

AP poll: Most teens have taken break from social media

NEW YORK (AP) — The common stereotype has teens glued to their phones 24-7. But nearly 60 percent of teens in the U.S. have actually taken a break from social media, the bulk of them even voluntarily, a new survey found.

"I like to see what my friends and family are up to ... I wouldn't want to take a break from them."

- Lukas Goodwin, Teenager

The poll from The Associated Press-NORC Center for Public Affairs Research of teens aged 13 to 17 found that most teens value the feeling of connection with friends and family that social media provides. A much smaller number associate it with negative emotions, such as being overwhelmed or needing to always show their best selves.

surveyed said they have not taken a break, citing such worries as missing out and being disconnected from friends. Some said they need social media for school or extracurricular activities.

The survey, released Thursday, found that teens' social media breaks are typically a week or longer, and boys are more likely to take longer breaks.

Teens were allowed to cite multiple reasons for their breaks. Nearly two-thirds of teens who took a break cited at least one voluntary reason. Amanda Lenhart, the lead researcher and an expert on young people and technology use, said she was surprised by this, as it counters the broader narrative that teens are "handcuffed" to their social media profiles.

"I like to see what my friends and family are up to," said Lukas Goodwin, 14, who uses Instagram and Snapchat every day. He said he took a break from Instagram "a few years ago" but not recently. Now, he says, "I wouldn't want to take a break from them."

Today's teenagers might not recall a time before social media. MySpace was founded in 2003. Had it survived, it would be 14 years old today. Facebook is a year younger. Instagram launched in 2010. For an adult to understand what it might be like to take a break from social media for someone who grew up with it, consider disconnecting from email, or your phone for a couple weeks.

Among the survey's other findings:

— Lower income teens were more likely to take social media breaks than their wealthier counterparts, and their breaks tended to last longer. The study points out that educators who use social media in the classroom need to understand that not every teen is online and connected all the time.

— Boys were more likely to feel overloaded with information on social media, while girls were more likely to feel they always have to show the best version of themselves.

Voluntary reasons for teens' breaks included 38 percent who did so because social media was getting in the way of work or school. Nearly a quarter said they were tired of "the conflict and drama" and 20 percent said they were tired of having to keep up with what's going on.

— Although they felt relief and were happy to be away from social media for a while, most teens said things went back to how they were before once they returned to social media.

Nearly half of teens who took a break did so involuntarily. This included 38 percent said it was because their parents took away their phone or computer and 17 percent who said their phone was lost, broken or stolen.

— Teens who took breaks typically did so across the board, checking out of Facebook, Snapchat and all other services all at once. And they were no more or less likely to take breaks from social media based on the type of services they use.

The involuntary break "is sort of its own challenge," Lenhart said. "They feel that they are missing out, detached from important social relationships (as well as) news and information."

— The AP-NORC poll was conducted online and by phone from Dec. 7 to 31. A sample of parents with teenage children was drawn from a probability-based panel of NORC at the University of Chicago. Parents then gave permission for their children to be interviewed. The panel, AmeriSpeak, is designed to be representative of the U.S. population. The margin of error is 4.6 percentage points.

About 35 percent of teens

Congress doing minimum to run government

WASHINGTON (AP) — Congress is doing the bare minimum to keep the country running, readying a short-term spending bill to keep the lights on in government past Saturday, when President Donald Trump will mark his 100th day in office.

A revised health care bill has won the support of the hard-right House Freedom Caucus, holdouts on an earlier version that collapsed last month, but GOP leaders were struggling to round up votes from moderate-leaning Republicans.

troops.

"As families prepare for summer vacations in our National Parks - Democrats threaten to close them and shut down the government. Terrible!" Trump tweeted.

"Democrats jeopardizing the safety of our troops to bail out their donors from insurance companies. It is time to put #AmericaFirst," he wrote.

Democrats dismissed such accusations.

"We are never going to shut government down. In fact, we don't even have the power to do so," said House Minority Leader Nancy Pelosi, D-Calif. Referring to Republicans she said: "They have the majority. They have the president. They have the House. Any shutting down of government, the ball is in their court."

"I don't know if it's bringing anyone over," said Rep. Chris Smith, R-N.J., who said he had been lobbied by leadership but still opposed the legislation because it undoes an expansion of Medicaid under former President Barack Obama's Affordable Care Act. "There's much of Obamacare that has to be fixed. That part of it is critical," Smith said.

Trump himself unleashed a tweetstorm of criticism of Democrats involved in negotiations on the spending bill, accusing them of trying to close national parks and jeopardize the safety of U.S.

certainly that a deal would ultimately be reached on the spending legislation, which covers all government agencies and is leftover business from last year.

"Talks on government funding legislation have continued throughout the week on a bipartisan, bicameral basis," said Senate Majority Leader Mitch McConnell, R-Ky., adding that the short-term extension will allow time for a final agreement to be completed and voted on next week.

The talks involving congressional Republicans and Democrats had progressed relatively smoothly after the White House earlier this week had backed off a threat to withhold payments that help lower-income Americans pay their medical bills and Trump dropped a demand for money for the border wall.

Friday Morning

April 28, 2017

Table with columns for Station, Time (6 AM, 6:30, 7 AM, 7:30, 8 AM, 8:30, 9 AM, 9:30, 10 AM, 10:30, 11 AM, 11:30) and Program Name. Includes stations like KFFX, KPTV, KEPR, KOIN, KNDU, KGW, KVEW, KATU, KTNW, OPB.

AFTERNOON

Table with columns for Station, Time (12 PM, 12:30, 1 PM, 1:30, 2 PM, 2:30, 3 PM, 3:30, 4 PM, 4:30, 5 PM, 5:30) and Program Name. Includes stations like KFFX, KPTV, KEPR, KOIN, KNDU, KGW, KVEW, KATU, KTNW, OPB.

EVENING

Large table with columns for Station, Time (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and Program Name. Includes stations like FOX, CBS, NBC, ABC, PBS, A&E, AMC, ANPL, CMT, CNBC, CNN, DISC, DISN, ESPN, ESPN2, FNC, FOOD, FREE, FX, GOLDF, GSN, HALL, HGVTV, 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 (12 AM, 12:30, 1 AM, 1:30, 2 AM, 2:30, 3 AM, 3:30, 4 AM, 4:30, 5 AM, 5:30) and Program Name. Includes stations like KFFX, KPTV, KEPR, KOIN, KNDU, KGW, KVEW, KATU, KTNW, OPB.



This image provided by the U.S. Postal Service shows a Total Solar Eclipse Forever stamp. The stamp, that when touched transforms the image of the blacked-out sun into the moon, comes out in June 2017, on the Summer Solstice.

Touch new stamp and total solar eclipse becomes moon

CAPE CANAVERAL, Fla. (AP) — The U.S. Postal Service is going all out for this summer's total solar eclipse, with a first-of-its-kind stamp.

There's a map on the back of the stamp sheet showing the eclipse's diagonal path across the U.S. on Aug. 21, as the moon covers the sun in the sky.

Just touch the stamp with your finger, and the heat transforms the image of the blacked-out sun into the moon.

It will be the first total solar eclipse visible in the contiguous United States since 1979 and the first one coast to coast since 1918.

Remove your finger, and the eclipse reappears. The trick is using temperature-sensitive ink.

Announced Thursday, the Forever 49 cent stamp comes out in June — on the summer solstice.