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## A Positive Attitude Can Brighten Someone's Day

Children and adults with a disability have to overcome the community's attitude towards them. We may not know we are doing it and we don't mean to, but it can hurt their feelings. There are many people who stuck up for themselves and for other people today.

Many children and adults had to go through this problem, but even celebrities had to go through it. Christopher Reeves is an excellent example. Christopher Reeves was known for being Superman, the Man of Steel. On May 27, 1995, Christopher was thrown off his horse and broke his 2 upper vertebrae. This left him paralyzed from the neck down. All his friends and family thought it would be hard for Reeves to fight for his life, but with a positive attitude he made a marvelous appearance after 6 months. This was just the beginning; he became the founder of the Christopher Reeves Paralysis Foundation. He was an inspiration for people with disabilities.

Another example would be Ludwig Van Beethoven. Beethoven was deaf and many people thought that he was crazy. He stayed at home where he would yell and pound on the piano. Everyone would ignore him and some were tired of him. He was a piano prodigy and the problem was that he couldn't hear the music. After years of hard work and people being rude to him, he made the most beautiful music.

It wasn't just celebrities who had this problem; it was also local people such as Keith Parsons. Keith Parsons was a typical teenager who like others had much pressure on him. On his senior week, he took a drug and afterwards fell from two-stories up. He was in critical condition and injured his neck and back. He started to recover from the accident and afterwards got a degree in teaching. The night of his graduation concluded the worst day of his life. His sister's boyfriend got in a head-collision accident and instantly died. Parsons learned from this. Parsons decided that he will use his experiences and tell his story to other teenagers. Now he is a motivational speaker for teenagers. He speaks about peer pressure and his accident.

We must be careful of what we do and say. We may not even know we are doing it but it still hurts people's feeling. We can be overly helpful which make the person feel like they can't do things for themselves. When in fact they can do wonders and change the world like Reeves, Parsons and Beethoven. Teenagers these days us the word retard as an insult and that hurts a whole group of people, even people who knows someone with mental retardation.

I believe that if we are all careful of what we say and help others; we can be positive attitude in their life. We can change the world by the little things we do.