

# ***Freedom Fist***

*Corbin Quinonez  
Junior Division  
Website*

How I chose my topic for the 2009 N.H.D: This year for History Day I chose the topic of, John Carlos and Tommie Smith from the 1968 Olympics. The reason why I chose that subject I because, to me the silent protest they did had a huge impact on the civil rights movement for the racism Caucasians had against African-Americans. Another reason why I chose this topic about John Carlos and Tommie Smith and how they rocked the world is because, all of courage they had to have to raise their fists on the podium.

How I conducted my research for the 2009 N.H.D: For my project this year I used the internet (this was my main source I used.) and I also used a book called “1969 the Year that Rocked the World”. When I used the internet I usually used the search engines Google and Dogpile using those search engine I used key words like, Olympics, 1968 the year that rocked the world, and the names of my topic (John Carlos and Tommie Smith). When I got information from the book I was using “1968 the Year that Rocked the World” the book mainly gave me information about the impact on history and stats about their career.

How I selected my presentation and how I created my projected: This year for my project I chose to make a website, the reason why I chose to make a website is because last for history day I made a board and that wasn't very exciting. Except this year I got introduced to Microsoft FrontPage by my computer teacher and since then I started making my website since then I have been working on my website for History Day. In Microsoft FrontPage I used the theme expedition for every page except the index page and for the index I used the theme of global marketing. Instead of typing huge paragraphs on each page I used bullet points so it is a very easy to read and learn.

How my project relates to the N.H.D theme: My project relates to the N.H.D theme because, of its silent protest of the 1968 Olympics that became the 6<sup>th</sup> most memorable moment of the 20<sup>th</sup> century. Another reason is that it had a huge movement in the civil rights of racism of African-Americans. So I feel John Carlos and Tommie Smith were able to change the mind of some but not of the rest.

## Work Cited

“1968: Black Athletes make a silent protest”

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