



Jesse Owens

Jesse Owens was born in Oakville, Alabama on September 12, 1913. When he was nine years old, his family moved to Cleveland, Ohio. Jesse discovered early that he was faster than the rest of the children.



The muscles

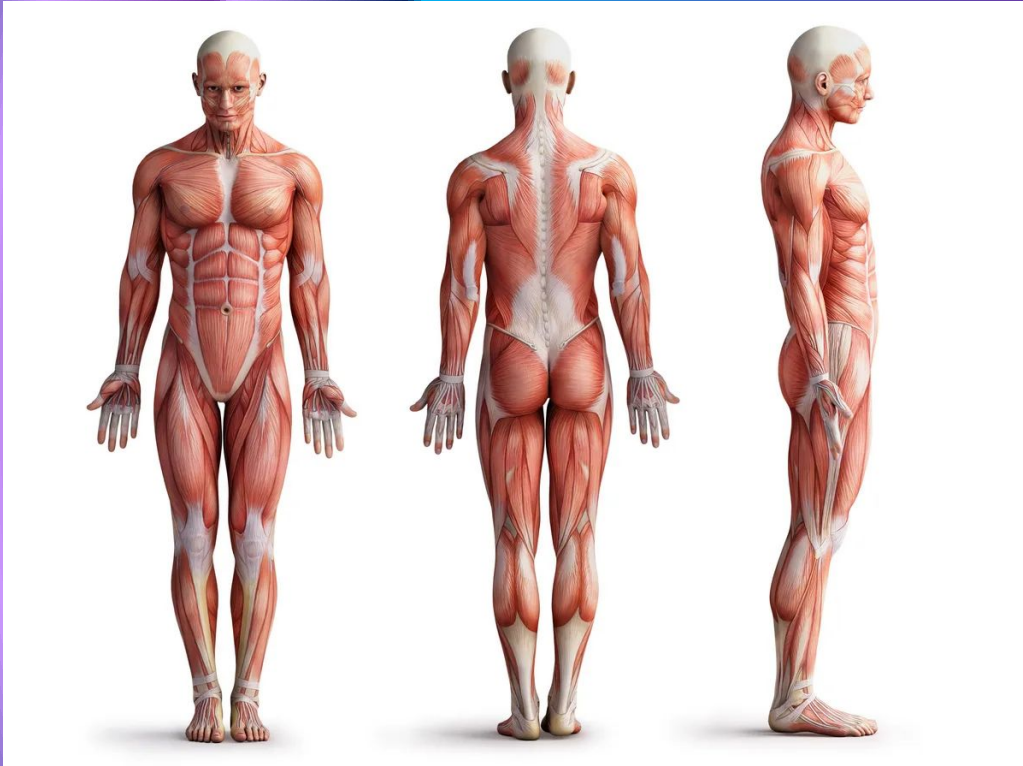
1. They make movement possible
2. They protect the skeleton and organs
3. They shape the body
4. They release heat by contracting and keep the temperature constant

There are 3 types of muscles:

1. Voluntary: they contract when we want or by reflexes, controlled by the central nervous system, they are striated (alternating with light and dark bands). They contract quickly and release a lot of energy in a short time, but they tire quickly. They are divided into: Skeletal: they move bones and Pellicciai: they move skin.

2. Involuntary: independent of our will, they are visceral (= present in the bowels (internal organs), controlled by the autonomic nervous system and are smooth. They contract and relax slowly and regularly, but do not tire.

3. The heart: it does not depend on our will, but it is striated and not smooth to pump blood without interruption. How they are made?: Covered with sheathing, in the center there is a red part, the head or belly connects to the bones with tendons

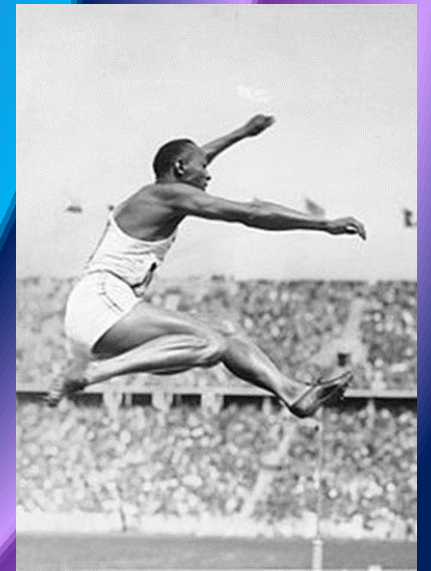


In middle school he had to work after school to make money, but his track coach, Charles Riley, let him practice before school. Jesse showed the world his athletic talents at the 1933 National High School Championships. He tied the world record in the 100 yard dash at 9.4 seconds and long jumped 24 feet 9 1/2 inches. Jesse Owens won a lot of competitions breaking 3 World records: 220 yard sprint, 220 yard hurdles and long jump before to compete in olympic games.



Sportive disciplines

James Cleveland Owens (September 12, 1913 - March 31, 1980) was an American sprinter and long-time athlete known for his participation in the 1936 Summer Olympics, where he won four gold medals and was the star of the Games. Owens won four gold medals at the Berlin Olympic Games: on 3 August he won the 100 m courses, on 4 August the long jump, on 5 August the 200 m courses and on 9 August the 4 100 m relay. The 100 metres are a male and female specialty of athletics; they are a pure speed discipline and have been part of the Olympic program since the first edition of 1896 (1928 as far as women are concerned). It is the shortest outdoor track and the fastest: the athletes run on a straight track along a distance of 100 m starting from the blocks. It is a specialty that is based on the anaerobic system alattacido and especially on explosiveness and elasticity, fundamental characteristics to obtain excellent performance. The 200 meters are a specialty where you run on the track, the first 120 meters of the race are in the corners and the last 80 meters in the straight. Each athlete has a lane from which he can not leave for the duration of the race. The long jump is a male and female specialty of athletics, in which the athletes, after a run, reach the limit area where they can jump, called "axis", trying to land as far as possible in the hole filled with sand. The length of the jump is measured by the bar limit, regardless of the exact point where the athlete has detached. Long jump is part of extension jumps like triple jump. The 4 100 meters relay is a specialty, in which the athletes compete in teams of four elements, which are followed on the same lane to complete the 400 meters of the track, each covering about 100 meters.

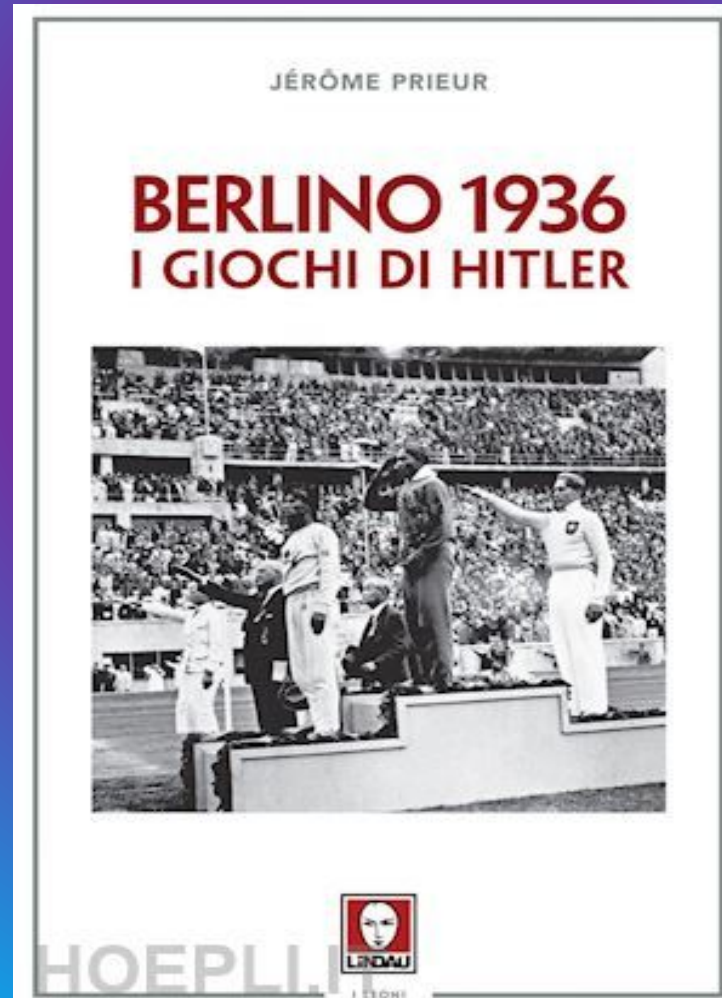


Berlin

Known above all for its war history full of pain, the city of Berlin is today a cosmopolitan and modern place. With 3.6 million inhabitants, this German capital is also the largest city in the European Union. The city of Berlin has become a cultural center, offering a very interesting art scene, open-air concerts, festivals and a vibrant nightlife. here is Black Box Kalter Krieg Zentrum (The Center of the Cold War). Here you can find a huge black box with great photos and descriptions of the Cold War after the Second World War, which are different visual constructions of life on both sides of the wall. Next to the center.



The 1936 Summer Olympics were held in Berlin, Germany. This was the time when Adolf Hitler gained power through his Nazi party, before World War II broke out.



WORLD WAR II

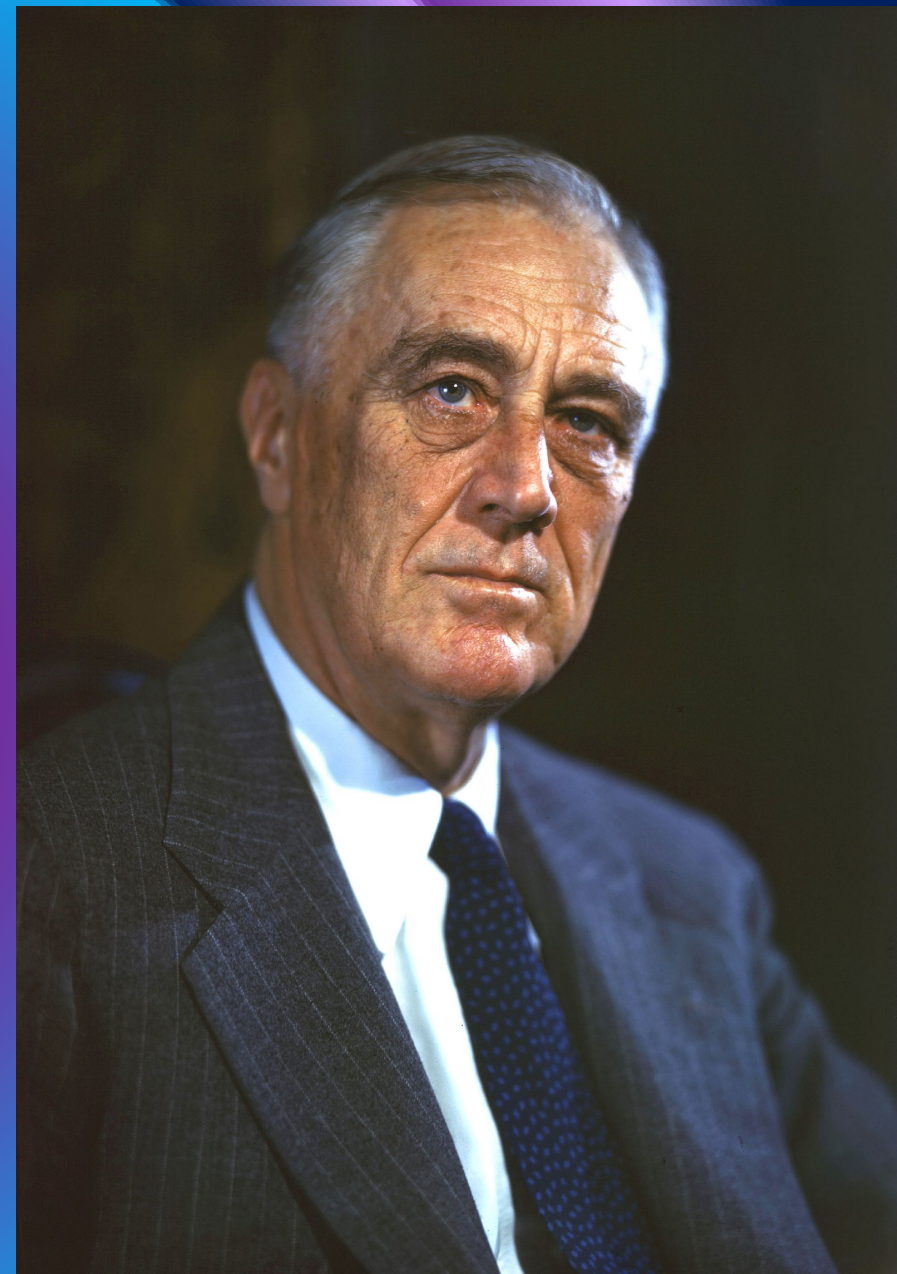
The Second world war was fought almost in the whole planet; it began on September 1, 1939 when nazi german people attacked Poland and came to an end, on May 8, 1945 with the German surrender. Even in Asia, on September 2 with the surrender of the Japanese people after the atomic bomb in Hiroshima and Nagasaki. Because of the biggest armed conflict in history, it costed to humans six years of suffering, destruction and massacres. In this war there has been also the deportation of the dewish population. In particular, the Third Reich carried on the Holocaust. Whole categories of people and ethnic groups were considered by the Germans inferior then the "Aryan". in particular, Jews, homosexuals, the mentally ill and and the Roma people. A " race" and therefore deprived of all rights and subject to any kind of persecution. Their detention in prison camps (Lager) and the first attempts at extermination. Soon after the occupation of Poland, the Nazi authorities started to kill while the territories of the General Goand the occupied regions to thvernorate were selected as a detention area for Jews deported from Germany. Polish cities, Nazi ghettos were set up within which hundreds of people were present. The Auschwitz extermination camp was a big complex of concentration and extermination camp located near the Polish town of Oświêcim. The deportees were used to work in different German industries. The Auschwitz camp complex was the largest ever built by Nazism, the "final solution to the Jewish question" with which the Nazis pointed to the extermination of the Jews and quickly became the most efficient extermination center in Nazi Germany. Auschwitz, has become the universal symbol of the lager and the "factory of death". Soviet troops liberated the camp on January 27, 1945, the day of remembrance.





Part of Hitler's philosophy was the superiority of the white race. He expected Germans to dominate the Olympic games. Jesse Owens, however, had his own chapter to write into history. Jesse won four gold medals in the games including gold for the 100 meter sprint, the 200 meter sprint, the 4x100 meter relay, and the long jump.

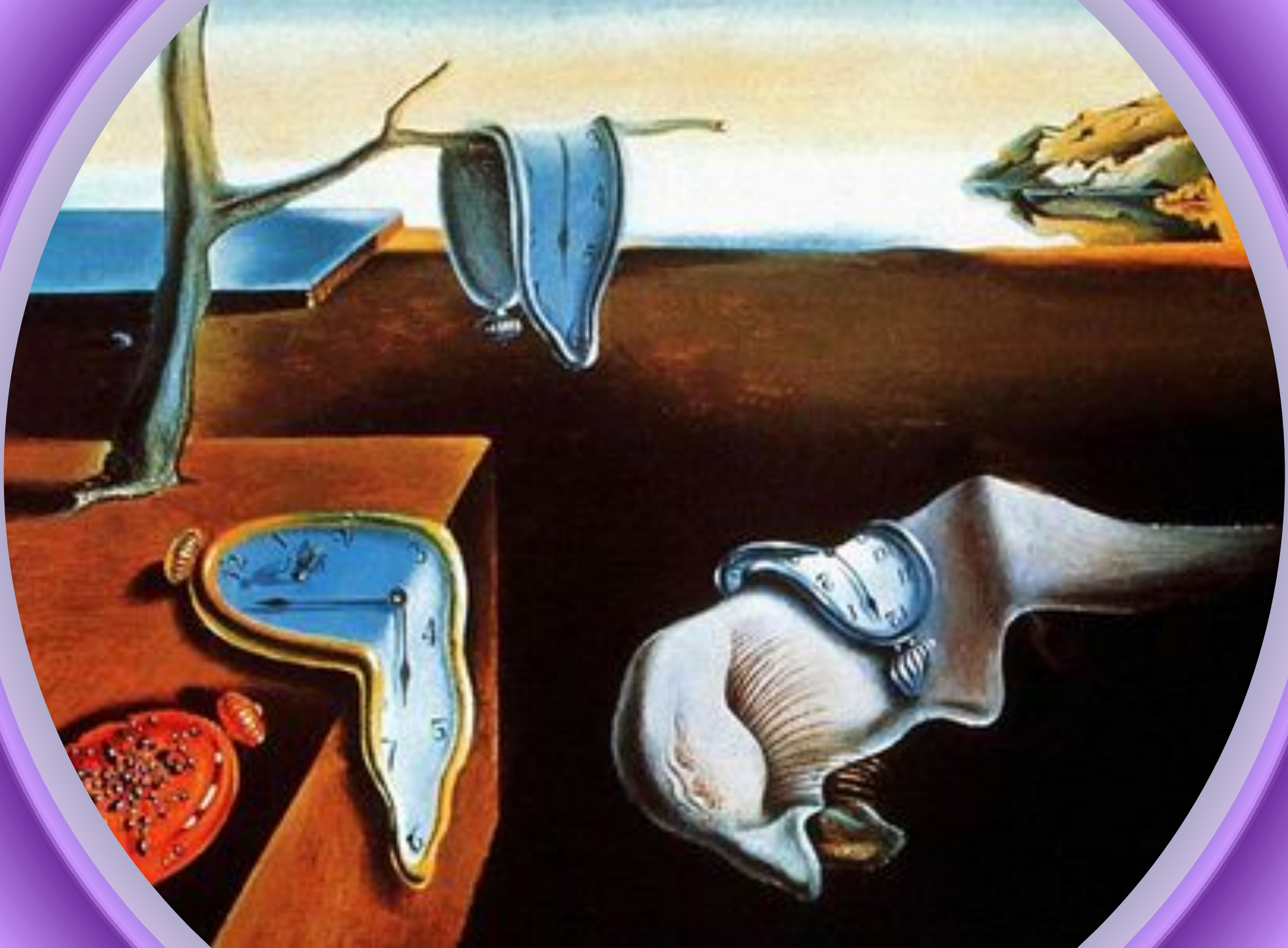
Because of his victories, the media around the world made a situation of alleged racism on Hitler's part, which Jesse Owens immediately denied by calling the whole affair "in bad taste". On the other hand, Owens was saddened by the behavior of Franklin D. Roosevelt, who canceled the appointment at the White House with the Olympic champion. Offended, Jesse Owens joined the Republican Party by supporting Alf Landon's candidacy.





The most famous works Salvador Dalí made in 1936 are the «Buster telephone» and the «Soft construction with boiled beans: premonition of civil war». Salvador was a pioneer of the surrealism, a movement, born in 1920s, inspired by the irrational and unconscious received considerable impetus from sigmund Freud's psychoanalysis. He was known especially for his wild art and a public personality to match, and these two elements helped him rise above the rest of the surrealists. He was particular and one of his most important prashes is “the difference between me and the surrealists, is that I am a surrealist”. The name Dalí is magic, he’s still an icon today.

1936...





After games Jesse came back home. He had a tough time for the next several years. Things turned around for Jesse when he was appointed a ambassador of United States government. Jesse died because of cancer on March 31, 1980.

