

## One Simple Gesture

By: Ben Eaton

*“Without a sense of caring, there can be no sense of community.”*. This quote from Anthony J. D'Angelo, is a very powerful message, that everyone should consider.

Recently, I've come to realize that the smallest of gestures can make the biggest difference in someone's life.

People are taken by such little tasks, as said gestures. Whether it's holding the door for someone, pulling out a chair, opening a car door, or even a simple “hello” from a stranger. To some people, it's almost nothing. However, if you get used to doing possibly negligible tasks on a regular basis, you may catch the right person at the right time, and turn their day around.

I don't know how everyone else may think, but personally, when I'm having a bad day, I usually do not want nor expect anyone to talk to me. Be that as it may, when or if someone performs one of these simple tasks, it does have an effect. Whether your day is bad due to sadness, frustration, stress, it doesn't matter; when someone comes up to you with “Are you okay?” or “Do you wanna talk?”, those few words can help make your day appreciatively better.

I recently forged the idea for writing about this topic due to an event that transpired the other night. I was visiting a friend at Mount Allison University, and when we left the dorm in Windsor House to grab some food, we passed a girl sitting next to bush, who did not look in great shape. We asked her if she was okay, to which she responded, “Yes, I'm fine.”. However, after walking away, we could hear her crying. We continued on our path to some needed nourishment, and picked up said “crying girl” a slice of pizza. On the box, we wrote “I hope this brightens up your night! -Love, Windsor.”. We had walked up to her and her friend, who must have shown up while we were gone. We plopped the box down beside her, and continued on our path. The next day, we saw that someone had posted on a social media app: “To the kind Windsor residents that brought my crying friend pizza last night: you are absolutely incredible, and made her feel so much better! Thank you!”.

Seeing this, and realizing it was something I had taken part of, made me feel pretty great. Such a simple gesture made someone's night so much better. All I had to do was say “Three pieces of pizza, please.”, as opposed to “Two pieces of pizza, please.”.

I think that the quote, *“Without a sense of caring, there can be no sense of community.”*, really came into play in this situation. One simple gesture guys, little things. They make all the difference.