FRIGHT NIGHT

Let’s face it. Everyone is scared of something. Dogs, cats, birds, adults, babies, teens, big people and little people all fear something.

My problem with fear is that I always try and look into the future and imagine the worse case scenario. In some cases fear is good, because if you hear about a storm coming, you prepare for it.

Have you ever noticed when we hear a blizzard is on the way, how everyone heads for the grocery store to stock up? I, for one, am scared that we will get snowed in and not have anything good to eat. Is there a difference between being fearful or just being prepared?

My little Shih Tzu is scared to death of thunder or any noise even closely resembling thunder. He shakes, cries and runs and hides in a small dark area where he feels secure.

Of course, anyone that knows me well, knows that a mouse scares me half to death. These critters may be okay outside, but I get terrified when I even think I see signs of one in my house.

Mouse stories and I go way back to when I was approximately five. We lived in the country and, of course, we occasionally would see a mouse. When Mama and Granny spotted one they would jump on chairs, scream and began praying.

I got scared just hearing them scream and I thought maybe there was some kind of a wild animal scurrying around. That memory has stuck with me through all these years and I am still scared of a mouse.

Another frightening thing for me is water. I cannot swim or float, plus, I am scared to get my face under water. I have taken all kinds of swimming lessons and flunked them all. I even flunked the class, “Terrified Adults.”

My younger brother was scared to death of a false face. Mom bought him one for Halloween and he wore it around trying to scare people. He was fine until he took a good look at it and nearly passed out. We wound up hiding the mask in granny's buffet and never got it out again.

Sometimes I look at a big strong man and wonder, “Is he scared of anything?” But, even the biggest, bravest, most important people have a fear of something, even celebrities.

For example: Jennifer Aniston, Cher and Whoopi Goldberg all have a fear of flying. Billy Bob Thornton is afraid of antique furniture. “I get creeped out and I can’t breathe and I can’t eat around it,” Thornton once told Sky News.

Pamela Anderson fears mirrors. (Does that mean she’s afraid to look at her reflection?) Johnny Depp, Daniel Radcliffe and Sean “Diddy” Combs are frightened of clowns. “Something about the painted face, the fake smile,” Depp said in 1999 when he was promoting the film “Sleepy Hollow.”

Orlando Bloom is scared of pigs, country singer Lyle Lovett is terrorized by cows, Scarlett Johansson is frightened of cockroaches and Nicole Kidman fears butterflies.

Carmen Electra, who starred in “Baywatch,” is actually scared of water because she can’t swim. Madonna is afraid of thunder, Christina Ricci is afraid of indoor plants, Matthew McConaughey is scared of tunnels and revolving doors.

The celebrity with the most phobias is Woody Allen. He’s afraid of insects, sunshine, dogs, deer, bright colors, children, heights, small rooms, crowds, cancer and anywhere except Manhattan.

A Harris Poll national survey of 4,000 adults and 1,600 kids revealed that 56 percent of American adults admit they now fear or once did fear monsters.

The survey found that 86 percent of adults and 91 percent of youngsters admitted to being very afraid of something. Nearly one in five adults also said they are scared of more things now than they were as a child.

Being fearful of something is a natural feeling, however, it is on my bucket list to look a mouse in the eye and to learn to dunk my head under water.

Are you scared of anything? Do you fear heights, spiders, snakes or water? Let me know and I'll give you a Penny for Your Thoughts.