

My Mom, the Exterminator

More than anything else, I was terrified of roaches when I was little. Just seeing a picture of one would make me burst into tears. My mom wasn't sure how she was going to help me get over it. On a late night, I went to the kitchen to devour a box of pizza bagels. There, by the sink was a roach, (or rather water bug) sitting so arrogantly on the faucet. I was frozen in place, my eyes were locked on the intruder and I was defenseless.

On the eve of that first roach encounter, it was my mother who helped me overcome my fear. She was always trying to think of fun ways to rid me of my problems, except this one did not include six servings of soy milk, 2 Echinacea capsules, and deep breathing.

Ten minutes had passed and I still remained on the same square of tile that I was in when I first entered. Hearing my cries, my mom entered the kitchen with a sigh and got a glass cup. My mom wasn't much for panicking. In fact, she hated it. Whenever she was faced with a problem, she thought of the solution first and how it would help her in the long run. I consider that a very admirable trait.

"WHY AREN'T YOU KILLING IT?!" I asked. "Hold on", she responded, unfazed. Having found a unique way to erase my problem, she opened

the microwave and turned the cup upside down with the roach in it proceeding to put it on our broken revolving glass pate. She slammed the door shut and set the timer for six minutes.

"What is this going to do?" I asked. She didn't respond but instead nodded her head toward the window and after a minute, the roach couldn't stand the immense heat and started popping up and down like a kernel.

I was surprised by my mom's method of helping me, but I wasn't surprised that it worked, nearly all of her solutions worked in the end. I loosened the grip on her sleeve and a smile crept across my face. Instantly, she had found a cure for my phobia and was able to do it in six minutes. That solution in particular has set the stage for me in every problem I'm faced with. If it's something difficult, I need to think before I panic, and not doing anything about it only makes it worse. Anytime I find myself in a position where I feel as though I am completely laden with work, it is easier for me to approach it without panicking.

This has made it easier for me to face challenges, because now I can do it at ease and more often than not find the humor in it. Although I still haven't warmed up to roaches, I have an idea they won't be bugging me as much anymore.