# **TV TIME**

## 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. Although the fair runs Aug. 25 through Labor Day, the deadline to submit an application for the program is Friday, April 7.

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. This model is used throughout the United States at large events ranging from NASCAR to presidential inaugurations.

The fair's partner, Venue Smart, will interview and register organizations at the Oregon State Fair and Exposition Center in April. Interested groups should contact Katie Cannon at osf.katiecannon@ gmail.com. For more about the Oregon State Fair, visit www.oregonstatefair.org.

# PARENTS TALK BACK When your child is cyberbullied

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Parents Talk Back

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.

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. School administrators may not get involved if the harassment is happening outside of the school day, or they may be unable to track down the perpetrators.

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 lifetime About 16 percent admitted that they had cyberbullied others. Professors Sameer Hinduja and Justin Patchin, who direct the center, offer useful tips for parents about how to handle a cyberbullying situation. They say to take these incidents seriously, but not to freak out. Don't minimize what your child is feeling, or assume that simply ignoring the abuse will end it. 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. Also, keep notes on relevant details like location, frequency, severity of harm, third-party involvement or witnesses, and the backstory," their guidelines say. 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. The school has an obligation to ensure a safe learning environment for all students. But even in situations when the school is slow or reluctant to deal with the situation, they offer other avenues to pursue: • Contact the service provider. Cyberbullying violates the Terms of Service of all legitimate service providers (websites, apps, Internet or cell companies). Regardless of whether your child can identify who is harassing them, you can file a report with the company about online abuse. • Contact the police when physical threats are involved. If your local department is not helpful, reach out

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.

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.

### 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 WELL-NESS, 8:30-9:30 a.m., Pendle-ton 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)

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

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

VFW BINGO, 6 p.m., Herm-iston 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 Commu-nity Center, 225 W. Roosevelt, Stanfield. Costs \$5 for full breakfast/\$3 for light meal. (541-449-1332)

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

## **Friday Morning**

**COMING EVENTS** 

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 Japapaper craft for adults only nese

(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" AU-DITIONS, 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., Wild-horse Sports Bar, Wildhorse Re-sort & 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,

FAMILY 8:30-9:15 a.m., First Christian Church, 516 S. Main St., Mil-ton-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, Pend-leton. Steve Eberlein will share steps people can take now to prepare for Cascadia Subduc-tion 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. Pub-lic welcome. Free, but RSVP is requested at www.redcross. org/PrepareOutLoudPendleton

(Monique Dugaw 503-877-7121) WALKING FOR WELL-NESS, 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)

March 31 2017

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#### **AFTERNOON**

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#### **EVENING**

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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.

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## **NIGHT OWL**

	STATION		12 ам	12:30	1 ам	1:30	2 АМ	2:30	3 ам	3:30	4 ам	4:30	5 ам	5:30
×	(11)KFFX	11	:05 Friends	:35 Hot In	:05 CR TV								CRTV	
윤	KPTV	3	2 Broke G.	TMZ	Dish	Queens	Raising	Celeb	Paid	Paid	CARS.TV	Paid	Paid	Paid
ŝ	(19) <b>KEPR</b>	2	Colbert (N)	:35 James C	orden	:35 Paid	:05 Paid	Paid	Spaces	Paid	Traveler	Paid	Morning Sa	aturday (N)
5	KOIN	19	Colbert (N)	:35 James C	orden	:35 Insider	:10 Paid	OurWorld	Paid	Paid	Paid	Paid	Morning Sa	aturday (N)
ñ	(25)KNDU	6	Tonight	:35 Seth Me	yers	:35 C. Daly	:05 Today S	how	Mad Mone	ý	1st Look	Fam. Feud	Paid	Today (N)
NBC	KGW	8	Tonight	:35 Seth Me	yers	:35 C. Daly :05 Steve Harve		arvey	Mad Money		1st Look	Paid	Paid	Paid
ñ	(42)KVEW	4	:05 Nightl.	:35 Paid	:05 Paid	:35 Paid	Paid	Paid	Ironside		77 Sunset S	Strip	Gom. Pyle	Gom. Pyle
AE	KATU	5	J. Kimmel	:35 Nightl.	:05 Paid	:35 Paid	:05 Paid	:35 Paid	:05 Paid	:35 Paid	DestinTV	Paid	Paid	Paid
ß	<b>31</b> KTNW		SongCent	T. Smiley	W.Week	CharlieR	Great Perfo	rmances	Great Perf		formances		This Old Ho	ouse Hour
ä	<b>(59) OPB</b>	13	Masterpiec	e Classic	Great Perfo	mances			Christopher Cross So		Sound. "Toby Keith"		Business	BBC News