

I am not  
**HELPLESS.**

## About Face

Rethink what you think.

“I’m not defined by my impairment—being legally blind. I have certain limitations, but I’m able to do things other people can do. The world as a whole isn’t made up of people who all look, think, act and behave the same; so you have to have a realistic approach to the scope of humanity.”

**Elizabeth Shames**



Inclusion +  
Diversity



**Newport News Shipbuilding**  
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