

## Primary

"The Cold War Is Over." *The New York Times* 2 Apr. 1989: 30. Print.

This source was a newspaper article that was written at the end of the Cold War in order to understand public feelings towards this event. Soviet citizens are more free now and negotiations are possible between the two countries.

Cox, Lynne. "I Swam from the U.S. to the Soviet Union. Then the World Changed." (n.d.): n. pag. *The Washington Post*. 2017. Web. 2020.

<[https://www.washingtonpost.com/opinions/i-swam-from-the-us-to-the-soviet-union-then-t  
he-world-changed/2017/08/04/a3ff7b68-792f-11e7-8f39-eeb7d3a2d304\\_story.html](https://www.washingtonpost.com/opinions/i-swam-from-the-us-to-the-soviet-union-then-the-world-changed/2017/08/04/a3ff7b68-792f-11e7-8f39-eeb7d3a2d304_story.html)>.

This article was written by Lynne Cox recounting her experience swimming the Bering Strait. The conditions of the swim were extremely cold and dangerous.

Excerpt from "F-0051A The Flight of Apollo 11," Digital Public Library of America, <https://dp.la/item/53b01d4d297ff645bafa2bf99c069f89>.

This actual footage shows the Apollo 11 moon landing and the first man on the moon, Neil Armstrong. This was a great step forward in the Space Race with the Soviet Union.

Fitzpatrick, Daniel Robert, "Another Race We Can Lose," Digital Public Library of America, <https://dp.la/primary-source-sets/space-race/sources/1704>.

This political cartoon was created after the launch of the Russian satellite into space. It shows people looking up towards the sky as the Americans have lost another great feat in the Cold War.

Kennedy, John F. "Address to the American People about the Cuban Missile Crisis." 1962.

*AtomicArchive.com*. Web. 2020.

<<http://www.atomicarchive.com/Docs/Cuba/CubaSpeech.shtml>>.

John F. Kennedy addresses the American people regarding the Cuban Missile Crisis and the steps that the government is taking for protection of citizens. He details information coming from government intel and the known facts of the Soviets in Cuba.

"Laika, the Sputnik dog," Digital Public Library of America,

<https://dp.la/item/b27700816694c62a099050865d56222e>.

This source shows a picture of the dog who was launched into space by the Soviets along with the *Sputnik*. This image appeared on a cigarette card during the Space Race between America and the Soviet Union.

Mikhail Gorbachev, "The INF Treaty," *Making the History of 1989*, Item #246,

<http://chnm.gmu.edu/1989/items/show/246> (accessed March 08 2020, 4:03 pm).

The INF Treaty between the USA and the USSR was put in place to disarm all short range missiles. This was a big step forward during the Cold War.

"Rabid Reader: Lynne Cox, 'Swimming to Antarctica!'" Interview by Karen Grigsby Gates. *NPR*.

N.p., 2004. Web. 2020. <https://www.npr.org/templates/story/story.php?storyId=1620899>.

This interview of Lynne Cox provides details as to why she decided to swim the Bering Strait along with the struggles she faced along the way. The swim was a great feat that assisted in bringing the USA and the USSR a little bit closer.

Roberts, Rich. "Orange County Woman Swims Bering Strait." *Los Angeles Times*. N.p., 8 Aug. 1987. Web. 2020.

<<https://www.latimes.com/archives/la-xpm-1987-08-08-mn-473-story.html>>.

The article details the events and conditions of the swim from Alaska to the Soviet Union. There were many people waiting to welcome Lynne Cox and her team on the shores of the Soviet Union.

Rosenberg, Sari. "August 7, 1987: Lynne Cox Became the First Person to Swim From the United States to the Soviet Union." *Lifetime*. A&E Television Networks, LLC, 07 Aug. 2018. Web. 2020.

<https://www.mylifetime.com/she-did-that/august-7-1987-lynne-cox-became-the-first-person-to-swim-from-the-united-states-to-the-soviet-union>

This source was used for an image of Lynne Cox.

"Swimming With the Penguins." Interview by Matt Dellinger. *The New Yorker*. N.p., 2003. Web. 2020. <https://www.newyorker.com/magazine/2003/02/03/swimming-with-the-penguins>.

Lynne Cox only wore goggles, a cap, and a one piece bathing suit to swim the Bering Strait. This interview details why Cox participates in open water swims and the things she has overcome to be successful.

United States of America. U.S. Department of State. Bureau of European and Eurasian Affairs.

*U.S. Department of State*. N.p., 25 June 2019. Web. 2020.

<<https://www.state.gov/u-s-relations-with-russia/>>.

This details the relationship between the United States and Russia. Relations are better since the Cold War, however there is still work that needs to be done for a good relationship.

United States. NSA. *Further Information on Cargo Shipments to Cuba in Soviet Ships*. N.p.: n.p., 1962. NSA. Web.

<[https://www.nsa.gov/Portals/70/documents/news-features/declassified-documents/cuban-missile-crisis/25\\_september\\_further\\_info.pdf](https://www.nsa.gov/Portals/70/documents/news-features/declassified-documents/cuban-missile-crisis/25_september_further_info.pdf)>.

This source contains intel on ships going to Cuba with Soviet cargo on board. These ships have been under surveillance due to the Cuban Missile Crisis at the time.

Vyshinsky, Andrei. Response to Truman Doctrine. The United Nations. 18 Sept. 1947.

The Soviet Union does not agree with the Truman Doctrine and believes it is only to serve the purpose of the United States. This shows an even bigger growing distrust between the two countries.

## **Secondary**

The Editors of Encyclopaedia Britannica. "Cold War." *Encyclopædia Britannica*. Encyclopædia Britannica, Inc., 03 Feb. 2020. Web. 2020. <<https://www.britannica.com/event/Cold-War>>.

This source gives a basic background information on the origins of the Cold War. There were growing tensions between the United States and the Soviet Union due to beliefs and government ideologies.

"The Marshall Plan." The Cold War. N.p., n.d. Web. 11 Mar. 2020.

<https://thecoldwarexperience.weebly.com/the-marshall-plan.html>;

This source was used for a picture of a sign that stated the purpose of the Marshall Plan which was used in the website.

Donnelly, Marea. "US Endurance Swimmer Lynne Cox Swam the Frigid Waters of the Bering

Strait into Warm Soviet Embrace." *ZwemZa*. N.p., 11 Aug. 2017. Web.

2020. <https://www.zwemza.com/?p=40873>.

This source was used for a picture of Lynne Cox during the cold water swim from Alaska to the Soviet Union

History.com Editors. "Cuban Missile Crisis." *History.com*. A&E Television Networks, 04 Jan.

2010. Web. 2020.

<https://www.history.com/topics/cold-war/cuban-missile-crisis#&gid=ci0230e631d00c26df&pid=american-and-russian-military-vessels-offshore-of-puerto-rico>.

The Cuban Missile Crisis was a major part of the Cold War. This source was also used for images on the website.

"Lynne Swims Bering Strait." *Lynne Cox*. N.p., 2019. Web. 2020.

<<http://www.lynnecox.com/1987/08/08/lynne-swims-bering-strait/>>.

Lynne Cox's website was used to view images from her Bering Strait swim to be incorporated into the website.

Ramseur, David. "When Alaskan and Russian Native People Thawed the Cold War's 'Ice

Curtain': Essay." *Zócalo Public Square*. ASU Knowledge Enterprise, 8 Dec. 2017. Web. 2020.

<<https://www.zocalopublicsquare.org/2017/12/08/alaskan-russian-native-people-thawed-cold-wars-ice-curtain/ideas/essay/>>.

This source was used for a picture of Lynne Cox reaching Big Diomedes Island in the Soviet Union.

Simkin, John. "Cold War Timeline." *Spartacus Educational*. Spartacus Educational, Sept. 1997.

Web. 2020. <<https://spartacus-educational.com/ColdWarChron.htm>>.

This source shows a timeline of events in the Cold War up until the end of the war. This was used for reference about events that occurred.

Turcotte, Sarah. "Hell In High Waters." *ESPN The Magazine*. N.p., 23 May 2013. Web. 2020.

<[http://www.espn.com/espn/feature/story/\\_/page/Lynne-Cox/lynne-cox-story](http://www.espn.com/espn/feature/story/_/page/Lynne-Cox/lynne-cox-story)>.

This source deeply details the day of the Bering Strait swim and the experiences of Lynne Cox prior to this day. Cox's body has also been observed in cold water studies because of her impressive ability to survive in extreme temperatures.

Winter, Chase. "What Is The INF Nuclear Treaty?: DW: 01.02.2019." *DW.COM*. N.p., 2 Jan. 2019. Web. 2020. <<https://www.dw.com/en/what-is-theinf-nuclear-treaty/a-45981536>>.

This source was used for an image of the Presidents of the United States and Soviet Union shaking hands during the signing of the INF Treaty.