

Of a certain age...

By Diane Goble
Columnist

In the U.S., 160,000 children miss school every day out of fear of being bullied, and almost half of all students say they have experienced bullying. I can remember being physically sick many mornings before going to elementary school for fear of being bullied. It stayed with me through high school. It affected me in my work life.

I still experience anticipatory anxiety in certain situations, but, at least now, I recognize it — do some deep breathing and put it into perspective.

I had the opportunity to speak to a class at Sisters High School last year, and as I wandered down the hallways I was suddenly transported back to my own school experiences 50-plus years ago. All the times I was bullied by classmates and friends flashed through my mind. My worst memories, by far, come from my high school swim coach, who chastised, berated, humiliated, demeaned and threatened his athletes in every way possible to get us to perform, then punished us (100 laps) if we didn't beat our best time every meet. Winning was all he cared about. It was all about him and his reputation, not us. It still raises my hackles every time I hear about a youth sports coach overstepping the line.

Speaking of coaches, I recently came across an article that listed the highest-paid corporate CEOs in the U.S. and they are all

ex-college football coaches. Their bullying attitude trickles down the corporate culture. It comes out in the sales and marketing tactics, and the way employees are treated in the workplace. It's all about getting the sale, the contract, the money, the deal ... everything is monetized, not personalized.

These life-long bullies carry their kindergarten mentality through high school to college to career, into their marriages, and get themselves into positions of power where they think they have the right to mess with people's lives as if others are somehow less human, less deserving, less worthwhile as human beings. They think what they think is more right than what others think and they assume, if nobody stands up to them, that they get to make the rules for everybody else using bullying tactics, if necessary.

Little dictators are everywhere.

Inside they may be miserable, sad, unhappy people with early childhood tragedies unconsciously motivating them to seek revenge by doing unto others what was done to them, for which they should be seeking counseling, not revenge. Adult bullies were either bullies

as children or were bullied as children. Unfortunately they don't see themselves as being the common denominator in all the dramas they create as they shift their internalized anger onto others. They get that bewildered "who me?" look on their face when confronted.

There are the self-centered, narcissistic bullies who have no empathy with others and little anxiety about the consequences. In order to feel good about themselves, they have to put other people down. They are not interested in working things out; they are not interested in compromise. They are more interested in power and domination; they need to feel important and preferred.

I used to work for such a man, a wealthy philanthropist who schmoozed with the rich and famous of Hollywood, who gloated over reducing women to tears using as few words as possible. It didn't work on me, but his ex-wives, whom I had to comfort over the phone on an almost daily basis, kept coming back for more.

Verbal bullies can be quite damaging and difficult to document. These bullies may start rumors about their

victims, talk about them behind their back, stop talking or whisper when they approach. They may use sarcastic or demeaning language to dominate or humiliate someone. Words don't leave visible scars, but the emotional and psychological impacts go deep and can result in reduced job performance and even depression.

They get away with it because they don't leave any marks with their passive-aggressive behavior and, if called out, would adamantly deny what observers can see so clearly. It's often an unconscious reaction on their part, but the wounds they inflict on others are deep nevertheless. And there is a ripple effect into the community that can take on a life of its own.

If you're "of a certain age" and still struggling with the scars of childhood bullying, get some counseling, take up meditation or yoga to release the negative energy.

Search YouTube and find videos that describe this behavior and how to defuse bullies. Sometimes they just need a hug — or to know their grievances have been heard.

Wedding hosts in Sisters dealt a setback

SISTERS (AP) — A couple that has tried for years to gain approval to host weddings on their 216-acre property near Sisters is no closer to doing so.

The *Bend Bulletin* reports the Oregon Land Use Board of Appeals (LUBA) rejected a permit that allowed a two-acre private park on the property owned by John and Stephanie Shepard to be used for weddings and receptions.

The private park concept was approved by Deschutes County Commissioners in April, allowing the Shepherds to host up to 18 weddings from May to October.

But the county's decision was appealed to LUBA by Central Oregon LandWatch and a Bend attorney who said an approval would've set a precedent for wedding venues on land zoned exclusively for farm use.

John Shepherd said he plans to appeal LUBA's decision.

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AMENDED SUMMONS (CITACION JUDICIAL)

SUM-100

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2015 AUG 19 PM 1:37
CARYN A. DOWNING
CLERK OF THE COURT
By Sheryl Knutson

NOTICE TO DEFENDANT: (AVISO AL DEMANDADO):
PETE FRACCHIA, CURTIS FOSNAUGH, AMANDA PETERSON
J.T. MALONEY, BRITTANY DYE and Does 4-10, Inclusive
YOU ARE BEING SUED BY PLAINTIFF: (LO ESTÁ DEMANDANDO EL DEMANDANTE):
Paul Mennick

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below.

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. *AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 o más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

The name and address of the court is:
(El nombre y dirección de la corte es):
Superior Court of California
633 Washington Street
Red Bluff, CA 96080

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is:
(El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):
Dennis D. Albright
715 Madison Street / P.O. Box 1076
Red Bluff, CA 96080

DATE: (Fecha) **AUG 19 2015**

(For proof of service of this summons, use Proof of Service of Summons (form POS-010).) (Para prueba de entrega de esta citación use el formulario Proof of Service of Summons, (POS-010).)

NOTICE TO THE PERSON SERVED: You are served
1. as an individual defendant.
2. as the person sued under the fictitious name of (specify):

3. on behalf of (specify):
under: CCP 416.10 (corporation) CCP 416.60 (minor)
 CCP 416.20 (defunct corporation) CCP 416.70 (conservatee)
 CCP 416.40 (association or partnership) CCP 416.90 (authorized person)
 other (specify):

4. by personal delivery on (date):

Caryn A. Downing, Clerk of the Court
Sheryl Knutson, Deputy (Adjunto)

CASE NUMBER: (Número del Caso):
CI 63519

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Code of Civil Procedure 05 412.20, 465
www.courtinfo.ca.gov

Mennick vs. Fracchia, et al