**Footnotes**

[[1]](#footnote-1)The spelling of disability. The (dis)part is in lowercase to signify that we are not (dis)Abled by our bodies, highlighting that it's not our physical abilities that constrain us but rather societal attitudes and environmental barriers. *Ability is* capitalized to emphasize that our capabilities may transcend some of these challenges. It's important to acknowledge, however, that while our abilities help us navigate barriers, they do not negate the impact of physical limitations or ableism on our lives.

[[2]](#footnote-2) Small d Deaf refers to medical diagnosis ,big D refers to pride in being part of the Deaf community

3for this written work was taken was Fastest woman on Earth: The story of Tatyana McFadden by Francesca Cavallo and Ya Sama! Moments from My Life by Tatyana McFadden and Tom Walker and compiled into the above YouTube Video link . Full references for these sources can be found in reference section

4. In the realm of creative expression, particularly within the boundaries of poetry and free writing, the traditional constraints of references and formatting often do not apply. As the sole author, my journey through words is driven by the unbridled essence of thought and emotion, rather than the structured confines of academic or formal standards It is through this lens of authenticity and freedom that my work should be viewed, where the absence of references and formal formatting is not an oversight, but a deliberate choice to honor the purity of free expression

1. [↑](#footnote-ref-1)
2. [↑](#footnote-ref-2)