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### The Greensboro Four, Sitting for a Change

Imagine walking into a restaurant with the intentions of only having a good meal. You're hungry, you have sufficient money to pay for it, therefore you should have no issues getting what you came for. Now imagine, being denied service from that same restaurant for one reason and one reason only, you have colored skin. For many African Americans in the 1900's this wasn't a thing of imagination, this was the harsh reality they were faced with daily. African Americans were stripped of basic human rights like the right to be served in several restaurants and the right to use public transportation, and most importantly, the right to peacefully coexist with their white peers. However, there were multiple voices during this time that cut through the scream of segregation. Amongst those voices were Martin Luther King and the Greensboro four. Both, through bold actions, were able to make a change in how the world perceived and treated the African American race. Their actions may be in the past, but their message and the lessons we can learn from them still live on today.

The Greensboro Four was composed of four African American students who recognized the racial injustice in their community and decided to stand, or rather sit, against it in a peaceful way. After being denied service at a lunch counter at Woolworth's in Greensboro, North Carolina, due to skin color, they chose to stay put, rather than get up and leave. Sitting at the lunch counter was part of a plan they had created beforehand, to highlight or bring focus to the mistreatment of African Americans in the 1960's. Even though they were commanded to leave

and denied the right to pay for and enjoy a simple meal, they chose to stay. They chose to fight for their freedom, rather than letting it be taken from them, something hard enough to do on it's own but even harder to do in a store full of people who frown upon you for the color of your skin.

During that same time period, other African Americans were also starting to speak up and protest in order to protect their basic rights as humans. For example, in 1954 Brown vs. The Board of Education took place and the US Supreme Court ended segregation in schools. Dr. King also played a gigantic part in the endorsing of African American rights throughout this time. In 1957 Dr. King began his role as a leader, In 1963, he lead a Birmingham, Alabama campaign and in 1965 he worked in Selma, Alabama with a vote rights campaign. Both Dr. King and The Greensboro Four were bold and displayed severe bravery, With the incidents they led occurring very close to each other and being exceptionally covered by news at the time, it would be easy to believe that they may have influenced the other.

Overall, I believe that both The Greensboro four and Dr. King might have inspired each others actions, actions that we can all learn something from today I believe that every American, black or white, can learn from their peaceful examples. Every American Needs to learn the importance of being peaceful even when you are angered by the hate you are given, rather than throwing it back at the giver. We could also learn to be more bold and to fearlessly take risks for the better. The Greensboro four took risks, and because of them I, an African American student, am able to write this essay sitting in a room next to my white classmates, and never once question the difference in our skin color.