

Find AA meetings in your area at www.district3AA.org

DAILY
OPEN AA MEETING, 12 noon, 680 Harper Road, Hermiston. (800-410-5953).
OPEN AA MEETING, 12 noon, Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton. Coffee is provided. (Ed 541-207-2548).

FRIDAYS
NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.
OPEN AA MEETING, 6-7 p.m., Good Samaritan Ministries, 21 S.W. Frazer Ave., Pendleton.

CELEBRATE RECOVERY GROUP, 6 p.m., Salvation Army, 150 S.E. Emigrant Ave., Pendleton. (541-276-3369).
OPEN AA MEETING, 7 p.m., United Methodist Church, 1004 Main St., Fossil (800-410-5953).
OPEN AA MEETING, 7 p.m., Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission (800-410-5953).

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.
OPEN AA MEETING, 7:30 p.m., Lone Community Church, 395 Main St., Lone. (800-410-5953).

NARCOTICS ANONYMOUS, 7:30 p.m., United Methodist Church, 191 E. Gladys Ave., Hermiston.
OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

NARCOTICS ANONYMOUS, 7:30 p.m., United Methodist Church, 191 E. Gladys Ave., Hermiston.
OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

SATURDAYS
OREGON GREEN FREE

MEDICAL MARIJUANA SUPPORT GROUP, 12 noon, 1607 Gekeler Lane, La Grande. Lunch will be provided. (Doreen 541-963-2529). Second Saturday

AA BOOK MEETING, 7 a.m., St. Johns Episcopal Church, 665 E. Gladys Ave., Hermiston.

NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

ALCOHOLICS ANONYMOUS, 7 p.m., Pilot Rock City Hall council chambers, 143 W. Main St. (Edward D. 541-207-2548).
OPEN AA MEETING, 7 p.m., United Church of Christ, 114 S. East St., Condon. (800-410-5953).

VISION FOR YOU OPEN AA MEETING, 7 p.m., Good Shepherd Lutheran Church, 420 Locust Rd S.W., Boardman. (Pat 541-215-2342, 503-752-7459).

NARCOTICS ANONYMOUS, 7:30 p.m., United Methodist Church, 191 E. Gladys Ave., Hermiston.
NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

HEPPNER MIRACLES OPEN AA MEETING, 8 p.m., St. Patrick's Church parish hall, 525 N. Gale St., Heppner. (800-410-5953).
OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

SUNDAYS
HUNGRY SPIRIT OPEN AA MEETING, 8:30 a.m., Roosters Restaurant, 1515 Southgate, Pendleton (800-410-5953).
HARPER ROAD AL-ANON, 10-11 a.m., 680 Harper Road, Suite 2 (AA meeting room), Hermiston.
OPEN AA MEETING, 7 p.m.,

Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission (800-410-5953).

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

NARCOTICS ANONYMOUS, 7:30-9 p.m., Hermiston United Methodist Church, 191 E. Gladys Ave.

OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

MONDAYS
ALCOHOLICS ANONYMOUS, 6-7 a.m., St. Anthony Hospital conference room 3, 3001 St. Anthony Drive, Pendleton. (Ed 541-207-2548).

NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

PARKINSON'S DISEASE SUPPORT GROUP, 1 p.m., Desert Lanes Bowling Alley, 1545 N. First St., Hermiston. (Carol and Charles 541-720-4256 or 541-567-9420). First Monday

PENDLETON PARKINSON'S SUPPORT/TELEHEALTH FAMILY, 2-4 p.m., Pendleton City Hall, 500 S.W. Dorion Ave., Pendleton. (Sue Peterson 541-276-4569). Second Monday

AL-ANON, 5:30-6 p.m. book study, 6-7 p.m. meeting, St. John's Episcopal Church, 235 N.E. Seventh St., Hermiston.

ALZHEIMERS AND DEMENTIA SUPPORT GROUP, 5:30 p.m., Good Shepherd Medical Pavilion room M1, 610 N.W. 11th St., Hermiston. For families and support members of people with dementia diagnoses. (Cathy Lloyd 541-390-1158). Last Monday

HOPE FOR HEALING SUPPORT GROUP, 6-7:30 p.m., Good Shepherd Medical Office Plaza meeting room, 620 N.W. 11th St., Hermiston. Bereavement support group dealing with loss and grief issues. (541-667-3543). Second and fourth Monday

BREAST CANCER SUPPORT GROUP, 6:30-8 p.m., Good Shepherd Medical Office Plaza meeting room, 620 N.W. 11th St., Hermiston. English and Spanish. (Karen 541-561-6522, Shari 541-561-7404 or Esmeralda 541-720-7595). Third Monday

EASTERN OREGON DOWN SYNDROME SUPPORT GROUP, 6:30-7:30 p.m., The Arc Building, 215 W. Orchard Ave., Hermiston. (Angela Bonzani 541-720-7880). Third Monday

OPEN AA MEETING, 6:30 p.m., Echo Methodist Church, 21 Bonanza Street. (541-571-6257, 800-410-5953).

NARCOTICS ANONYMOUS, 6:30 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.
NARCOTICS ANONYMOUS, 7 p.m., Christ the King Lutheran Church, 325 S.W. Sixth Ave., Mil-ton-Freewater.
OPEN AA MEETING, 8 p.m., United Church of Christ, 114 S. East St., Condon. (800-410-5953).

TUESDAYS
TOPS, 8:30 a.m. weigh-in, 9-10 a.m. meeting, Landmark Baptist Church, 125 E. Beech Ave., Hermiston. (Barb 541-580-8668).

NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.
CANCER SURVIVORS LUNCHEON, 1 to 2 p.m., St. Anthony Hospital, 2801 St. Anthony Way, Pendleton. (Lori Weaver 541-278-3233). Second Tuesday

WOMEN'S AA MEETING, 1:15 p.m., First United Methodist Church, 241 S.E. Second St., Pendleton. Children are welcome.

DIABETES SUPPORT GROUP, 1-2:30 p.m., Good Shepherd Medical Center Wellness Center, 610 N.W. 11th St., Hermiston. (Marian 541-377-9761). Third Tuesday

LOST AND FOUND YOUTH OUTREACH, 4 p.m., Hailey Place Apartments community room, 696 S.W. 30th St., Pendleton. Help for youth 12-18 facing challenges. (Danny 541-379-4250 or Leslie 541-276-3987)

ALCOHOLICS ANONYMOUS OPEN GROUP, 5:15 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton. (Edward D. 541-207-2548).

AL-ANON, 5:30 p.m., 509 S.W. Frazer Ave., Pendleton. (Sandy 541-278-0162).

RELEASE AND REFOCUS, 5:30 p.m., Lighthouse Church, 417 N.W. 21st St., Pendleton.

Learn to release life's negative experiences and emotions and embrace positive ones. (541-240-9690).

SUICIDE BEREAVEMENT GROUP, 5:30 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton. (Lydia Conley 503-490-5574). Second and fourth Tuesdays

AA OPEN BOOK STUDY, 6 p.m., St. John's Episcopal Church, 235 N.E. Seventh St., Hermiston. (800-410-5953) Second and fourth Tuesdays

"LOVE IS A CHOICE" CO-DEPENDENCY SUPPORT GROUP, 6-7:30 p.m., Good Samaritan Ministries, 319 W. Locust St., Hermiston. (541-564-1041).

OVERCOMERS OUTREACH, 6 p.m., Living Word Christian Center, 401 Northgate, Pendleton. Christ-centered 12-step program with individual sponsors for those wishing to overcome addictive behavior. (541-278-8082 or www.living-wordcc.com).

MEN'S OPEN AA MEETING, 6:30 p.m., 680 Harper Road, Hermiston. (800-410-5953).

ALZHEIMER'S SUPPORT GROUP, 6:30 p.m., Activity Room, McKay Creek Estates, 1601 Southgate, Pendleton. (Duane 541-278-5683). Third Tuesday

GENERAL SUPPORT GROUP, 6-7:30 p.m., Good Samaritan Ministries Counseling Center, 319 W. Locust Ave., Hermiston. (541-564-1041).

PARENTS TALK BACK

The college professor you want your child to find

The only time I ever cried in a professor's office was near the end of a semester-long assignment. My angst had nothing to do with my grades or the approaching deadline.



AISHA SULTAN
Parents Talk Back

It was the knowledge from the work that was breaking my heart.

Dr. Sussan Siavoshi, a political science professor at Trinity University, informed my class at the start of the semester that we would be required to subscribe to a newspaper and follow the news of any single foreign country for the entire term. Our research would culminate in a final paper.

I grew up in a household that prized its newspaper subscription, so I had been a casual consumer of news for as long as I could read. But like most Americans, I just skimmed the headlines of stories with international datelines. Many parts of the world only seemed to show up in stories related to war and conflict, and my eyes tended to glaze over the steady stream of bad news.

The former Yugoslavia was crumbling at the time. I chose Bosnia and Herzegovina for the assignment, fascinated by the region's history and the unrest in a multiethnic, multireligious society. I picked the Christian Science Monitor, then a daily paper with robust international coverage, as my news source.

I had a superficial understanding of the crisis unfolding in the Balkans. But once I started following the news vigilantly, I became emotionally entrenched in it. As luck would have it, I had subscribed to a publication that was heavily invested in covering my chosen country: The year I graduated college, David Rohde won the Monitor a Pulitzer Prize for International Reporting for his reporting of the slaughter of thousands of Bosnian Muslims in the Srebrenica genocide.

It was the daily reading about the march toward this genocide, the growing support for ethnic cleansing, that was haunting me as a young college student.

My high school history class had been my introduction to the horrifying scale of human cruelty. I remember holding my head in my hands when I began to grasp the magnitude of the genocides detailed in our textbooks.

How could the world be letting this happen again?

That was the question that led me to my professor's office. I told her that I was having trouble sleeping. I felt helpless, hopeless, complicit and depressed from following this war so closely. She handed me a tissue and reached for one herself.

I don't remember what she said in response to my questions, but I do remember her compassion. I remember feeling like my grief over something unconnected to myself was legitimate. She gave me permission to ask difficult questions to which there were no easy answers.

The assignment was designed to teach us how to take a sustained interest in things outside our circle. The point was to learn to make connections — global, historical, political and personal. This is how you teach young people to think about the world in an informed and critical way. In a time when universities are caught in a facilities arms race to attract students, they ought to remember that their most valuable assets are people.

For parents worried about which colleges will give their child the best shot in life: Look for the ones with professors who really care about their students. Relationships — with their professors and their peers — are transformative for students.

I turned in my term paper, and I added an international studies major after Siavoshi's class.

I recently found myself again in Siavoshi's office, again in a time of political turbulence. We had an unplanned, serendipitous meeting: She was on campus when I was picking up my daughter from a camp. We hadn't spoken since I had been her student, decades earlier.

I told her I was worried about terrorist attacks at home and abroad, and the political opportunism that sought to tear us apart rather than unite us during these uncertain and scary times. I shared my concerns about my own children, who would hopefully be college students one day.

Again, her wisdom and compassion comforted me. Siavoshi said she reads the news rather than watching it on television. She knows when to disengage from reporting on tragedies and horror stories. She reminds herself of all the other groups who are vulnerable, remembering the power in building alliances. Sticking up for others is a way of sticking up for yourself.

We are not alone, she said, in our worries or our heartache about the pain in the world.

Twenty years later, I needed to hear that again.

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.

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	Hot/ Cleve.	KATV	Mother	Paid	Steve Harvey	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	
NBC	25 KNDU	6 Wake Up Northwest		Today Show Queen Latifah, Shawn Mendes (N)				Today Show II (N)		Today Show III (N)	Wendy Williams	
NBC	KGW	8 KGW News at Sunrise		Today Show Queen Latifah, Shawn Mendes (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 K. 1/2	Wild K. 2/2	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain
PBS	59 OPB	13 Essentrics	Wild K. 1/2	Wild K. 2/2	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain	DinoTrain	SuperWI

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	Divorce	Judge Mathis		The People's Court		The People's Court	Mike&M.	Mike&M.
FOX	KPTV	3 The Rachael Ray Show	Paid	Y. Icons		Am Athlete	Missing	TMZ Live!		Judge Judy	Judge Judy	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
CBS	KOIN	19 News	Bold & B.	The Talk		The Doctors		Dr. Phil		KOIN 6 News at 4 p.m.	News	News
NBC	25 KNDU	6 TMZ	Paid	Days of Our Lives		Hot Bench	Hot Bench	Million?	Million?	Ellen DeGeneres	News	NBC News
NBC	KGW	8 KGW New	Paid	Days of Our Lives		FABLife		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
ABC	KATU	5 The Chew		General Hospital		Meredith Vieira		Steve Harvey		KATU News @ 4	News	News
PBS	31 KTNW	Charlie Rose		Ming	Quilt Day	C.George	Thomas	Arthur	Nature Cat	Jet Go!	O. Squad	Wild K. 1/2
PBS	59 OPB	13 Paint This	Cooking	Charlie Rose		Nature Cat	Bob Build	Cat/ Hat	Jet Go!	Speaks	WordGirl	Wild K. 1/2

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 "Caught in the Act"	Modern Family "Bixby's Back"	Girls "And the Psych Shakedown"	2 Broke Girls "And the Great Unwashed"	Rosewood Rosie and Villa land in the middle of a case involving their confidential informant.	MasterChef The remaining cooks learn how to properly deconstruct a lobster.		FOX News First at Ten	:35 Law:CI A mortician is found murdered in ritualistic fashion & the detectives suspect cultists.	:35 Two and a Half Men		
FOX	KPTV	3 6 O'Clock News	Timbers in 30	Family Feud	Family Feud	Rosewood	MasterChef "Gordon Ramsay Masterclass"		10 O'Clock News	11 O'Clock News	Loves Ray "Left Back"		
CBS	19 KEPR	2 Action News at 6 p.m.	Inside Edition	The Big Bang Theory	The Simpsons "Blazed and Confused"	NCIS: Los Angeles The team races to try & prove Deeks innocence when he is arrested for murder.	Hawaii 5-0 The team must uncover who stole unstable Japanese WWII bombs left hidden on the island.		BlueB. Danny and Baez must work fast to find who is responsible for a local mobster's death.	Action News at 11:00 p.m.	:35 Stephen Colbert		
CBS	KOIN	19 KOIN 6 News at 6	Evening News	Extra	Ent. Tonight	NCIS: Los Angeles "Internal Affairs"	Hawaii Five-0 "Ua Ola Loko I Ke Aloha"		Blue Bloods "Cursed"	KOIN 6 News/ 11	:35 S. Colbert		
NBC	25 KNDU	6 Local News	Family Feud	Wheel of Fortune	Jeopardy!	Track & Field Olympic Trials Site: Hayward Field -- Eugene, Ore.	Gymnastics Olympic Trials Center -- San Jose, Calif.		Women's Site: SAP	Local News	:35 The Tonight Show		
NBC	KGW	8 KGW News at 6:00 p.m.	Live at Seven	Inside Edition	Track & Field Olympic Trials	Gymnastics Olympic Trials	Women's Site: SAP		Center -- San Jose, Calif.	KGW News	:35 Tonight at 11		
ABC	42 KVEW	4 Extra	Local News at 6:30	Entertainment Tonight	The Insider	Shark T. Two business partners believe they have created the perfect fire-starting solution.	You Do Cameras capture reactions as people are placed in situations that compel them to act.		20/20 Diane Sawyer interviews Jaycee Dugard five years after her release from captivity.	Local News at 11 /Kimmel This distinctive late-night talk show features celebrity guests, bands & comedy.	:35 Jimmy Kimmel		
ABC	KATU	5 KATU News	Jeopardy!	Wheel of Fortune	Shark Tank	What Would You Do?	20/20 "Jaycee Dugard" (N)		A Few Good Pie Places	Charlie Rose (N)			
PBS	31 KTNW	13 Expeditions	Business (N)	PBS NewsHour	Washington Week (N) 2016	Great British Baking "Biscuits" (N)	A Few Good Pie Places		The Tunnel				
PBS	59 OPB	13 Expeditions	Business (N)	PBS NewsHour	Washington Week (N) 2016	Great British Baking "Biscuits" (N)	A Few Good Pie Places		The Tunnel				
STATION	PEN	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
A&E	52	The First 48 "Out of Sight / Missing Piece"	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	:05 Duck Dynasty	Duck Dynasty	:05 Duck Dynasty	:35 Duck Dynasty
AMC	60	The Matrix A computer hacker learns that his entire reality is merely a computer-created illusion.	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters (N)	Treehouse Masters (N)	Treehouse Masters (N)	:05 Treehouse Masters	Last Man	Last Man	
ANPL	24	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters (N)	Treehouse Masters (N)	Treehouse Masters (N)	:05 Treehouse Masters	Last Man	Last Man	
CMT	43	*** The Perfect Storm	George Clooney.	*** The Perfect Storm	(00, Act) Mark Wahlberg, George Clooney.	*** The Perfect Storm	(00, Act) Mark Wahlberg, George Clooney.	*** The Perfect Storm	(00, Act) Mark Wahlberg, George Clooney.	Mr. Robot	Paid	Paid	
CNBC	72	Boss "Retro Fitness"	Boss "Hudson Group"	Undercover Boss	Undercover Boss	Undercover Boss	Undercover Boss	Undercover Boss	Undercover Boss	Mr. Robot	Declassified	Declassified	
CNN	68	CNN Tonight	M. Spurlock Inside (N)	Declassified	Declassified	Declassified	Declassified	Declassified	Declassified	M. Spurlock Inside	Declassified	Declassified	
DISC	51	Alaskan Bush People	Alaskan Bush People	Alaskan Bush (N)	Bush People (N)	Bush People (N)	Bush People (N)	Bush People (N)	Bush People (N)	Homestead Rescue (N)	Alaskan Bush People	Alaskan Bush People	
DISN	26	Liv Maddie	Underc.	Friends	Liv Maddie	StuckMid	Girl M. (N)	Walk (N)	Walk	Star vs.Evil	Star vs.Evil	StuckMid	Girl World
ESPN	33	NBA Basketball Summer League Minnesota vs Denver (L)	Friends	Liv Maddie	StuckMid	Girl M. (