



KINGDOM
TECHNOLOGY SOLUTIONS
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Putting a Stop to Cyberbullying



Bullies have existed almost since the beginning of time. Modern bullies often bring their anti-social behavior to the Internet, which has given rise to the term “cyberbullying.” Cyberbullying can happen in an email, a text message, a game, or on a social networking site. Some cyberbullies may send threatening and harassing emails and instant messages to the victims, while some post rumors or gossip and instigate others to dislike and gang up on the target. Cyberbullying harms people, in a deliberate, repeated, and hostile way, resulting in emotional damage and even suicide.

Cyberbullying can be especially vicious because, in an always-connected world, cyberbullies can follow their victims, making them 24/7 targets who can't find a refuge anywhere. Electronic bullies often remain anonymous, hiding behind temporary email accounts, false names in chat rooms, and messaging programs. There are few social constraints to put the brakes on bullying once it begins.

Children may begin to be mean to each other online as early as second grade. According to research, boys initiate cruel online activity earlier than girls do. By middle school, girls are more likely to engage in cyberbullying than boys.

As a parent, you can help by talking to your children about bullying. There are four simple rules for them to follow.

1. If you wouldn't say it in person, don't say it online.
2. Delete cyberbullying.
3. Don't write it.
4. Don't forward it.

Ask your kids to let you know if an online message or image makes them feel threatened or hurt. If you fear for your child's safety, contact the police. Keep in mind that children are often reluctant to go to parents or authorities when cyberbullies attack.

Explain to your children that bullies hurt themselves as well as their targets. Bullying is an unattractive behavior that attracts the scorn of others and punishment from school officials and even the police. Watch for signs of mean and bullying behavior in your child.

If someone bullies your child, it's important to stress that no response is the best response. The reaction is exactly what a bully is after. It satisfies and empowers. Most especially, do not respond in kind. That just adds another bully to the situation and will not solve anything. Be civil and do not sink to the bully's level.

The best course of action is to save any digital evidence that bullying has occurred, whether it is minor or major. Then, wherever possible, block or delete the offender's user name and email. Changing user preferences and privacy tools can keep the bully at bay. If the bullying took place on a social network, use that service's reporting or "abuse" tools. The offensive content may be then be removed from the site and the bully's user privileges curtailed.

For more information, visit these web sites.

- The National Crime Prevention Council offers up this site, www.ncpc.org. The site provides information about stopping cyberbullying before it starts and has a lot of useful information for both parents and educators to share with kids.
- The Cyberbullying Research Center, <http://www.cyberbullying.us/>, provides cyberbullying research, stories, cases, downloads, fact sheets, tips and strategies, news headlines, a blog, and a number of other helpful resources on their comprehensive public service website.
- Stop Cyberbullying, www.stopcyberbullying.org, has a fun quiz to rate your online behavior, information about why some people cyberbully, and how to stop yourself from cyberbullying.

How Video Is Changing the Internet

The second in a series of articles about our changing Internet experience

By Michael Fugate

Until early 2005, most of us utilized our Internet connection to surf to favorite web sites, catch up on the latest news, make online purchases, send email and occasionally upload pictures for others to enjoy. Activities that, even when combined together, consumed relatively little Internet capacity or "bandwidth".

Then, in 2005, three former PayPal employees launched YouTube, an online video-sharing web site that enabled Internet users to easily upload and share videos with a global audience. More than any other event, the arrival of YouTube was the beginning of what is today a seemingly insatiable demand for Internet video content.

In response to YouTube's success, a myriad of other companies have rushed to offer Internet video content. Hulu, Netflix, Blockbuster, ABC, CBS, NBC, ESPN and a host of others now employ the Internet to offer streaming informational, educational and entertainment programming directly to our computers, smartphones and Internet-connected TV's.

More of us than ever regularly consume Internet-delivered video content. Streaming video content now accounts for over 60% of all peak-time Internet traffic. The "relatively little Internet capacity" that we once consumed has grown into what is referred to today as an "exaflood"; previously unthinkable levels of Internet bandwidth demand. As mentioned in the first article in this series, KTIS Internet service subscribers alone are consuming 71% more Internet bandwidth today than they were just eight short months ago.

It has been conservatively estimated that the U.S. Internet will be 50 times larger in 2015 than it was in 2006. The undisputed primary catalyst to this growth is Internet video. Billions of dollars in network investment are spent each year to cope with the growing demand and sustain a satisfactory level of service quality.

Providers of Internet service are working to create new, more equitable monthly service plans that more closely reflect the changing way we use the Internet and help meet the increasing demand for network investment funds. Mobile wireless service providers like Verizon and AT&T have led the way with monthly service plans that include preset levels of Internet usage to correspond with the way consumers are using the Internet.

As demand for Internet-delivered video content continues to grow, Internet service plans will continue to transition away from today's speed-based pricing plans to service plans based upon the amount of Internet bandwidth a service subscriber consumes.

Fall Festival — It was the Best of Times

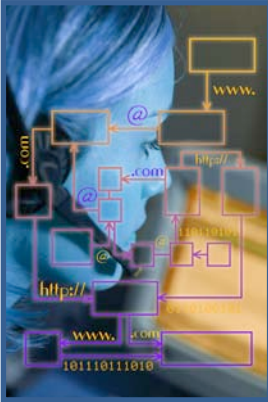


The day of the Fall Festival celebrating Customer Appreciation Month was one of those perfect Missouri autumn days. It was warm with a cloudless blue sky, sparkling sunshine, and a breeze blowing the gold and orange leaves from the trees. Booths lined the peripheries of the parking lot and a pumpkin

patch with scarecrows beckoned the kids. A crowd totaling upwards of 550 folks came to visit during the three-hour event. See what the fun was all about! Visit the Kingdom Telephone blog for more pictures and to find out who won the TV.

[://kingdomtelco.wordpress.com/](http://kingdomtelco.wordpress.com/)

Ask Tech Support



Question: How do I exit a program that is not responding?

Answer: If a program on your computer stops responding, Windows will automatically try to find the problem and fix it. You can end the program yourself by using Task Manager. This may result in any unsaved changes being lost, so it is best to wait for Windows to handle the problem if you have unsaved work that you want to keep. If you decide to use Task Manager, follow these steps.

1. Open Task Manager by right-clicking the taskbar, and then click Start Task Manager.
2. Click the Applications tab, click the program that isn't responding, and then click End Task.

Task Manager can also be opened by pressing Control, Alt, and Delete at the same time.

Hardware Card Installation

\$39 On-Site / \$19 In Store

- Installation of a sound card, network card, internal modem, video card, additional memory, etc.
- Installation of latest software drivers.
- PC operating system must be Windows XP or newer.
- Installation service only.
- Hardware purchased separately.

Sites to See

<http://www.slaveryfootprint.org/>

Slavery Footprint

How many slaves work for you? Most would say none; that slavery doesn't exist anymore. But there are at least 27 million slaves worldwide, and the answer to how many you employ is sure to surprise you. Take the survey to find out how your lifestyle and buying habits support enslavement of people all over the world. You'll find that your age, gender, number of children and consumption patterns cause unexpected and unsettling chain reactions.



<http://www.allthingsthifty.com/>

All Things Thrifty

Meet Brooke and delve into her blog on how to decorate your home without breaking the bank. Her tutorials will walk you through upholstering, painting, glazing, and loads of clever projects. The subjects are eclectic – take, for instance, the Lima Bean Wreath, Piano Refinishing 101, and DIY In-Ground Trampoline. A current series titled Blogging 101: The Blogger Behind the Blog gives wanna-be or newbie bloggers a birds' eye view of what it takes to write for a cyber-audience. Get in a creative groove and do it on a budget!

<http://pinterest.com/>

Pinterest

Pinterest is a virtual pinboard. Use it to organize and share all the beautiful things you find on the web. People use their pinboards to plan their weddings, decorate their homes, and organize their favorite recipes. Even better, you can browse pinboards created by other people. Browsing pinboards is a fun and somewhat addicting way to discover new things and get inspiration from people who share your interests. Browsing the site is open to everyone, pinning requires an invite, which may be obtained simply by making a request. There is a social aspect to Pinterest as well. The creators' goal is to connect people through the things they find interesting, forming a common link through shared tastes.

<http://www.culinaryartscollege.org/top-50-websites-for-learning-self-canning/>

The Culinary Arts College Top 50 Websites for Learning Self-Canning

I have to admit that the term “self-canning” bothers me, but that’s what the Culinary Arts College chose. Self-canning is an age old tradition that allows you to store nearly any food for a very long period of time. Think of self-canning as a practical, affordable hobby that will pay you times 10 when the going gets tough. The web page includes sites for

beginners, tips, information on canning different types of food, and instructional videos. When you finish reviewing all the material...whew! You'll be an expert!

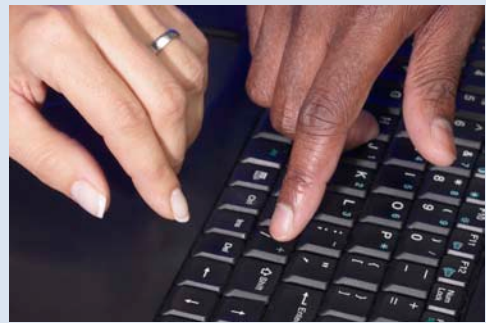
<http://www.365daysofcrockpot.com/>

A Year of Slow Cooking

It's the time of year when folks begin to think of comfort foods – chili and beef stew and chunky, rich soups. It is definitely time to break out the crockpot, and this web site will keep you in new crockpot recipes for a whole year. In a take on the book and movie "Julie and Julia", blogger Karen decided to see if she could cook 365 different slow cooker recipes in 365 days. Karen did it – no repeats, either! You'll find everything from main dishes, sides, desserts, breakfasts and breads. The recipes are rated and there are liberal sprinklings of slow cooker and household tips thrown in.

Mini-Tutorial: How to Change Thumbnail Size and File Details

You can change the size and appearance of your files and folders by using the Views button located on the toolbar of every open folder.



To change how items appear in a folder

1. Open the folder that you want to change.
2. Click the arrow next to the Views button on the far right of the toolbar.
3. You can change the size of the icons from Small to Extra Large. In addition, you can choose from four views: List, Details, Tiles, and Content. Click a view or move the slider. You can move the slider to a specific view (such as to the Details view), or fine-tune the icon size by moving the slider to any point between Small Icons and Extra Large Icons.