

COMING EVENTS

FRIDAY, APRIL 7
HEALTHY FRIDAYS, 9:30-11:30 a.m., Good Shepherd Medical Center conference room 7, 610 N.W. 11th St., Hermiston. Free health screenings including cholesterol, blood sugar, BMI, blood pressure checks, weigh-ins and health information. For cholesterol and glucose tests, fast 10-12 hours prior to blood draw. Open to all community members. (541-667-3509)
FREE FIRST FRIDAY, 10 a.m.-5 p.m., Tamastlikt Cultural Institute, 47106 Wildhorse Blvd., Pendleton. Free admission all day. (541-966-9748)

SATURDAY, APRIL 8
ALL-YOU-CAN-EAT BREAKFAST, 6-10 a.m., White Eagle Grange, 43828 White Eagle Road (between Pendleton and Pilot Rock on Highway 395 South), Pendleton. Suggested donation is \$7 for ages 8 and up, \$4 for ages 5-7 and free for age 4 and under. (Gail Wilson 541-276-3778)
YARD SALE FUNDRAISER, 8 a.m.-2 p.m., Hermiston Church of the Nazarene, 1520 W. Orchard Ave., Hermiston. Proceeds from annual sale help fund summer 2017 Honduras mission trip. (Gabrielle Fritz 541-567-3677)

BOOK SALE, 10 a.m.-4 p.m., Irigon Public Library, 490 N.E. Main Ave., Irigon. (541-922-0138)
CELLO: PROGRESS VERSUS PROTEST? EXHIBIT OPENING, 10 a.m.-5 p.m., Tamastlikt Cultural Institute, 47106 Wildhorse Blvd., Pendleton. Exhibit tells the story of the demise of Cello Falls, an important Native fishery, as a result of the construction of The Dalles Dam. Exhibit on display through July 14. Free admission. (541-429-7700)
STORY TIME, 10:15 a.m., Hermiston Public Library, 235 E. Gladys Ave., Hermiston. (541-567-2882)

FREE FOR ALL, 9:30-10:15 a.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. Free art classes for children up to age 12. Children under 8 should be accompanied by an adult. (Roberta Lavador 541-278-9201)
YARN CLUB, 10 a.m.-12 p.m., Hermiston Public Library, 235 E. Gladys Ave., Hermiston. (541-567-2882)
BOOK SALE, 10 a.m.-4 p.m., Irigon Public Library, 490 N.E. Main Ave., Irigon. (541-922-0138)
HIP & HANDMADE, 11 a.m.-12 p.m., Pendleton Center for the Arts, 214 N. Main St., Pendleton. Free drop-in project class for adults. (Roberta Lavador 541-278-9201)

PENDLETON SENIOR MEAL SERVICE, 12 p.m., Pendleton Senior Center, 510 SW 10th St., Pendleton. 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)
STORY AND CRAFT TIME, 2 p.m., Echo Public Library, 20 S. Bonanza, Echo. (541-376-8411)
VFW BINGO, 6 p.m., Hermiston VFW, 45 W. Cherry St., Hermiston. Doors open at 6 p.m., games begin at 7 p.m. Everyone welcome. (541-567-6219)

COUNTRY HOEDOWN, 1-4 p.m., Milton-Freewater Neighborhood Senior Center, 311 N. Main St., Milton-Freewater. Live music, dancing and singing. Admission \$2, refreshments available for purchase. (541-938-3311)
DANCING WITH YOUR PENDLETON STARS, 7 p.m., Vert Auditorium, 480 S.W. Dorion Ave., Pendleton. Local celebrities pair with professional dancers from the Utah Ballroom Dance Company to raise money for local charities. Tickets are \$20 per person, available at the CAPECO office, Dave's Chevron, Pendleton chamber office, or from each dancer and (541-276-1926)

CHILI COOKOFF COMPETITION, 6:30 p.m., Umatilla High School, 1460 Seventh St., Umatilla. Dust off your famous chili recipe and compete for prizes. Public can taste for \$3 per person. Also includes a dessert auction (no refrigerated desserts). Proceeds benefit local community needs. (541-922-3281)

OLDIES NIGHT: CHUCK BERRY, 7-10 p.m., Wesley United Methodist Church, 816 S. Main St., Milton-Freewater. BJ the DJ will spin Chuck Berry's best music and

bands who had success with his hit songs. Refreshments will be provided by The Frogs. Free. (Bob Jones 541-938-7028)

SUNDAY, APRIL 9
FAMILY BREAKFAST, 8:30-9:15 a.m., First Christian Church, 516 S. Main St., Milton-Freewater. Cost is by donation. Everyone welcome. (541-938-3854)

PALM SUNDAY SERVICE, 9 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton. Service begins with Liturgy of the Palms. Everyone welcome. (541-276-3809)

BLESSING OF THE PALMS AND EUCHARIST, 9 a.m., St. John's Episcopal Church, 665 E. Gladys Ave., Hermiston. (Chuck Barnes 541-567-6674)

SPECIAL NEEDS OPEN GYM, 12-1:30 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Free for special needs children and families. (541-276-8100)

INLAND NORTHWEST CHORALE CONCERT, 4 p.m., Weston Middle School, 205 E. Wallace, Weston. Musical selections include "Serenade to Music" by R. Vaughan Williams and Gabriel Faure's "Requiem." A reception will follow the concert. Free, but donations accepted. (Sally Ketchersid 541-289-4696)

ADULT OPEN GYM, 6:30 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Half-court basketball. Adults only.

Book club discusses bittersweet love story

HERMISTON — A book that focuses on dementia and Alzheimer's disease is featured in the upcoming Bookminders meeting.

The Hermiston Public Library's book club will discuss "The Things We Keep." Open to the public, the gathering is Wednesday, April 12 at 1:30 p.m. at The Pheasant Bar & Grill, 149 E. Main St., Hermiston.

Written by Sally Hepworth, the story centers around a 38-year-old whose mind is slowly slipping away from her. Younger than virtually all the residents in an assisted living facility, love blossoms when Anna meets Luke. As the disease robs her of her memories, Anna fights to hold on to what she knows — including her relationship with Luke.

The club meets the second Wednesday of each month. For more information, call 541-567-2882.

Hermiston hospital auxiliary sells crafts, baked goods

HERMISTON — Known for their baking skills, members of the Good Shepherd Medical Center Auxiliary are gearing up for an Easter sale.

Baked goods and crafts will be available for purchase Wednesday, April 12 from 7:30 a.m. to 4 p.m. in the hospital's pharmacy lobby, 610 N.W. 11th St., Hermiston. The public is encouraged to stop by for some Easter goodies and craft items.

Money raised helps in providing scholarships for area students pursuing careers in the medical field and to purchase needed medical equipment at the hospital. For more information, contact June Rosenberg at juner1942@gmail.com.

Catholic Daughters offer scholarships

HERMISTON — The Catholic Daughters Court #1692 will offer two \$750 scholarships to graduating students from the parish. Area high school seniors who are members of Our Lady of Angels Catholic Church in Hermiston are eligible to apply.

Applications are available at the parish office, 565 W. Hermiston Ave., or by calling 541-567-5812. Applications are due back to the office by Friday, May 5.

The scholarship funds can be applied to any college or trade school for the coming fall term.

PARENTS TALK BACK

Access to contraception benefits men, too

It always seemed safe to assume that the vast majority of men understood — just as well as women — how babies are made.



AISHA SULTAN Parents Talk Back

Not so fast, it seems. A new survey has forced us to reconsider what we thought we knew. Apparently, 52 percent of men say they haven't benefited personally from women having access to affordable birth control.

control were 18 to 44 years old — perhaps not coincidentally, those in closest proximity to women of childbearing age. Those most likely to deny any benefit were 60 years and older. (Maybe memories have dimmed of activities from more virile years. Helpful hint: Even if it was years ago, you still benefited.)

I wonder how this same demographic of men would respond if they had been asked if women benefited from men having access to Viagra and other erectile dysfunction drugs. Might they see their sexual health as mutually beneficial to their partners?

The remaining third, who recognize a personal benefit when they see one, may be just as perplexed by their cohort as many women who saw this report.

The details of this survey revealed a few other interesting perceptions. Research shows 99 percent of women will use birth control in their lifetimes, and married women are more likely to use prescription birth control than unmarried women.

Did more than half of men skip a vital part of middle school health class?

These perceptions can affect policy, as we've seen in the national debate over health care and what should be covered by insurance companies.

Nearly all women have used some kind of contraception at some point, and the majority of women of reproductive age do. About 62 percent of women of reproductive age are currently using a contraceptive method, according to the Guttmacher Institute, a research and policy organization. The birth control pill and female sterilization are the most commonly used methods.

The vast majority of women recognize that having access to birth control is an important part of women's equality and affects a woman's ability to be financially stable. But the survey also found majorities of men agreeing that access to affordable birth control affects the financial situation of families, impacts stress in relationships and helps the economy.

It seems odd to have to connect the dots here, but this is for the 52 percent: If women didn't have access to birth control, there would be far more unplanned pregnancies. Men would have, at bare minimum, an 18-year-long financial obligation to any child they had fathered. Any man who has relied on a woman's contraceptive use, ever, to avoid pregnancy has personally benefited from her access to it.

It was a hypothetical question that was most telling, however. Surveyed voters were asked: If men were the ones who got pregnant and gave birth, would Congress still want to get rid of birth control benefits?

This cause-and-effect relationship seems fairly straightforward. When I asked my husband to explain what the 52 percent may have been thinking, he questioned the survey methodology.

In that case, 68 percent of men said male politicians would keep birth control benefits.

"Did they just survey teenagers?" he asked. (I wondered myself if celibacy rates are higher than anyone ever guessed.)

It's funny how the perception of personal benefit can flip with the perception of personal risk.

Nope. The researchers called a representative sample of voters, so the respondents were 18 or older.

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

Table with columns: 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. Rows include FOX, KPTV, CBS, KEPR, KOIN, KNDU, KGW, KVEW, KATU, KTNW, OPB.

April 7, 2017

AFTERNOON

Table with columns: 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. Rows include FOX, KPTV, CBS, KEPR, KOIN, KNDU, KGW, KVEW, KATU, KTNW, OPB.

EVENING

Table with columns: 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. Rows include FOX, KPTV, CBS, KEPR, KOIN, KNDU, KGW, KVEW, KATU, KTNW, OPB.

Table with columns: 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. Rows include A&E, AMC, ANPL, CMT, CNBC, CNN, DISC, DISN, ESPN, ESPN2, FNC, FOOD, FREE, FX, GOLDF, GSN, HALL, HGTV, HIST, LIFE, NICK, ROOT, SPIKE, SYFY, TBS, TCM, TLC, TNT, UNI, USA, WE, WGN, STZ ENC, HBO, HBO2, HBO3, MAX, SHOW, STARZ.

NIGHT OWL

Table with columns: 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. Rows include FOX, KPTV, CBS, KEPR, KOIN, KNDU, KGW, KVEW, KATU, KTNW, OPB.