

Best friends, friends, and “frenemies”

Idk...Whose really my BFF?

By Serena Quihuis

Best friends-- we all have them, it's not only part of the high school experience, but life as well. What makes up a best friend? Throughout your life you will find the answer to this question. It's unfortunate to say that most of the people who you are friends with at the beginning of high school won't be the same as the friends you will have when you graduate.

It can happen to anyone, and although it doesn't always happen, in many cases it does. I myself have had my own experiences with fights, falling outs, and losing friends.

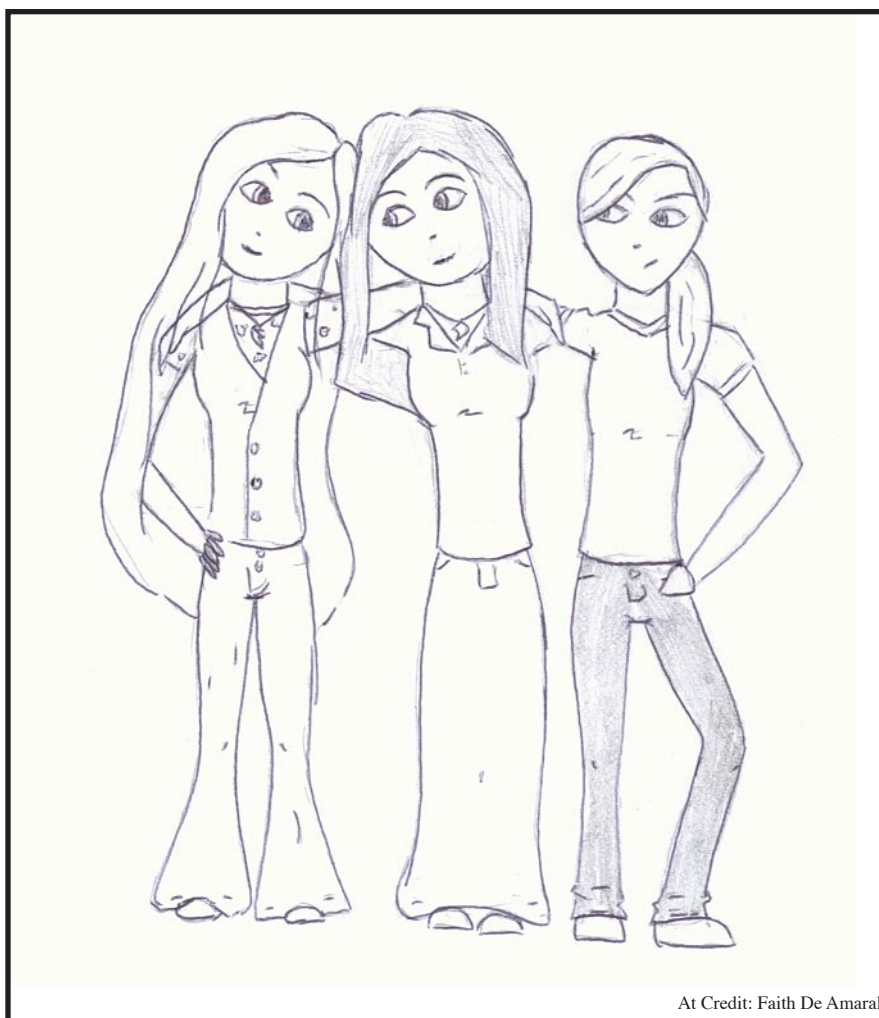
What happened you may ask? Typical high school drama. Silly disagreements, fights over lovers, and betrayals are only some of the causes of falling outs. The simplest thing can turn a friendship into a rivalry. I wonder why a friend could betray or hurt another friend?

I asked the opinion of both a girl's and a guy's perspective on the subject. Laine Howard, junior, said, "Girls always seem to get into fights over stupid drama that they make." I couldn't agree more. While Steven M., junior, said, "Friends can't always agree, they have different views and that could cause problems in their friendships."

See the differences in what they have to say? Girls tend to create problems just for fun and attention, usually it's about something not even worth fighting over. Where as the guys are more tolerant of disagreements and issues that can evolve within the friendship. These problems, if not resolved, can destroy a friendship and even evolve into physical violence.

We are no strangers here to witnessing fights break out at school. I can guarantee you there is most likely no point to any fight that happens, especially in high school. Why must we get so caught up over things that are not worth losing a friendship for in the first place? I mean, who really cares if you and your friend like the same person. So what if someone 'talked smack' about you. IT'S JUST HIGH SCHOOL.

This can stand as a test. In the process of growing up you find out who your real friends are, and who just came along for the ride.



At Credit: Faith De Amaral

In the world of friendships, you never know who really has your back and who is secretly giving you the evil eye.

A major factor in your friends changing I find is just change itself. Change can be good and bad for friendships, but either way it is inevitable. The friends you thought you knew could turn out to be strangers, and even enemies. Frenemies are made more often than you

think.

Now you may be ask, what is a frenemy? A frenemy is an enemy disguised as a friend. To everyone else it seems as though you and this person are friends when in reality you are enemies. This is the person you say "hey" to around school and tolerate enough to keep the animosity between you hidden. Like the saying goes, "Keep your friends close, but keep your enemies closer." In movies and TV shows, high school is portrayed as filled with rivalries,

over-dramatic, clique ridden students who burst into spontaneous song and dance.

Although some of these things aren't necessarily happening at our school, a few of them are. Friend rivalries and love triangles are a common occurrence in high school. Yes, spontaneous song and dance is not something that happens in real life, but you've got to admit, it would be pretty cool! Now, I am not saying you will always lose your friends and these things

will happen to you, but a lot of the time it does.

If it doesn't, consider yourself lucky. You may spend your whole high school career switching from friends to friends until finally you find that group of people you can truly connect and be yourself with. We tend to get caught up in our own world and don't always appreciate what we have.

So, if you're mad at a friend for something you know isn't worth it, let it go. When you lose a friend, it can feel as

though a part of you vanished. You go into a state of mourning, and it takes a while to get used to not having that person in your life. Unfortunately, I have felt this too many times to say. For that reason, I advise you all to cherish your friendships and don't sweat the little things. Life's too short to hold a grudge and to lose a best friend. Love, laugh, and live without regrets, especially with friendships.

Did you know...

- Having friends makes you live longer!
- In one study, those who had the most friends over a nine year period time cut their risk of death by more than 60 percent!
- Studies show women who see friends on a regular basis have a 72% less chance of depression
- You will go through 396 friends in a lifetime, but you will only have 33 friends at any one time
- Six out of 10 people say they value friendship more than money, success, and possessions.
- Friends annoy each other less as they age.

"Girls always seem to get into fights over stupid drama that they make"

"It's Just High School"

"Keep your friends close, keep your enemies closer"

Be a better friend! Tips for truly being a BFF

- Be yourself, if they're really your friend, then they'll love you for you!
- Be supportive when your friend has good or bad news
- A friend in need is a friend indeed
- Keep secrets, so that means don't gossip!
- Exchange favors, to receive you must first give
- Don't criticize and worse, don't take a friend's love interest from her
- Be understanding
- Remember their birthdays!
- If you don't have anything nice to say about your friends, you have the wrong friends

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WHEN: MAY 9TH, 2009

TIME: 8:00 P.M. -12:00 A.M.

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