

PARENTS TALK BACK

How half the country explains the election to their kids

We knew we would be witnessing an unprecedented election result, regardless of who won the presidency. There were millions of Americans who believed they would be telling their daughters after this election, "See? You can be president, too."

Obviously, that's not the conversation we're having.

Instead, for those whose children have heard their president-elect talk about their ethnicity, religion or race in the worst possible way, the conversations are very hard. For parents who are teaching their children the importance of being kind, respectful and honest, we might be struggling for the words to explain how a candidate who embodied none of those traits won a contest to lead the country.

I know I'm not the only parent who saw fear in my children's faces and heard confusion in their voices on election night or in the aftermath. I watched them struggle to make sense of what they were seeing. If

it is hard for us to process, it is even harder for them.

This is an important reality check moment for our country. And the takeaway for parents is that we will have to model the behavior and reactions we want our children to have.

We teach them to respond to bullying and name-calling by standing up for ourselves and our friends.

We teach them resilience by being stronger. We teach them how to cope with scary unknowns by being brave.

This is what parents have done in the darkest chapters of our country's history. We raise our heads. We draw our allies closer. We find ways to survive and protect the ones we love.

And we also level with our children — no matter how much we want to shelter them from ugly truths.

It's OK to tell them there



AISHA SULTAN
Parents Talk Back

are still millions of sexist and racist people. And that many of our fellow countrymen still promote those ugly ideas. We have to be able to acknowledge and recognize the depth of our country's racism and sexism. It's okay to admit that you

misjudged the character of the country. It's important to tell them that the best person for the job doesn't always get the job.

It doesn't mean we lose hope. The morning after the election, I hugged both my children very tightly before I sent them off to school. I asked them how they would respond to the talk in school. We discussed acceptable responses to

what people might say. I told my daughter: "I love you, and you need to know that I will always do everything in my power to protect you, your brother and your father. I'm still the boss of this family."

She smiled and said, "Well, you can't really argue with that."

I wanted to see that smile despite the ache in my own heart. I wanted to reassure them despite my own uncertainty. I am heartbroken because a divisive message of hate and fear was more powerful than one of acceptance, respect, civility and love. I'm sad for our children and our country's future. But, I am not surprised. I saw how people changed once their worst impulses were validated. I read it in

my emails, heard it in my voicemails and saw it in people's behavior.

I did not underestimate racism and sexism.

That said, I am not afraid.

I am an American Muslim woman living in a red state. The state can try to curtail my rights. The extreme right can try to threaten and intimidate me. The economy may tank, and we may see a lot more racist violence.

But I am in control of my own mind and heart and soul. And I refuse to live in fear in my own country.

I will work to make it a more just and compassionate place and do my best to protect my family. I will continue to believe in the goodness of the people I know and

trust in a Greater Power to protect us all.

I reached out to my closest friends and said, "We are all in this together." And they responded, "Of course we are."

Millions of people worked hard for their vision of a united America, and millions will keep working toward it. Despite the election result, that work was not in vain. Nothing done from love is ever in vain.

Remember, light shines brightest in the darkness.

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.

PUBLIC SAFETY LOG

WEDNESDAY

12:41 p.m. - The manager of Subway restaurant at the Hermiston Wal-Mart Supercenter reported a man kept coming in and stating the business has his checks. The manager asked police to have him leave. Officers did not find him.

3:38 p.m. - A Hermiston man asked police for help getting his ex-wife to stop sending texts, emails and harassing phone messages "all of the time."

4:08 p.m. - A mother asked for Hermiston police to respond to Sandstone Middle School, Hermiston, where students are bullying her daughter.

11:36 p.m. - Juveniles in the area of Northeast Fourth Street and East Jennie Avenue, Hermiston, threw eggs at a Honda Pilot. The owner of the car told police this was the second time.

Editor's note: Other agencies did not provide their activity bulletins.

MEETINGS

FRIDAY, NOV. 11

No meetings scheduled

MONDAY, NOV. 14

MILTON-FREEWATER CITY COUNCIL BOARD RETREAT AND GOALS WORK SESSION, 9 a.m. to 3 p.m., Milton-Freewater City Hall, 722 S. Main St.

PENDLETON SCHOOL DISTRICT, 6 p.m., Wildhorse Resort & Casino, 46510 Wildhorse Blvd., Pendleton.

HERMISTON SCHOOL DISTRICT, 6:30 p.m., district office, 502 W. Standard Ave.

MILTON-FREEWATER SCHOOL BOARD, 6:30 p.m., Central Middle School, 306 S.W. Second St.

ATHENA-WESTON SCHOOL BOARD, 7 p.m., Athena Elementary School library, 375 S. Fifth St.

BOARDMAN CITY COUNCIL SPECIAL MEETING, 7 p.m., Boardman City Hall, 200 City Center Circle. An executive session may be called during the meeting. (Jackie McCauley 541-481-9252).

HEPPNER CITY COUNCIL, 7 p.m., Heppner City Hall, 111 N. Main St.

HERMISTON CITY COUNCIL, 7 p.m., City Hall, 180 N.E. Second St.

IRRIGON FIRE DISTRICT, 7 p.m., Irrigon Fire Department, 705 N.E. Main Ave.

MILTON-FREEWATER CITY COUNCIL, 7 p.m., Milton-Freewater Public Library Albee Room, 8 S.W. Eighth Ave.

PILOT ROCK FIRE DISTRICT, 7 p.m., 415 N.E. Elm St.

TUESDAY, NOV. 15

ATHENA CEMETERY DISTRICT, 5:30 p.m., Athena City Hall, 215 S. Third St.

IRRIGON CITY COUNCIL, 6 p.m., Irrigon City Hall, 500 N.E. Main St.

UMATILLA COUNTY SOIL & WATER CONSERVATION DISTRICT, 6 p.m., USDA Service Center conference room, 1 S.W. Nye Ave., Pendleton.

PENDLETON DEVELOPMENT COMMISSION, 6 p.m., Pendleton City Hall council chambers, 501 S.W. Emigrant Ave.

EAST UMATILLA COUNTY HEALTH DISTRICT, 7 p.m., district office, 431 E. Main St., Athena.

OREGON TRAIL LIBRARY DISTRICT, 7 p.m., Heppner Public Library, 444 N. Main St.

PENDLETON CITY COUNCIL, 7 p.m., Pendleton City Hall council chambers, 501 S.W. Emigrant Ave.

PILOT ROCK CITY COUNCIL, 7 p.m., Pilot Rock City Hall council chambers, 143 W. Main St.

STANFIELD CITY COUNCIL, 7 p.m., Stanfield City Hall council chambers, 150 W. Coe St.

The EO publishes a list of meetings daily. These sessions are open to the public. Meetings should be submitted well in advance to Meeting Calendar, c/o East Oregonian, 211 S.E. Byers Ave., Pendleton, 97801, or Renee Struthers at rstruthers@eastoregonian.com. Please include the dates, times, specific addresses of the meetings and person to contact for each organization.

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	Hot/ Cleve.	Good Day Spokane				Into Wild	Steve Harvey		Crime Watch Daily		
FOX	KPTV	3 Good Day Oregon at 6	Good Day Oregon					Good Day	The 700 Club		Rachael Ray (N)		
CBS	19 KEPR	2 News	News	CBS This Morning (N)				Harry (N)	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 Sting (N)					Today Show II (N)	Today Show III (N)		Million? Million?		
NBC	KGW	8 KGW News at Sunrise	Today Show Sting (N)					Today Show II (N)	Today Show III (N)		Portland Today		
ABC	42 KVEW	4 Northwest	Northwest	Good Morning America (N)				Live! With Kelly	The View		Paid	Middle	
ABC	KATU	5 KATU News Morning	Good Morning America (N)					AM Northwest	The View		Live! With Kelly		
PBS	31 KTNW	Stretch	W.L. Yoga	Wild Kratts	Jet Go!	Nature Cat	C. George	D. Tiger	D. Tiger	Sesame St.	Peg + Cat	DinoTrain	Sit and Fit
PBS	59 OPB	13 Stretch	Jet Go!	Nature Cat	C. George	D. Tiger	D. Tiger	Sesame St.	Peg + Cat	DinoTrain	DinoTrain	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	Divorce	Judge Mathis	The People's Court	2 1/2 Men	Mike & M.	Last Man	Last Man		
FOX	KPTV	3 12 O'Clock News	Wendy Williams			The Dr. Oz Show	TMZ Live!	Judge Judy	Judge Judy	5 O'Clock News			
CBS	19 KEPR	2 NameG.	Bold & B.	The Talk (N)		Let's Make a Deal	Dr. Phil (N)	Judge Judy	Judge Judy	News	News		
CBS	KOIN	2 News	Bold & B.	The Talk (N)		The Doctors (N)	Dr. Phil (N)	KOIN 6 News at 4 p.m.		News	News		
NBC	25 KNDU	6 TMZ	Paid	Days of Our Lives		Hot Bench	Hot Bench	Wendy Williams	Ellen DeGeneres	News	NBC News		
NBC	KGW	8 KGW New	Paid	Days of Our Lives		T.D. Jakes (N)		Ellen DeGeneres	KGW News	KGW News	NBC News		
ABC	42 KVEW	4 The Chew		General Hospital		The Doctors (N)		Rachael Ray (N)	Minute	Minute	News	News	
ABC	KATU	5 The Chew		General Hospital		Harry (N)		Afternoon Live	KATU News @ 4	News	News	News	
PBS	31 KTNW	Charlie Rose		Ming (N)	Quilt Day	Stretch	Thomas	Arthur	Nature Cat	Jet Go!	Odd Squad	Wild Kratts	Business
PBS	59 OPB	13 Paint This	Mexican	Charlie Rose		Nature Cat	Bob Build	Cat/ Hat	Jet Go!	Speaks	WordGirl	Odd Squad	Wild Kratts

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 "Me? Jealous?"	Modern Family "Aunt Mommy"	2 Broke Girls "And the Coming Out Party"	Seahawks All Access	Kitchen The contestants are tasked with cooking their own interpretation of a southern staple. (N)	Exorcist Casey's disappearance gets national attention & Marcus asks Mother Bernadette for help.		FOX News First at Ten	:35 Law:CI A popular video blogger & her boyfriend are kidnapped live online by violent assailants.	:35 Anger M. "Charlie and the Hit and Run"	
FOX	KPTV	3 6 O'Clock News	Family Feud	Family Feud	Hell's Kitchen "Don't Tell My Fiance" (N)	The Exorcist (N)		10 O'Clock News	Fri Night News	11 O'Clock News	2 Broke Girls	
CBS	19 KEPR	2 Action News at 6 p.m.	Inside Edition	The Big Bang Theory	The Simpsons	MacGyver Using a corkscrew & paper towel rolls MacGyver must defend himself & Bozer.	Hawaii 5-0 While Danny chaperones Grace's formal, terrorist seize the venue & hold hostages.	BlueB. A woman shares her concerns about an abusive ex-boyfriend with Danny and Baez.	Action News at 11:00 p.m.	:35 Stephen Colbert		
CBS	KOIN	19 KOIN 6 News at 6	Evening News	Extra	Ent. Tonight	MacGyver "Corkscrew" (N)	Hawaii Five-0 "Hana Komo Pae" (N)	Blue Bloods "Personal Business" (N)	KOIN 6 News	:35 S. Colbert		
NBC	25 KNDU	6 Local News	Family Feud	Wheel of Fortune	Jeopardy!	Camera Shaq teams up with a dedicated cop to school some kids on the court. (N)	Dateline NBC The news magazine presents investigative features and breaking news coverage.		Local News	:35 The Tonight Show		
NBC	KGW	8 KGW News at 6:00 p.m.	Live at Seven	Inside Edition	Jeopardy!	Caught on Camera "Game On" (N)	Dateline NBC The news magazine presents investigative features & breaking news coverage.		KGW News at 11	:35 Tonight		
ABC	42 KVEW	4 Extra	Local News at 6:30	Entertainment Tonight	The Insider	Last Man Standing (N)	Dr. Ken (N)	Shark T. A 10-year-old pitches his lemonade stand business to help other kids fulfill their dreams.	20/20 A combination of interviews, feature stories and hard-hitting investigative reports.	News /:05 Kimmel This distinctive late-night talk show features celebrity guests, bands & comedy.	:35 H.S. Blitz	
ABC	KATU	5 KATU News at 6	Jeopardy!	Wheel of Fortune	Last Man Standing (N)	Dr. Ken (N)	Shark Tank (N)	20/20	KATU News	:35 H.S. Blitz		
PBS	31 KTNW		PBS NewsHour	BBC World News	Potus 2016	Washington Week	Charlie Rose	Great Performances "Gypsy" Imelda Staunton as Momma Rose in Styne and Sondheim's classic musical. (N)	Mastertpiece Mystery! "The Escape Artist" Pt. 2 of 2 from Nov 4	Mastertpiece Classic "Indian Summers"	On Story	
PBS	59 OPB	13 Travelscope	Business (N)	PBS NewsHour	Washington Week	BBC Newsnight						

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
A&E	52 The First 48 "Broken Home"	The First 48 "The Invitation"	The First 48 "Drugs" (N)	Live PD Live access inside the country's busiest police forces and the communities they patrol.	The First 48 "Soldier Down/ Blood Vendetta"							
AMC	60 Pearl Harbor ('01, War) Ben Affleck. The Japanese attack on Pearl Harbor unfolds while two friends battle for the same woman.											
ANPL	24 Tanked!	Tanked: Sea-lebrity "Boy Band Builds" (N)	Tanked: Unfiltered (N)	Tanked! (N)	Tanked!							
CMT	43 Miss Congeniality	Charlie's Angels II: Full Throttle	Cameron Diaz.	Roseanne	Roseanne	Roseanne	Roseanne					
CNBC	72 Undercover Boss	Boss "Utah Jazz"	Under Boss "Maaco"	Boss "Twin Peaks"	Under Boss "Mastec"	CNN Tonight	Anderson Cooper 360					
CNN	68 Anderson Cooper 360	CNN Tonight	CNN Tonight	Anderson Cooper 360	CNN Tonight							
DISC	51 Rush "Eye in the Sky"	Gold Rush	Gold Rush "Murtiny" (N)	Gold Rush (N)	TreasureQuest: Snake	Gold Rush						
DISN	26 Cali Style Bizaard.	Underc.	StuckMid	Bunk'd (N)	MECH-X4 (N)	Underc.	The Lodge	Bizaard.	MECH-X4			
ESPN	33 NCAA Basketball Armed Forces Classic Indiana vs. Kansas	SportsCenter										
ESPN2	34 NCAA Football Bos./Fla. S. (L)	SportsC.	NCAA Basketball Harvard vs. Stanford (L)	J & J (N)	NCAA Football Bos./Fla. S.							
FNC	66 The Kelly File	Hannity	The O'Reilly Factor	The Kelly File	Hannity	On the Record						
FOOD	61 Guy's Grocery Games	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
FREE	32 Middle	Willy Wonka and the Chocolate Factory	:55	WALL-E ('08, Ani) Ben Burt.	The 700 Club							
FX	65 *** xXx ('02, Act) Vin Diesel.	*** Fast and Furious 6 (2013, Action) Paul Walker, Dwayne Johnson, Vin Diesel.	Movie									
GOLF	88 PGA Golf OHL Classic	CHAMPS Golf	PGA Golf OHL Classic Site: El Camaleon Golf Club									
GSN	76 Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Tactics	Tactics	MindMan	MindMan	MindMan	MindMan
HALL	87 Once Upon a Holiday	Briana Evigan.	The Mistletoe Promise ('16, Rom) Jamie King.	Let It Snow ('13, Rom) Alan Thicke.								
HGTV	62 Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	House (N)	House (N)	House	House		
HIST	50 Warfighters "A Battle For Haditha Dam" (N)	The Warfighters (N)	Warfighters "Ambush of April 7th" (N)	Warfighters (N)	Warfigh. "The Green Berets of 7115" (N)	:05 The Warfighters "Objective Breton" (N)						
LIFE	29 To Be Announced	Who Killed JonBenét? ('16, Dra) Eion Bailey.	JonBenét's Mother: Victim or Killer?									
NICK	27 H.Danger	H.Danger	Henry Danger (N)	Thunder	Thunder	Friends	Friends	Friends 1/2	Friends 2/2	Friends	Friends	
ROOT	37 NCAA Basketball Utah Valley at Gonzaga Site: McCarthey Athletic Center -- Spokane, Wash. (L)	Seahawks All Access	NCAA Basketball Idaho State vs. New Mexico	NCAA Basketball UMKC vs. Creighton								
SPIKE	42 Cops	Cops "In Nashville"	Cops "In Atlanta"	Cops "Bad Girls"	Cops	Bellator MMA Fighters battle for \$100,000 and a shot at the title.	:15 Cops	Cops				
SYFY	67 *** Skyfall ('12, Act) Helen McCrory, Ralph Fiennes, Daniel Craig.	Z Nation (N)	Van Helsing (N)	Z Nation								
TBS	59 Seinfeld "The Limo"	Seinfeld	ELeague "Group C Play: CS:GO" (L)	People of Earth	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Seinf. "The Letter"		
TCM	56 *** Rebel Without a Cause	The Searchers A veteran returns home to find his family killed by Comanches & his niece kidnapped.	:15 Bombers B-52 A hard-nosed Air Force sergeant tries to keep his daughter from dating a hotshot flyer.	A Haunting (N)	A Haunting (N)	Kindred Spirits (N)	:05 A Haunting					
TLC	49 Yes Dress	Yes Dress	Haunt "Ghost Inferno"	A Haunting (N)	A Haunting (N)							
TNT	57 Bones	Bones	*** Edge of Tomorrow ('14, Sci-Fi) Tom Cruise.	*** Red 2 ('13, Act) Bruce Willis.								
UNI	21 Includo	Noticiero	La rosa de Guadalupe	Despertar contigo	Vino el amor	El color de la pasion	Impacto	Noticie.				
USA	58 NCIS "Toxic"	NCIS "Legend (Part 1)"	NCIS "Legend (Part 2)"	NCIS "Semper Fidelis"								