



Kindness is Caring

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Some times it feels good to be nice, but it can also hurt. Taking punches and kicks and rebuilding things for friends can touch some people's heart.

Tuesday I was outside with my friend and something happened. My friend just lost his tournament for MMA and he was practicing in the yard. And he was looking down because he didn't have anyone to practice with. I was thinking to myself, wow this is going to hurt really badly but I need to do this for a friend. I went up to my friend j and asked him if he would like a practice dummy. So we were fighting for about 2 hours and in the last twenty minutes I decided to move towards him and swing at him with my right hand and I let my left one fall down and not cover my face and he took one quick punch to my face and knocked me out. I guess kindness can hurt but it feels good at the same time.

On Saturday, I was outside with friend Sam. We were long boarding until his wheel almost fell off. So, I went to my garage and grabbed a screwdriver. I came back out and tighten up the wheel and we were good to go. About ten minutes later he had a hard time breathing. It was his asthma. I dropped what I was doing at the moment to walk him some where he could sit down. I got him a cup of water and gave him some space so he could get air. Feeling like I saved him from passing out, it gave me confidence that the unknown can happen at any moment, so be prepared.

Doing favors for friends in need can touch peoples heart. I've learned through this experience that people are mean and all they really need is a random act of kindness hug.