

PARENTS TALK BACK

Giving boys what they need from an absent father

Clayton Lessor, 56, talks openly about his terrible childhood. He describes his late father as an alcoholic who was very abusive at home. He grew up with broken bones, black eyes and chronic abuse. He remembers the nights he slept in the backseat of a car.



AISHA SULTAN
Parents Talk Back

years. The groups meet for 90 minutes once a week in Lessor's St. Louis-area office. He tells the boys, between the ages of 11 to 19, the things he wished he'd known at their ages. The session topics include identifying their own pain, facing it and learning how to cope with it in healthy ways. He wants to give them a place to deal with shame and anger, feel supported by a community and find a sense of achievement through their deeds.

He was 31 years old before he went into therapy, and says most men who suffered in their childhoods will end up self-medicating or running from the past to avoid dealing with how it impacts their present lives. "The wound doesn't heal itself," he said. "It doesn't just go away with time."

He lived with his grandparents six months out of each year from when he was 4 years old until he was 16. One week from his senior year of high school stands out as particularly awful: His mother burned down their house, his dog died in the fire and his girlfriend dumped him.

"I don't remember being in school the last two months," he said. Still, he managed to graduate and eventually joined the Air Force, a decision he credits with saving his life. During his 24 years of military service, Lessor got married and divorced twice. He decided to get a degree in psychology, hoping to figure out why he kept picking the wrong people to marry.

"I needed to look at myself," Lessor said. What he discovered was a significant amount of pain from his troubled and estranged relationship with his father.

"I missed out on a lot of developmental stuff," he said. Lessor worked on "re-parenting" himself and learning the lessons he never got from his father. From this work, he decided he wanted to help other boys in similar situations. He created a 10-week "rite of passage" therapy group for boys who missed out on growing up with a healthy father figure.

He also self-published a book for mothers of adolescent boys, "Saving Our Sons: A Parent's Guide to Preparing Boys for Success," which serves as a guidebook for his 10-week Quest therapy program. In it, he lays out a path for healing those suffering from what he calls "father wounds."

What exactly is a father wound? It could be the pain from having a physically or emotionally absent father, an abusive father, or one who just doesn't know how to raise a son, Lessor said. It could even be a lost connection over time.

More than 2,000 boys have gone through the Quest program over the past 17

For him, it also brought a sense of acceptance. "My childhood was suffering," he said. And yet, he's forgiven his parents. The emotion that comes up occasionally from the past traumas is just sadness. "I don't have any anger or hate," he said. "It comes up once in awhile — what comes up is just sadness, and then I move on."

More importantly, he has found meaning and purpose through those life experiences. "It wasn't the childhood I would have chosen," he said. "(But) my mom and dad were a gift to me."

It was those dysfunctional relationships that led him to do the work that is so meaningful to him today.

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.

About 4,000 more U.S. troops to go to Afghanistan

WASHINGTON (AP) — The Pentagon will send almost 4,000 additional American forces to Afghanistan, a Trump administration official said Thursday, hoping to break a stalemate in a war that has now passed to a third U.S. commander in chief. The deployment will be the largest of American manpower under Donald Trump's young presidency.

The decision by Defense Secretary Jim Mattis could be announced as early as next week, the official said. It follows Trump's move to give Mattis the authority to set troop levels and seeks to address assertions by the top U.S. commander in Afghanistan that he doesn't have enough forces to help Afghanistan's army

against a resurgent Taliban insurgency. The rising threat posed by Islamic State extremists, evidenced in a rash of deadly attacks in the capital city of Kabul, has only fueled calls for a stronger U.S. presence, as have several recent American combat deaths.

The bulk of the additional troops will train and advise Afghan forces, according to the administration official, who wasn't authorized to discuss details of the decision publicly and spoke on condition of anonymity. A smaller number would be assigned to counterterrorism operations against the Taliban and IS, the official said.

Trump has inherited America's longest conflict with no clear endpoint or a defined strategy for American success, though U.S. troop levels are far lower than they were under Presidents Barack Obama

and George W. Bush. In 2009, Obama authorized a surge of 30,000 troops into Afghanistan, bringing the total there to more than 100,000, before drawing down over the rest of his presidency.

Trump has barely spoken about Afghanistan as a candidate or president, concentrating instead on crushing the Islamic State group in Syria and Iraq.

Doctors say U.S. student freed by North Korea has brain damage

WYOMING, Ohio (AP) — An American college student who emerged from prison in North Korea in a coma has severe brain damage, but doctors don't know what caused it, a medical team treating him in Ohio said Thursday. The doctors described

Otto Warmbier as being in a state of "unresponsive wakefulness" but declined to discuss his outlook for improvement, saying such information would be kept confidential.

"He has spontaneous eye opening and blinking," said Dr. Daniel Kanter, director of neurocritical care for the University of Cincinnati Health system. "However, he shows no signs of understanding language, responding to verbal commands or awareness of his surroundings. He has not spoken."

Warmbier, 22, is in stable condition at the UC Medical Center, where he was taken after his arrival in Ohio late Tuesday after more than 17 months in North Korean captivity. The reclusive country accused the University of Virginia student of anti-state activities.

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			Paid	Into Wild	Steve Harvey		Crime Watch Daily		
FOX	KPTV	3 Good Day Oregon at 6	Good Day Oregon				Good Day		The Rachael Ray Show				
CBS	19 KEPR	2 News	News	CBS This Morning (N)			Harry		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 Shania Twain (N)				Today Show II (N)		Today Show III (N)		Million? Million?		
NBC	KGW	8 KGW News at Sunrise	Today Show Shania Twain (N)				Today Show II (N)		Today Show III (N)		Portland Today		
ABC	42 KVEV	4 Northwest	Northwest	Good Morning America (N)			Live (N)		The View		Paid	Middle	
ABC	KATU	5 KATU News Morning	Good Morning America (N)				AM Northwest		The View		Live (N)		
PBS	31 KTNW	Stretch	W.L. Yoga	Jet Go!	Wild Kratts	Nature Cat	C. George	Sesame St.	SuperW!	Peg + Cat	DinoTrain	SplashB.	
PBS	59 OPB	13 Stretch	Wild Kratts	Nature Cat	C. George	C. George	D. Tiger	D. Tiger	SplashB.	SplashB.	Sesame St.	Sesame St.	Bob Build

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	USGA Golf U.S. Open Site: Erin Hills -- Erin, Wis. (L)						
FOX	KPTV	3 12 O'Clock News	Wendy Williams			The Dr. Oz Show	USGA Golf U.S. Open Site: Erin Hills -- Erin, Wis. (L)						
CBS	19 KEPR	2 NameG.	Bold & B.	The Talk (N)		Let's Make a Deal	Dr. Phil		Judge Judy	Judge Judy	News	News	
CBS	KOIN	19 News	Bold & B.	The Talk (N)		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	Wendy Williams	Ellen DeGeneres (N)		News	NBC News	
NBC	KGW	8 KGW New	Paid	Days of Our Lives		T.D. Jakes		Ellen DeGeneres (N)	KGW News		KGW News	NBC News	
ABC	42 KVEV	4 The Chew		General Hospital		The Doctors		The Rachael Ray Show	Minute	Minute	News	News	
ABC	KATU	5 The Chew		General Hospital		Harry		Afternoon Live	KATU News @ 4		News	News	
PBS	31 KTNW	Charlie Rose		Chow	Quilt Day	Stretch	Arthur	Arthur	Wild Kratts	Wild Kratt	Odd Squad	Biz Kid\$	
PBS	59 OPB	13 Paint This	Mexican	Charlie Rose (N)		Nature Cat	Thomas	Cat/ Hat	Jet Go!	Speaks	Odd Squad	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 Paid Program	Modern Fam "The One That Got Away"	Modern Family "See You Next Fall"	2 Broke Girls "And the Bear Truth"	Mike & Molly "Surprise"	Two and a Half Men	So You Think You Can Dance "Los Angeles Auditions #1"	FOX News First at Ten		:35 Law & Order: Criminal Intent "Stress Position"	:35 Anger M. "Charlie and the Hooker"
FOX	KPTV	3 6 O'Clock News	Timbers in 30	Family Feud	Family Feud	FOX 12's 8 O'Clock News on PDX-TV	You Can Dance "Los Angeles Auditions #1"		10 O'Clock News		11 O'Clock News	2 Broke Girls
CBS	19 KEPR	2 Action News at 6:00 p.m.	Inside Edition	BigBang "The Table Polarization-Christmas"	Simpsons "I Won't Be Home for Christmas"	MacGyver "Hook"	Hawaii Five-0 "Ka'ili aku"		Blue Bloods "Confessions"		Action News at 11:00 p.m.	:35 The Late Show
CBS	KOIN	19 KOIN 6 News at 6	Evening News	Extra	Ent. Tonight	MacGyver "Hook"	Hawaii Five-0 "Ka'ili aku"		Blue Bloods "Confessions"		KOIN 6 News/ 11	:35 The Late Show
NBC	25 KNDU	6 Local News	Family Feud	Wheel of Fortune	Jeopardy!	America's Got Talent "Auditions" Colorful and hopeful performers compete to win one million dollars and a Las Vegas show.		Dateline NBC (N)			Local News	:35 The Tonight Show
NBC	KGW	8 KGW News at 6:00 p.m.		Live at 7	Inside Edition	America's Got Talent "Auditions"		Dateline NBC (N)			KGW News: 11	:35 Tonight at 11
ABC	42 KVEV	4 Extra	Local News	Entertainment Tonight	The Insider	Shark Tank		Truth and Lies "Watergate" (N)			Local News at 11 :05 Jimmy Kimmel Live	
ABC	KATU	5 KATU News at 6		Jeopardy!	Wheel of Fortune	Shark Tank		Truth and Lies "Watergate" (N)			KATU News	:35 Jimmy Kimmel
PBS	31 KTNW		PBS NewsHour (N)	BBC World News	Asia Insight	Washington Week (N)	Charlie Rose (N)	Great British Baking "Cake" (N)	Great British Baking "Biscuits" (N)		Charlie Rose (N)	
PBS	59 OPB	13 Burt Wolf: Travels	Business (N)	PBS NewsHour (N)		Rick Steves' Heart of Italy		Great British Baking "Cake" (N)	Viewer's Choice			

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	Live PD				Live PD "Rewind"		Live PD	Live access inside the country's busiest police forces and the communities they patrol. (L)				
AMC	60	*** The Day After Tomorrow (2004, Action) Jake Gyllenhaal, Ian Holm, Dennis Quaid.				*** Jurassic Park (93, Sci-Fi) Laura Dern, Sam Neill. Genetically re-created dinosaurs break out of captivity and wreak havoc in a theme park.						** The Karate Kid Part II Ralph Macchio.	
ANPL	24	Tanked!		Tanked!		Tanked!		Tanked!		Tanked! (N)		Tanked!	
CMT	43	*** Home Alone		Instant Jam (N)		** Cheaper by the Dozen '03, Com) Steve Martin.				Instant Jam		Roseanne	
CNBC	72	American Greed: Scam		American Greed: Scam		American Greed: Scam		American Greed: Scam		American Greed: Scam		Paid	Paid
CNN	68	Anderson Cooper 360		CNN Tonight		CNN Tonight		Anderson Cooper 360		Anderson Cooper 360		CNN Tonight	
DISC	51	Dual Survival		Dual Survival		Dual Survival		Yukon Men (N)		Alaskan Bush People		Bush "Now or Never"	
DISN	26	Jessie	Call Style	Call Style	Andi Mack	StuckMid	Andi Mack	Bizaard.	Andi Mack	** Adventures in Babysitting		StuckMid	
ESPN	33	MLB Baseball Wash./N.Y. M. (L)		Baseball Tonight (L)		SportsCenter		SportsCenter With Scott Van Pelt		SportsCenter		SportsCenter	
ESPN2	34	30 for 30		30 for 30		30 for 30 "Celtics/ Lakers: Best of Enemies" 3/3		NFL Live		NFL Live		MLB Baseball	
FNC	66	The Five		Hannity		TuckerCarlsonTonight		The Five		Hannity		Tucker Carlson Tonight	
FOOD	61	Diners		Diners		Diners		Food (N)	Food	Diners (N)	Diners	Diners	Diners
FREE	32	Movie	:40 ** The Waterboy	Adam Sandler.		:50 ** Zookeeper ('11, Com) Kevin James.						The 700 Club	
FX	65	** Ride Along ('14, Act/Com) Ice Cube.		** Paul Blart: Mall Cop 2	Kevin James.			** Paul Blart: Mall Cop 2	Kevin James.				
GOLF	88	Live From the U.S. Open				Live From the U.S. Open							
GSN	76	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Emogenius	Emogenius	MindMan	MindMan
HALL	87	Last Man	Last Man	Last Man	Last Man	Home Imp	Home Imp	Middle	Middle	Middle	Middle	G. Girls	G. Girls
HGTV	62	Fixer Upper		Fixer Upper		Dream H.	Dream H.	Middle	Middle	H.Hunt (N)	House (N)	H.Hunt	House
HIST	50	Ancient Aliens "Russia's Secret Files"		Ancient Aliens "The Pharaohs' Curse"		Ancient Aliens "City of the Gods"		Ancient Aliens (N)		:05 Ancient Aliens "The Forbidden Zones"		:05 Aliens "Decoding the Cosmic Egg"	
LIFE	29	Grey's Anatomy		** Sex and the City 2 ('10, Com) Cynthia Nixon, Sarah Jessica Parker.				Catastr.	Catastr.	Catastr.	Catastr.	Catastr.	
NICK	27	Loud H.	H.Danger	H.Danger	Thunder	Henry Danger		Full House	Full House	Full House	Full House	Friends	Friends
ROOT	37	MLB Baseball Seattle Mariners at Texas Rangers Site: Globe Life Park -- Arlington, Texas (L)		Post-game MLB Baseball Seattle Mariners at Texas Rangers Site: Globe Life Park -- Arlington, Texas								Mariners Post-game	
SPIKE	42	** The Fast and the Furious: Tokyo Drift ('06, Act) Brandon Brendel, Lucas Black.		** Remember the Titans An African American coach is hired to unify an integrated high school football team.				** Remember the Titans ('00, Dra) Denzel Washington.					
SYFY	67	** Troy	Movie	** Maleficent ('14, Adv) Angelina Jolie.		Dark Matter (N)		Wynonna Earp		** The Adjustment ...			
TBS	59	Seinf. "The Couch"	Seinf. "The Gymnast"	ELeague "Clash for Cash: The Rematch" (L)				Wrecked	Wrecked	Big Bang Theory	Big Bang Theory	Big Bang Theory	
TCM	56	** Light in the Piazza		** The Roman Spring of Mrs. Stone (1961, Drama) Warren Beatty, Lotte Lenya, Vivien Leigh.		** A Room With a View ('85, Dra) Helena Bonham Carter, Denholm Elliott, Maggie Smith.				:15 ** Death in Venice Dirk Bogarde.			
TLC	49	Yes Dress	Yes Dress	Yes Dress	Yes Dress	90 Day Fiancé		To Be Announced	To Be Announced	To Be Announced	To Be Announced	:05 90 Day Fiancé	
TNT	57	Bones		Bones		** The Hunger Games: Mockingjay, Part 1				Claws "Tirana"		Movie	
UNI	21	Incluido	Noticiero	La rosa de Guadalupe		La rosa de Guadalupe		La doble vida		La piloto		Impacto	Noticie.
USA	58	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	
WE	118	MarriageBootCamp (N)		Marriage Boot Camp		Marriage Boot Camp		Marriage Boot Camp		:05 Boot Camp		:05 Boot Camp	
WGN		P. Interest "All In"		Interest "Trojan Horse"		Mother	Mother	Mother	Mother	Mother	Mother	Rules	Rules
STZ ENC	644	** A Simple Plan		:10 ** Major League	Charlie Sheen.	Power "Time's Up"		Power "Ghost Is Dead"		** Step Brothers			
HBO	518	Movie	24/7	Fight	VICE (N)	Veep		** Phone Booth	Colin Farrell.	Bill Maher (N)		VICE	Bill Maher
HBO2	520	** Appaloosa ('08, West) Ed Harris.		Silicon		** Miss Peregrine's Home for Peculiar Children		:40 ** Independence Day: Resurg...					
HBO3	521	Movie	:50 ** Krampus ('15, Hor) Toni Collette.		Last Week	** Jason Bourne ('16, Act) Matt Damon.		:05 ** Term Life					
MAX	549	** The Green Mile ('99, Dra) Tom Hanks.		** Mr. Right	Columbus Short.	:40 ** Trainwreck	Amy Schumer.					Movie	
SHOW	578	** Grosse Pointe Blank		** A Bronx Tale ('93, Dra) Robert De Niro.		I'm Dying Up Here		** The Free World	Elisabeth Moss.			:45 Dying	
STARZ	621	** You Don't Mess ...		:15 ** The Family Stone		Outlander		American Gods		:55 ** Friday After ...			

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 :05 Friends	:35 Hot In	:05 CR TV								CRTV
FOX	KPTV	3 2 Broke G.	TMZ	Dish	Queens	Raising	Celeb	Paid	Paid	CARS.TV	Paid	Paid
CBS	19 KEPR	2 Colbert	:35 James Corden	:35 Paid	:05 Paid			Spaces	Paid	Traveler	Paid	Morning Saturday (N)
CBS	KOIN	19 Colbert	:35 James Corden	:35 Insider	:05 Paid	OurWorld		Paid	Paid	Paid	Paid	Morning Saturday (N)
NBC	25 KNDU	6 Tonight	:35 Seth Meyers	:35 C. Daly	:05 Today Show			Mad Money		1st Look	Fam. Feud	Saturday Today
NBC	KGW	8 Tonight	:35 Seth Meyers	:35 C. Daly	:05 Steve Harvey			Mad Money				