

# Triumph over Adversity

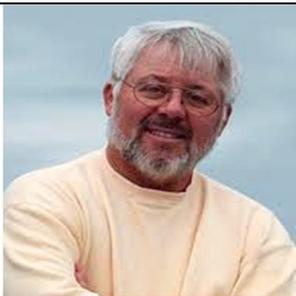
## 1 Helen Keller: “Self Pity is Our Worst Enemy” (1880-1968)



*Blind, deaf, and barely able to communicate since infancy, Helen Keller graduated college (at a time when many sighted women were unable to do so), going on to become an author, worldwide speaker, and activist for social change. A truly inspirational woman!*

Item	Media type	Website
<b>Biography:</b> A short biography focusing on her achievements	print	<a href="http://www.who2.com/bio/helen-keller">http://www.who2.com/bio/helen-keller</a>
<b>Biography:</b> In-depth focus on Helen Keller’s life story	print	<a href="http://www.rnib.org.uk/aboutus/aboutsightloss/famous/Pages/helenkeller.aspx">http://www.rnib.org.uk/aboutus/aboutsightloss/famous/Pages/helenkeller.aspx</a>
<b>Quotes:</b> A lovely collection of Helen Keller’s quotes	print	<a href="http://www.brainyquote.com/quotes/authors/h/helen_keller.html">http://www.brainyquote.com/quotes/authors/h/helen_keller.html</a>
<b>Braille:</b> What is Braille? Arabic Braille	print print	<a href="http://www.omniglot.com/writing/braille.htm">http://www.omniglot.com/writing/braille.htm</a> <a href="http://en.wikipedia.org/wiki/Arabic_Braille">http://en.wikipedia.org/wiki/Arabic_Braille</a>
<b>Biography:</b> A student-created documentary about Helen Keller	video (8:17)	<a href="http://www.youtube.com/watch?v=UkOID0zKRc0">http://www.youtube.com/watch?v=UkOID0zKRc0</a>
<b>Biography:</b> Another excellent video about Keller’s life	video (7:11)	<a href="http://www.youtube.com/watch?v=gbCk_DQCOp4">http://www.youtube.com/watch?v=gbCk_DQCOp4</a>
<b>Hollywood biography:</b> A full-length film about Helen Keller’s life. Very famous and free!	full-length film (1:04)	<a href="http://www.youtube.com/watch?v=A47p6hxiokY">http://www.youtube.com/watch?v=A47p6hxiokY</a>

## 2 Jeffrey Wigand: *David vs. Goliath* (1942- )



*Despite numerous death threats, former tobacco company executive Jeffrey Wigand publicly testified about how his company purposely manipulated tobacco to increase the amount of nicotine in cigarettes. A film, “The Insider,” was subsequently made about the story, with Russell Crowe portraying him.*

Item	Media type	Website
<b>Article:</b> Jeffrey Wigand vs. “big tobacco”	print (2 pages)	<a href="http://www.fastcompany.com/65027/jeffrey-wigand-whistle-blower">http://www.fastcompany.com/65027/jeffrey-wigand-whistle-blower</a>
<b>Article:</b> More focused on Jeffrey Wigand’s life story	print (3 pages)	<a href="http://www.biography.com/people/jeffrey-wigand-17176428">http://www.biography.com/people/jeffrey-wigand-17176428</a>
<b>Movie trailer:</b> <i>The Insider</i> , w/ Al Pacino and Russell Crowe	video (preview)	<a href="http://www.youtube.com/watch?v=5rkvxi5hdbA">http://www.youtube.com/watch?v=5rkvxi5hdbA</a>

### 3 Temple Grandin: “*Different, Not Less*” (1947- )



*Diagnosed with autism at a young age, Temple Grandin managed to overcome the many difficulties, challenges, and intolerance of others to become a PhD holder in animal science and a professor at Colorado State University. Grandin has many accomplishments within the field of academics; she is an author, an animal rights advocate, and a hero to many.*

Item	Media type	Website
<b>Biography:</b> An overview of Temple Grandin’s life and accomplishments	print	<a href="http://www.notablebiographies.com/newsmakers2/2006-Ei-La/Grandin-Temple.html">http://www.notablebiographies.com/newsmakers2/2006-Ei-La/Grandin-Temple.html</a>
<b>Dr. Temple’s websites:</b> Lots of info about autism and her research on livestock. Includes form so you can contact her.	print and video	<a href="http://templegrandin.com">http://templegrandin.com</a> <a href="http://www.grandin.com">http://www.grandin.com</a>
<b>Movie Trailer:</b> The film <i>Temple Grandin</i> was produced in 2010 to depict Grandin’s life, the hardships she faced, and her successes.	video (short film preview)	<a href="http://www.youtube.com/watch?v=cpkN0JdXRpM">http://www.youtube.com/watch?v=cpkN0JdXRpM</a>

### 4 Stephen Wiltshire: Artist (1974- )

*Diagnosed with autism at age 3, Stephen Wiltshire astonished the world with his ability to draw a landscape to the last intricate detail, all from memory. He was made a member of The Order of The British Empire for his artistic achievements and has a gallery at the Royal Opera Arcade in London.*



Item	Media type	Website
<b>Biography:</b> Learn about the life of this amazing artist.	print	<a href="http://www.stephenwiltshire.co.uk/biography.aspx">http://www.stephenwiltshire.co.uk/biography.aspx</a>
<b>Biography:</b> Short videos about the artist’s life and work.	video	<a href="http://www.stephenwiltshire.co.uk/videos.aspx">http://www.stephenwiltshire.co.uk/videos.aspx</a>
<b>Savant syndrome:</b> Stephen also has savant syndrome, which is linked to autism . . and his genius.	print	<a href="http://www.wikipedia.org/wiki/Savant_syndrome">http://www.wikipedia.org/wiki/Savant_syndrome</a>
<b>Interview:</b> An interesting interview with Stephen Wiltshire	print	<a href="http://www.independent.co.uk/arts-entertainment/art/features/my-secret-life-stephen-wiltshire-artist-34-1488487.html">http://www.independent.co.uk/arts-entertainment/art/features/my-secret-life-stephen-wiltshire-artist-34-1488487.html</a>



**5 Ben Underwood: Echolocator (1992-2009)**

*Ben Underwood was an amazing young man whose eyes were removed as a young child due to cancer. However, thanks in part to the encouragement of his mother, he did not let blindness interfere with his life, learning to use echolocation as a means of navigation in much the same way dolphins do. Using echolocation, he was able to run, play basketball and football, ride a bicycle, rollerblade, and skateboard. Sadly, Ben developed a tumor in his sinus cavity (due to the same cancer that took his eyesight) and died just before his 17th birthday.*

Item	Media type	Website
<p><b>Biography:</b> “The Boy Who Sees Without Eyes”</p> <p><b>Ben’s website:</b> More on this young man’s life, including photos, videos, and information about echolocation</p>	<p>video</p> <p>10:52</p> <p>10:38</p> <p>10:21</p> <p>10:35</p> <p>5:13</p> <p>print and video</p>	<p>5 parts</p> <p><a href="http://www.youtube.com/watch?v=qLziFMF4DHA">http://www.youtube.com/watch?v=qLziFMF4DHA</a></p> <p><a href="http://www.youtube.com/watch?v=G1QaCeosUmw">http://www.youtube.com/watch?v=G1QaCeosUmw</a></p> <p><a href="http://www.youtube.com/watch?v=ikpNZOx5FGk">http://www.youtube.com/watch?v=ikpNZOx5FGk</a></p> <p><a href="http://www.youtube.com/watch?v=3Px-aPnk4ZU">http://www.youtube.com/watch?v=3Px-aPnk4ZU</a></p> <p><a href="http://www.youtube.com/watch?v=MNkJ1diTxOE">http://www.youtube.com/watch?v=MNkJ1diTxOE</a></p> <p><a href="http://www.benunderwood.com/">http://www.benunderwood.com/</a></p>