

### **From a Kitchen to a Heart**

My hero isn't swinging from a web or fighting some green goblin. You'll find her floating around her kitchen with joy and a smile once she notices you. Whether she's baking banana bread or making bagels for a friend, she's just happy to be there. My favorite dish of hers is her salmon with potatoes and asparagus.

Ever since I was a little girl, I loved being around my Nana. Her presence calmed me. My Nana took care of me when my mother was pregnant with my little sister. Nana was very good at English so she would help me with my homework. She taught me how to read by reading to me and having me follow along. Our favorite series to read was "A Tale of Magic." My Nana also taught me to count by counting each step up and down the stairs.

During elementary school, I was harassed for my skin color. Being African-American in a mostly white-community has been difficult. My mother constantly confronted the school about this disgusting behavior. To no avail, they brushed it off. My Nana advised me to be the bigger person. I was inspired to try. For her sake, if not my own.

In 6th grade, my little sister was diagnosed with a liver disease. We were all devastated.

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My Nana was there for the entire family, but especially for me. My sister's diagnosis really affected me and caused me to develop depression. In the past, when I was having a bad day or nightmares, she would watch TV with me until I fell asleep. If I fell asleep on the couch, she would sleep next to me in her chair. She would try to do what nanas should; protect their grandkids. Since I'm not a little kid anymore, we would sit together and talk about my interests. If we weren't baking or cooking dinner together.

I want to thank my Nana for everything she's done. She never had an "easy" (as some would say) childhood. And yet she's still the kind woman I know as my Nana. This is why my belief is that not all heroes need an exaggerated suit or "spider senses," but maybe just cooking skills. Not all heroes wear suits. Mine actually wears an apron. Hopefully someday I can as well.