



the NOODLE

Open up and say AHHHH!!!



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Welcome to the September 2021 edition of *The Noodle*, written and published by the FYC. For this issue of *The Noodle*, members of the FYC were asked to write about friendship. This topic allowed members to share their thoughts on why friends are good to have in our lives. We hope you will take a few minutes out of your busy schedule to learn about our experiences and enjoy our thoughts and opinions in this edition of *The Noodle*!

Believe in yourself!!

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True Friends Are Invaluable

This month's topic is why it's important to have friends. But first, let's talk about the difference between a friend and an acquaintance. Often people get confused between the two. The Oxford Dictionary describes an acquaintance as "someone one knows slightly but is not a close friend." And Merriam-Webster's definition of a friend is "a person who has a strong liking for and trust in another person." For example, an acquaintance might be someone you recently met or someone you've slightly known for a long time.

I have many acquaintances, but only a few true friends. By true friends, I mean someone who will stick with me through thick or thin, who will comfort me in my saddest moments, laugh with me in my happiest moments, and who I can trust to tell anything to safely without worrying about judgement or them telling other people.

It's important to have a real friend, especially if you are going through a hard time. When my grandfather died from Covid in January, my best friend was there to comfort me. During that time, we met in Zoom meetings. She tried her best to cheer me up. Fun moments with her made it easier to cope with the pain.

Another reason having a friend is important is having someone to do things with and to talk to. For example, myself and two friends have Zoom game nights, or we'll watch something on Teleparty together. When the pandemic is over, we can back to doing those things together in person!

In conclusion, friends are important. It doesn't matter if you have many or few. Having even just one friend is a true blessing.

By JJ Humphrey



What Makes a Friend

I think everyone can agree, it is important to have friends. I have had a wide variety of friends at different times in my life. Friends can be people (classmates, relatives, teachers, coworkers, in-person or on-line) or animals (like a favorite pet or service animal), anyone that you value. Most like to share experiences with you, like going to the park, watching movies, or taking them on trips. Some are interested in talking about feelings, while others just want to play video games or hang out. Each type of activity has its own place and time with different friends. Sometimes, you just want that feeling of camaraderie and doing nothing productive other than just having fun. Other times, you get together for the purpose of expressing yourself, problem solving, or creating something.

What makes a good friend? A good friend is kind, considerate, honest, and understanding. They share your interests. They are willing to make sacrifices to be there for you when you need them, but you need to be just as willing to do things for them. I have had many experiences, both good and bad, when it comes to friendships. Some friendships last for a lifetime; others for just a few days. Sometimes a friend tells you what you need to hear, rather than what you want to hear. Even though it can upset you, it is really the best thing a friend can do for you. It is always great to make new friends and difficult when you lose them, but sometimes they come back into your life when you least expect it.

By Serena Wetmore

Friends


For some people, making friends is simple, but for others, it feels like an eternity. Now, just having friends around is easy. If you're the type of person who just wants to have company just for the sake of being around others, that's fine, but you're never going to experience what true friendships could be like. When you have someone or a group of people who value you as a person, it becomes one of the most charitable moments of your life.

Although I never had a "best friend" growing up, I had a few childhood friends that I previously kept in touch with. Nowadays I haven't caught up with anyone or what they're up to. Sometimes you might have moments where you deal with individuals that you might have built a friendship with, but they get rid of you after a while. It does leave a terrible taste in your mouth, because you took the time and effort to build trust and engagement, but all that is thrown out once the person stops associating with you.



For quite a few years, I started to struggle to build trust and communication with other individuals. I didn't have the best social skillset. In fact, I had an arduous time socializing with other people even though I wanted to. By the time high school rolled around, some of the people I hung out with prior to my freshman year all went their separate ways. So, I started hopping from different parties to the other to see if I could fit in with certain groups. When I was in my high school's marching band, I thought things would be different and I could build relationships with people, since I thought the people in my high school band were the most accepting group of all. Right? Well, unfortunately, that wasn't the case. When I started college, it did feel like a different atmosphere. It seems like I know things will be different. Believe it or not, I started making more friends in college than I had before.

It's fine that you want to be accepted by your peers. Everyone wants to feel that they belong or have people accept them for who they are. True friendships are difficult to come by. It can take years to have a relationship with someone who values you.



So why is having friends so essential? You can have the kind of people in your life who will cherish you and respect the person you are. Friends will be there for you when it matters. Whether going through a rough patch in life or celebrating the biggest accomplishments, having the friendships you've created does make a distinction in your life.

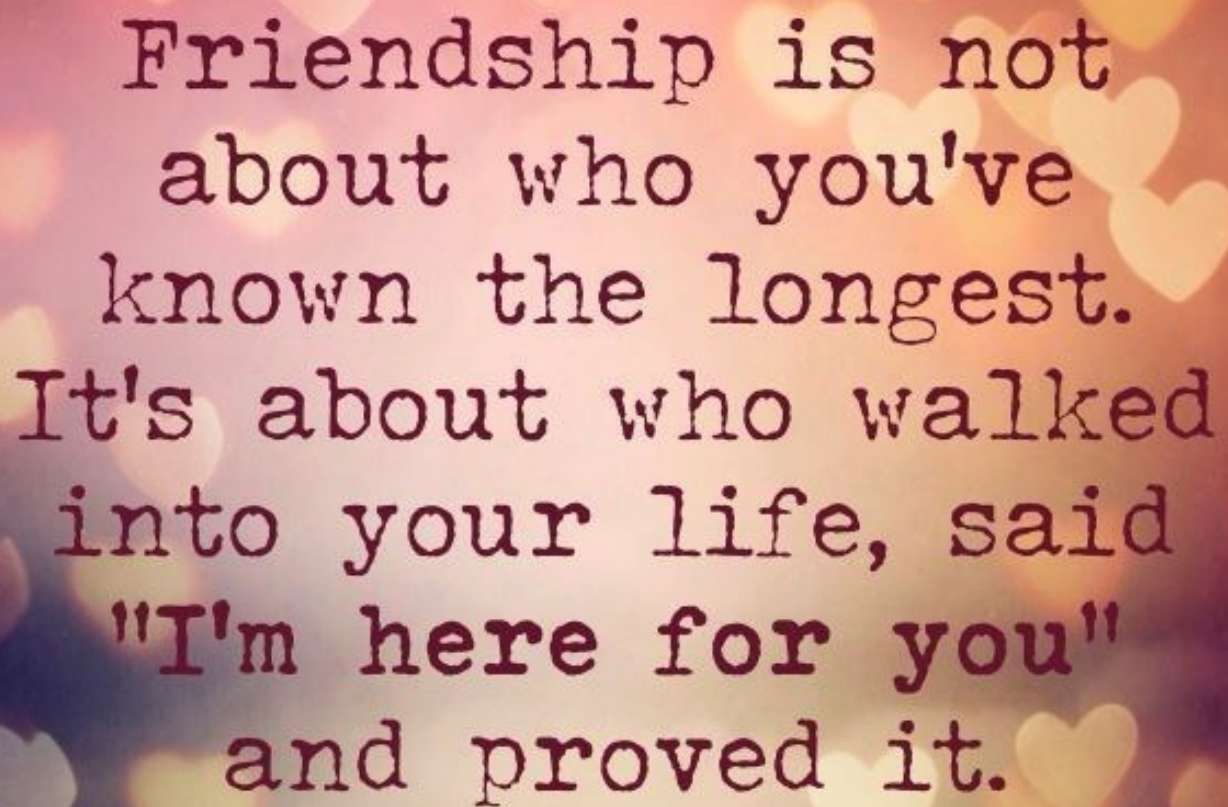

By Alex Gonzalez



The Importance of Friends

Friends. Everyone has them, and whether one has a lot of friends or a few, it does everyone good to have them. As kids it's good to have them to play and hang out with, and once you hit adult age, they're good to continue hanging with and to share the troubles of life with LOL. I've always thought that the quality of my friendships is far more important than the quantity of them. I have several friends that I don't see very often (say once a year) but when we do get together, it's just like ole times talking and joking around. And that quality can go a long way and last a lifetime. A prime example of this is that I met my oldest friend in pre-k. We don't see each other too often these days, but when we do, we still have a good time. Another friend I still hang out with fairly frequently I've known since 3rd grade. And sometimes friendships can develop just from working with someone a lot. A prime example of this is with my fellow FYC members. When each of us first joined it was just because we wanted to help the disabled youth in our state, and we had never met our fellow members prior. After working together over time for the same cause, true friendships developed, and I think that is important and helps the Council flourish a little better. These are some of my thoughts why having friends is important.

By Derek Carraway



Friendship is not
about who you've
known the longest.
It's about who walked
into your life, said
"I'm here for you"
and proved it.

Unknown.



How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to discuss those issues in their state and local communities, and to develop strategies to address them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at www.floridayouthcouncil.com. The program is open to application year round. We hope to hear from you soon!



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