

# **In a League of Their Own: How Ludwig Guttman's Paralympics Put the 'Ability' in 'Disability'**

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Group Exhibit

Junior Division

Student-Composed Words: 500

Process Paper: 500

## **Process Paper:**

Our project is about the founding of the Paralympics, and it fits well with this year's theme. One reason is that this past summer, both the Olympics and Paralympics took place in Rio. The two of us watched the Olympics closely, although when it came to the Paralympics, there was not as much hype for it and wasn't even shown on primary channels. Clearly, people valued watching the Olympics over the Paralympics. The Paralympics were not getting the attention that they deserved. Together we decided to consider this topic to learn more about the stand that Dr. Guttmann took to create the Paralympics.

We first started researching the founding of the Paralympics and how Dr. Ludwig Guttmann was able to take a stand for the disabled. As we learned about Dr. Ludwig Guttmann, the founder of the Paralympics, we started to split up our research, one of us decided to research the stand needed to create the games, and one of us researched about Dr. Ludwig Guttmann himself. We learned a lot more about the Paralympics than we were able to learn about Ludwig Guttmann. As we started researching his stand, one problem that we encountered was when we were researching there were not many good primary quotes out there, considering that the time period was around the 1950's. We needed many pictures, but there were not many high-quality images that would look nice when printed on a large scale.

After choosing our topic, we started thinking about what presentation category we wanted. We initially wanted to do a documentary; this was because we wanted to do something more visual. The problem with this was that there were not enough, high-quality images from the time. Our next best option was Exhibit, for it would still be visual, but it wouldn't need as many images as a documentary. One of us are very artistic allowing us to create an effective display. Although it

was quite tough for us to incorporate so much information into a mere 500 words. The usage of quotes on our board became key in order to integrate the necessary and important information.

Our topic relates to this year's NHD theme "Taking a Stand in History" because Dr. Ludwig Guttmann was able to shape the society's mindset into accepting other impaired individuals by founding the Paralympics. Spending time with patients inspired him to take a stand for them and let it be heard that they were equals. The disabled individuals couldn't say anything for themselves because no one would take them seriously. Ludwig Guttmann took a stand in history by letting society know that all people are equal. In 1960, the first Paralympic Games were held in Rome. It showed the world that impaired people have a voice in our community. Though the movement has come a long way, it still has farther to go, the day that the Paralympics are treated the same as the Olympics is the day that Dr. Guttmann's stand reaches its full potential.

# Annotated Bibliography

## In a League of Their Own: How Ludwig Guttmann's Paralympics Put the 'Ability' in 'Disability'

### Primary Sources

Abel, Omar. "The Paralympics." *The Paralympics* [London], 5 Apr. 1980. *Newspaper UK*.

This article talked about the history of the Paralympics and specifically the sports aspect of it. The different kinds of sports that Dr. Ludwig Guttmann offered for the disabled to compete in.

*The Best of Men*. Directed by Tim Whitby. *Movie*. Accessed 18 Nov. 2016.

The Film was able to explicitly explain the hardships of military men and what they go through. Ludwig Guttmann was able to come in and help these kids to have a new life. Even after Ludwig Guttman's help, some of them were still not able to have a good life, or to be able to walk. Ludwig Guttmann still helped them in being able to get out and be free by playing sports.

Bettmann. *Man In Wheelchair About To Throw Discus*. 16 Aug. 1972. *Getty Images*, 16 Aug. 1972, [www.gettyimages.com/license/515213248](http://www.gettyimages.com/license/515213248). Accessed 19 May 2017.

This is an image of Israel's A. Mushraki as he swings into action in the discus event, his wheelchair securely fastened to an immobilizing device. The only assistance afforded competitors in the International Stoke Mandeville Games is in the discus, javelin, shotput and fencing events.

---. *Man Riding Through Puddle In Wheelchair*. 16 Aug. 1972. *Paralympic Image*, Getty Images, 16 Aug. 1972, [www.gettyimages.com/license/515213244](http://www.gettyimages.com/license/515213244). Accessed 20 May 2017.

This reflection in a pool of rainwater provides evidence that the competition isn't going to be easy for disabled contestants taking part in the Paralympics just because of their disability.

Bild, Ullstein. *United Kingdom - Stoke Mandeville: Stoke Mandeville Games, Sports Festival for Paraplegics*. 3 July 1954. *20th Century German History Online: National Socialism, Holocaust, Resistance and Exile, 1933-1945*, Getty Images, 3 July 1954, [www.gettyimages.com/license/545007821](http://www.gettyimages.com/license/545007821). Accessed 21 May 2017.

The image shows the different conflicts between Germany during the Stoke Mandeville Games. Germany would not compete in the Games until the Jews were kicked out of all the games. Dr. Ludwig Guttman would not agree with this causing Germany not to compete in the 1954 Stoke Mandeville Games.

Brown, Jon. "Canada Welcomes 1976 Paralympics." *Canada Welcomes 1976 Paralympics* [Quebec], 8 Oct. 1976. *Foreign Language Newspapers*. Accessed 2 Mar. 2017.

This article was talking about how Canada welcomed the 1976 Paralympics in Montreal. The article focused more on how it helped Canada in the long run to get more involved with global events.

"Closing Ceremony." *mendevillelegacy*,

[www.mandevillelegacy.org.uk/images/uploaded/originals/N4\\_Closing\\_Ceremony2.jpg](http://www.mandevillelegacy.org.uk/images/uploaded/originals/N4_Closing_Ceremony2.jpg).

Accessed 13 Jan. 2017.

This is a picture of the closing ceremony at the London Paralympic Games. We used this picture on our board for the section showing impact.

Coudeney, Leen. E-mail interview. 26 Apr. 2017.

Our personal interview with Leen Coudeney helped us understand how a disabled person felt with society judging them. Leen Coudeney was a former Paralympic competitor and now is part of the International Paralympic Committee. She admitted feeling inferior as people judged her. She didn't want to step out of her home and let people look at her.

Deldefield, Kieth. Interview. 12 June 2011.

This source was an interview with Kieth Delderfield. He was a man who worked with "Poppa" Guttman at the Stoke Mandeville Hospital. He recounted how hard working Guttman was and how many struggles they had to make the Stoke Mandeville Games. We used this source to get an idea of what Guttman's colleagues thought of him as and to get an idea of the struggles from someone other than Guttman's point view.

El-Masri, Wagih. Interview. Mar. 2011.

This is an interview with a doctor who worked at Stoke mandeville hospital with Sir Guttman. We used this to get a feel of Guttman's personality and for quotes to put on our board.

"Eric Russel With Ludwig Guttman at 1976 Paraympics." *Wikimedia*,

[upload.wikimedia.org/wikipedia/commons/2/27/Xx0876\\_\\_Eric\\_Russell\\_with\\_Ludwig\\_Guttman\\_at\\_1976\\_Paralympics\\_-\\_3b\\_-\\_Scan.jpg](https://upload.wikimedia.org/wikipedia/commons/2/27/Xx0876__Eric_Russell_with_Ludwig_Guttman_at_1976_Paralympics_-_3b_-_Scan.jpg). Accessed 13 Jan. 2017.

This is a picture of Guttman awarding Eric Russell a medal at the 1976 games, we used this on our board to show how the games were similar to the olympics.

Feed, News. "Team USA Concludes Rio 2016 Paralympic Games With 115 Medals, 40 Golds."

*Image*, 18 Sept. 2016, [spikefest.com/2016/09/18/team-usa-concludes-rio-2016-paralympic-games-with-115-medals-40-golds/](http://spikefest.com/2016/09/18/team-usa-concludes-rio-2016-paralympic-games-with-115-medals-40-golds/). Accessed 3 Mar. 2017.

The picture was taken when the USA team got gold, silver, and bronze medals during the Rio 2016 games. We were able to use this picture to express the impact of Dr. Ludwig Guttman's work.

Findon, James. "Time to abolish the Paralympics?" *Image*, 6 Sept. 2016, [www.london-athletics.com/news\\_posts/time-to-abolish-the-paralympics/](http://www.london-athletics.com/news_posts/time-to-abolish-the-paralympics/). Accessed 3 Mar. 2017.

This is a picture of Richard Whitehead as he crosses the line to win the men's 200m sprint. We used this picture to show how important it is to see all individuals equally.

Finney, Julian. "2012 London Paralympics - Closing Ceremony." *Getty Images*, 9 Sept. 2012, [www.gettyimages.in/license/151658160](http://www.gettyimages.in/license/151658160). Accessed 2 Mar. 2017.

This was an image of the 2012 London Paralympics- Closing Ceremony. Fireworks light up the stadium during the closing ceremony on day 11 of the London 2012 Paralympic Games at Olympic Stadium on September 9, 2012 in London, England.

G, S. &. *Stoke Mandeville Paralympics - International Sports Festival For The Paralysed*. 12 June 1961. *Getty Images*, 15 July 1961, [www.gettyimages.com/license/637451542](http://www.gettyimages.com/license/637451542).

Accessed 20 May 2017.

The image is the captain of the Irish team presents a silver trophy, to be competed for by female archers at future games, to Doctor Ludwig Guttman.

Gonzalez, Xavier, editor. *IPC. Paralympic Foundations*,

[www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor](http://www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor).

Accessed 21 May 2017.

The quote here talks about the legacy of Dr. Ludwig Guttman's actions. This is through the view point of an IPC member. "In 1949, Guttman said his aim was that the Stoke Mandeville Games be alongside the Olympics in level of importance and I think in London 2012 that has finally happened. This is what he wanted – sport and rehabilitation hand in hand. That is our legacy here." - Xavier Gonzalez, IPC member

*Guttman*. BBC, [news.bbcimg.co.uk/media/images/62121000/jpg/\\_62121012\\_guttman\\_nsic.jpg](http://news.bbcimg.co.uk/media/images/62121000/jpg/_62121012_guttman_nsic.jpg).

Accessed 13 Jan. 2017.

This is an image of Guttman addressing the paraplegics before the Stoke Mandeville Games, we used this on our board to show the beginnings of the games.

"Guttman." *royal society*, [blogs.royalsociety.org/history-of-science/files/Guttman-L-GA-JGRS-6797.jpg](http://blogs.royalsociety.org/history-of-science/files/Guttman-L-GA-JGRS-6797.jpg). Accessed 13 Jan. 2017.

This is a picture of Guttman in his later ages. We used this on our board to show him during the Paralympic Games.

"Guttman with Athletes." *Kueschall*, Feb. 2016, [www.kueschall.ch/cms/wp-content/uploads/2016/02/Guttman-with-athletes.jpg](http://www.kueschall.ch/cms/wp-content/uploads/2016/02/Guttman-with-athletes.jpg). Accessed 13 Jan. 2017.

This is a picture of Guttman with British Athletes standing in front of a plane. We used this on our board to show the transition from the Stoke Mandeville Games to the Paralympics.

Guttman, Ludwig. "Fleeing the Nazi's." *Stereotypes*, edited by Sally Haynes. *Guardian*,  
[www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor](http://www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor).

Accessed 21 May 2017.

This quote gives us an idea on what a former Paralympian thinks on the importance of the Paralympics. "When I asked a BBC journalist why they weren't covering the 1964 Games, he replied saying they were 'bad taste for viewers'. They were not interested to watch a bunch of cripples play in the game. There is no comparison to now. In those days being in a wheelchair was a constant struggle, you just had to accept you couldn't do a lot of things or go to a lot of places." – Sally Haynes, 1964 Tokyo Paralympic competitor

---. *Paralympic Foundations. Paralympic Foundations*,

[www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor](http://www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor).

Accessed 21 May 2017.

This website gives us another quote about how the disabled felt back in the day when society were not open towards them. "Disabled people are getting shut away in their residential homes. Soldiers paralyzed in the war were brought to me in coffin-like boxes and left to die from infected bedsores and urinary tract infections. I tried to revolutionize treatment, introducing sports into rehabilitation and activities such as watch repairs and typing to prepare patients for productive lives in the outside world." – Ludwig Guttman

Haynes, Sally, editor. *Paralympic Doctor. Maverick Doctor*,

[www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor](http://www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor).

Accessed 21 May 2017.

This quote focuses on his medical impact towards society and his rehabilitation processes to get the disabled 'back on their feet'. "Where Guttmann started with 26 beds, the unit now has 114 and supports around 5,000 outpatients. The legacy we really hold on to is the sport. That hasn't really changed a huge amount since Guttmann's time." – Sally Haynes

*History of the Paralympic Games*. Produced by USA Paralympics, 2013. *Video*,

[www.youtube.com/watch?v=tsx9WtOkr-c&t=23s](http://www.youtube.com/watch?v=tsx9WtOkr-c&t=23s).

This is one of the 2 media clips that is on our board. The video is about Dr. Ludwig Guttmann's early age and the progression of events to get all the way to the Paralympics.

Images, PA. *Athletics - 16th International Stoke Mandeville Games - Stoke Mandeville*. 2 Sept.

1967. *Getty Images*, 2 Mar. 2003, [www.gettyimages.com/license/637480324](http://www.gettyimages.com/license/637480324). Accessed 20 May 2017.

This is an image of the amputees racing at the 16th international Stoke Mandeville Games. This picture helped us because it was around the same time that prosthetic legs were being introduced into society which is why in the picture you can see the people on their feet rather than on a wheel chair.

---. Wheelchair Basketball. *Daily Mail*, 8 Aug. 2012, [i.dailymail.co.uk/i/pix/2012/08/29/article-2195037-144DFD6F000005DC-700\\_634x382.jpg](http://i.dailymail.co.uk/i/pix/2012/08/29/article-2195037-144DFD6F000005DC-700_634x382.jpg). Accessed 13 Jan. 2017.

This is another picture of Wheel Chair basketball at Stoke Mandeville Games. We used this picture to show the beginnings of the Stoke Mandeville games and how it has evolved.

"In the Paralympics." *In the Paralympics* [Chicago], 3 Mar. 1972. *New Paper*. Accessed 2 Mar. 2017.

This shows a telegraph from Dr. Ludwig. This gives us a sense of the era of time that all of this happened. The article was more of the medical aspect of Ludwig Guttmann.

Jackson, Roger. *Paralympic Games*. 20 July 1970. *African American*, Getty Images, 5 Apr. 2006, [www.gettyimages.com/license/3168214](http://www.gettyimages.com/license/3168214). Accessed 20 May 2017.

This is an image of former marathon runner and winner of two Olympic gold medals Abebe Bikila as he practices archery from his wheelchair. He suffered a severe spinal injury which ended his running career. This is another example of how Dr. Ludwig Guttmann's efforts paid off. He was a black man and it also shows that the civil rights had no affect against black people competing in the Paralympics.

Jenkins, Garry. "Meet Ludwig Guttmann - the Jewish doctor who fled Nazi Germany to set up the Paralympic Games." *RadioTimes*, Immediate Media Company Limited, 16 Aug. 2012, [www.radiotimes.com/news/2012-08-16/meet-ludwig-guttman---the-jewish-doctor-who-fled-nazi-germany-to-set-up-the-paralympic-games](http://www.radiotimes.com/news/2012-08-16/meet-ludwig-guttman---the-jewish-doctor-who-fled-nazi-germany-to-set-up-the-paralympic-games). Accessed 4 Oct. 2016.

This source was especially filled with information because it was an interview with Ludwig Guttmann's daughter. It talks a lot about his advancements in the medical field as well as the sports that he created for the Paralympics.

Kale, Duane. Interview. 7 Oct. 2016.

This is our interview with Duane Kale a member of the International Paralympic Committee. Duane Kale is not disabled, which is why we wanted to get his take on why he was compelled to help the disabled people. He said that he was affected by his brother that suffered a serious injury paralyzing him. He needed constant help through his early age to get around. After this experience Duane was inspired by the people who pushed past their disability and actually compete in a sport, not caring who's looking at them.

Lewis, Matthew. "England Rugby Union Players Visit Hospital." *Image Source*, 27 Oct. 2010, [www.gettyimages.in/event/england-rugby-union-players-visit-hospital-105210100?#delon-armitage-dave-attwood-andrew-sheridan-and-steve-thompson-of-picture-id106159230](http://www.gettyimages.in/event/england-rugby-union-players-visit-hospital-105210100?#delon-armitage-dave-attwood-andrew-sheridan-and-steve-thompson-of-picture-id106159230). Accessed 2 Mar. 2017.

This was a picture of the English rugby team when they went to go look at patients from Stoke Mandeville Hospital. This helped us see the relation of the patients and the actual sports players.

Li, Miles. "Stoke Mandeville Games." *AP Images*, 31 Aug. 2012, [www.crwflags.com/fotw/flags/int@smg.html](http://www.crwflags.com/fotw/flags/int@smg.html). Accessed 3 Mar. 2017.

This is a picture of the flag used during the Stoke Mandeville games. The flag was originally created by Dr. Ludwig Guttmann, although later adopted by the Stoke Mandeville games.

Lipton, Benjemen. "66 Americans Will Compete in Paralympics." *66 Americans Will Compete in Paralympics* [New York], 1 Sept. 1960. *Newspaper*.

This article was specifically referring to the USA team and how many people would be able to compete in the 1960 Paralympics. This was talking about the different disabilities with them and what they wanted to compete for.

Loeffer, Eva. Interview. 3 Apr. 2011.

This is an interview with Guttman's daughter, she gives a lot of personal information. We used several quotes from this interview that talked about the many hardships that Ludwig Guttman was forced to go through and how it affected him personally.

Lovelock, Thomas. "Rio 2016- Closing Ceremony." *Image*, 18 Sept. 2016,

[www.gettyimages.com/detail/news-photo/sir-philip-craven-president-of-the-international-paralympic-news-photo/607631892#sir-philip-craven-president-of-the-international-paralympic-committee-picture-id607631892](http://www.gettyimages.com/detail/news-photo/sir-philip-craven-president-of-the-international-paralympic-news-photo/607631892#sir-philip-craven-president-of-the-international-paralympic-committee-picture-id607631892). Accessed 3 Mar. 2017.

This is a picture of the president of the International Paralympic Committee. He too was disabled, which was what inspired him to take the position as president of the International Paralympic Committee.

Mark. *Special Olympics*. 9 June 2012. *Special Olympics*, Markatos Services, 25 July 2014, [markatosservices.files.wordpress.com/2011/06/special\\_olympics\\_world\\_games.jpg](http://markatosservices.files.wordpress.com/2011/06/special_olympics_world_games.jpg). Accessed 21 May 2017.

We used this image in order to show the difference between the Paralympics and Special Olympics. For example, the Special Olympics are used more specifically for the mentally disabled and the Paralympics focuses more on the physically disabled.

Mendes, Buda. "U.S. swimmer Bradley Snyder." [www.upworthy.com/the-amazing-reason-that-medals-at-the-paralympics-make-a-sound-when-you-shake-them](http://www.upworthy.com/the-amazing-reason-that-medals-at-the-paralympics-make-a-sound-when-you-shake-them). Accessed 29 Jan. 2017.

This picture shows the legacy of the Paralympics, and how they were able to evolve their distribution of awards to all kinds of people.

Moore, Charlotte. "Paralympic sports: Ones to watch for 2016." *Iamge*, 22 Aug. 2016, [www.bbc.co.uk/newsround/35190066](http://www.bbc.co.uk/newsround/35190066). Accessed 3 Mar. 2017.

The website had many different pictures of quotes said by current Paralympic athletes. Although we were not able to put any of these quotes on our board it gave us an idea to continue searching about current athletes and their opinion on the Paralympics.

*Paralympic Game History*. [liveunltd.com/wp-content/uploads/2012/08/1346151657429\\_888e3-470x290.png](http://liveunltd.com/wp-content/uploads/2012/08/1346151657429_888e3-470x290.png). Accessed 18 Nov. 2016.

This was an image of a man throwing a javelin at the original Stoke Mandenville Games at the hospital where Guttmann worked. We used this picture to understand just how hard it was for a disabled man to compete in a normal sport.

*Paralympic Help*. Virginia Burges, 17 Jan. 2016, [rhapsodyinwords.com/tag/dr-ludwig-guttmann/](http://rhapsodyinwords.com/tag/dr-ludwig-guttmann/). Accessed 21 May 2017.

This article talks specifically about what the Stoke Mandeville Hospital is currently doing to help the disabled. They have created new technology in order to make it easier for the disabled to move around, and new rehabilitation methods.

"Paralympic Pictograms." *AP Images*, IPC, 4 Aug. 2016, [www.solopress.com/blog/art-design/pictograms-rio-2016-olympic-paralympic-games-revealed/](http://www.solopress.com/blog/art-design/pictograms-rio-2016-olympic-paralympic-games-revealed/). Accessed 2 Mar. 2017.

This picture was a picture of the different sports that are now held at the Paralympics. We used this image to show the progression of sports between back then and now.

*Paralympics Pictures and Images*. 71,803 vols. *Getty Images*, [www.gettyimages.in/photos/paralympics?excludenudity=true&family=editorial&mediatype=photography&page=1&phrase=Paralympics&sort=mostpopular](http://www.gettyimages.in/photos/paralympics?excludenudity=true&family=editorial&mediatype=photography&page=1&phrase=Paralympics&sort=mostpopular). Accessed 2 Mar. 2017.

This was a collection of 71,803 pictures about the Paralympics. All the pictures were reliable. Although they did not have many pictures from the early 1900's, so the pictures we used were all modern.

Paralympics Track. *Daily Mail*, [i.dailymail.co.uk/i/pix/2016/08/07/17/14DFF2F3000005DC-3728051-image-a-36\\_1470585807502.jpg](http://i.dailymail.co.uk/i/pix/2016/08/07/17/14DFF2F3000005DC-3728051-image-a-36_1470585807502.jpg). Accessed 29 Jan. 2017.

This is a picture of modern day Paralympic Track, with paralympians competing. It showed how the Paralympics had grown from back then to now as you could see many people watching it in the stadium.

"Paraplegics No Longer Hopeless." *Paralympics*, 13 Oct. 1964. *Opposing Viewpoints in Context*. Accessed 2 Mar. 2017.

This article was talking about the strength of one hospital and one person can change the mindset of the community around them.

Pennington, Tom. "Ukraine's athletes silently protest at Paralympic Winter Games opening ceremony." *Image*, 7 Mar. 2014, [www.pri.org/stories/2014-03-07/ukraines-athletes-silently-protest-paralympic-winter-games-opening-ceremony](http://www.pri.org/stories/2014-03-07/ukraines-athletes-silently-protest-paralympic-winter-games-opening-ceremony). Accessed 2 Mar. 2017.

This is an image of the cross country skier from Ukraine coming in on a wheel chair with the Ukraine flag. During this time the Ukrainians were protesting during the open ceremony at the Sochi games.

Platt, Barbara. "Wheelchair Sports." *Wheelchair Sports* [London], 10 June 1987. *Newspaper Source*. Accessed 2 Mar. 2017.

This article was specifically about all the wheelchair sport at the Paralympics. In the picture shown, you could see a black women symbolizing the unity that the Paralympics was bringing on.

"Rome Paralympics 1960." *MSNBC*, [msnbcmedia.msn.com/j/MSNBC/Components/Photo/\\_new/120815-rome-paralympics-1960-kb-1212p-01.photoblog600.jpg](http://msnbcmedia.msn.com/j/MSNBC/Components/Photo/_new/120815-rome-paralympics-1960-kb-1212p-01.photoblog600.jpg). Accessed 12 Oct. 2016.

This picture is of the very first official Paralympics held in Rome in 1960. In these games there were 400 athletes from 23 countries competing.

Silver, John. Interview. June 2011.

This is an interview with a doctor who worked alongside Guttman. He talks about his unique way of working and his dominance in the medical world. We used lots of information from this interview about his medical impact before the Stoke Mandeville and Paralympic games.

"Silver Medalist." *Image*, 6 Sept. 2012, [www.gettyimages.in/event/london-paralympics-day-8-athletics-151158359?#silver-medalist-marieamelie-le-fur-of-france-gold-medalist-marlou-van-picture-id151373482](http://www.gettyimages.in/event/london-paralympics-day-8-athletics-151158359?#silver-medalist-marieamelie-le-fur-of-france-gold-medalist-marlou-van-picture-id151373482). Accessed 2 Mar. 2017.

This was an image of a group of Paralympians at the London Games. This helped us notice the impact difference.

Smoth, Red. "Ribot's Love Nest." *Sports Couloumn* [London], 10 Sept. 1958. *Newspaper*.

This newspaper article was written by sports columnist Red Smith. At the time he was living in UK. He was able to experience Sir Ludwig Guttmann's stand first hand. In the article he talked about the engorgement that he gave the patients to stay strong.

Stoke Mandenville Games. *Jewish Mueseum*, [www.jewishmuseum.org.uk/Ludwig\\_Guttmann](http://www.jewishmuseum.org.uk/Ludwig_Guttmann). Accessed 18 Nov. 2016.

This is an image of the first major Stoke Mandenville Games that had contestants from all around the world. We used this picture to visually understand that the games increased greatly in popularity until they are in tandem with the Olympics.

"Stoke Mandeville Games." *Skibbereeneagle*, Mar. 2015, [www.skibbereeneagle.ie/web/wp-content/uploads/2015/03/Stokemandevillegames.jpg](http://www.skibbereeneagle.ie/web/wp-content/uploads/2015/03/Stokemandevillegames.jpg). Accessed 13 Jan. 2017.

This is a picture of guttmann and athletes from the very first Stoke mandeville Games. We used this under our beginning of the games section.

*Stoke Mandeville Games*. 2012. *Youtube*, [youtu.be/XO\\_vgbqzZLA](http://youtu.be/XO_vgbqzZLA). Accessed 24 Jan. 2017.

This was a recording of the Stoke Mandeville Games, in which there were multiple nurses around to help the impaired. We felt this necessary to show because it gave a good perspective of the Stoke Mandeville games.

*Stoke Mandeville Spinal Unit's Sports Festival Aka International Paraplegic Games (1955).*

Adapted by British Pathe, 2014. *Video*, [www.youtube.com/watch?v=XO\\_vgbqz](http://www.youtube.com/watch?v=XO_vgbqz)

ZLA&t=3s. Accessed 3 Mar. 2017.

This is our second media clip of the "Stoke Mandeville Spinal Unit's Sports Festival, also known as the International Paraplegic Games in 1955. This video is able to show the viewers the actual event and how it was run. This was really the first look at an event by disabled people and was very surprising to the people at the time.

Strike, Anne. "Overcoming Disability." *Image*, 4 Feb. 2015, [www.solopress.com/blog/art-design/pictograms-rio-2016-olympic-paralympic-games-revealed/](http://www.solopress.com/blog/art-design/pictograms-rio-2016-olympic-paralympic-games-revealed/). Accessed 2 Mar. 2017.

This was an image of a quote that we decided to use on our board. This quote was by a current Paralympian and her struggles fitting in.

Stringer, MacGregor. *Stoke Mandeville Netball*. 6 Aug. 1953. *Stoke Mandeville Games*, Getty Images, 6 Aug. 1953, [www.gettyimages.com/license/149974508](http://www.gettyimages.com/license/149974508). Accessed 21 May 2017.

This is an image of a game of netball between a Dutch team from Aardenburg and the British team. We chose to use this picture because there was opposition against the women competing during this time and in the image you can clearly see women being included as Dr. Ludwig Guttmann would not segregate.

Team, Current Affairs. "Paralympics Games began in Arunachal Pradesh." *Image*, 17 Mar. 2016, [www.affairsccloud.com/paralympics-games-began-in-arunachal-pradesh/](http://www.affairsccloud.com/paralympics-games-began-in-arunachal-pradesh/). Accessed 3 Mar. 2017.

We used this image in our board showing that even though they may be held back by their disabilities they can still have fun and be competitive with one another.

Thompson, Thannai Grey. Interview. July 2011.

This source is an interview with a Paralympian reflecting how the games changed her whole life. She was disregarded and ignored until she entered the world of sport, where she thrived and made a name for herself.

Topping, Alexandra. "The Guardian." *Paralympic Doctor*, edited by Daniel Alaile. *Paralympic Doctor*, [www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor](http://www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor). Accessed 21 May 2017.

This quote was retrieved through an interview with a patient of the Stoke Mandeville Hospital. It talked about the rehabilitation process and how much it helped them. "I was admitted in 2010 after being continuously stabbed in a gang related fight in east London. I could barely move and was always in constant pain. I guess seeing the Paralympics, it gave me hope. Like, OK, I'm in a wheelchair, but there is still stuff I can do. I just don't feel sorry for myself. Crying ain't going to make things any better. You just have to take all the opportunities that are given to you. That's what Ludwig Guttmann set out to do, helping people take the opportunities given to them." -Daniel Alaile, disabled patient treated at Stoke Mandeville Hospital.

"How Paralympic foundations were laid by a maverick doctor who fled the Nazis."

*Rehabilitation*, edited by Ludwig Guttmann. *The Guardian*, Guardian News, [www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor](http://www.theguardian.com/sport/2012/aug/27/paralympic-foundations-maverick-doctor). Accessed 21 May 2017.

Here we found the quote "Rehabilitation is still an essential part of what goes on here. Not everyone can be a sporting star, but if a newly disabled person coming to terms with their injury can see people taking part in sport here it can inspire them and shows them what they can do." – Ludwig Guttmann. Again, this quote talks about the disabled feeling inferior due to their injury.

"2016 Rio Paralympics." *Image*, 14 Sept. 2016, [www.gettyimages.in/event/rio-paralympics-day-7-665559331?#morteza-mehrzaselakjani-of-iran-competes-during-mens-sitting-match-picture-id605794556](http://www.gettyimages.in/event/rio-paralympics-day-7-665559331?#morteza-mehrzaselakjani-of-iran-competes-during-mens-sitting-match-picture-id605794556). Accessed 2 Mar. 2017.

This is an image of the Ukraine team during a match of volleyball. This showing that that Paralympics not only accept people who are physically disabled but also mentally disabled.

Webb, Margaret. "Second International Inter Spinal Unit Sports Festival - Stoke Mandeville Games." *Image*, 8 Aug. 1999, [www.gettyimages.in/detail/news-photo/margaret-webb-competes-in-the-javelin-news-photo/637475908?#margaret-webb-competes-in-the-javelin-picture-id637475908](http://www.gettyimages.in/detail/news-photo/margaret-webb-competes-in-the-javelin-news-photo/637475908?#margaret-webb-competes-in-the-javelin-picture-id637475908). Accessed 2 Mar. 2017.

This javelinist was paralyzed from her waist down. In the picture she was competing in a javelin competition at the Stoke Mandeville Games.

Wheelchair Archers. *Daily Mail*, Aug. 2012, [i.dailymail.co.uk/i/pix/2012/08/29/article-2195037-144DFE0A000005DC-171\\_634x409.jpg](http://i.dailymail.co.uk/i/pix/2012/08/29/article-2195037-144DFE0A000005DC-171_634x409.jpg). Accessed 13 Jan. 2017.

This is a picture of Paralympic Archers, we used this picture on our board under the beginning of the Paralympics section.

Wheelchair Basketball. *Cloud Front*,

[ddk82aquej01i.cloudfront.net/2012/January/UL823948\\_393high.jpg](http://ddk82aquej01i.cloudfront.net/2012/January/UL823948_393high.jpg). Accessed 13 Jan. 2017.

This is a picture of Wheel Chair basketball at Stoke Mandeville Games. We used this picture to show the beginnings of the Stoke Mandeville games.

Wheelchair Fencing. *DW*, [www.dw.com/image/16195484\\_401.jpg](http://www.dw.com/image/16195484_401.jpg). Accessed 13 Jan. 2017.

This is a picture of two women in a wheelchair fencing. Back when the Stoke Mandeville Games first started there were only 3 main sports, netball, archery, and javelin. It shows just how much the Paralympics have advanced and the new games that are now integrated into them.

Wheelchair race. *Rio 2016 Paralympic Games*, [www.rio2016paralympic.com/](http://www.rio2016paralympic.com/). Accessed 29 Jan. 2017. This is a picture of wheelchair track in the 2016 RIO Paralympics.

This picture shows long term impact of the Stoke Mandeville Games. We are using this picture as inspiration for an art idea on our exhibit.

White, Peter. "Disabled people divided over Paralympics effect." *Stereotypes*, by Tanni Grey Thompson. *BBC News*, 30 Aug. 2012, [www.bbc.com/news/uk-19428263](http://www.bbc.com/news/uk-19428263). Accessed 21 May 2017.

This quote by Tanni Grey Thompson talks about the opposition against the Paralympics. As the Paralympics is extraordinary by itself it does not encompass all of the struggles of being disabled. "The Paralympics is the fairy-dust we sprinkle on life as a disabled person; it shows a snapshot in time of some extraordinary people who train very hard, who are good at sport," she said. "It is great while it lasts, but probably not going to change the world, and certainly not on its own."-Tanni Grey Thompson

## Secondary Sources

Admin. "Paralympic Opening Ceremony." *The Skibberean Eagle*, British Politics, 30 Aug. 2012, [www.skibbereeneagle.ie/uncategorized/paralympic-opening-ceremony/](http://www.skibbereeneagle.ie/uncategorized/paralympic-opening-ceremony/). Accessed 2 Mar. 2017.

This website was very useful for us because it showed events along with an explanation for each event. It went into detail why each event was significant to the Paralympics.

"The Americans with Disabilities Act Glossary of Terms." *JAN*, DOL, [askjan.org/links/adaglossary.htm](http://askjan.org/links/adaglossary.htm). Accessed 6 Jan. 2017.

This source is a list of words that the ADA (american disability act) uses to refer to the disabled, we used this list in order to make sure that words we were using were not considered offensive.

Association, British Paralympic. "Get into Sport." *British Paralympic Association*, [paralympics.org.uk/get-into-sport](http://paralympics.org.uk/get-into-sport). Accessed 3 Mar. 2017.

This is the official British Paralympic Association website. We used it to look at what people were doing for smaller kids that were disabled from a young age.

Blog, Paralympics Team. "Paralympics vs Olympics coverage: uneven at best." *The Conversation*, 8 Sept. 2012, [theconversation.com/paralympics-vs-olympics-coverage-uneven-at-best-9429](http://theconversation.com/paralympics-vs-olympics-coverage-uneven-at-best-9429). Accessed 21 May 2017.

This blog talked about the different media coverage between the Paralympics and the Olympics. As the article says "It is uneven at the best". The Paralympics were shown on none of the basic channels. Even on the non-basic channels, it was shown two hours later than the actual competition. Where as the Olympics were shown live on basic channels.

Brittain, Ian. *From Stoke Mandeville to Sochi: A History of the Summer and Winter Paralympic Games*. Vol. 1, Westfield, NJ, JVG Books LLC, 2015. 1 vols.

We read this book towards the start of our project to get a clear overview of all the different aspects that the Stoke Mandeville and Paralympic games tackled. The book got us introduced to Dr. Ludwig Guttmann.

Burns, Ben. "Itascan Coaches World Champions." *Itascan Coaches World Champions*, 5 July 1980. *Literary Reference Center*. Accessed 2 Mar. 2017.

This article was written a long time after the Paralympic movement. This helped us notice some of the long term impacts in it.

Cartwright, Paul. "Athletes from 1984." *Mandeville Legacy*, Buckinghamshire County Council, [www.mandevillelegacy.org.uk/page\\_id\\_\\_36.aspx](http://www.mandevillelegacy.org.uk/page_id__36.aspx). Accessed 2 Mar. 2017.

This website was specifically about the power of using a wheelchair. It also showed the many different things people were able to accomplish even though they were forced into a wheel chair.

Comitee, International Paralympic. "Paralympics Washington." *Paralympics Washington*, Special Olympics Washington, 3 Feb. 2017, [specialolympicswashington.org/](http://specialolympicswashington.org/). Accessed 21 May 2017.

This website was specifically targeted toward the state of Washington. It had a list of Paralympic competitors that we could possibly interview and their contact information. For example, in the end we decided to email Leen Coudney a former paralympian .

Commitee, Olympic. "Paralympic History." *PBS*, 5 Mar. 2014, [www.pbs.org/wgbh/medal-quest/past-games/](http://www.pbs.org/wgbh/medal-quest/past-games/). Accessed 21 May 2017.

This website compares the beginning of the Paralympics to the current day Paralympics. The Paralympics have changed a lot in many ways, such as the sports and the reasons for competing.

"Guttman's ingenuity: The Paralympic Games as legacy of the Second World War." *scielo*, May 2015, [www.scielo.org.za/scielo.php?script=sci\\_arttext&pid=S0018-229X2015000100003#back13](http://www.scielo.org.za/scielo.php?script=sci_arttext&pid=S0018-229X2015000100003#back13). Accessed 17 Oct. 2016.

This is a website with extensive information about the different stages of Guttman's life. The most useful part of this source was the long list of sources on the bottom

Haddon, Alex. "Is hosting the Paralympics ever worth the cost?" *Quartz*, Ruben Sprinch, 10 Aug. 2016, [qz.com/753250/rio-2016-is-hosting-the-paralympics-ever-worth-it/](http://qz.com/753250/rio-2016-is-hosting-the-paralympics-ever-worth-it/). Accessed 21 May 2017.

The website gave us insight on how much the Paralympics would cost to host. It also compared the cost between the Paralympics and the Olympics. You could see a clear difference between how much each costs. Olympics costs almost twice as much as Paralympics meaning that people would not fund the Paralympics as much as the Olympics.

Hawkes, Richard. "The Paralympics have the power to change attitudes towards disabled people." *blogs.lse.ac.uk*, [blog.scope.org.uk/2016/09/05/do-the-paralympics-have-the-power-to-improve-attitudes-to-disability/](http://blog.scope.org.uk/2016/09/05/do-the-paralympics-have-the-power-to-improve-attitudes-to-disability/). Accessed 29 Jan. 2017.

This is a blog article written by a person from London, he talks about how the Paralympic games are really important to society because they show the world that everyone is equal.

*History in Detail*. [paralympics.org.uk/games/ludwig-guttman](http://paralympics.org.uk/games/ludwig-guttman). Accessed 18 Nov. 2016.

Dr.Ludwig Guttman Was a redound doctor. He was a german refugee as he came to England. He wanted to make all feel the same.

"History in Detail." *paralympics.org.uk*, British Paralympic Association, [paralympics.org.uk/games/ludwig-guttman](http://paralympics.org.uk/games/ludwig-guttman). Accessed 19 Jan. 2017.

This source is the British Paralympic Committee, giving history and context for the Paralympic games. We used this mainly for background and impact.

"History of the Games." *Paralympic Education Program*, Australian Paralympic Comitee, [www.paralympiceducation.org.au/primary/history-games](http://www.paralympiceducation.org.au/primary/history-games). Accessed 28 Sept. 2016.

This source was about the history of the Paralympic games as explained by the Australian Paralympic committee. I am not sure what topic I would like to do, but this is an idea that I had.

Kirka, Danica. "Doctor remembered for Paralympic idea." *Doctor rembered for Paralympic Idea* [Chicago], 9 July 1999. *Newspaper*. Accessed 2 Mar. 2017.

This article in the newspaper was written way after the death to Ludwig Guttmann. It was talking about the accomplishments of Ludwig Guttmann. We used this in our board to get a more historical background about Sir Ludwig Guttmann.

Lawson, Helena. "The birth of a new games: How one inspirational man escaped the Nazis and created the modern day Paralympics." *Daily Mail*, 12 Aug. 2012, [www.dailymail.co.uk/news/article-2187293/London-2012-Paralympics-How-inspirational-mans-vision-created-modern-day-games.html](http://www.dailymail.co.uk/news/article-2187293/London-2012-Paralympics-How-inspirational-mans-vision-created-modern-day-games.html). Accessed 3 Jan. 2017.

This source was filled with information on how Ludwig Guttmann was able to escape the Nazi regime being a Jew.

"Learn from the Experts: Exhibits (with National History Day)." *YouTube*, uploaded by NEH Gov, Google, 11 Apr. 2015, [www.youtube.com/watch?v=PS27M9rFhLM](http://www.youtube.com/watch?v=PS27M9rFhLM). Accessed 20 Mar. 2017.

This video is an interview with Brian Horrigan, a member of the Minnesota History Center. The video helped us come up with our board design, and tips on how to make the board aesthetically pleasing.

"List of disability-related terms with negative connotations." *Wikipedia*, [en.wikipedia.org/wiki/List\\_of\\_disability-related\\_terms\\_with\\_negative\\_connotations](http://en.wikipedia.org/wiki/List_of_disability-related_terms_with_negative_connotations). Accessed 6 Jan. 2017.

This source was a list of common words that can be considered offensive when referring to someone with a disability. We used this source to make sure that we didn't use any of these words when talking about someone with a disability.

"Ludwig Guttman." *Geni*, [www.geni.com/people/Ludwig-Guttman/6000000017621322292](http://www.geni.com/people/Ludwig-Guttman/6000000017621322292).

Accessed 5 Jan. 2017. This is a source about Guttman's family, it also contains extensive information about his early days.

We used this mostly for background. It was very in depth covering Ludwig Guttman's early age.

"Ludwig Guttman (1899-1980)." *science museum brought to life Exploring the history of medicine*, [www.sciencemuseum.org.uk/broughttolife/people/ludwigguttman](http://www.sciencemuseum.org.uk/broughttolife/people/ludwigguttman). Accessed 5 Jan. 2017.

This was a source full of information about his personal life, we used this source mostly for background.

Noodle, Faith. *Why the Disabled Do Not Watch the Paralympics*. *New Republic*, 3 June 2016, [newrepublic.com/article/117050/why-disabled-do-not-watch-paralympics](http://newrepublic.com/article/117050/why-disabled-do-not-watch-paralympics). Accessed 21 May 2017.

This quote talks about the coverage separation between the olympics and the Paralympics. "According to a 2011 poll commissioned by U.K. disability charity Scope,

nearly one in four disabled people believe the Paralympics are patronizing, and two-thirds would prefer they be merged with the Olympics. Six months before the London Games, just 11 percent of British people—and less than a quarter of British disabled people—said they were excited about the Paralympics. In the media coverage of Paralympic sport there is a disproportionate emphasis around impairment compared with sporting achievement.... Much of the Paralympic coverage is focused on the patronizing language around disablement.” -Faith Noodle

"Paralympic Games 2012: the legacy and impact." *disabilityhorizonsDH media group*, Sept. 2012, [disabilityhorizons.com/2012/10/paralympics-games-2012-the-legacy-and-impact/](http://disabilityhorizons.com/2012/10/paralympics-games-2012-the-legacy-and-impact/). Accessed 2 Mar. 2017.

This source was an article about the impact and legacy of the Paralympics, we used this source when looking into the long-term impact of the paralympics.

"The Paralympics Begin." *The Paralympics Begin / Scholastic.com*, [www.scholastic.com/browse/article.jsp?id=11068](http://www.scholastic.com/browse/article.jsp?id=11068). Accessed 4 Dec. 2016.

This website focuses on the current day impacts of the Paralympics, and the different aspects of the Paralympics. For example, how the specific sports were able to shape the people competing in them. Ludwig Guttmann created the Paralympics through a spine rehabilitation program, that turned out to have a big role on all impaired soles.

*Pathway to Paralympics*. [www.masters-in-special-education.com/paralympics/](http://www.masters-in-special-education.com/paralympics/). Accessed 18 Nov. 2016. There are many different events that are explained.

All these events are needed in order to officially make sports that disabled people can play in. These events could have been in the form of a surgery to the different sports that are available.

"Professor Sir Ludwig Guttman." *The "Pappa" Guttman Trust*, Michael A.E. Mackenzie, [poppaguttmancelebration.org/poppa2.php](http://poppaguttmancelebration.org/poppa2.php). Accessed 30 Sept. 2016.

This source was the website for the Guttman Trust. A trust that Ludwig Guttman had set up. It gave background information on his life and a few accomplishments of his.

"Rio Paralympics 2016 Opening Ceremony gets the Games off to a spectacular yet poignant start despite pro-Russian protest from Belarus." *Paralympic Games*, Richard Amofa, 8 Sept. 2016, [www.telegraph.co.uk/paralympic-sport/2016/09/07/paralympics-2016-opening-ceremony-in-rio-live/](http://www.telegraph.co.uk/paralympic-sport/2016/09/07/paralympics-2016-opening-ceremony-in-rio-live/). Accessed 27 Sept. 2016.

This website has information about the speech that the IPC gave at the 2016 Paralympic games. It gave insight on what Dr. Ludwig Guttman would say about the games if he was still with us.

Robb, Alice. "Why the Disabled Do Not Watch the Paralympics." *Newsrepublic*, 17 Mar. 2014, [newrepublic.com/article/117050/why-disabled-do-not-watch-paralympics](http://newrepublic.com/article/117050/why-disabled-do-not-watch-paralympics). Accessed 16 Oct. 2016.

This is an article about how the Paralympics feel offensive to some people, they find it patronizing. We used this source to explore the opposition to the movement.

*Sir Ludwig Guttman*. [www.iscos.org.uk/sir-ludwig-guttman-lecture](http://www.iscos.org.uk/sir-ludwig-guttman-lecture). Accessed 14 Feb. 2017.

This is a lecture that Guttman gave to students at a university talking about the Paralympic games. We used this to take quotes from and put on our board.

"Sir Ludwig Guttman and his Legacy." *Mandeville Legacy*, Buckinghamshire County Council, [www.mandevillelegacy.org.uk/category\\_id\\_\\_19\\_path\\_\\_0p4p.aspx](http://www.mandevillelegacy.org.uk/category_id__19_path__0p4p.aspx). Accessed 3 Oct. 2016.

This source was very useful when studying Guttman's life because it split his life up into sections and explained each part in great detail. The most useful part was the section called legacy, it explained his legacy and why he will be remembered today and several years into the future.

"U.S. Paralympics." *Team USA*, [www.teamusa.org/us-paralympics/sports](http://www.teamusa.org/us-paralympics/sports). Accessed 3 Mar. 2017.

This website had a chart of all the different sports and who could play it in the Paralympics. Through this website we figured out that you need a specific disability to play certain sports.

### **Tertiary Sources**

Getty Images. *Getty Images*, [www.gettyimages.com/](http://www.gettyimages.com/). Accessed 3 Mar. 2017.

Getty Images is a website where you can search up a certain topic and get primary source images.