

FRIDAY, JUNE 17
WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. (541-276-8100).

FLAG EXCHANGE, 9 a.m. to 5 p.m., McKay Creek Estate, 1601 Southgate Place, Pendleton. Exchange your old, worn-out flag for a new one free of charge. A limited number of flags available. Reservations suggested. (541-276-1987).

PENDLETON FIRE STATION RELOCATION PUBLIC INPUT SESSION, 9 a.m., Pendleton Fire Station No. 1, 911 S.W. Court Ave. Personnel from Pendleton Fire & Ambulance Service will conduct input sessions to receive public comment and vote on potential sites for the relocation of the station. Station tours and coffee will be provided. (Mike Ciraulo 541-276-1442).

HEPPNER FARMER'S MARKET, 9 a.m. to 2 p.m., Heppner City Park. Food, craft and garden vendors. (541-676-8957).

STORY TIME, 10:15-11 a.m., Hermiston Public Library, 235 E. Gladys Ave. (541-567-2882).

SUMMER STORY TIME, 10:15 a.m., Pendleton Public Library, 502 S.W. Dorion Ave.

STORYTELLER CHRIS LEE-BRICK, 1 p.m., Weston Public Library, 108 E. Main St. Award-winning storyteller and performer will bring his performance to Weston. Free and suitable for all ages. (541-566-2378).

PENDLETON FARMERS MARKET, 4 p.m. to dusk, 300 block South Main Street, Pendleton. Browse fresh produce, meats, baked goods and plants, locally crafted jewelry and items for the home. EBT, debit and credit cards welcome. (pendletonfarmersmarket.net).

NIGHT AT THE CHILDREN'S MUSEUM, 5-8:30 p.m., Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. Includes dinner, games, crafts and a movie. Costs \$20 members/\$25 non-members, \$10 for each additional child. Preregistration required. (541-276-1066).

PENDLETON RELAY FOR LIFE, 6 p.m. through 7 a.m. June 18, Sunridge Middle School track, 700 S.W. Runion Ave., Pendleton. Opening ceremonies at 6 p.m. will be followed by survivor activities, yoga, Fight Back and Luminaria ceremonies, a 5K Midnight Run (\$10 entry) and themed laps. All proceeds benefit the American Cancer Society. (Gert Hawthorne 541-215-9767 or Carol Preston 541-379-6294).

VFW BINGO, doors open at 6

p.m., games start at 7 p.m., Hermiston VFW, 45 W. Cherry St.

CELLO RECITAL, 7 p.m., First Presbyterian Church, 201 S.W. Dorion Ave., Pendleton. Students of Loree McKenna will perform, including four cello ensembles. Free and open to the public. (541-276-4237).

FOLK NIGHT, 7-9 p.m., Pendleton Center for the Arts, 214 N. Main St. Contra and Western-style dancing, live music, live callers and lots of fun. Admission is \$5 each or \$8 per couple; no partner necessary. (541-278-9201).

"MILTON," 7 p.m., McLoughlin High School Jack Williams Auditorium, 120 S. Main St., Milton-Freewater. A three-person performance comprised of spoken word and song that examines what it means to be American through the lens of small-town life in Milton-Freewater. Admission is free for Milton-Freewater residents, \$5-\$15 donation for others; reserve at The Sub Shop, Super Milton, Burger Hut or Conoco in M-F, or call 888-854-5698.

SATURDAY, JUNE 18 GREENFIELD GRANGE BREAKFAST, 7-10 a.m., 209 N.W. First St., Boardman. Cost is \$5 for adults, \$2.50 for children under 10. (541-720-7267).

MUD BOG RACES, 7 a.m. gates open, races begin at 10 a.m., The Bike Pit, 800 RA Koch Road, Pilot Rock. Gate fees \$10 per person or \$5 for children 12 and under, race fees \$30. Everyone welcome. (Steve Draper 541-379-2568 or Wayne Bedard 541-377-0239).

GOATHEAD ROUNDUP, 8 a.m. to noon, Pendleton Parks & Rec office, 865 Tutuilla Road, Pendleton. Bring in a 30-gallon garbage bag full of puncture vine (goatheads) with the roots if possible and get \$5 cash. Sponsored by Pendleton On Wheels bicycle club.

HERMISTON'S OWN FARMERS MARKET, 8 a.m. to 1 p.m., McKenzie Park, 300 S. First St., Hermiston. Food, crafts, live music, art.

LIL BUCKS OPEN GYM, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. For students in first and second grade and parents/guardians. Free basketball skills and pickup games.

FLAG EXCHANGE, 9 a.m. to 5 p.m., McKay Creek Estate, 1601 Southgate Place, Pendleton. Exchange your old, worn-out flag for a new one free of charge. A limited number of flags available. Reservations suggested. (541-276-1987).

FREE FOR ALL, 9:30-10:15 a.m., Pendleton Center for the Arts,

214 N. Main St., Pendleton. Family art experience for children up to age 12. Children under 8 should be accompanied by an adult. (541-278-9201).

DAY IN THE PARK AND REVITALIZATION OF SHERWOOD PARK, 11 a.m. to 4 p.m., Sherwood Park, 720 S.W. 20th St., Pendleton. Members of the Ford Institute Leadership Program of Eastern Umatilla County will spend the day revitalizing the park. Event features food, games and fun for the community. Volunteers interested in participating in the revitalization efforts are encouraged to register with Raven Manta at 541-966-1920 or raven.manta@wildhorsesort.com

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

TRACKTOWN ALL-COMERS TRACK MEET, 11 a.m., Hermiston High School track, 600 N. First St. For boys and girls ages 8-14. Events include 100, 400 and 1,500-meter runs, long jump and turbojv events. Top finishers qualify for the championship meet at Hayward Field in Eugene on July 9. Free, but registration requested. (www.tracktownyouthleague.com)

MACRAME LAWN CHAIR CLASS, 1-3 p.m., Pendleton Center for the Arts, 214 N. Main St. Ian Shade will teach you take an old broken-down lawn chair and make something new. Two-day class (continues Sunday, June 19)

includes plotting your pattern on graph paper and setting up the first color on Saturday, and weaving with your second color on Sunday. Lawn chair frames will be provided; Ian will contact participants about purchasing macramé materials for class. Cost is \$40 for members, \$45 for non-members, pre-registration requested. (541-278-9201).

"MILTON," 2 p.m., McLoughlin High School Jack Williams Auditorium, 120 S. Main St., Milton-Freewater. A three-person performance comprised of spoken word and song that examines what it means to be American through the lens of small-town life in Milton-Freewater. Admission is free for Milton-Freewater residents, \$5-\$15 donation for others; reserve at The Sub Shop, Super Milton, Burger Hut or Conoco in M-F, or call 888-854-5698.

STRAIGHT TALK WITH BECKY MARKS, 2-4 p.m., Prodigal Son Pub & Brewery, 230 E. Court Ave., Pendleton. Share thoughts with Ward 1 councilwoman. (541-276-9147).

"MILTON," 5 p.m. community barbecue, 7 p.m. show, McLoughlin High School Jack Williams Auditorium, 120 S. Main St., Milton-Freewater. A three-person performance comprised of spoken word and song that examines what it means to be American through the lens of small-town life in Milton-Freewater. Admission is free for Milton-Freewater residents, \$5-\$15 donation for others; reserve at The Sub Shop, Super Milton,

Burger Hut or Conoco in M-F, or call 888-854-5698.

LOUIS ROMANOS JAZZ QUARTET, 7 p.m., Pendleton Center for the Arts, 214 N. Main St. An eclectic mix of jazz, world music, New Orleans street beat and Latin. Tickets are \$12, available at the door or reserve by calling 541-278-9201.

PENDLETON MEN'S CHORUS SPRING CONCERT, 7 p.m., Pendleton High School auditorium, 1800 N.W. Carden Ave. Concert features a wide array of musical eras and genres, and solos by Wade Coleman and Emily Callender, a duet by Harper Jones and Bill Mayclin, and a small ensemble. Tickets are \$10, available in advance at Pendleton Art + Frame or at the door. (Bill Mayclin 541-276-4540).

MOVIES IN THE PARK, dusk, Community Park, 1000 S.W. 37th St., Pendleton. Enjoy a family-friendly movie on the inflatable screen. Concessions will be available for purchase. Free.

SUNDAY, JUNE 19 PAUL GORHAM MEMORIAL SCHOLARSHIP BREAKFAST, 7 a.m. to noon, Pendleton Masonic Lodge No. 52, 1350 N.W. Carden Ave. Costs \$6 for adults and \$4 for ages 6-12. Call-in orders welcome. Proceeds support the lodge fund. (541-276-3760).

"ROBBERS, REPROBATES AND THE RED LIGHT DISTRICT" WALKING TOUR, 12:30 p.m., beginning at MaySons Old

Fashioned General Store, 369 S. Main St., Pendleton. Local historian Keith May will discuss the National Historic District of downtown Pendleton and point out, among other things, the 32 saloons and 18 bordellos once located there. Cost is \$5 per person. (541-276-8206).

"MILTON," 2 p.m., McLoughlin High School Jack Williams Auditorium, 120 S. Main St., Milton-Freewater. A three-person performance comprised of spoken word and song that examines what it means to be American through the lens of small-town life in Milton-Freewater. Admission is free for Milton-Freewater residents, \$5-\$15 donation for others; reserve at The Sub Shop, Super Milton, Burger Hut or Conoco in M-F, or call 888-854-5698.

KBLU-FM CITIZENS ADVISORY GROUP, 3 p.m., Bowman Building Suite 352, 17 S.W. Frazer Ave., Pendleton. Share ideas on format of Pendleton area's newest radio station. (Vicki 541-566-2744 or Gary 541-566-0131).

"MILTON," 7 p.m., McLoughlin High School Jack Williams Auditorium, 120 S. Main St., Milton-Freewater. A three-person performance comprised of spoken word and song that examines what it means to be American through the lens of small-town life in Milton-Freewater. Admission is free for Milton-Freewater residents, \$5-\$15 donation for others; reserve at The Sub Shop, Super Milton, Burger Hut or Conoco in M-F, or call 888-854-5698.

Friday Morning

STATION	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
FOX	11 KFFX	11 AgDay	Friends	Pets.TV	Paid	The Office	KPTV	Mother	Paid	Law & Order: C.I.	Crime Watch Daily	
FOX	KPTV	3 Good Day Oregon at 6	Good Day Oregon					Good Day		The 700 Club	Paid	Paid
CBS	19 KEPR	2 News	News	CBS This Morning (N)				Meredith Vieira		The Price Is Right	Young & Restless	
CBS	KOIN	19 KOIN 6 News at 6 a.m.	CBS This Morning (N)					Let's Make a Deal		The Price Is Right	Young & Restless	
CBS	25 KNDU	6 Wake Up Northwest	Today Show Bill Simmons, Charlie Puth (N)					Today Show II (N)		Today Show III (N)	Wendy Williams	
CBS	KGW	8 KGW News at Sunrise	Today Show Bill Simmons, Charlie Puth (N)					Today Show II (N)		Today Show III (N)	The Dr. Oz Show	
ABC	42 KVEW	4 Northwest	Northwest	Good Morning America (N)				Live! With Kelly (N)		The View	Paid	Middle
ABC	KATU	5 KATU News Morning	Good Morning America (N)					AM Northwest		The View	Live! With Kelly (N)	
PBS	31 KTNW	Stretch	W.L.Yoga	Wild Kratts	Jet Go!	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	Dinosaur Train
PBS	59 OPB	13 Essentrics	Jet Go!	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	Dinosaur Train	SuperWI	Thomas

AFTERNOON

STATION	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
FOX	11 KFFX	11 Paid	Pat. Court	Divorce	Paid	USGA Golf U.S. Open Site: Oakmont Country Club -- Oakmont, Pa. (L)					Paid	Mike&M.
FOX	KPTV	3 E. Stanton	Eco Co.	OutSpace	Y. Icons	USGA Golf U.S. Open Site: Oakmont Country Club -- Oakmont, Pa. (L)						5 O'Clock News
CBS	19 KEPR	2 NameG.	Bold & B.	The Talk		Let's Make a Deal	Dr. Phil		Judge Judy	Judge Judy	News	News
CBS	KOIN	19 News	Bold & B.	The Talk		The Doctors	Dr. Phil		KOIN 6 News at 4 p.m.		News	News
CBS	25 KNDU	6 TMZ	Paid	Days of Our Lives		Hot Bench	Minute	Million?	Million?	Ellen DeGeneres	News	NBC News
CBS	KGW	8 KGW New	Paid	Days of Our Lives		FABLife (N)		Ellen DeGeneres		KGW News	KGW News	NBC News
ABC	42 KVEW	4 The Chew		General Hospital		The Doctors		The Rachael Ray Show	Minute	Minute	News	News
ABC	KATU	5 The Chew		General Hospital		Meredith Vieira		Steve Harvey		KATU News @ 4	News	News
PBS	31 KTNW	Charlie Rose		Ming	Sew Easy	C.George	Thomas	Arthur	Nature Cat	Jet Go!	Odd Squad	Wild Kratts
PBS	59 OPB	13 Paint This	Cooking	Charlie Rose		Nature Cat	Bob Build	Cat/ Hat	Jet Go!	Speaks	WordGirl	Odd Squad

EVENING

STATION	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
FOX	11 KFFX	11 Modern Family "Undeck the Halls"	Modern Family "Up All Night"	2 Broke Girls	2 Broke Girls	Rosewood Rosewood and Villa continue to hunt for a serial killer.	Chef Culinary icon Wolfgang Puck introduces the season's first Mystery Box Challenge.		FOX News First at Ten	:35 Law:CI A squad investigates high profile cases while focusing on the criminals' motives.	:35 Two and a Half Men	
FOX	KPTV	3 6 O'Clock News	Timbers in 30	Family Feud	Family Feud	Rosewood "Paralytic and Priorities"	MasterChef "Wolfgang Puck"		10 O'Clock News		11 O'Clock News	Ray "The Wedding"
CBS	19 KEPR	2 Action News at 6 p.m.	Inside Edition	The Big Bang "The Bozeman Reaction"	Simp. "The Day the Earth Stood Cool"	NCIS: LA While in Russia, Callen, Sam & Anna craft a plan to break her father out of prison.	Hawaii Five-0 Five-0 goes back to school when a college professor is killed & Danny goes undercover.		Bl. Bloods A serial killer Danny has been unable to apprehend threatens his wife and children.		Action News at 11:00 p.m.	:35 Stephen Colbert
CBS	KOIN	19 KOIN 6 News at 6	Evening News	Extra	Ent. Tonight	NCIS: LA "Matryoshka - Part Two" 2/2	Hawaii Five-0 "Hana Keaka"		Blue Bloods "Unsung Heroes"		KOIN 6 News/ 11	:35 S. Colbert
CBS	25 KNDU	6 Local News	Family Feud	Wheel of Fortune	Jeopardy!	America's Got Talent "All types audition for the chance at the \$1-million prize."	Auditions "Variety acts of all types audition for the chance at the \$1-million prize."		Dateline Featuring quality investigative features, breaking news coverage & newsmaker profiles.		Local News	:35 The Tonight Show
CBS	KGW	8 KGW News at 6:00 p.m.		Live at Seven	Inside Edition	Got Talent "Auditions" Variety acts of all types audition for the chance at the \$1-million prize.	Auditions "Variety acts of all types audition for the chance at the \$1-million prize."		Dateline NBC		KGW News	:35 Tonight at 11
ABC	42 KVEW	4 Extra	Local News at 6:30	Entertainment Tonight	The Insider	Shark T. Three friends try to sell the Sharks on a breath freshener that has dual uses.	You Do Cameras capture reactions as people are placed in situations that compel them to act.		20/20 A combination of interviews, feature stories and hard-hitting investigative reports.		Local News at 11 :05 Kimmel	
ABC	KATU	5 KATU News at 6		Jeopardy!	Wheel of Fortune	Shark Tank	What Would You Do?		20/20		KATU News	:35 Jimmy Kimmel
PBS	31 KTNW		PBS NewsHour	BBC World News	McLaugh (N)	Washington Week (N) 2016	Potus 2016	Amer. Masters "Plimpton! Starring George Plimpton as Himself"		Vicious "Wedding"	Charlie Rose (N)	
PBS	59 OPB	13 The Travel Detective	Business (N)	PBS NewsHour		Washington Week (N)	Viewer's Choice					

PARENTS TALK BACK Building better fathers

Quinton Williams, 25, was running out of things to do with his 3-year-old son. He didn't have a lot of money to spend on activities.



AISHA SULTAN
Parents Talk Back

A friend had told him about a new young fathers' support group that met weekly, and encouraged him to go. Williams, who lives in St. Louis, decided to check it out.

Duane Gill, 41, facilitates the group, which was launched by the nonprofit Parents as Teachers (PAT) earlier this year. He follows a curriculum that focuses on child development, effective discipline and parenting apart from a child's mother. Gill also shares information about free activities around town, and provides pizza and chicken wings.

The camaraderie has turned out to be a bigger draw than the free food.

There's a group of about 20 teens and young men meeting weekly, all with the desire to become better fathers.

"I love being my son's role model," Williams said. He likes showing him new things and playing sports with him. His biggest challenge, he said, is the cost of providing for a child.

"Being a parent is expensive," he said. Williams works as a safety officer and plans to begin training at the St. Louis County Police Academy by the end of the month. He's been attending the fatherhood meeting regularly for the past couple of months, and says he's learned how to improve the relationship and communication with his son's mother, with whom he shares custody.

"We want to keep a positive relationship for the sake of our son," he said.

A portion of the meeting time is set aside to discuss what Gill calls "baby-mama drama." It first came up when one of the young fathers raised the question of how to deal with his daughter's mother's new boyfriend.

"What if he wants to discipline my daughter?" the father asked. That discussion lasted for an hour and a half.

There are obstacles that arise when fathers are trying to co-parent a child while living apart from the mother, Gill said. The peer support offers a chance to vent about problems and brainstorm

solutions. "There is group wisdom being shared," Gill said. "I learn a lot from them, too."

Another frequent topic of discussion addresses how to best discipline children. Gill said he wants young fathers to consider ways other than spanking to correct a child's behavior.

"You don't always have to be physical with your child," he said.

One out of every 15 American males will father a child while in his teens. The situation can be overwhelming, but help and resources are out there. Kristen Mandrell, a project manager with PAT, says the nonprofit's entire Fatherhood Toolkit is offered for free on the website parentsasteachers.org under the Resources tab.

The parenting sessions target areas with high rates of infant mortality and teen pregnancy, with the goal of reducing both. PAT wants to help teen parents, male and female, improve their parenting skills and learn about the developmental needs of infants and young children. The group sponsors three young fatherhood groups and four teen motherhood groups per week in the St. Louis area, along with several more across the country.

There's a ripple effect to educating young fathers: Their children do better, across every measure of well-being, than their peers in father-absent homes.

Williams knows the importance of his role. His own father has been married to his mother for 28 years, and has always maintained a strong relationship with him.

He speaks passionately about his hopes for his son.

"My dream for him is to be the best little man he can be," Williams said. "I want him to be better than me. I don't want him to have a child as young as I did. I want him to go to college, be able to leave St. Louis and travel the world."

The fact that he's putting in the work to become a more informed father will bring those dreams closer to reality.

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.

NIGHT OWL

STATION	12 AM	12:30	1 AM	1:30	2 AM	2:30	3 AM	3:30	4 AM	4:30	5 AM	5:30
FOX	11 KFFX	11 AngerM.	:35 Hot In	:05 CR TV	Featuring a selection of products and services.							CRTV
FOX	KPTV	3 Loves Ray	TMZ	Dish	Queens	Raising	Commun.	Cougar T	Paid	Crazy Talk	Paid	Paid
CBS	19 KEPR	2 S. Colbert	:35 James Corden	:35 Paid	:05 Paid	Paid		Spaces	J. Hanna	Traveler	Paid	Morning Saturday (N)
CBS	KOIN	19 S. Colbert	:35 James Corden	:35 Insider	:10 Paid	OurWorld		Paid		CBS This Morning Saturday (N)		
CBS	25 KNDU	6 Tonight	:35 Seth Meyers	:35 C. Daly	:05 Today Show	Mad Money				1st Look	Fam. Feud	Saturday Today (N)
CBS	KGW	8 Tonight	:35 Seth Meyers	:35 C. Daly	:05 News	Backroads	Mad Money			1st Look	Paid	Paid
ABC	42 KVEW	4 :05 Nightl.	:35 FABLife (N)	:35 Paid	Paid	Paid	McMillan "Coffee, Tea or Cyanide?"			N. Gallery	F Troop	F Troop
ABC	KATU	5 J. Kimmel	:35 Nightl.	:05 Paid	:35 Paid	:35 Paid	:05 Paid	:35 Paid	DestinTV	Paid	Paid	Paid
PBS	31 KTNW	Heroes	T. Smiley	W.Week	CharlieR	Masters "Plimpton!"			Vicious	The Draft		Old House
PBS	59 OPB	13 PBS NewsHour		Viewer's Choice							Business	BBC News