

The light blinded him. It was dark and he thought he was the only one in the area, but the light shining in his eyes proved him wrong. It came from about 100 feet away and was shining so directly into his eyes he couldn't make out anything about the person holding the light. There was only one thing to do in this situation. He reached into his pocket and pulled out a flashlight of his own that was much stronger than the one currently blinding him. He turned it on and pointed it into the stranger's eyes.

It was supposed to be a dream vacation. They had planned it over a year in advance so that it would be perfect in every way. It had been what they had been looking forward to through all the turmoil and negativity around them. It had been the light at the end of both their tunnels. Now that the dream vacation was only a week away, the virus had stopped all air travel.

It was a simple tip of the hat. Grace didn't think that anyone else besides her had even noticed it. It wasn't anything that the average person would notice, let alone remember at the end of the day. That's why it seemed so unbelievable that this little gesture would ultimately change the course of the world.

Breastfeeding is good for babies and moms. Infants that are breastfed get antibodies from their mothers against common illnesses. Breastfed babies have less chance of being obese as an adult. Breastfeeding a baby lets the infant-mother relationship pair bond in a very unique way. Mothers who breastfeed lower their chances of developing breast cancer. Usually, mothers who breastfeed lose their pregnancy weight more quickly and easily. The benefits of breastfeeding are numerous.