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THE LAWS OF LIFE

In 1993, my mother, after being sick for not too long a period of time, was informed that she had been infected with Hepatitis C. Before this, my mother was a regular mom. She had been a chef for 25 years, and had traveled just about all over the world, and she was a very happy person. I chose to tell you about my mom and how she used to be, and how much she changed after the knowledge of having Hep. C, because I learned a very valuable lesson from her.

The lesson I learned from my mom is “dependency”.

After being informed about this disease, my mother changed so much. She used to do everything herself. Then it all changed and she became totally dependent on me to do things that even I could not do. It was very hard to give all my love and all my time and give up everything for her, but I did until a point in which this lesson taught me that I did not have to help her, she should do it herself. I feel I lost a lot of my life to her. Not that I minded or knew any better; she is my mother and I kept thinking that I owed it to her. I thought, well, she took care of me for so many years, I should take care of her. For a while I became very mad at her. Before, I did not understand the way I felt. I even kept taking care of her. About three years later, I found out that what my mom had been doing to me was called “dependency”.

Dependency is when you become totally dependent on someone and you may or may not hurt him or her, but I think you are unaware of doing this.

Even as small kids, we are dependent. We don't have a choice, but we live off our parents until we grow up and get our own job or some sort of income. There are many different kinds of dependency. Here are just a few: love, money and drugs. To be a dependant of someone or something, you have no other choice, or it has to be the only way you know or learned as a child. It isn't something that you can catch or become infected with. I learned that it is your choice and no one can take this choice

from you or make up your mind for you. It's all you, and as a young child, in my case ten or eleven, I did not know this.

My mom is now starting to do things for herself again. I love my mother and now that I have learned that she was only depending on me so much because she felt she had no other choice, I'm not mad and I don't worry about the time I lost. I think my mom has a better view on life NOW than anyone I know. When she was sick she would say things like, "no one cares about me" and "why is this happening to me?" Well, it is happening so deal with it. That is the best advice I can give anyone. When you have a problem, solve it. If you depend on someone and that someone leaves and takes everything he or she has, then you are left with nothing and you have to learn to do it yourself. But if it's too late, then you may lose everything that is important to you. When my mom got over the whole feeling sorry about herself and being sick thing, she began to realize that no one was going to take care of her and that I could only do so much for her. This is when she surprisingly became better. I'm not saying that she was lying or faking it, but I think she could have been dependent on herself like she used to be. I feel the reason for her doing this is because when she found out that she was sick and that she could die, she took it and blew it way out of proportion. Yes she was sick, but it was not life threatening and she was going to be okay. But that did not matter to her and I'm still not really sure why this happens to people. Maybe because she panicked or felt she was not getting the love or respect she deserved? I do worry about others that don't know what I know, and those who are being a dependent of someone and feel they have no choice. I think that this is a very important lesson to learn, probably because it is the biggest problem next to abuse, which someone has to face on a daily basis.

I thank my mother for being the way she was and what she taught me. I only hope that everyone could be so aware about this topic as I am. This little law of life has taught me a great deal about myself. Although it was a long hard period of time, I cannot say how grateful I am and how much it made me realize where many other people and I stand in life. What I have to do and don't have to do, to succeed in life with or without help.

*P.S. I believe it is all up to you to decide what you want to do and how you want to run your life. **IT IS ALL UP TO YOU!!!***