

Friendship is true spirit of Valentine's Day

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Reporter



Every Feb. 14, people around the nation buy and exchange cards, candies and gifts with loved ones, all in the name of St. Valentine. February is the month of romance and the month of dread for singles.

The history behind St. Valentine is still a mystery; he may have conducted secret marriages for lovers when they were outlawed by Emperor Claudius II, or he may have been killed while helping Christians. Regardless, his actions were all in the spirit of empathy and love, emotions that extend romantic, intimate relationships.

St. Valentine wasn't fighting for lovers; he was fighting against injustice. Hundreds of years ago, he never would have imagined the commercialization of what he thought was his social duty.

Lavish, material gifts are not necessary to express the pure love that St. Valentine was promoting.

The most meaningful gifts of love do not come from the wallet, and may be as simple as candidly telling someone you love how invaluable they are in your life.

The bond of friendship and the love between friends are no less valuable than the bonds between romantic couples. Instead of focusing on the absence of a boyfriend or

girlfriend and feeling lonely, direct your energy toward your friends and family.

Keep in mind that your best friends won't ever be the ones who cheat on you or break up with you when you least expect it; they are the stability and consistency in life.

Friends are the people who will set you firmly back on your feet when you think there is no possible way you can stand on your own.

Don't sit home on Valentine's Day feeling lonely and unloved, get out and do something! Go to a sappy movie with your best friends and cry and laugh at how silly and sensitive you can be.

Take your best friend out to dinner and thank her for always loving you even when you know it must be difficult sometimes.

Send your mom or sister flowers to let them know that you are thinking of them while you're apart.

Go to the bar with the guys and kick back while watching the Olympics.

Visit a local retirement home and spread love to the elderly.

Most importantly, keep in mind the spirit of St. Valentine and his philanthropy and love, and thank the people around you who make every day more bearable and loving for you.

Words to Love By

"So much of what we know of love we learn at home."

-Unknown

"When we are in love, we often doubt that which we most believe."

-La Rochefoucauld

"There is no long distance about love, it always finds a way to bring hearts together no matter how many miles there are between them."

-Unknown

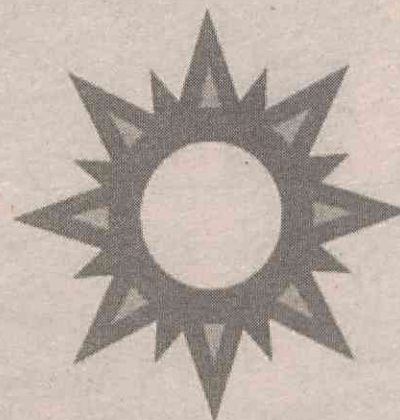
"Love is but the discovery of ourselves in others, and the delight in the recognition."

-Alexander Smith

"I may not be a smart man, but I know what love is."

-Forrest Gump

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