COMING EVENTS

FRIDAY, AUG. 5 FREE FIRST FRIDAY, all day, Tamastslikt Cultural Institute, 47106 Wildhorse Blvd. (off Highway 331 near Wildhorse Resort & Casino), Pendleton. (541-966-

ADULT OPEN GYM, 6-7 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Half-court basketball. (541-276-8100).

HEPPNER FARMER'S MAR-HEPPNER FARMER'S MAR-KET, 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, 10:15-10:45 a.m., Pendleton Pub-lic Library, 502 S.W. Dorion Ave. (541-966-0380).

(541-966-0380)

PENDLETÓN SENIOR MEAL SERVICE, 12 noon, Pendleton Senior Center, 510 S.W. 10th St. Costs \$3.50 or \$6 for those under 60. Pool, puzzles, crafts, snacks, Second Time Around thrift store 9 a.m. to 1 p.m. For Meals On Wheels, call 541-276-1926. (541-276-7101). **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. (pendle-

tonfarmersmarket.net).

MOOSE LODGE SUPREME
GOVERNOR VISITATION, 5 p.m., Stanfield Moose Lodge, 615 E. Coe Ave. Moose members and their families invited to meet Supreme Governor Franz R. "Fritz'

STRINGS RECITAL, 5 p.m., Peace Lutheran Church, 210 N.W. Ninth St., Pendleton. Par-ticipants in the Oregon East Symphony Summer Strings Camp will perform. Free admission. (541-276-0320).

VFW BINGO, doors_open at 6 p.m., games start at 7 p.m., Hermiston VFW, 45 W. Cherry St. D A D D Y - D A U G H T E R DANCE, 7-10 p.m., St. Patrick's Church parish hall, 525 N. Gale St., Heppner. All ages welcome. Free. (541-676-9462). MOVIES IN THE PARK,

dusk, McKenzie Park, 320 S. First St., Hermiston. Family-friendly movie. Bring blankets, chairs and snacks.

SATURDAY, AUG. 6 HERMISTON'S OWN FARM-

ERS MARKET, 8 a.m. to 1 p.m., McKenzie Park, 300 S. First St., Hermiston. Food, crafts, live mu-

sic, 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

DRIVER SAFETY REFRESH-ER CLASS, 8:45 a.m. to 4 p.m., St. Anthony Hospital conference rooms 1 and 2, 2801 St. Anthony Way, Pendleton. Participants will learn valuable defensive driving skills, proven safety strategies, latest driving technology, cur-rent rules of the road and how to manage age-related changes is vision, hearing and reaction time. Lunch break provided, but lunch is on your own. Geared toward adults 55 and up, but all licensed drivers are welcome (Oregon drivers only). \$15 for AARP members (Nikii Murtaugh 541-861-0024).

GUN AND KNIFE SHOW, 9

a.m. to 5 p.m., Pendleton Convention Center, 1601 Westgate. Admission \$7, free for ages 12 and under

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). SCHOOL SUPPLY DRIVE, 10 a.m. to 2 p.m., Wal-Mart, 2203 S.W. Court Ave., and Bi-Mart, 901 S.W. Emigrant Ave., Pendleton. Pendleton Altrusa is seeking donations of schools supplies, clothing, backpacks and cash donations to benefit disadvantaged K-12 youth at Pendleton schools. (Buffy Farber 541-969-2390).

HÍP & 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).
RENTAL HOUSING TRAIN-ING SEMINAR, 11 a.m. to 2:30 p.m., Pendleton Eagles Lodge, 428 S. Main St. Christian Bryant will present "From Inspections to Evictions to Collections." Learn about the proper paperwork and how to turn past tenants in to collections or small claims. Cost is \$40 for Umatilla County Rental Housing Association members, \$45 for non-members. Lunch is available from the lodge for \$6; RSVP required. (LaVonne or Teri

at Let'er Rent or 541-215-1770).

SATURDAY SPIN-IN, 1-4
p.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. Fiber enthusiasts are encouraged to bring spinning wheels, portable looms and other tools and share fellowship and expertise. (541-278-9201).

SISTER CITY EXCHANGE

6 AM

25 KNDU 6 Wake Up Northwest

Stretch

6:30

3 Good Day Oregon at 6 Good Day Oregon

42)KVEW 4 Northwest Northwest Good Morning America (N)

19 KOIN 6 News at 6 a.m. CBS This Morning (N)

8 KGW News at Sunrise Today Show Blake Shelton (N)

5 KATU News Morning Good Morning America (N)

News

Friday Morning

STATION

19 KEPR

KPTV

KOIN

KGW

KATU

31 KTNW

<u>59</u> OPB

WELCOME RECEPTION, p.m., Pendleton City Hall, 500 S.W. Dorion Ave. Meet seven students from Minamisoma, Japan, and their chaperones. Includes formal greeting, signing of updated protocols and a gift exchange.

OLDIES NIGHT, 7 p.m., Wesley United Methodist Church, 816 S. Main St., Milton-Freewater. BJ the DJ spins tunes of The Carpenters and trivia galore. The Frogs will provide snacks. Free. (Bob Jones 541-938-7028).

MOVIES IN THE PARK. dusk. Community Park, 1000 S.W. 37th St., Pendleton. Family-friendly movie. Concessions available for purchase.

SUNDAY, AUG. 7

GUN AND KNIFE SHOW, 10 a.m. to 3 p.m., Pendleton Convention Center, 1601 Westgate. Admission \$7, free for ages 12 and under.

"HISTORY TO DIE FOR" WALKING TOUR, 12:30 p.m., Olney Cemetery, 865 Tutuilla Road, Pendleton. Local historian Keith May leads tour of Pendleton's historic cemetery. Costs \$5, tickets for sale in advance at MaySons Old Fashioned General Store, 369 S. Main St. (541-276-8206). BASIC RIGHTS OREGON

PENDLETON GARDEN PARTY, 5-7 p.m., Pendleton House B&B, 311 N. Main St., Pendleton. Amy Herzfeld, co-executive director of Basic Rights Oregon, will speak on the 20th anniversary of Ba-

7:30

7 AM

CBS This Morning (N)

Today Show Blake Shelton (N)

8 AM

| W.L.Yoga | Wild Kratts | Jet Go! | ♀ Odd Squad: The Movie ('16, Ani) | D.Tiger

8:30

sic Rights Oregon and the next chapter of the fight for LGBTQ equality. Food and beverages will be served. Free, but registration is required. (http://equalityfederation.salsalabs.com/o/35028/p/salsa/event/common/public/?event

COMMUNITY BARBECUE, 5-7 p.m., First Christian Church, 775 W. Highland Ave., Hermiston. Pulled pork and hot dogs, games and activities and a slip 'n' slide for the youngsters. Free. (541-567-3013 or www.hermistonfirst-

christian.org).

ADULT OPEN GYM, 6:30-8:30 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Free access for ages 16 and up. (541-276-8100).

MONDAY, AUG. 8 ADULT OPEN GYM, 6-7 a.m.,

Pendleton Recreation Center, 510 S.W. Dorion Ave. Half-court basketball. (541-276-8100).

PRESCHOOL STORY TIME, 10:30 a.m., Athena Public Library, 418 E. Main St. For ages birth to

6. (541-566-2470).
TEENS LORD OF THE RINGS MARATHON, 11 a.m., Pendleton Public Library, 502 S.W. Dorion Ave. Bring blankets and pillows for a long but awesome day of all things Tolkien. Movies and pizza provided. Free. (541-966-0380).

PENDLETÓN SENIOR MEAL **SERVICE**, 12 noon, Pendleton Senior Center, 510 S.W. 10th St. Costs \$3.50 or \$6 for those under

9:30

9 AM

Good Day

Meredith Vieira

Let's Make a Deal

Today Show II (N)

Today Show II (N)

AM Northwest

Live! With Kelly (N)

10 AM

The 700 Club

The Price Is Right

The Price Is Right

Today Show III (N)

Today Show III (N)

Sesame St. Peg + Cat | DinoTrain | DinoTrain | SuperW! | Thomas

The View

The View

60. Pool, puzzles, crafts, snacks, Second Time Around thrift store 9 a.m. to 1 p.m. For Meals On Wheels, call 541-276-1926. (541-

276-7101). ART STUDIO, 4:00-5:30 p.m. Pendleton Center for the Arts, 214 N. Main St. Free class for ages 7-12 to develop skills and encourage art exploration. (541-

MUSIC IN THE PARK, 7 p.m., Irrigon Marina Park, end of Northeast 10th Street. Free family-oriented musical performance featuring Dakota Brown Band. Bring a lawn chair or blanket and a pičnic. (Tami 541-571-0844 or Renee 541-922-1560).

TUESDAY, AUG. 9

ADULT OPEN GYM, 6-7 a.m. Pendleton Recreation Center, 510 S.W. Dorion Ave. Half-court

basketball. (541-276-8100).

PRESCHOOL STORY TIME,
10:30-11 a.m., Stanfield Public
Library, 180 W. Coe Ave. (541-449-1254).

BOARDMAN SENIOR MEAL SERVICE, 12 noon, Boardman Senior Center, 100 Tatone St. Costs \$4 for seniors 55 or \$5 for adults. (541-481-3257). HERMISTON SENIOR MEAL SERVICE, 12 noon, Hermiston

SERVICE, 12 noon, Hermiston Senior Center, 435 W. Orchard Ave. Costs \$4 or free for children under 10. Extra 50 cents for utensils/dishes. Meals on Wheels available. Transportation arranged by donation. (541-567-

August 5, 2016

Young & Restless

Young & Restless

Wendy Williams

The Dr. Oz Show

Live! With Kelly (N)

Paid

Middle

10:30 | 11 AM | 11:30

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Paid

Sesame St. Peg + Cat | DinoTrain | Sit and Fit

PARENTS TALK BACK

Creating a fair division of labor

Aisha

Sultan

Parents Talk Back

The busiest years in a couple's life are when both partners are building careers and raising young children.

It takes many different types of work to keep a household running: the physical tasks, such as cooking, cleaning and laundry; the mental tasks, like coordinating schedules and managing finances; and the social-emotional tasks of keeping tabs on everyone's

wants and needs. If a task isn't your job or a leisure activity, it goes into one of these "buckets" of household work. One of the most contentious issues during this stage of life is the question of who carries the most buckets — or the neaviest ones

Sharing household chores was in the top three highestranking issues necessary for a successful marriage, according to a 2007 Pew Research Poll. (The first two were faithfulness and good sex.)

In the past half-century, the majority of mothers have moved into the paid labor force. The labor force participation of women with children under the age of 18 has risen to 70 percent. And mothers are the primary breadwinners in 40 percent of households with children, according to a Pew Research Center analysis of census

Now more than ever, the distribution of household labor is an issue of fairness and respect.

In a 2015 Pew Survey, more than half of the working partners in two-parent households said they split household chores equally. But nearly half also said working mothers do more in handling children's schedules and activities, which requires significant effort before children can drive or manage their own time.

And there's a gender gap in how mothers and fathers describe their household's distribution of labor.

'Mothers in two-parent households, regardless of work status, are more likely to report that they do more on each of the items tested in the survey than fathers are to say their spouse or partner does more. For their part, fathers are generally more likely than mothers to say that these responsibilities are shared about equally," the report found.

One mother I talked to expressed that very sentiment regarding her own family situation.

"I think in his perspective I do 60 to 65 percent of the work, when in reality, I do 90 percent," she said.

"And I'm being very conservative with that 90 percent."

The so-called 'invisible work" can often fall to women by default. Part of that may be because the gender-chore gap hasn't changed much in more than a decade. Bloomberg

reported last year that the Bureau of Labor Statistics' annual Time Use Survey reveals that the percentage of men and women who are involved in household activities defined as housework,

cooking, cleaning up after cooking, and generally taking care of the household has barely moved since 2003, when the bureau began tracking Americans' day-to-day activities.

Everyone wants to be ppreciated and recognized for the contributions and effort put forth in their home life. If left unchecked, an unfair division of labor breeds resentment and alienation between spouses. It can erode intimacy and the sense of being supported as an equal. If one person is constantly feeling overwhelmed or tired, a redistribution of responsibility may be in order.

Part of the solution is raising awareness of all the tasks that require labor – whether mental, physical or emotional — in raising a family and managing a household.

To that end, try creating a comprehensive list of all the various tasks it takes to run your household. (I compiled one such list for my local paper, the St. Louis Post-Dispatch, which is available online. Another good list to work from is Alexandra Bradner's from her 2013 piece in The Atlantic, also online.) Then sit down with your spouse and determine who typically handles what and where things might need to shift.

Perhaps one person prefers to take primary charge of an area, such as school communication or vacation planning. Maybe one spouse wasn't aware of the way certain tasks pile up into stressful mental clutter, and can work to alleviate that. Perhaps one partner needs to try not to criticize the way certain tasks get done in the future.

These may be difficult conversations, but they are necessary to the overall long-term happiness of the family.

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: (a)AishaS.

AFTERNOON

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