This month, Trusted Source invites you to watch a video from USA Today's online human interest series "Humankind." In this video, we meet diving coach Cliff Devries, who was diagnosed with a brain tumor twenty years ago that left him paralyzed in his right leg. Each year, on Cliff's birthday, he climbs to the three meter board and takes a dive into the pool.
### THREE REASONS TO WATCH

<table>
<thead>
<tr>
<th>SIMPLICITY</th>
<th>TIME</th>
<th>SUPPORT</th>
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<tbody>
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<td>We love the video's simplicity and the way it lingers on the wide shot of Cliff on the diving board. There aren't any flashy, quick edits. The length of the shot allows us to think, &quot;would I do this?&quot;</td>
<td>The length of the shot also allows us to meditate on the value of time. Cliff isn't rushed up there, and by getting a real-time sense of his effort, we're reminded of how often we ourselves rush through our tasks.</td>
<td>On the ladder, diving board, and in the pool, Cliff is supported but not smothered. The people supporting him are patient and attentive - they give him the space to do something that he really wants to do.</td>
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</tbody>
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There is so much exciting and well-made media about disability. The challenge is knowing where to find it, and how to use it.

Trusted Source is a monthly media recommendation that you can use in your trainings and classrooms, and that you can share with your networks. We hope you find these pieces as insightful and inspiring as we do.

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