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Who is my hero? It's so difficult to say. There were so many heroes in the past, in our history. Heroes of wars, of revolutions. They sacrificed their lives for others. Heroes are those who save, who protect us. But also heroes are those whom we love, who serve as an example to us. They have no super powers, they don't put their lives to any risk, but somehow they make our lives better, they make us better.

My heroes are my American mom and dad, Teresa and Tom. We met them about ten years ago, they were in their 70. And they were gorgeous! They were perfect couple after so many years, after 4 children and numerous grandchildren. They loved and respected each other, they cared about each other and they were unbelievably generous. They admired each other and we admired them for the way they looked, for their love of life. Couple of days ago Tom has died. The message that Teresa gave to everybody was amazing. After giving thanks to everybody she asked us not to worry about her, that she would be fine... Instead of complaining an asking for the support...

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

— **Audrey Hepburn**