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PARIS | SUMMER 2024

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From heart-pounding feats on the track to hold-your-breath showdowns in the pool, the 2024 Summer Olympic Games will celebrate the human spirit. So grab your snacks, settle into your favorite spot on the couch and prepare for a summer of unforgettable moments, epic rivalries, surprise victories and stories that will stir your soul. Cheer on your favorite athletes as they exhibit the thrill of victory and the grace of defeat. The 2024 Olympics epitomize the true essence of sport—watch as the world comes together to engage in global goodwill and the pursuit of greatness.

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OLYMPIC GAMES FILLED WITH HIGH POINTS
OF ATHLETICISM, HUMAN SPIRIT

MOMENTS TO REMEMBER

By Marco Buscaglia

The Summer Olympics have often been the stage for some of the most surprising moments in sports history. These moments—some expected, others out of nowhere—are now legendary tales of Olympic triumphs. **Here are some of the most memorable moments in the history of the Summer Olympic Games.**

1936 Berlin Olympics

Jesse Owens' gold medals defy Hitler's Aryan supremacy stance

Jesse Owens, an African-American athlete from the United States, wins four gold medals in track in Berlin, directly countering Adolf Hitler's twisted vision of Aryan supremacy. As a bonus, Hitler witnesses the events live and in person.





1968 Mexico City Olympics

U.S. athletes give Black Power salute on medal stand

Tommie Smith and John Carlos, gold and bronze medalists in the 200-meter race, raise their gloved fists in a Black Power salute during the medal ceremony, a profound statement on civil rights that still resonates nearly six decades later.



1976 Montreal Olympics

Romanian gymnast Nadia Comăneci scores perfect 10

Romanian gymnast Nadia Comăneci, at the age of 14, scores the first perfect 10 in Olympic gymnastics history. Comăneci then goes on to achieve this historic feat seven more times during the games.



1984 Los Angeles Olympics

Carl Lewis matches Jesse Owens' four gold medals

Carl Lewis wins four gold medals in the same events Jesse Owens won in 1936, firmly establishing his place as one of the greatest athletes in track and field history.



1992 Barcelona Olympics

Dream Team of NBA players dominates competition

The first U.S. Olympic team to feature active NBA players was arguably the most dominant lineup ever put together in any sport. Legendary members of the team included Michael Jordan, Magic Johnson, Larry Bird and Charles Barkley, among others. The Dream Team cruised to a gold medal, winning their games by an unprecedented average of 44 points.



1992 Barcelona Olympics, Pt. 2

Derek Redmond's father helps him finish semifinal race

British sprinter Derek Redmond's father helped him finish his race after he tore his hamstring during the 400-meter semifinal. Although not a victory in the traditional sense, the scene of perseverance and father-son solidarity remains one of the Olympics' most enduring images.



1996 Atlanta Olympics

Kerri Strug's one-foot, gold-medal landing

As a nation held its collective breath, a defiant Kerri Strug performed her final vault on an injured ankle. She stuck the landing to help secure the U.S. women's gymnastics team their first-ever team gold medal, causing living rooms across the country to erupt in cheers.





2004 Athens Olympics

Argentina takes men's basketball gold

Argentina's basketball team ended the U.S. Dream Team's dominance by defeating them in the semifinals. This victory marked a significant moment as it showcased the rising global competitiveness in basketball and the rising talent of players from Europe.



2008 Beijing Olympics

Michael Phelps narrowly wins 7th of 8 gold medals

Michael Phelps won his seventh gold medal of the Beijing Games by the smallest of margins, just 0.01 seconds, in a crazy-exciting finish in the 100-meter butterfly. This victory was crucial as it helped him on his way to breaking the record for most gold medals in a single Olympics, winning his eighth with three of his teammates in a come-from-behind victory in the 400-meter relay. Phelps went on to earn 28 medals total, including 23 golds to become the most decorated Olympian of all time.



2012 London Olympics

Double amputee Oscar Pistorius competes

Oscar Pistorius, known as “Blade Runner,” became the first double amputee to compete in the Olympics, running in the 400-meter and 4x400-meter relay, challenging notions about the capabilities of disabled athletes. The following year, Pistorius killed his girlfriend Reeva Steenkamp, shooting her four times through a locked bathroom door in his home. Pistorius served seven years of a 13-year sentence and maintains he shot through the door thinking Steenkamp was an intruder.

2016 Rio Olympics

Usain Bolt completes historic “triple-triple”

Jamaican sensation Usain Bolt, widely considered the greatest sprinter of all time, completed the “triple-triple,” winning gold in the 100-meter, 200-meter, and 4x100-meter relay at three consecutive Olympics—2008, 2012 and 2016—a feat unmatched in the history of track and field.





2016 Rio Olympics, Pt. 2

Monica Puig wins Puerto Rico's first gold

Monica Puig made history by winning Puerto Rico's first-ever Olympic gold medal when she defeated Angelique Kerber in the women's tennis singles final. Puig entered the Olympics as an underdog but she left as a national hero.



2016 Rio Olympics, Pt. 3

Simone Manuel's history-making swim

Simone Manuel becomes the first African-American woman to win an individual Olympic gold in swimming, tying for first in the 100-meter freestyle at the Rio Olympics.



2020 Tokyo Olympics (held in 2021)

Athletes from Qatar and Italy share high jump gold

In an extraordinary display of sportsmanship, Qatar's Mutaz Essa Barshim and Italy's Gianmarco Tamberi agree to share the gold medal in the high jump after they both clear 2.37 meters without any faults. Their decision not to have a jump-off resonated with viewers, commentators and athletes alike.



1980 Lake Placid Olympics

U.S. ice hockey "Miracle on Ice"

Do you believe in opportunistic mentions? Yes!

OK, you got us. Sure, ice hockey is technically a Winter Olympics event but you can't include "Olympics" and "memorable moments" in the same sentence without mentioning what's probably the greatest Olympic upset of all time, at least from the biased views of those of us here in the States. The U.S. ice hockey team, composed mainly of college players and coached by the legendary Herb Brooks, defeated the heavily favored Soviet Union team, which was considered the best in the world.



OLYMPIC MASCOTS COME IN ALL SHAPES, SIZES

CUTE, CUDDLY, CREEPY?

By Marco Buscaglia

If the International Olympic Committee ever needs a new event, here's an idea: A free-for-all wrestling cage match featuring the mascots from previous Summer Olympics. Think of the drama as Amik the beaver holds Misha the bear in a headlock, only to be pummeled by the tag team of Syd the platypus, Millie the echidna and Olly the kookaburra. If that doesn't grab big ratings, nothing will.

While we wait for the IOC to consider this can't-miss concept, here's a list of Summer Olympic mascots from their inception in 1972 to 2024.

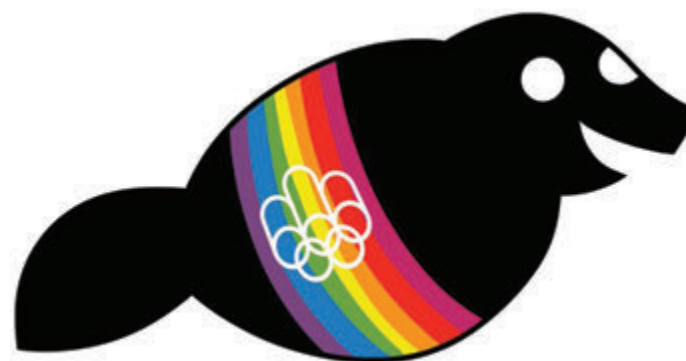
Waldi, Munich 1972

Waldi, a dachshund, was the first official Olympic mascot. Munich officials claimed Waldi was chosen for its attributes of resistance, tenacity and agility, all essential traits for Olympic athletes.



Amik, Montreal 1976

Amik, a beaver, was chosen as the mascot for the Montreal Olympics, symbolizing hard work, and perhaps more importantly, hard work completed with unseen large teeth.





Misha, Moscow 1980

The 1980 Olympic Games in Moscow may have been missing several countries because of a boycott but that didn't diminish the cuteness factor of Misha, a bear designed by children's books illustrator Victor Chizhikov. Misha may be the most famous—and lovable—Olympic mascot ever. He was also the first to be merchandised—think stuffed animals, quilts, sweatshirts and winter hats—across the globe.



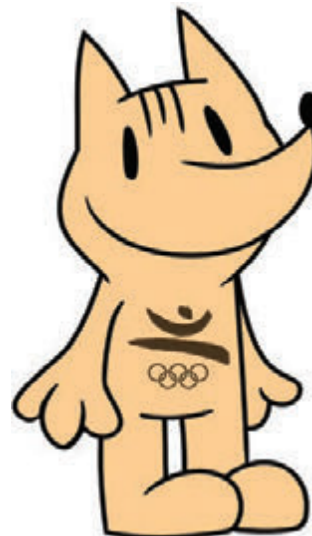
Sam the Eagle, Los Angeles 1984

Designed by Disney, Sam the Eagle was said to represent the spirit of the American eagle and the patriotism of Americans, an obvious shot in the Cold War since the 1984 Games were boycotted by the Soviet Union and other nations in their bullpen. In a perfect world, Misha the bear and Sam the Eagle would have criss-crossed the globe together to promote the Olympic spirit. But alas, thanks to the respective boycotts, they never had the chance to meet.



Hodori, Seoul 1988

Hodori, a stylized tiger cub designed by Kim Hyun, represented the friendly and hospitable traditions of the Korean people.



Cobi, Barcelona 1992

Cobi, a Catalan sheepdog in a Cubist style, was designed by artist Javier Mariscal and was partially inspired by the work of artist Pablo Picasso.



Izzy, Atlanta 1996

Izzy, originally named “Whatizit,” because of its abstract design—and because that’s what everyone asked when they first saw it—was the first computer-generated Olympic mascot. More of a concept than an animal, Izzy was tweaked again and again until Atlanta Olympic officials settled on something that wore five Olympic rings on its body and looked like a blue upside-down teardrop with giant, bulbous eyes and colorful floating stars and lightning bolts.



Syd, Millie and Olly, Sydney 2000

Syd, Millie and Olly represented three Australian animals: a platypus, an echidna and a kookaburra, respectively. The cheerful and colorful trio looked like they would fit right in on the set of “Barney,” singing and playing the day away with the purple dinosaur.

Athena and Phevos, Athens 2004

Athena and Phevos, two dolls inspired by ancient Greek terracotta daidala, represented the link between Greek history and the modern Games. Athena and Phevos were brother and sister, and represented “participation, brotherhood, equality, cooperation, fair play and the everlasting Greek value of human scale,” according to Athens Olympic organizers.



The Fuwa, Beijing 2008

The Fuwa, which translates to “good-luck dolls,” included five pals each representing the color of the Olympic rings while giving strong—but cute—Mighty Morphin Power Ranger vibes. Linking the five names—Beibei, Jingjing, Huanhuan, Yingying and Nini—forms the sentence “Welcome to Beijing” (Bei Jing Huan Ying Nin).





Wenlock and Mandeville, London 2012

Wenlock and Mandeville, two drops of steel with cameras for eyes, were named after towns significant to Olympic and Paralympic history. According to folklore, the pair were formed from the last girder of the Olympic Stadium.



Viniçius, Rio 2016

Viniçius, named after Brazilian musician Viniçius de Moraes, represented Brazilian wildlife and was a combination of different Brazilian animals. The mascot combined “the agility of cats, sway of monkeys and grace of birds,” according to Brazilian Olympic officials.



The Phryges, Paris 2024

The Phryges, the official mascots of the 2024 Paris Summer Olympics were inspired by the Phrygian cap, a symbol of freedom in French history, and depicted in the colors of the flag of France—blue, white and red.



Miraitowa and Someity

Tokyo 2020: Miraitowa and Someity, inspired by the Japanese words for future and eternity, were designed to embody both ancient tradition and modern innovation.



SOME OLYMPIC SPORTS—EVEN THOSE STILL POPULAR WORLDWIDE—
WEREN'T MEANT FOR THE LONG HAUL

GONE AND MOSTLY FORGOTTEN?

By Marco Buscaglia

Over the years, several sports have made brief appearances at the Olympic Games but didn't make enough of an impression to stick around. **Here's a quick look at some discontinued sports, including the years and locations where they were featured.**

Cricket

Despite being the second most popular sport in the world, with 2.5 billion fans and teams and leagues in 125 countries, cricket was only featured in the 1900 Paris Olympics. At the time, the sport didn't gain enough international traction to remain but will reappear in 2028 Summer Olympics in Los Angeles.





Jeu de paume

Known as “real tennis,” Jeu de paume was a part of the 1908 London Olympics. This predecessor to modern tennis—also known as handball—never caught on internationally. Still, there has been an international Jeu de paume championship each year since 1740 so a comeback may be just around the corner—a very, very faraway corner.



Croquet

A one-and-done in the 1900 Paris Olympics, croquet was one of the first sports to allow women to participate. Perhaps Olympic purists can pay tribute to this one-time event by digging that old croquet set out of the garage this summer and throwing a neighborhood-wide tournament.



Lacrosse

Featured in the 1904 St. Louis Olympics and the 1908 London Olympics, this popular game didn't draw enough international interest to remain a regular event.



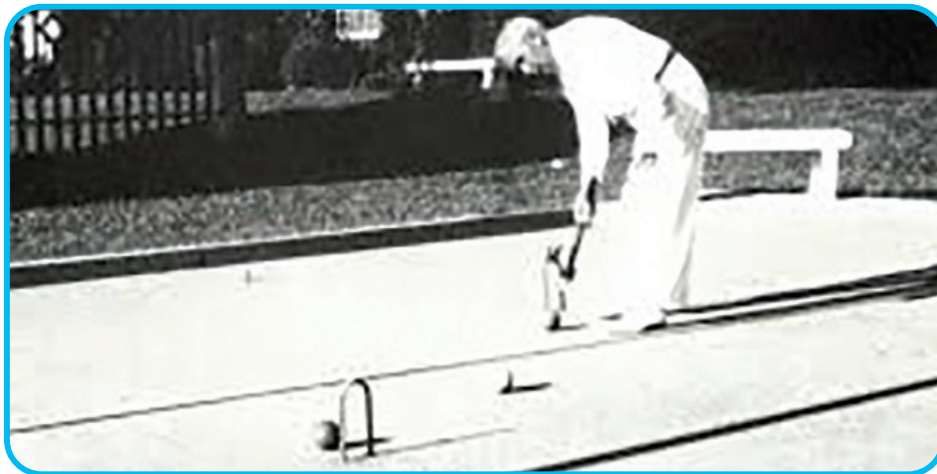
Motor boating

An olympic sport with engines? In 1908? Included in the London games, motor boating was deemed too dependent on mechanics for the Olympic crowd.



Polo

Featured in 1900, 1908, 1920 and 1936, polo was eventually dropped due to the logistical challenge of transporting horses and the high costs associated with the sport. Even a strong push by high school boys wearing Ralph Lauren's prominent fragrance in the 1980s wasn't enough to bring the sport back to its four-time Olympic glory.



Roque

An American version of croquet, minus the "c" and the "t," that was only included in the 1904 St. Louis Olympics.

Rackets

Another one-hit wonder from the storied 1908 London Olympics, this squash-like sport never really caught on internationally so it's no surprise it's never been back for an encore.





Tug of war

Featured between 1900 and 1920, this team sport was eventually phased out as the Olympics moved toward more standardized, international sports and away from activities on the fun-things-to-do list for the company picnic.



Baseball and softball

Baseball was included as an official Olympic sport in 1992 while softball entered the fold in 1996. Both were out after 2008 but briefly—and temporarily—reinstated for the 2020 Olympics in Tokyo.

Ski ballet (acroski)

Featured as a demonstration sport in 1988 and 1992, ski ballet sounded a lot cooler in theory than it actually looked. Artistic skiing never caught on and made a quick exit before ever making it off trial runs.





NEW ... AND BACK FOR MORE

NOTABLE ADDITIONS TO BE INCLUDED IN 2028 LOS ANGELES OLYMPIC GAMES

For the 2028 Los Angeles Olympics, the International Olympic Committee has officially approved the return of three sports—**baseball/softball, cricket** and **lacrosse**—and the addition of two competitions—**flag football** and **squash**. Flag football will be introduced as a non-contact version of American football, growing in global popularity, especially among women. The inclusion of squash, a sport long vying for Olympic inclusion, marks a significant development. Both baseball and softball are making a return after being featured in previous Olympics. Cricket, which appeared in the Olympics in the pre-NBC days in 1900, will also make a notable return.





PARIS 2024 OLYMPICS TO INTRODUCE EXCITING NEW SPORTS

GAME ON

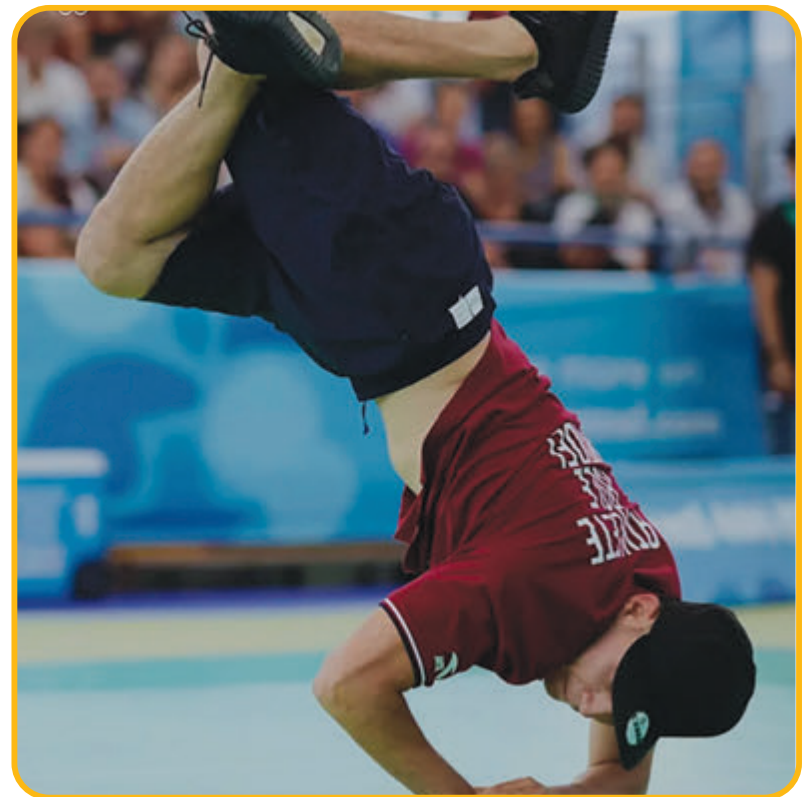
By Marco Buscaglia

The 2024 Summer Olympics in Paris will entertain spectators across the world with a strong set of traditional sports but this year's games will also captivate audiences with several new sports and trials of potential future Olympic competitions. These additions, aimed at engaging a younger audience, are also indicative of the latest trends in athletic competition.

Break it down

One of the most anticipated additions in 2024 is breaking, also known as breakdancing. Set to make its first official Olympic appearance, Breaking will feature battles between B-boys and B-girls in head-to-head competitions. This dance sport, which originated from hip-hop culture in the United States during the 1970s, has gained substantial international traction over the decades.

According to the Olympic International Committee, The breaking competition will comprise of two events—one for men and one for women—where 16 B-Boys and 16 B-Girls will face off in solo battles. “Athletes will use a combination of power moves—including windmills, the 6-step, and freezes—as they adapt their style and improvise to the beat of the DJ’s tracks in a bid to secure the judges’ votes and take home the first Olympic breaking medals,” according to the International Olympic Committee. Breaking, which will showcase both athletic prowess and artistic expression, will take place on August 9-10. Breaking could be the breakout hit of the games.





Take 'em to the beach

The 2024 Paris Olympics will showcase surfing as one of its medal events, continuing the sport's Olympic journey that began in Tokyo 2020. The surfing competitions are scheduled to take place July 27-August 5 at Teahupo'o, a renowned surf spot located in Tahiti, French Polynesia, that's known for its challenging and spectacular waves.

The competition will include two main events: men's shortboard and women's shortboard. Each event will be held over four days within a nine-day window to allow for some flexibility for optimal surfing conditions. The event format involves multiple rounds, including heats, quarterfinals, semifinals and medal matches. Surfers will compete in various heats, progressing through the rounds based on their performance, judged on aspects like technique, execution and wave selection.



Reaching new heights

At the 2024 Paris Olympics, climbing competitions are expanding to include separate competitions for speed climbing and a combined format for bouldering and lead climbing, which marks a change from the previous Olympics where all three disciplines were combined into a single competition. The competition will take place August 5-10 at the new Le Bourget Climbing venue in Saint-Denis.

The events include men's and women's speed climbing, in which competitors will race head-to-head scaling a 15-meter wall. The format follows a single-elimination structure, where the fastest climbers advance to the next round until the finals determine the medalists.

Men's and women's bouldering and lead combined will feature athletes who will compete in both bouldering and lead climbing disciplines. The scoring for bouldering allows a maximum of 100 points spread over four problems, with points allocated based on reaching various zones up to the top. Lead climbing also allows for a maximum of 100 points, with climbers earning points for the number of moves made during the climb. This new format aims to make the scoring and progression easier to follow but also gives athletes a chance to specialize more distinctly in speed or in the technical disciplines of bouldering and lead climbing.



RIVALRIES MAKE THE GAMES GO 'ROUND

FORMIDABLE FOES

By Marco Buscaglia

There's nothing like a good old-fashioned rivalry; the Summer Olympic Games has had its share of some great ones. **Here are a few of the more notable athletic rivalries.**

Usain Bolt vs. Justin Gatlin

The track-and-field rivalry between Jamaican legend Usain Bolt and American sprinter Justin Gatlin culminated in the 100-meter race at the 2016 Olympics in Rio. Bolt consistently came out on top, but Gatlin's competitive edge kept the races thrilling.





Michael Phelps vs. Milorad Čavić

The rivalry between swimmers Michael Phelps of the United States and Milorad Čavić of Serbia was epitomized by their incredibly close 100-meter butterfly races in the 2008 and 2012 Olympics. Phelps' victories by the narrowest of margins were some of the most memorable moments in Olympic swimming history.



Carl Lewis vs. Ben Johnson

The 1988 Seoul Olympics featured a dramatic showdown in the 100-meter race between Canadian Ben Johnson and American Carl Lewis. Johnson initially won the race but was later disqualified for doping.



Al Oerter vs. everyone else

American discus thrower Al Oerter didn't have a single rival during the 1956, 1960, 1964 and 1968 games but he definitely had a target on his back. It didn't matter. No matter the competition, Oerter won gold medals in all four consecutive Olympics. He faced stiff competition and a new top rival each time but still managed to come out on top.



Carl Lewis vs. Mike Powell

This intense American-against-American rivalry in the long jump at the 1992 Barcelona Olympics must have led to some interesting team dynamics. After a decade of Lewis dominating the event, Powell came out on top and scored a gold medal in Barcelona.



The United States vs. the Soviet Union

The 1972 Munich Olympic Games basketball final between the USA and the USSR was one of the most controversial in Olympic history, with the Soviet Union winning the game in the final seconds after multiple clock resets, sparking widespread debate and a rivalry that resonated through the Cold War era. To this day, members of the 1972 basketball team will not accept their silver medals.



Florence Griffith Joyner vs. Evelyn Ashford

This American track-and-field rivalry in women's sprinting featured Flo-Jo, known for her incredible speed and flamboyant style, and Ashford, an understated but fiercely competitive runner. Their heated duels in the 100- and 200-meter races during the late 1980s, including at the Seoul Olympics in 1988, were a highlight of the Games, with Flo-Jo coming out on top with record-shattering runs. Her 100- and 200-meter world records still stand today. Still, Ashford also had her moments in the Olympic sun, winning gold medals in the 4x100-meter relay in 1984, 1988 and 1992.





Nadia Comăneci vs. Nellie Kim

During the 1976 Montreal Olympics, Romanian gymnast Nadia Comăneci and Soviet gymnast Nellie Kim squared off against each other, each scoring perfect tens in several events. Comăneci ultimately won the gold.



Mary Lou Retton vs. Ecaterina Szabo

The 1984 Los Angeles Olympics showcased a fierce competition in women's gymnastics between American Mary Lou Retton and Romanian Ecaterina Szabo. Retton's perfect 10 on the vault in the final rotation won her the all-around gold, narrowly defeating Szabo in one of the closest and most dramatic gymnastic finishes ever.



Greg Louganis vs. himself

As one of the greatest divers in Olympic history, American Greg Louganis often competed more against his own high standards than against a specific rival. His back-to-back Olympic golds in both the 3-meter springboard and the 10-meter platform in 1984 and 1988 set an unmatched standard of excellence.





SMALLEST COUNTRIES ACHIEVE OLYMPIC GLORY AT SUMMER GAMES

TINY TITANS

By Marco Buscaglia

Some of the smallest countries, by population, have won medals at the Summer Olympics, a remarkable accomplishment when you consider their size and available training resources. Of course, some small countries have had more than their share of Olympic success. Take Jamaica, for example, which earned 88 medals—1 in cycling, 87 in track and field—in the Summer Games. But there are participating nations who've worked for years to earn some Olympic bling. **We highlight a few of these nations here.**

San Marino

The smallest country ever to win an Olympic medal, San Marino achieved this milestone at the Tokyo 2020 Olympics, winning a silver and two bronze medals in shooting and wrestling.





Bahamas

Winner of 16 medals, Bahamas took home their first two medals in Melbourne in 1956, both in sailing. Since then, they've added 14 more medals—all won in track and field—to their Olympic collection.



Montenegro

After the dissolution of Serbia and Montenegro, Montenegro won its first Olympic medal as an independent nation in women's handball at the London 2012 Olympics.



Bermuda

Bermuda won its first gold medal in the women's triathlon at the Tokyo 2020 Olympics, marking a significant achievement for the island nation with a population of around 64,000.



Luxembourg

Luxembourg has won a total of four Olympic medals (two gold, one silver and one bronze). It's been a while, though. Luxembourg first medals came in 1900 and their most recent in 1952.





Grenada

With a population of about 112,000, Grenada won its first Olympic medals in track and field at the London 2012 Olympics, where Kirani James took gold in the 400 meters.



A LIST OF SIGNIFICANT AND MEMORABLE FINAL HOLDERS
OF THE OLYMPIC FLAME

LIGHT THE TORCH

By Marco Buscaglia

The final torch lighter at the Summer Olympics is a highly symbolic and significant role, usually given to a person who has made a notable contribution to their sport or has a deep connection to the host country. **Here's a list of some notable final torch lighters from past Summer Olympic Games.**



1952 Helsinki

Paavo Nurmi, winner of nine gold medals in track during the 1920s, carried the torch into the stadium and passed the torch to Hannes Kolehmainen, who won two gold medals in track at the 1912 Games and the marathon in 1920. Kolehmainen, 62 at the time, ran to the top of the stadium and lit a second flame.

1964 Tokyo

Yoshinori Sakai, born in Hiroshima on the day the atomic bomb was dropped, symbolized Japan's post-war reconstruction and peace.

1968 Mexico City

Hurdler Enriqueta Basilio was the first woman to light the torch.

1976 Montreal

Stéphane Préfontaine and Sandra Henderson, two teenagers representing Canada's linguistic duality of French and English.

1980 Moscow

Sergei Belov, a Soviet basketball player who won four medals and later coached the Russian team in the 1990s.

1984 Los Angeles

Olympic decathlon gold medalist Rafer Johnson, the first African-American to light the torch.

1988 Seoul

Sohn Kee-chung, the 1936 marathon winner, who had to compete under the Japanese flag due to the occupation of Korea.

1992 Barcelona

Paralympic archer Antonio Rebollo lit the cauldron by shooting an arrow at the torch.

1996 Atlanta

Muhammad Ali, former Olympic boxing gold medalist and professional heavyweight champion, in a memorable and emotional moment.





2000 Sydney

Cathy Freeman, an Aboriginal Australian sprinter, who later won the 400 meters.

2004 Athens

Nikolaos Kaklamanakis, gold medalist in windsurfing, symbolizing Greece's connection to the sea and wind.

2008 Beijing

Gymnastics gold medalist Li Ning was hoisted into the air and floated along the upper rim of the stadium before lighting the cauldron.

2012 London

Seven young athletes, Callum Airlie, Jordan Duckitt, Desiree Henry, Katie Kirk, Cameron MacRitchie, Aidan Reynolds and Adelle Tracey, symbolic of different decades of British Olympians.

2016 Rio de Janeiro

Vanderlei Cordeiro de Lima, a marathon runner best known for being attacked by a spectator while leading the Athens 2004 Olympic marathon. He finished third, earning the Pierre de Coubertin medal for sportsmanship.

2020 Tokyo (held in 2021)

Four-time Grand Slam tennis champion **Naomi Osaka**, representing her role as a prominent athlete of mixed heritage at a time when Japan was increasingly acknowledging its diversity.





LIGHTING CURIOSITY

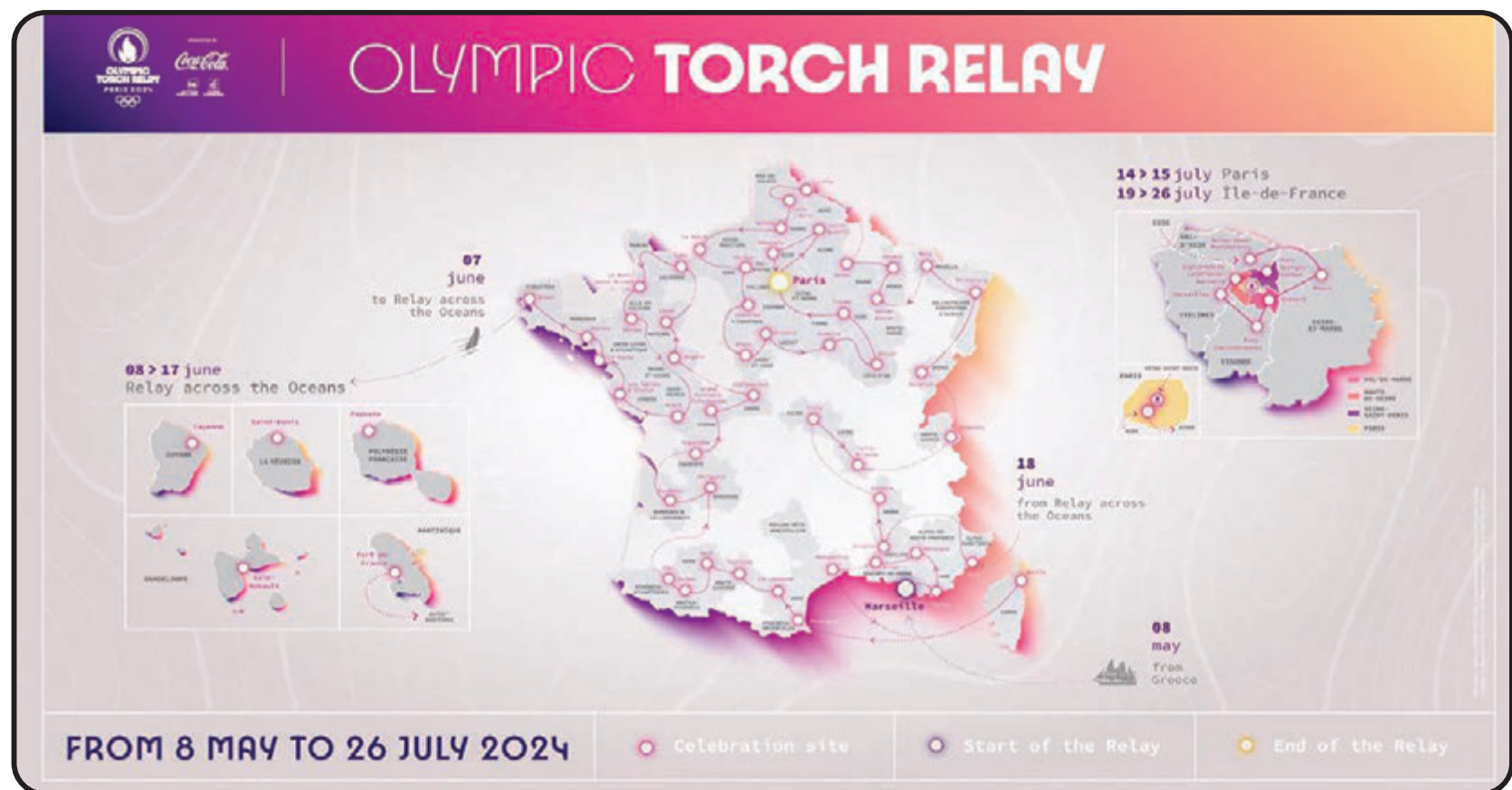
WHAT IS THE OLYMPIC FLAME AND THE TORCH RELAY?

The Olympic flame is the flame which is kindled in Olympia under the authority of the IOC. In the context of the modern Games, the Olympic flame is a manifestation of the positive values that Man has always associated with the symbolism of fire and thus makes the link between the ancient and the modern Games.

A few months before the opening of the Olympic Games, a flame is lit at Olympia, in Greece. The location recalls the link between the Ancient Olympic Games and their modern

counterpart. From there, the Flame is carried for a number of weeks to the host city, mainly on foot by runners, but also using other forms of transport.

Throughout the Torch relay, the flame announces the Olympic Games and spreads a message of peace and friendship between peoples. The Torch relay ends at the opening ceremony of the Olympic Games. The final runner (or sometimes runners) enters the stadium and lights the cauldron with the Olympic flame. The Games can then begin!





SEPARATED BY 124 YEARS, PARIS SUMMER GAMES OFFER SOLID PROOF OF OLYMPIC EVOLUTION

NOW AND THEN

By Marco Buscaglia

The 2024 Summer Olympics in Paris have some things in common with the 1900 Games in the same location, but the contrasting factors make for a more interesting story. **As we approach this year's Olympic Games, let's take a look back at the Olympics from 124 years ago to learn unique facts about both.**

Fair game: The Paris 1900 Summer Olympics were part of the **1900 Paris Exposition**—or World's Fair. This integration meant that many participants didn't even know they were competing in the Olympics. Also, the games were notoriously disorganized and seemingly lasted forever, stretched out more than five months, from May to October.

Gone green: Paris 2024 is set to be a green Olympics, strongly emphasizing sustainability. The organizers are using existing or temporary venues where possible and have committed to a 55 percent reduction in carbon emissions compared to previous games.

Not for men only: The 1900 Olympics were the first to allow **women** to compete, marking a significant step in the evolution of the modern Games. Events like tennis and golf featured female athletes.

Game equality: Paris 2024 aims to achieve full gender equality with equal male and female participants. This commitment also extends to the Paralympic Games.

Take a shot: The 1900 Olympics held some unusual sports, including ballooning, cricket, croquet and **motor racing**, reflecting more of an experimental phase in Olympic history.

Dance fever: Breaking will make its Olympic debut this year, reflecting the Games' evolving nature to include urban sports and appeal to younger audiences.

Spread out: Unlike most modern Olympics, the 1900 Games didn't have a central stadium or hub. With no dedicated Olympic stadium, competitions were scattered across various venues in Paris.

Spanning the globe: Paris 2024 expects to host around 10,500 athletes from over 200 countries, competing in 32 sports.





PARIS OLYMPIC VENUES BLEND HISTORIC, CONTEMPORARY STYLES

SPECIAL PLACE

By Marco Buscaglia

Crowds attending the Olympics in-person and those watching from afar are filled with marvel at the sights. And the sites. The spectacle itself is almost overwhelming and the athletes are captivating, to say the least. But the settings for the events? Often, they're spectacular. For the Paris 2024 Olympic Games, several iconic and new venues across the city are set to host various sports events, blending historic sites with modern architectural designs. **The following venues highlight a mix of Paris' rich historical heritage and modern innovation, ensuring a unique and memorable setting for the 2024 Olympics.**

Porte de La Chapelle Arena: This newly built arena in Paris' 18th arrondissement is designed with sustainability in mind and will host badminton and rhythmic gymnastics. After the games, it will serve as a venue for mid-sized sporting and cultural events.

Grand Palais: An architectural marvel originally constructed for the 1900 Universal Exhibition, the Grand Palais will host fencing and taekwondo events. The venue is known for its impressive glass roof and historical significance.

Place de la Concorde: This famous public square will transform into an open-air arena to showcase urban sports like skateboarding, BMX freestyle, 3x3 basketball and breaking—a new addition to the Olympic program.

Pont Alexandre III: This stunning bridge, also built for the 1900 Universal Exhibition, will be the finish line for road cycling time trials and will also host marathon swimming and triathlon events.

Eiffel Tower Stadium: Set against the backdrop of the Eiffel Tower, this temporary outdoor venue will host the beach volleyball competitions, offering both athletes and spectators a unique experience with one of the world's most recognizable landmarks nearby.

Champs de Mars Arena: Located near the École Militaire, this venue will host judo and wrestling. The arena reflects modern design principles and provides a temporary hub for sports and culture.



Artistic Swimming Diving Water Polo

Aquatics Centre



Artistic Gymnastics Basketball Trampoline

Bercy Arena



Football

Bordeaux Stadium



Judo Wrestling

Champ de Mars Arena



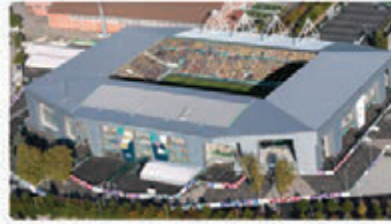
Beach Volleyball

Eiffel Tower Stadium



Cycling Mountain Bike

Elancourt Hill



Football

Geoffroy-Guichard Stadium



Fencing Taekwondo

Grand Palais



Athletics

Hôtel de Ville



Archery Athletics Cycling Road

Invalides



Football

La Beauvoisine Stadium



3x3 Basketball Breaking

Cycling BMX Freestyle Skateboarding

La Concorde



Sport Climbing

Le Bourget Sport Climbing Venue



Golf

Golf National



Football

Lyon Stadium



Sailing

Marseille Marina



Football

Marseille Stadium



Football

Nice Stadium



Boxing Modern Pentathlon

North Paris Arena



Football

Parc des Princes



Swimming Water Polo

Paris La Defense Arena



Basketball Handball

Pierre Mauroy Stadium



Cycling Road Marathon Swimming
Triathlon

Pont Alexandre III



Badminton Rhythmic Gymnastics

Porte de La Chapelle Arena



Boxing Tennis

Stade Roland-Garros



Cycling BMX Racing

**Saint-Quentin-en-Yvelines
BMX Stadium**



Cycling Track

**Saint-Quentin-en-Yvelines
Velodrome**



Handball Table Tennis Volleyball
Weightlifting

South Paris Arena



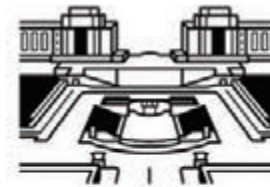
Athletics Rugby Sevens

Stade de France



Surfing

Teahupo'o, Tahiti



Athletics Cycling Road

Trocadéro



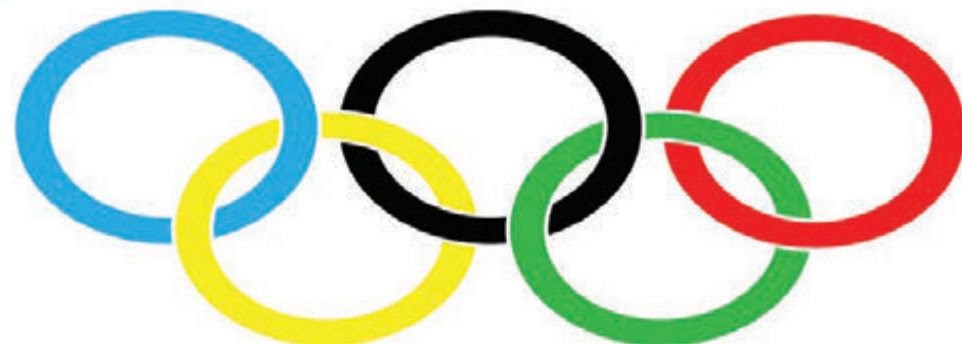
Canoe Slalom Canoe Sprint Rowing

**Vaires-sur-Marne Nautical
Stadium**



Hockey

Yves-du-Manoir Stadium





ATHLETES FIND COMMUNITY, PARTIES AND PARTNERS OUTSIDE THE ARENA

VILLAGE PEOPLE

By Marco Buscaglia

Olympic Villages aren't just athletes' homes during the Games; they're also great venues for camaraderie, cultural exchanges, pressure-easing hijinks, the occasional hook-up and some unforgettable quirky moments. Here's a collection of light-hearted anecdotes that capture the unique Olympic Village spirit across various Olympic Games:

Kangaroo games: During the 2000 Sydney Olympics, the Australian team decided to bring a little bit of the Outback to the Olympic Village by setting up life-sized inflatable kangaroos around their quarters. The kangaroos quickly became a hit and were often "kidnapped" by athletes from other countries, leading to cat-and-mouse chases around the Village until the Australian athletes were able to bring their kangaroos back home.

Pin quest: Pin trading is a long-standing tradition in the Olympic Villages, where athletes exchange national pins as a way of socializing with others. During the 1996 Atlanta Olympics, pin trading reached new heights with athletes, coaches and even officials getting involved in fervent exchanges that sometimes seemed just as competitive as the events themselves. Think Disney pin seekers, only in much better shape. The quest for the most coveted Olympic pins often leads to some serious bartering, showcasing the lighter, no-international-incident-here side of the Games.

International affairs: Are stories of the buckets of condoms from the Olympic Village health centers just folklore? Or are they indicative of how American women's soccer gold-medalist goalkeeper Hope Solo described life in the Village to ESPN The Magazine a decade ago: "There's a lot of sex going on." World-record-holding swimmer Ryan Lochte backed up Solo's assessment, telling ESPN he estimated the amorous athletes at "70 percent to 75 percent," pointing out that young, driven athletes, once finished with their events, are relaxed, stress-free and ready to get their groove on.

DJ Federer: At the Beijing 2008 Olympics, gold medalist and legendary tennis champion Roger Federer took on a new role, becoming an impromptu DJ by blasting music from his balcony. Athletes from various countries joined in the fun, dancing and enjoying the music, showing a different side of life in the Village, where even world-class athletes could unwind and crank up the volume.





HOUSING FOR ATHLETES FOLLOWS CULTURAL, ENVIRONMENTAL, SOCIAL CUES

IT TAKES A VILLAGE

By Marco Buscaglia

The 2024 Paris Olympic Village is less than five miles north of Paris, strategically situated across the communes—or territories—of Saint-Ouen, Saint-Denis and L'Île-Saint-Denis. This site, once occupied by industrial parks, has been transformed into a vibrant village for Olympic athletes that blends athletic facilities with recreational spaces, including extensive green areas along the banks of the Seine River. With the capacity to house approximately 14,000 individuals, the International Olympic Committee says the Village will feature accommodations that, while basic, are designed to support the athletes' performance. These include no-frills rooms equipped to encourage rest and recovery, and a dining area capable of serving up to 40,000 meals daily to meet the dietary needs of competitors from around the world.

While comfort and socialization for the athletes were a priority, the Paris Olympic Village was designed with sustainability in mind. Once the Olympic Games are complete, the plan is to convert the space into a residential and commercial complex, including more than 2,800 housing units, ample office space, numerous shops and public green spaces.

Over the years, Olympic Villages have been an integral part of the Games, each bringing their own unique style that reflects the local culture, architectural style and the latest and greatest technological advancements. **Here are some of the more significant Olympic Villages from past Olympic Games.**

Paris 1924: The first official Olympic Village consisted of small wooden huts to house the athletes near the Stade Olympique de Colombes. This village set the precedent for future games by providing a centralized location for athletes to live during the competition.

Los Angeles 1932: Eight years later, the Olympic Village in Los Angeles was the first to house both male and female athletes, though in separate areas. Located in Baldwin Hills, California, the village was made up of hundreds of portable houses and was also the first to provide dining and entertainment facilities for athletes, creating a more communal and social environment.

Munich 1972: Notable for its modernist architecture—and the tragic terrorist attacks—the Munich Olympic Village included a series of bungalow-style apartments and was decorated with colorful facades.

Barcelona 1992: Reflecting the Catalonia region's vibrant culture, the Barcelona Olympic Village was constructed near an old harbor along the Mediterranean coast. It was built to serve as a permanent housing development post-Games and is notable for integrating Olympic accommodations with long-term urban planning—similar to the use and intent of the 2024 Olympic Village in Paris.

Sydney 2000: Built to house more than 10,000 athletes and team officials, the Sydney Olympic Village was one of the largest and most environmentally sustainable developments to date, featuring solar-powered electricity and advanced water-saving devices. Known as Newington after the Village was converted to public housing once the Olympics were complete, the transformed residential area features eco-friendly homes and a communal approach to day-to-day living.



THE OLYMPIC AND PARALYMPIC VILLAGE

Beijing 2008: Athletes took a significant step upward when it came to housing at the Beijing Olympic Village. It was a model of luxury and technological innovation, featuring a state-of-the-art digital network that allowed athletes to communicate with fans and media, setting new—and now expected—standards for comfort and digital connectivity in Olympic accommodations.

London 2012: Located in East London, the Olympic Village for the 2012 Games was part of an extensive urban development project that aimed to rejuvenate the Stratford area of the city. It was designed to be converted into thousands of homes as part of the legacy of the Games, focusing on sustainability and long-term community use.

Rio 2016: The Rio Olympic Village was one of the largest ever built, designed to reflect Brazil's vibrant culture. It included a massive dining hall that could serve 60,000 meals daily and leisure facilities like a large park, swimming pools and tennis courts. Rio's post-Games plan finally came to fruition earlier this year; village units have been converted to condominiums.



CLASS THINGS UP WITH AN OPENING CEREMONY BITE & SIP

By Marco Buscaglia

If you'd like to host an Olympic get-together, consider holding it on July 26, the night of the opening ceremony. **Here are two appetizers and one drink recipe that will bring a touch of Parisian flair to your party.**

Croque Monsieur



The Croque Monsieur is a classic French sandwich made with ham, cheese and béchamel sauce. It originated in French cafés and bistros in the early 20th century and in a small portion, it's the perfect snack for parties, offering all

the flavors of the traditional dish in a bite-sized form.

The combination of savory ham, tangy Dijon mustard and nutty Gruyere cheese enclosed in crispy French bread offers a delightful burst of flavors with each bite.

Ingredients:

Sliced French bread
Sliced ham
Gruyere cheese, shredded
Dijon mustard
Butter

Instructions:

1. Spread Dijon mustard on one side of each bread slice.
2. Place a slice of ham and a sprinkle of Gruyere cheese on half of the bread slices.
3. Top with another bread slice to make a sandwich.
4. Butter the outsides of the sandwiches.
5. Grill in a skillet until golden brown and the cheese is melted.
6. Cut into bite-sized pieces and serve warm.

Escargot puff pastry bites

Escargot, or cooked snails, is a delicacy in French cuisine. Served in a garlic butter sauce, it's a luxurious appetizer often enjoyed in fine dining establishments. Classy, right? These puff pastry bites offer a convenient and elegant way to enjoy the flavors of escargot at your party.

The richness of the garlic butter paired with the delicate texture of the escargot creates a luxurious flavor profile. Encased in flaky

puff pastry, these bites are sure to impress your guests.

Ingredients:

Frozen puff pastry dough, thawed
Canned escargot, drained and rinsed
Garlic butter
Parsley, chopped

Instructions:

1. Preheat the oven according to the puff pastry package instructions.
2. Cut the puff pastry into small squares.
3. Place an escargot in the center of each pastry square.
4. Top with a small dollop of garlic butter and a sprinkle of chopped parsley.
5. Bake in the oven until the pastry is golden brown and puffed.
6. Serve hot as an elegant appetizer.



At the bar: French 75 Cocktail

The French 75 is a classic cocktail that dates back to World War I—it's named after the French 75mm field gun. It's a refreshing and effervescent drink that combines gin, lemon juice, simple syrup and Champagne.

The citrusy notes from the lemon juice, the botanicals of the gin, and the bubbly Champagne create a well-balanced and celebratory drink that's perfect for toasting the start of the Olympics.

Ingredients:

1 1/2 oz gin
3/4 oz freshly squeezed lemon juice
1/2 oz simple syrup
Champagne
Lemon twist, for garnish

Instructions:

1. In a shaker filled with ice, combine the gin, lemon juice and simple syrup.
2. Shake well until chilled.
3. Strain into a champagne flute.
4. Top with Champagne.
5. Garnish with a lemon twist.
6. Serve chilled.



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