

Hello EES Family!

I hope you are all still doing well. I know it has been tough for all of us to stay home but it is so important and we are all doing a great job. I have enjoyed all of the emails with picture and videos of the ways you are staying busy SO MUCH! It is nice to see all of the creative ways you have been staying active as well as knowing some of the activities I have been sending home to you have been enjoyable. This week I have another reading article for you about one of my sports heroes named Jesse Owens. It is a little longer and probably best suited for grades 3-5 But if you are K-2 there is another reading and question selection about fitness included too. You will also find some fun activities about bicycles and safety, plus some more mindfulness cards because I know some of you really enjoyed them last week. I am looking forward to seeing what you are all up to this week!

Stay busy, stay safe, be kind to each other.

-Mr. Marche



# COURAGE JESSE OWENS

**A R T I C L E**

*"One chance is all you need."*

Imagine the setting - the summer of 1936, Berlin, Germany. Adolf Hitler, chancellor of Germany and leader of the Nazi party is intimidating most of Europe. Red and black flags with swastikas are waving everywhere. Hitler's henchmen, the Gestapo and Storm troopers, rule the streets. Hitler believes in the supremacy of the Aryan race (pure-blooded Germans). As the leader of this "master race", he believes it is his duty to control the world. Jews, gypsies and dark-skinned individuals are believed to be inferior, even sub-human. Hitler bans all Jews from participating for Germany in the 1936 Olympics.

It was in this setting that the summer Olympics took place - Berlin, the "Motherland of Germany" under the watchful eye of Adolf Hitler. While the spirit of the Olympic games is to peacefully compete with other nations, Hitler viewed the 1936 summer Olympics as the opportunity to showcase the dominance of the Aryan race. To some extent, Hitler was successful - Germany won more medals and more gold medals than any other country in these games. However, in perhaps the most glamorous event, the 100-meter dash, the presence of one American athlete told a different story.

Born with the formal name of James Cleveland (J.C.) Owens in 1913, he was the 7th of 11 children and the son of a share-cropper in Alabama. At the age of 7, his father expected him to pick 100 lbs. of cotton a day in the summer. At the age of 9, his family moved to Cleveland, Ohio to pursue more opportunities and a better life. On his first day of school, a teacher taking roll asked the new boy his name. The reply was "J.C.", but the teacher misheard, "Jesse." The name stuck. The world would come to know the name Jesse Owens.

Owens expressed an interest in running during middle school and competed for East Technical High School in Cleveland. After equaling the world record in the 100yard dash as a high school athlete, Owens was recruited to run track at Ohio State University. In 1933, Ohio State did not provide athletic scholarships to track athletes, but they did secure Owens with part-time jobs to help pay his bills. Sadly, even as team captain of the track team, Owens was not allowed to live with his white teammates on campus. Likewise, most restaurants in Columbus would not serve him or any other black individuals.

Owens excelled on the track at Ohio State University. He won eight individual NCAA championships during his career. During his junior year, he won all 42 events he entered. In what some call the greatest single accomplishment in sport, Owens broke 3 world records (long jump, 220-yard dash and 220-yard hurdles) and set another (100-yard dash) in the span of 45 minutes. This historic day was bolstered when it was learned that Owens did all of this with a severely-injured tailbone.

In the summer of 1936, Owens qualified for the Olympic games in the Long Jump, 100-meter dash and the 200-meter dash. Owens was easily the most talked about and sought-after athlete at the games. On his first day of competition, August 3rd, he stepped onto the track in front of 110,000 people to run the finals of the 100-meter dash. As Owens would say, "It was a lifetime of training for just ten seconds." It was the closest race that he would see all week, winning the event by a tenth of a second over fellow American Ralph Metcalfe. Sitting in his Furher's Box, Hitler watched the top two finishers, both of African descent from the United States take the gold and silver medals.

The next morning Owens struggled to make the finals of the long jump competition. Every competitor gets 3 jumps to achieve a jump that is long enough to qualify for the finals schedule later in the day. Owens stepped over the line on his first two jumps, meaning that both jumps were disqualified. Despite being the favorite, he only had one chance left or his long jump competition would end abruptly.

An unusual scenario followed Owen's second jump. Lutz Long, a German athlete with the longest posted jump in the competition introduced himself to Owens and offered some much-needed advice. Long suggested that Owens set his mark at least six inches short of the "foul" line and reminded Owens that he just needed to qualify for the finals. Owens took Long's advice and easily qualified for the finals. That afternoon in the finals, Long and Owens were tied at 25 feet 10 inches after the 5th attempt. On his 6th and final attempt, Owens set a new Olympic record, giving him his second gold medal.

After winning the event, Long was the first person to congratulate Owens. Long openly embraced Owens, grabbing his hand and raising it the way a wrestling referee would lift a victor's hand. This was all done under the watchful eye of Adolf Hitler. It should be noted that Owens and Long never saw each other again but did exchange letters until Long's death several years later in World War II. Jesse Owens had a profound respect for Long's assistance. "It took a lot of courage for him to befriend me in front of Hitler," Owens said. "You can melt down all the medals and cups I have, and there wouldn't be a plating on the 24-karat friendship I felt for Lutz Long at that moment."

The following day Owens easily won the 200-meter dash, establishing his dominance as the world's fastest athlete. Owens assumed that was the end of his Olympics until something unexpected happened. On the last day of the track and field competition, Coach Dean Cromwell decided to replace Marty Glickman and Sam Stoller on the 4 x 100-meter relay with Ralph Metcalfe and Owens. It has long been rumored that Glickman and Stoller were replaced because they were Jewish. According to multiple sources, German officials asked U.S. officials not to embarrass Germany any further by having Jews beat the master race. Glickman blamed U.S. Olympic Committee president Avery Brundage for authorizing such a move. Nevertheless, the U.S. 4 x 100 relay team won by an impressive 15 yards, setting a new world's record in the process.

While there aren't any direct quotes about Hitler's thoughts after watching this event, it is well-documented that he quietly crept away before each of the medals ceremony, honoring Owens and playing the national anthem of the United States. As one journalist stated, "Hitler was highly annoyed by the series of triumphs by the marvelous colored American runner."

This feat of winning 4 gold medals was not equaled in the Olympics until the great Carl Lewis won the same 4 events in the 1984 Olympic games. Looking back on his Olympic experience, Owens said, "We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

The Olympic games were definitely the pinnacle for Owens. The saddest part of Jesse's story is that the world's fastest man never ran another competitive race again. He was only 22. At that time, Owens was married and already had the first of his 3 children to provide for. He tried to capitalize on his new-found fame and land some commercial endorsements, but he was largely unsuccessful. Due to his attempts to secure these endorsements, Olympic committee officials voted to end his amateur status as a collegiate and Olympic athlete.

Despite being characterized as a hero and a national treasure, he still had to return to an America that was not ready to embrace a black man. As Owens learned, "It became increasingly apparent that everyone was going to slap me on the back, want to shake my hand or invite me up to their suite, but no one was going to offer me a job." Even the president of the United States, Franklin Roosevelt, did not invite him to the White House or send him a telegram.

Owens bounced around from job to job. Among other jobs, he worked at Ford, owned a dry-cleaning company, pumped gas and briefly served as vice president of an affiliate in a negro baseball league. It wasn't until the 1950's that Owens achieved financial security when companies began asking him to provide speeches at conferences. He spent the rest of his life speaking to groups and working with children, inspiring others to reach their dreams. Owens died at the age of 66 from lung cancer with his wife and three daughters by his side.

Jesse Owens will forever be remembered as the man with enough courage to stare down Adolph Hitler and win. It didn't change the future - Hitler still started World War II, culminating in the largest loss of life in human history. However, on that sunny August day, the actions of Jesse Owens loudly told the world that there was no such thing as a master race. He put the first chink in Hitler's faulty world view. As President Jimmy Carter said, "Perhaps no athlete better symbolized the human struggle against tyranny, poverty and racial bigotry."

In 1976, President Gerald Ford presented Jesse Owens the highest civilian honor - the Presidential Medal of Freedom. In 2007, ESPN named Jesse Owens as the 6th best athlete of the 20th Century. Not bad for an athlete who ended his athletic career at the age of 22. To be sure, Owens received these awards more so for what he represented to humanity than for his athletic achievements.



## Wise Old Owl

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths.

- 2 Imagine you are sitting under a tree. On a branch is a wise old owl who knows the answer to any question you have.

The owl is always gentle and kind, and knows what you need. Ask the owl your question.



- 3 Let the owl think about the answer. You can take three soft, slow, mindful breaths while you wait.
- 4 Listen carefully when the owl answers your question.
- 5 Picture yourself following the advice. How does that make you feel?
- 6 If you need to, ask the owl more questions until you know what to do.
- 7 Open your eyes. Now ask yourself, where did that wisdom come from? You can always find the wise old owl inside you.

## Mind Bubbles



- 1 Sit mindfully, with your spine straight and body relaxed.
- 2 Imagine you are holding a bubble wand.
- 3 Breathe in deeply, then breathe out as if you are blowing a bubble through the wand.

- 4 Breathe in again and notice your worry. Imagine what it looks like.

- 5 Breathe out and blow your worry through your bubble wand. Imagine it forming a bubble.



- 6 Imagine the bubble pops and disappears.

- 7 Keep blowing out worries until you feel ready to go on with your day.

*Tip: You can also try this with a real bubble wand and bubbles!*

## Tap and Wiggle

- 1 Stand or sit with your feet touching the floor. Hold your hands close in front of your chest, palms facing each other.



- 2 Try to tap one foot up and down and count to five. While you are tapping, try to wiggle the fingers of your hand on the opposite side.

- 3 Switch sides. Tap your other foot and count to five. Wiggle the fingers of your hand on the other side.



- 4 Switch back and forth as many times as you can. If you make a mistake, laugh out loud and start over.

This wakes up your brain because you are doing two different things at once, on opposite sides of your body.

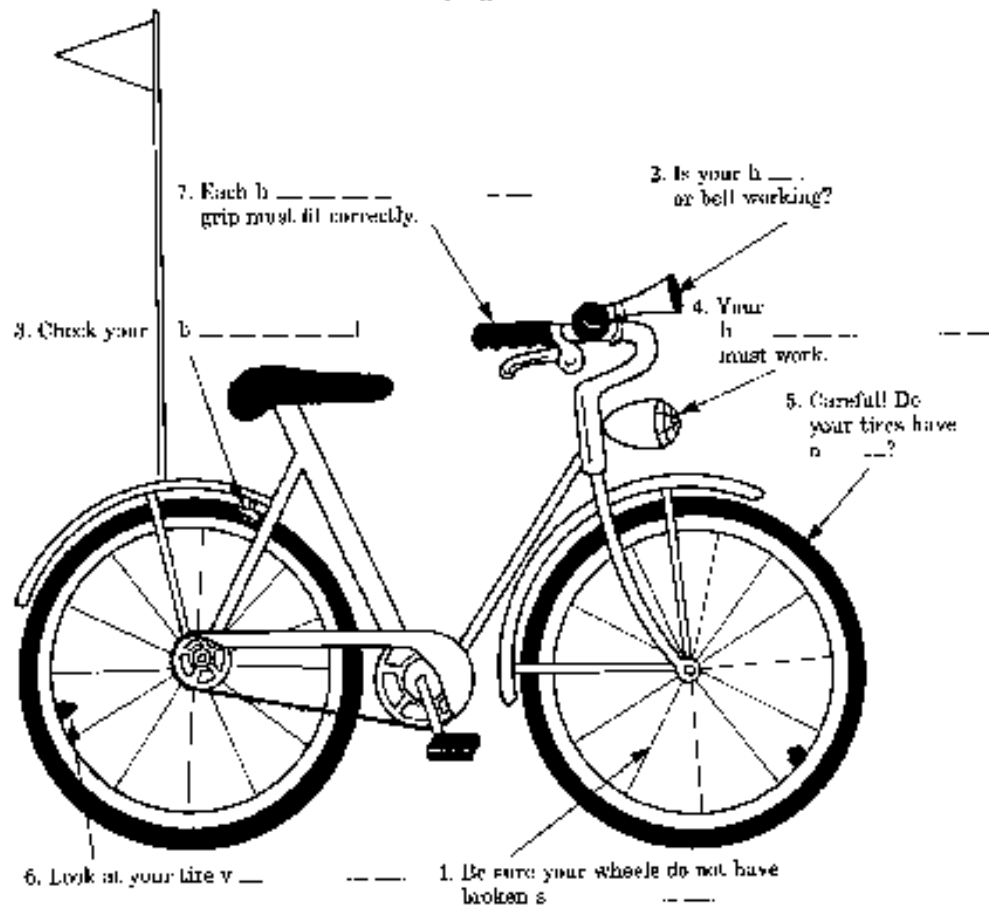
### Challenge:

Try winking one eye and snapping the fingers on your opposite hand.  
Wink your other eye and snap the fingers on your other hand.  
Switch back and forth faster and faster.



## Prepare for the Ride

- Use the words in the box to fill in the correct answers.
- Then use the first letter of each sentence (#1 to 7) to complete the word at the bottom of the page.



spokes

headlight

air

valves

brakes

horn

handlebar

WORD: \_\_\_\_\_

1      2      3      4      5      6      7



Name \_\_\_\_\_ Date \_\_\_\_\_

## #3487 Daily Warm-Ups: Reading Nonfiction: Health and Wellness

### Exercise

Exercise is any action that gets you moving. You can run, bike, swim, jump rope, or row a boat. It's all good for you! There are three kinds of exercise. One is stretching. You may do this in dance, yoga, at the gym. When you stretch, you keep your muscles bendable. Aerobic exercise makes your heart beat fast. You get this kind of exercise when you walk or run. Your heart beats fast when you swim, too. The last kind of exercise makes your muscles strong. You build strong muscles when you lift weights. When you sprint, or run fast, you make your muscles strong, too. You get exercise when you play tag and hide and seek. Leapfrog and ball games are also good to do. So go outside and have fun!

### STORY QUESTIONS

1. Exercise is any action that . . .
  - a. makes you play tag.
  - b. is bad for you.
  - c. gets you moving.
  - d. is done outside.
2. What happens to your muscles when you stretch?
  - a. They beat faster.
  - b. They stay bendable.
  - c. They break.
  - d. They cry.
3. When you walk or run, your heart . . .
  - a. beats faster.
  - b. swims.
  - c. stretches.
  - d. plays tag.
4. You can build strong muscles by . . .
  - a. stretching.
  - b. eating spinach.
  - c. sitting on the couch.
  - d. lifting weights.

*#3487 Daily Warm-Ups: Reading Nonfiction: Health and Wellness*

**Answer Key**

1. c
2. b
3. a
4. d