



Written by [Raven Clabough](#) on August 6, 2018

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## The Goodness of America

### Long Way From Home

When 67-year-old Belinda Whitaker's wheelchair broke down on the road in Smyrna, Georgia, she was lucky enough to be graced by the presence of 24-year-old Bilal Quintyne, who pushed her and her heavy wheelchair all the way home, the *Washington Post* reported.

Whitaker recalls that the wheelchair battery had died, and she was stranded on a road relatively close to a busy area, but no one stopped to help her for 45 minutes, except for one passerby who helped her back into her wheelchair after she was thrown from it by the initial jolt of the wheelchair's sudden stop. Thankfully, Quintyne happened upon the scene.

Quintyne was preparing to go for a run with his trainer when he noticed Whitaker and approached her to ask what was wrong. Whitaker explained and asked if he could call someone for help. Quintyne did more than that, though. "I'll do you one better," he said. "God blessed me with an able body. I'll push you home."

He pushed her all the way back to her senior living home, which was no small feat. The chair alone is 360 pounds and the walk was approximately 30 minutes.

Quintyne's trainer captured a video of his good deed and posted it on Facebook, where it has been viewed millions of times.

Amazingly, Quintyne and Whitaker did not exchange information during their journey home. Neither knew who the other was until a friend of Quintyne's recognized Whitaker at a local gas station from the Facebook video. In the same week, Whitaker's pastor, Stephan Bell, saw the video on Facebook and recognized his parishioner. He contacted her to tell her about the video, and eventually, Whitaker and Quintyne reconnected.

Whitaker invited Quintyne to join her at church, and Quintyne was surprised to be presented with a plaque, a t-shirt, and a \$25 restaurant gift card after the sermon.

"I just felt so much love," Quintyne told the *Post*. "I don't see myself as no superhero, I don't see myself as no great guy. I'm just a moral man doing what I was put on this Earth to do."

But Pastor Bell felt it was important to recognize Quintyne for his actions. "As I look at America, there are so few stories that say there are still such things as being a good neighbor, there are still such things as sacrifice, there are still such things as caring, there are still such things as sending a message out saying, 'I'm not too busy,' " he said. "I thought that message was worth sharing with our congregation — that there are still these belief systems that America was built on."

Pastor Bell thought it was a particularly valuable story to share because Quintyne is a young black male. "It shifts the paradigm from African American males hurting each other and hurting other people," Bell said. "This story is a little bit different. The world should know that Bilal Quintyne exists, and that might spur people to pay it forward, to say, 'Hey, I want to do that for someone else.' "

### Backpacks

In her death, Tammy Waddell of Forsyth, Georgia, proved once more her love of children. Her final wish



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was that guests at her funeral bring backpacks filled with school supplies in lieu of flowers.

Waddell was a paraprofessional and teacher at several schools in the Forsyth County school district throughout her 30-year career. Day after day she showcased her commitment to children and to their learning, and was even recognized as teacher of the year in 2003. She passed away on June 9 after a long battle with stomach cancer, ABC News wrote.

It came as no surprise to anyone who knew her that Waddell's final wish would have something to do with a show of generosity to benefit children in need. "My cousin, a teacher, wanted backpacks with supplies brought to her funeral instead of flowers for needy students," Waddell's cousin, Brad Johnson, posted on Twitter on June 16, along with a photo of the rows of backpacks at Waddell's funeral. "Serving others to the end."

According to Paul Holbrook, a spokesman for McDonald and Son Funeral Home and Crematory, approximately 130 backpacks were brought to Waddell's June 13 funeral.

The backpacks are being donated to Project Connect, which connects the region's neediest students with items they may need.

And when the nonprofit organization Tes — which helps teachers around the world — learned of Waddell's final wish, the organization decided to honor her by donating thousands of school supplies to students in Forsyth County.

Waddell served the students in her community until the very end.

"Those around her recognized Tammy by her generosity, selflessness and unconditional love," her obituary read. "Though her achievements and accolades are numerous, none are greater than the many lives that she changed over the course of her three decades in education."

## **Counter to Selfishness**

When an unnamed Walmart customer in Houston passed out from a diabetic episode just after completing his food shopping on June 11, someone stole his groceries. Fortunately, Police Officer Kirsten Koryciak was there to show him that there is still goodness in the world.

After learning that the man was on a fixed income, Koryciak decided to buy him some more groceries with her own money. Fox News reported that she spent roughly \$25 on vegetables, medication, and meals.

"I just didn't want to see that young man suffering," Koryciak said at a press conference. "It's part of my job to care about people."

"He wasn't having a great day. He wasn't feeling good," she added. "If you see somebody being mistreated or taken advantage of, say something. You have to treat people like they were your own family... how you want to be treated."

The Houston Police Department shared the video of the press conference on Facebook. The video was shared more than 100 times, viewed 25,000 times, and prompted hundreds of comments from well-wishers.

One user remarked, "Back the blue. God bless our peace officers."

Another said of Officer Koryciak, "She is AMAZING! God always has many Angels walking this earth."



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Great Job Officer!"

— Raven Clabough



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