

## Loud and Proud

The message behind the video *Loud and Proud* is that people with physical limitations are capable of accomplishing extraordinary things. This video by E:60 tells the story of Marlana Van Hose, an eighteen year old young woman who loves women's basketball and who has faced her physical limitations head on. Marlana was born with blindness and cerebral palsy but that hasn't stopped her from trying new things or staying positive. The message from the video is that you can overcome obstacles as long as you keep trying. For example, Marlana wanted to participate like everyone else so she joined cheerleading. Even though Marlana could not see and her cerebral palsy made it difficult for her to move she still joined cheerleading. Marlana's willingness to try something so challenging shows her determination. Secondly, as Marlana has gotten older she has continued to pursue goals regardless of physical limitations. For instance, Marlana did not give up on supporting her favourite team when cheerleading became too difficult. Instead, Marlana found a new way she could show her spirit and she did this by singing the national anthem at four basketball games. Clearly, Marlana's perseverance demonstrates that everyone has something to contribute to the world and physical limitations should never prevent you from trying new things. Essentially, the message from the video is that if you keep trying you can overcome anything.