

Healthy Friendships



REAL HEALTH

Jesse Henninger
Arts & Culture Editor

Friendships have profound effects on our lives and our health. Although they can be challenging to find and even more difficult to maintain, having a good understanding of what good friendships consist of and how they enrich our lives will be a big step for our mental well-being.

Friends cheer us up. They are there to celebrate life's happy moments by our sides. Friends are there to catch us when we fall and console us during our darkest times. Friends help relieve our stress. Having good friends is the number one cure for loneliness.

Life takes us in many directions. We graduate high school, move to new places, attend new schools or begin new jobs and our existing friends will not always be able to join us. Therefore, it is necessary to create new friendships. Making new friends isn't always an easy task.

When setting out to make quality long-term friendships, I suggest:

- Joining a gym
- Volunteering
- Attending church or other community activities
- New adventures you have never tried, but have always wanted to.
- Try making friends on campus. (No brainer.)

It is ridiculous to believe that you need a prerequisite number of friends to be happy and healthy. You will know when your dance card is full. Hang onto the good eggs, but continue your amiable attitude even towards those to whom you do not feel especially drawn.

What can I do to prevent a friendship from ending? Every relationship requires effort — from both parties. Making sure you are being a good friend is just as important, if not more so, than choosing good friends. Here are some tips on ways to nurture your friendships:

Know yourself: When you have good self-esteem, it rubs off on people.

Don't overdo it: Respect your friends' boundaries. Incessant emails and texts are annoying and may be off-putting. No one wants friends who make them feel smothered.

No competing: Friendship is not about comparing ourselves with others. It does not matter who makes more money or who has a nicer car, home, etc. Also, never try to "one-up" someone with whom you want to remain friends. Even if you really have experienced bigger, better and more exciting things than your friends, it is tiresome to hear it all the time.

Respect privacy: Keep your mouth shut. Sharing your friends' secrets and personal information without their permission is a huge violation.

Don't judge: Give your friends room to change, grow and make mistakes. None of us are perfect. Be forgiving.

Listen to others: Being a good listener is one of the most valuable skills we have. Everyone needs to be able to vent a little frustration.

Many of our friends are the people we grew up with, met in high school or came in contact with through other activities of our younger days. Friendships will continually change and every so often, end altogether for a variety of reasons. Finding new friends, nurturing those friendships with these simple tips will lead to success in your platonic endeavors.

Inside Real Health next week: Coping with cancer and long-term illness.

Family friendly Halloween hoopla

Karina Gustafson
The Clackamas Print

Oct. 31 at the Oregon City Swimming Pool, a free all age Halloween Swamp Swim. Come dressed in costume, doors open at 6 p.m. to reserve your spot!

In the Community Room there are games from 6:30 p.m. - 8:00 p.m.

Costume Contest at 7:30 p.m. Open swim time in the pool. 7:30 p.m. to 9:00 p.m.

Visit www.orcity.org for more information. 1211 Jackson Street, Oregon City, OR 97045

Don't want to walk around your neighborhood for Halloween? Come to the

Halloween Fantasy Trail, Open until Oct. 30, Noon - 5:00 p.m. and 7:00 p.m. - 10:00 p.m.! It is for all ages. Pumpkins and refreshments are available while you walk around the 1000 feet of wooded walkway with spooky decorations and sounds. Adults are \$5 dollars and children twelve and under are \$4 dollars.

19754 South Ridge Road, Oregon City, Oregon 97045

Visit <http://www.fantasy-trail.com/index.html> for more information.

For ages 12+ Gladstone Public Library is hosting a free Gladstone Zombie Walk on Oct. 30 from 5:30 p.m. - 6:30 p.m.! Limited makeup and fake blood will be provided, but dinner will be served after the

walk with a showing of the zombie romance comedy film "Warm Bodies."

135 E Dartmouth St, Gladstone, OR 97027

Visit <http://pdxpipeline.com/monthly-event-list/gladstone-zombie-walk-portland-halloween/> for more information.

On Oct. 31, stop by the Beaverton City library and enjoy a free interactive Halloween cartoon! Ages 4-12 (with family.) 12375 SW 5th Street Beaverton, OR 97005

Visit <http://www.pdxkidscalendar.com/events-calendar/> for more information.



Open mic night, karaoke style

With school sailing into its fourth week, your weekday routines may have taken a turn for the dull. Your weekends shouldn't. Why fall back on the usual Netflix or RedBox rentals? For anyone looking for a good time, good food and good entertainment that won't break the bank, The Clackamas Print is here with some fun suggestions. Open mic nights and karaoke are great ways to show off your love of music, reveal a hidden voice or just enjoy some local talent. Weekends are meant to be fun! So grab a friend and head out to a few of the recommended places below.

Coney Island Tavern: (21+) 1413 Washington St, Oregon City, OR, 97045
Open mic for singers, songwriters, cover song crooners Saturday nights from 9 p.m. - Midnight
4.3 miles from CCC.

The Grove Restaurant & Bar: (21+) 15300 SE McLoughlin Blvd, Oak Grove, OR, 97267
Karaoke Thursday, Friday, Saturday nights at 9 p.m.
8.6 miles from CCC.

The Ice House Bar & Grill: 1200 Main St, Oregon City, OR, 97045
Karaoke Thursday and Saturday nights.
4.6 miles from CCC.

Tacho's Mexican Restaurant: 515 Mollala Ave, Oregon City, OR, 97045
English and Spanish Karaoke Thursday and Friday nights from 9 p.m. - Midnight and Saturdays from 9 p.m. - 2 a.m.
2.6 miles from CCC.

Horseshoe Bar & Grill: 23534 S Hwy 211, Mulino, OR, 97042
Friday and Saturday nights from 9 p.m. - 1 a.m.
14.2 miles from CCC.

San Blas Mexican Family Restaurant: 1585 W Main St, Molalla, OR 97038
English and Spanish Karaoke Friday nights at 9pm
16.9 miles from CCC.

— Compiled by Marissa Nwerem

Trail's End Saloon: 1320 Main St, Oregon City, OR, 97045
Open mic Thursday nights at 8 p.m. and Sunday nights at 8:30 p.m.
4.5 miles from CCC.

