

State fair seeks volunteers from nonprofit groups

East Oregonian

SALEM — The Oregon State Fair is offering service groups a way to raise money for their organizations.

By volunteering to work at the fair, nonprofits across the state can earn money for their projects and programs.

Qualified service groups volunteer to do tasks at the fair like busing tables, helping with parking or taking tickets,

and the fair compensates them through monetary donations based on the total number of volunteer hours contributed.

The fair's partner, Venue Smart, will interview and register organizations at the Oregon State Fair and Exposition Center in April.

PARENTS TALK BACK

When your child is cyberbullied

The messages might start showing up on a social media account. Vulgar slurs and insults posted on Instagram, or embarrassing pictures sent through Snapchat, where photos and videos automatically delete after a few seconds.



AISHA SULTAN Parents Talk Back

to county or state law enforcement officials, as they may have more resources and expertise in technology-related offenses.

- If the bullying is based on race, sex or disability, contact the Office for Civil Rights.
• Seek counseling for your child, if necessary.
• Set up privacy controls for every social media account to block the bully from contacting them.

For years, bullies have gone online to harass peers they want to target. Now that the vast majority of tweens and teens are constantly connected through their devices, a child being cyberbullied can feel relentlessly under attack.

This creates one of the most difficult situations for a parent to address. Parents say it seems like a no-win situation. A child being targeted will plead with them not to get involved for fear that it will make only make matters worse for them.

It's a more common experience than many adults realize.

About 28 percent of the students surveyed by the Cyberbullying Research Center reported that they have been cyberbullied at some point in their lifetimes. About 16 percent admitted that they had cyberbullied others.

Collecting evidence is key, they say. "Print out or make screenshots of conversations, messages, pictures and any other items which can serve as clear proof that your child is being cyberbullied. Keep a record of any and all incidents to assist in the investigative process.

They suggest refraining from contacting the bullies' parents, who may become confrontational or defensive. Instead, they advise contacting the school and finding out the district's policies about bullying and cyberbullying, which often go hand-in-hand.

Contact the service provider. Cyberbullying violates the Terms of Service of all legitimate service providers (websites, apps, Internet or cell companies).

Contact the police when physical threats are involved. If your local department is not helpful, reach out

There have been several high-profile, tragic cases involving students who had been bullied, including a 2006 case that led to a Missouri teen's suicide. In the wake of Megan Meier's death, an anti-bullying nonprofit was started in her name. Alex King, a program manager for the Megan Meier Foundation, has worked with parents for the past three years when they call seeking help for children being bullied.

"They are terrified," she said. "They are frustrated."

Often, they don't know where else to turn and are worried something will happen to their children, King said. The foundation can help to intervene with the school district, share resources for parents and even provide free counseling for children being bullied.

King said they want the child to know it's OK to ask for help and also involve them in solving the problem. They stress to the children they work with that the bullying is never their fault. "This should not be happening to you," she tells them.

Children can be cruel to one another. But adults shouldn't tolerate it.

Aisha Sultan is a St. Louis-based journalist who studies parenting in the digital age while trying to keep up with her tech-savvy children. Find her on Twitter: @AishaS.

Route work pays for my children's activities.



Become an East Oregonian Carrier. 211 SE Byers Ave. Pendleton or call: 541-276-2211 1-800-522-0255

EAST OREGONIAN logo and address information.

COMING EVENTS

FRIDAY, MARCH 31

ADULT OPEN GYM, 6 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Half-court basketball. Adults only.

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. (541-276-8100)

STORY TIME, 10:15 a.m., Hermiston Public Library, 235 E Gladys Ave., Hermiston. (541-567-2882)

TODDLER STORY TIME, 10:15-11 a.m., Pendleton Public Library, 502 S.W. Dorion Ave., Pendleton. (541-966-0380)

STORY AND CRAFT TIME, 2 p.m., Echo Public Library, 20 S. Bonanza, Echo. (541-376-8411)

VFW BINGO, 6 p.m., Hermiston VFW, 45 W. Cherry St., Hermiston. Doors open at 6 p.m., games begin at 7 p.m. Everyone welcome. (541-567-6219)

SATURDAY, APRIL 1

PANCAKE BREAKFAST, 7-10 a.m., Stanfield Community Center, 225 W. Roosevelt, Stanfield. Costs \$5 for full breakfast/\$3 for light meal. (541-449-1332)

ARBOR DAY TREE GIVEAWAY, 9 a.m., Smitty's Ace Hardware parking lot, 1845 N.

First St., Hermiston. Annual tree giveaway features Red Maple, Serviceberry, River Birch, Green Ash, Tulip Tree, Quaking Aspen, European Mountain Ash, Bald Cypress and Japanese Zelkova. First-come, first-served and trees go fast. Free. (541-667-5018)

FREE FOR ALL, 9:30-10:15 a.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. Free art classes for children up to age 12. Children under 8 should be accompanied by an adult. (Roberta Lavadour 541-278-9201)

YARN CLUB, 10 a.m.-12 p.m., Hermiston Public Library, 235 E. Gladys Ave., Hermiston. (541-567-2882)

HIP & HANDMADE, 11 a.m.-12 p.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. Free drop-in project class for adults. (Roberta Lavadour 541-278-9201)

ORIGIMI CLUB FOR ADULTS, 1-4 p.m., Hermiston Public Library, 235 E Gladys Ave., Hermiston. Classic Japanese paper craft for adults only. (Jodi Hansen 541-567-2882)

SATURDAY SPIN-IN, 1-4 p.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. For spinners, knitters, weavers, felters, fiber enthusiasts and folks who are just fiber-curious. Drop-ins welcome. (Roberta Lavadour 541-278-9201)

"TREASURE ISLAND" AUDITIONS, 2 p.m. & 5:30 p.m., A.C. Houghton Elementary School, 1105 N. Main Ave., Irrigon.

TYLOR AND THE TRAIN ROBBERS, 7-10 p.m., 40 Taps, 337 S.W. Emigrant Ave., Pendleton.

NUKETOWN, 8 p.m., Wildhorse Sports Bar, Wildhorse Resort & Casino, Mission.

ITTS CUZZEN, 9 p.m., The Pheasant, 149 E. Main St., Hermiston. Cover band from Spokane plays hits from the '60s to present.

SUNDAY, APRIL 2 FAMILY BREAKFAST, 8:30-9:15 a.m., First Christian Church, 516 S. Main St., Milton-Freewater. Cost is by donation. Everyone welcome. (541-938-3854)

SPECIAL NEEDS OPEN GYM, 12-1:30 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Free for special needs children and families. (541-276-8100)

HYMNSPIRATION, 5-6 p.m., Victory Baptist Church, 193 E. Main St., Hermiston. Food, fun and fellowship, and singing great old hymns with old and new friends. Free. (Chris Finley 541-571-2516)

ADULT OPEN GYM, 6:30 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave.,

Pendleton. Half-court basketball. Adults only.

MONDAY, APRIL 3 ADULT OPEN GYM, 6 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Half-court basketball. Adults only.

PREPARE OUT LOUD, 8-10 a.m., Pendleton Convention Center, 1601 Westgate, Pendleton. Steve Eberlein will share steps people can take now to prepare for Cascadia Subduction Zone earthquake, how to locate your loved ones following a disaster, how many supplies you will need to care for yourself and others, and more. RSVP is requested at www.redcross.org/PrepareOutLoudPendleton. (Monique Dugaw 503-877-7121)

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. (541-276-8100)

TOT TIME, 10-11 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. For children ages 0-5. Costs \$1 per child per session. (541-276-8100)

PRESCHOOL STORY TIME, 10:30 a.m., Athena Public Library, 418 E. Main St., Athena. For ages birth to 6. (541-566-2470)

Friday Morning

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, OPB.

March 31, 2017

AFTERNOON

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, OPB.

EVENING

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, OPB.

Large table with columns for Station, Time, and Program. Includes A&E, AMC, ANPL, CMT, CNBC, CNN, DISC, DISN, ESPN, FSNP2, FNC, FOOD, FREE, FX, GOLDF, GSN, HALL, HGTV, HIST, LIFE, NICK, ROOT, SPIKE, SYFY, TBS, TCM, TLC, TNT, UNI, USA, WE, WGN, STZ ENC, HBO, HBO2, HBO3, MAX, SHOW, STARZ.

NIGHT OWL

Table with columns for Station, Time, and Program. Includes FOX, CBS, NBC, ABC, KATU, KTNW, OPB.