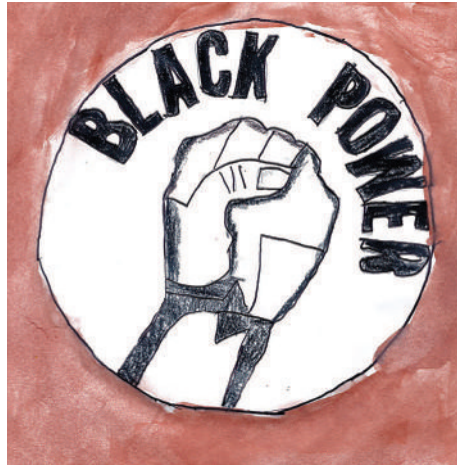


The three athletes by Armstrong Htoo

The Rebellious Act

By Brian Guevara-Garcia, Alexander Pearman, Manuel Melgar, and
Armstrong Htoo

Peter Norman, John Carlos, and Tommie Smith were standing on the podium as the US national anthem is playing. As a shock to everyone, Carlos and Smith raised their fists in the black power salute. Peter Norman wore a patch to support John Carlos and Tommie Smith. The meaning of the patch was to end segregation and racism. When they raised their fists, it was a silent, powerful protest. John Carlos and Tommie Smith also wore a scarf, black socks, and a black glove. The scarf represented pride and the black socks represented black poverty and the black gloves represented black power.



The Black Power Logo by Manuel Melgar

The crowd was booing them for what they did. Many Americans did not like the protest because the rest of the world was informed of what was happening in America. But black rights supporters thought that the protest was great. Many consequences came because they did that. You will learn about them in the next chapter.



The Rebellious Act by Brian Guevara-Garcia



The three athletes by Alexander Pearman

Chapter 8



1968 newspaper headline by Lula Fraser

The Consequences

By Lula Fraser, Rachel Mairura, and Hunter Klosty

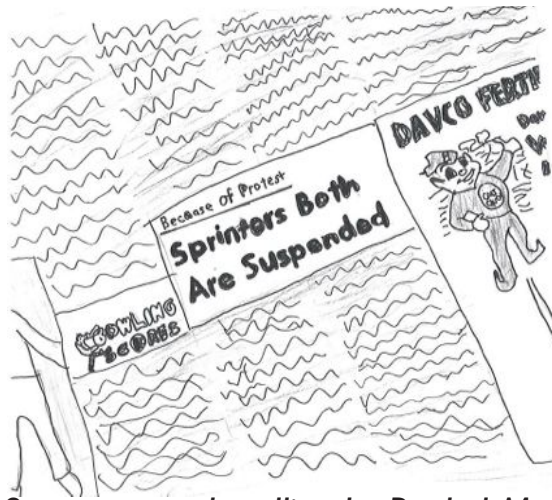
Hopes for Olympic glory dashed! Medals stripped! Controversy erupts! A nation's secret brought to the world's attention! Three Olympic athletes shined the sports world's spotlight on a bitter truth. What was at stake? The silent protest of Tommie Smith, Peter Norman, and John Carlos and their decision to speak up and act out at the 1968 Olympics came with consequences.

The Olympic committee determined future Olympic participation. Smith and Carlos, the American athletes, were banned from the Olympics for the rest of their lives, and they had to turn in their medals. One of Carlos's best quotes was "I don't feel embraced. I feel like a survivor. It was almost like we were on a desert island. But we survived." The Australian, Peter Norman, was barred from the next two Olympic games. His medals were also revoked.

Some citizens saw the event live. Some saw it on highlights in the news the next day. Some praised the protesters, while others thought the protesters were disrespectful. Some people accused the athletes of seeking attention, and some people felt it was a necessary fight for freedom.



*Avery Brundage, President of the International Olympic Committee
by Hunter Klosty*



1968 newspaper headline by Rachel Mairura

After the athletes came home, they were attacked by the media and even attacked by other people at home. Newspaper articles had headlines reading: Athletes Lose All. Walter Cronkite and the reporters from BBC continuously talked about the event. The citizens attacked them by not giving them a job. They simply would not give the former athletes a second chance, though today some media networks such as MSNBC praise the athletes for their actions.

A former professor of Tommie Smith and John Carlos (The black Americans) helped plan the protest which helped keep the conversation alive across college campuses. A civil rights group in New York city gave them an award for what they thought was a fight for freedom and racial equality. The athletes former college put up a statue of the protesters on the university campus.

This event did not seem to have an immediate, significant effect within the offices of politicians and lawmakers in Washington, but the political climate of the United States and Australian government shifted. "The fist" reinforced a message for civil rights and change in the US. And in August, 2012, the Australian parliament debated a motion to apologize to Peter Norman. In October 2012, six years after his death, a member of parliament read the official apology to Peter Norman from Australia.

Chapter 9



The three athletes reunited by Jenny Hu

Where Are They Now?

By Jenny Hu, Michaela Bowens and Matei Dumitru

Tommie Smith was playing NFL for the Cincinnati Bengals after he graduated from college, but it was a short career. He got injured. John Carlos also played for the NFL team called the Philadelphia Eagles, but he ended his career shortly after because of a knee injury. John fell upon very hard times in the 1970's. His ex-wife committed suicide, and John had a stretch of depression. He was eventually employed by the Organizing Committee for the 1984 summer Olympics. After that, he became a track and field coach and counselor at Palm Springs High School, a job he has held for the past twenty years. Peter Norman was rejected by the Australian Olympic track team, even though he held the record for the fastest sprinter in Australia at that time. He did some coaching too. He got an

apology about fifty years later from the Australian government, after his death, and was recognized as a hero. His family accepted the honor for him.

Life After

Following the games of the 19th Olympiad, Tommie played professional football under the legendary Paul Brown with the Cincinnati Bengals for three years. He went on to become an Assistant Professor of Physical Education at Oberlin College in Northeast Ohio. In that capacity, he taught Sports Sociology and numerous life and physical education courses, counseled many students and athletes who sought his expertise and advice, coached track and field as well as football and basketball, and served as Athletic Director.



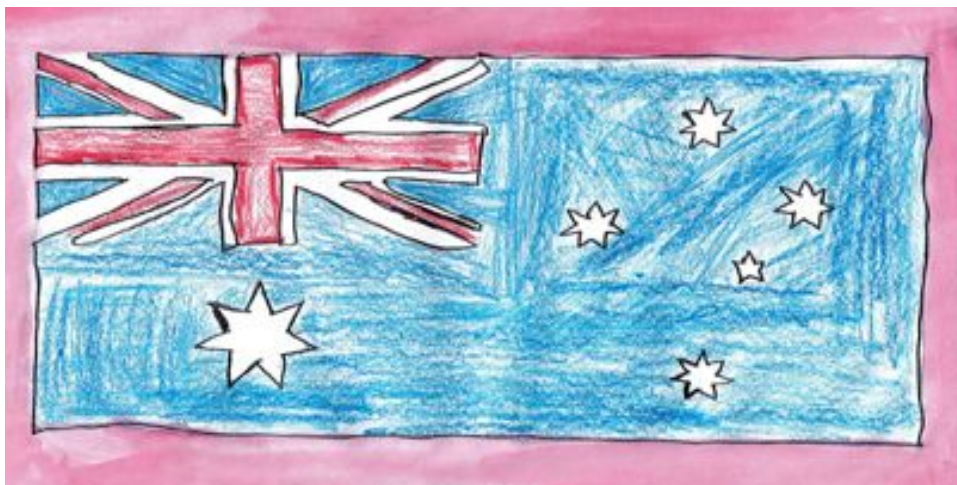
Tommie Smith and John Carlos receiving ESPN awards by Matei Dumitru

Having become a member of the National Track and Field Hall of Fame in 1978 and serving on the coaching staff of the 1995 World Indoor Championship team in Barcelona, Spain, he continues to expand his horizons of accomplishments. He maintains a busy schedule. After retiring in 2005 from Santa Monica College, where he taught and coached for 27 years, Tommie continues to make the world his classroom. He is dedicating his time to our youth, using track and field as a tool. Dr. Smith continues leading and teaching by bringing awareness to our youth about Health and wellness. The Tommie Smith Youth Track Athletics started seven years ago in Northern California

and has spanned to Louisville, Kentucky, New Orleans, La., Washington DC, with other locations to come. He completed an autobiography titled: "Silent Gesture," published by Temple University Press in January, 2007. The book was nominated for an NAACP Image Award. Many awards have been received for example: The Peace Abbey Courage of Conscience Award; The ESPYS Arthur Ashe Courage Award; the Trumpet Awards, BESLA, 'Disrupter for Change Award; Boston Celtic Heroes Among us Award; Boston, Sports Society True Heroes Hall of Fame; Morehouse College, Candle in the Dark Life Time Achievement, and more. A documentary "Return to Mexico City a Forty Year Celebration" has also been made.



*Tommie Smith and John Carlos carry Peter Norman's Casket
by Michaela Bowens*



The Australian Flag by Jaliyah Ellington

Chapter 10



A statue of the rebellious act at San Jose State by CJ Creamer

Lessons Learned

By Josh Obie-Baldwin, Omarion Dean and CJ Creamer

In the 1968 summer Olympic games, two black athletes in the 200 meter dash did something during the U.S.A. national anthem that played a pretty big part in ending discrimination in the U.S. They held up a black power salute wearing one black glove on one of their hands, Tommie Smith on his right hand, and John Carlos on his left. Some saw this as an act of courage and a great statement. Some saw it as a very offensive statement that was meant to harm people. As a result of this action, many people faced consequences. The medalists, their families, and many others. What many people didn't

realize was that the Olympians' rights had been severely violated. Their first and eighth amendment rights had been ignored. They had the right to protest and the right of not having to face unfair punishment. They were unfairly punished for doing something that (as a citizen of the United States of America) they had the right to do. The Bill of Rights is supposed to protect rights of American citizens. At the time, people thought the act was uncalled for and rude. But as time passed people praised the act and saw it as a segregation ending event.



*A mural commemorating their actions
by Joshua Obie-Baldwin*



*A plaque marking their actions
by Omarion Dean*

Their protest and statement played a big part in helping people change their perspective on racial discrimination in the U.S.A. Those three Olympians inspired people to make a change in the world by protesting and standing up for their rights as American and worldwide citizens. It also inspired people to never give up on fighting for what you believe in. This act had an impact because it was telecasted worldwide. It not only highlighted for Americans what was going on in the United States, but it also showed the entire world the shameful behavior of discrimination and racism. This promoted change in a silent, unspoken way. It told people that black Americans are people too, and that they are not second class citizens. It showed how the Olympians could be held up as heroes on the track but treated second class citizens in their daily life at home. As more and more racial inequality protests were organized, more and more people started to see segregation as a bad thing and soon a law passed that made segregation illegal.



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.