

2021 International Essay Contest for Young People

[Youth Category – Honorable Mention]

Life is my morning coffee

(Original)

Emiliano Emiliano Rentería Benítez

(Age 19, México)

Escuela Preparatoria N°8, Universidad de Guadalajara

Every day I wake up thinking that I have to do at work, I think that getting up at that time should not be allowed. Not even the sun is awake, after changing I am going to have a cup of coffee that my aunt prepares for me, she always tells me that to wake up well, nothing like a good coffee.

Then I feed the cows that my uncle raises and it seems as if they smell me in the distance, whenever I arrive they are waiting for me already awake and ready to take a big bite of pasture, some have seen me grow and I then I have a certain affection, for me they all have something that makes them different from each other. Then I go and take out the horses and prepare them, because they, like their riders, work long hours and make our work easier.

Always, after a long day, I get to my bed and my body rests, my clothes suddenly feel free and the pain in my back subsides.

I once had an experience in which I believed that I would no longer live. I was on top of a ladder changing some lamps in the garage where we keep all the machines we need to work, I am very afraid of heights and changing a bulb is difficult for me, changing these lamps at a very considerable height was a real challenge, I agreed to be the one to change them because there was no one else and in a way I wanted to face that fear, everything was going well, I managed to finish with the goal and when I was going back to the mainland I got dizzy and the foot, it was very strange and it is a date that I do not remember well how it was but I fell sideways on my shoulder. They immediately came to help me and took me to a doctor to examine me, the first few moments I did not feel anything, I was just very dizzy and then my head and my left shoulder hurt a lot. I was very

sleepy and I just wanted to close my eyes but the people who were with me would not allow it. It turned out that I had a fractured clavicle and many blows, they left me under observation for a full day and as time went by I realized that if I had fallen in another way, or higher, or had a serious head injury, simply I would not be here, and I was surprised by the number of people who cared about me and who came to visit me or send me messages to find out how I was doing.

When I got home I saw my aunt who was waiting for me, happy that I was well, she gave me a hug and a kiss and took me to rest. I had a long recovery and my usual routine did not have it anymore, now I depended a lot on other people and I knew that I would no longer have the strength of before, and when at last, after a long time I returned to work and to be independent I value what I had.

For me life is getting up one more day, it is having clothes to wear and a roof to shelter me, life is having a job that I like and enjoying the beauty of sunrises, seeing how the cows grow and I with them, It is riding the most beautiful animals in the world, horses and of course it is being with the people who love me, my life is the love that surrounds me, it is my aunt getting up every morning to prepare the richest pot coffee in the world with it. In order to start my day with a lot of energy, that cup of coffee is pure love and of course my healthy and strong body is what keeps me alive. Now I appreciate every detail no matter how minor it may seem and I am grateful to have that second chance that life itself gave me.