

TUESDAY, JULY 21

TERRIFICALLY FREE TUESDAY, all day, Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. Free admission all day. (541-276-1066).

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. (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., Boardman. Costs \$4 for seniors 55 and older and \$5 for adults. (541-481-3257).

HERMISTON SENIOR MEAL SERVICE, 12 noon, Hermiston Senior Center, 435 W. Orchard Ave. Costs \$4 for adults and children over 10 and Meals on Wheels home delivery; free for children under 10. Extra 50 cents if center provides table service or dishes. Transportation can be arranged by donation. (541-567-3582).

JUNGLE STORY TIME, 12 noon to 2 p.m., Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. Free with paid admission. (541-276-1066).

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

HERO CELEBRATION, 1 p.m., Lone City Park. The lone Library will cap off the summer reading program with a puppet show and free root beer floats. Everyone welcome.

CRAFTERNOONS, 4 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Drop in for a different craft each week — sometimes a group effort, sometimes individual projects. Free, all ages. (541-966-0380).

LEGO CLUB, 4 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Share the joy of LEGOs. All ages. (541-966-0380).

GOOD SHEPHERD DAY SURGERY CENTER GRAND OPENING AND RIBBON CUTTING, 5 p.m., 610 N.W. 11th St., Hermiston. See the new 15-bed day surgery center. Everyone welcome. (541-567-6151).

DIY @ THE LIBRARY, 6-8 p.m., Pendleton Public Library meeting room, 502 S.W. Dorion Ave. This month, learn to play the ukelele with Cheryl Carlson. Free, but registration is required. (541-966-0380).

PENDLETON KNITTING GROUP, 6 p.m., Prodigal Son Brewery & Pub, 230 S.E. Court Ave. (541-966-0380).

PENDLETON EAGLES BINGO, 6:30-9 p.m., Pendleton Eagles Lodge No. 28, 428 S. Main St. (541-278-2828).

STORY AND CRAFT TIME, 6:30 p.m., Milton-Freewater Public Library, 8 S.W. Eighth Ave. For elementary school-age children. (Lili Schmidt 541-938-8247).

WEDNESDAY, JULY 22

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. (541-276-8100).

BABY BOOGIE & TAPPIN' TODDLERS, 10-10:45 a.m., Hermiston Public Library, 235 E. Gladys Ave. (541-567-2882).

PRESCHOOL STORY TIME, 10:15 a.m., Pendleton Public Library, 502 S.W. Dorion Ave. (541-966-0380).

PHS 1960-65 ALL-CLASS PICNIC,

11 a.m. to 2 p.m., Stillman Park, 403 S.E. Byers Ave., Pendleton. Cost is \$15 per person; registration requested. (Leslie Weimer 541-561-8037).

STORY TIME, 11:15 a.m. to noon, Hermiston Public Library, 235 E. Gladys Ave. (541-567-2882).

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

STANFIELD SENIOR MEAL SERVICE, 12 noon, Stanfield Community Center, 225 W. Roosevelt. Suggested donation is \$3.50 for seniors, \$6 for those under 65.

ADULT BEGINNING COMPUTER COURSE, 3 p.m., Pendleton Public Library meeting room, 502 S.W. Dorion Ave. Learn the basics of computers, email, the Internet and more. Free, but registration is required and class size is limited. (541-966-0380).

MILTON-FREEWATER FARMERS' MARKET, 4-7 p.m., Orchard Park, South Main Street (bottom of Milton Hill), 1224 Oregon-Washington Highway, Milton-Freewater. Food and craft vendors. (541-938-5563).

REVISED FOREST PLAN PUBLIC WORKSHOP, 6-9 p.m., Tamastislikt Cultural Institute, 47106 Wildhorse Blvd., Pendleton. Representatives from the Umatilla National Forest and High Desert Partnership will discuss forest access and how it should be addressed in the Revised Forest Plan. All attendees will be encouraged to provide input. Free. (Jack Southworth 541-542-2558, Peter Fargo 541-523-1231 or Joani

Bosworth 541-278-3722).

VEGAN/SUSTAINABLE LIVING POTLUCK SUPPER, 7 p.m., call 541-969-3057 to RSVP and for driving directions. Bring a vegan dish and recipe. New vegans welcome. Gluten-free friendly group.

THURSDAY, JULY 23

WALKING FOR WELLNESS, 8:30-9:30 a.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. (541-276-8100). Oct-July only

PRESCHOOL STORY AND CRAFT TIME, 10:30 a.m., Milton-Freewater Public Library, 8 S.W. Eighth Ave., Milton-Freewater. (Lili Schmidt 541-938-8247).

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

HERMISTON SENIOR MEAL SERVICE, 12 noon, Hermiston Senior Center, 435 W. Orchard Ave. Costs \$4 for adults, children over 10 and Meals on Wheels home delivery; free for children under 10. Extra 50 cents if center provides table service or dishes. Transportation can be arranged by donation. (541-567-3582).

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SKILLS FOR LIFE, 3-5 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. The first hour includes gym activities and the second focuses on life skills for middle and high school students. Free,

but registration requested. (Danny Bane 541-379-4250).

MAKERSPACE, 4-5 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Children ages 3 and up create, design and experiment with a variety of tools, STEM challenges and educational games geared toward promoting creative thinking and problem solving. Kids will have access to a stop animation studio, electrical learning tools, early computer programming games, a junior architecture kit and more.

REVISED FOREST PLAN PUBLIC WORKSHOP, 6-9 p.m., Morrow County Fairgrounds main hall, 74473 Highway 74 (Lena), Heppner. Representatives from the Umatilla National Forest and High Desert Partnership will discuss forest access and how it should be addressed in the Revised Forest Plan. All attendees will be encouraged to provide input. Free. (Jack Southworth 541-542-2558, Peter Fargo 541-523-1231 or Joani Bosworth 541-278-3722).

THE ARC UMATILLA COUNTY BINGO, 6 p.m. doors open, bingo starts at 7 p.m. 215 W. Orchard Ave., Hermiston. (541-567-7615).

"WRITE IT DOWN: CREATE THE STORY OF YOUR PERSONAL HERO," 6 p.m., Pendleton City Hall community room, 501 S.W. Emigrant Ave. A special program for the adult reading program. Free. (541-966-0380).

"UMATILLA COUNTY AND THE CASCADIA EARTHQUAKE," 6 p.m. Blue Mountain Community College Hermiston campus room 134, 980 S.E. Columbia Drive. Jack Remillard will discuss Umatilla County's plans and preparations for a major earthquake off the Oregon Coast. Free. (541-656-5895 or hermistonleo@yahoo.com).

Television > Today's highlights



Ryan Seacrest hosts "Knock Knock Live"

America's Got Talent

25 KNDU KGW 8:00 p.m.

People show off their special talents in the hopes of moving forward in the competition in this new episode. This unique talent search series features everything from singers and dancers to circus performers and sideshow acts.

Knock Knock Live

11 KFFX KPTV 9:00 p.m.

Ryan Seacrest hosts as unsuspecting people are surprised with the experience of a lifetime in this premiere. Anything can happen when the subjects open the door -- from a chance to win cash prizes to a visit from an NBA star or favorite celebrity.

Zoo

19 KEPR KOIN 9:00 p.m.

As the violence escalates, Oz (James Wolk) and others race against the clock to unravel the mystery behind recent animal behavior. Kristen Connolly stars as a reporter in Los Angeles, while Nora Arnezeder stars as French investigator Chloe Tousignant.

Extreme Weight Loss

42 KVEW KATU 9:00 p.m.

Trainers Chris and Heidi Powell help people overcome years of unhealthy habits as they provide the tools they need to transform their lives in this hit reality series. Participants undergo drastic life changes to lose half their body weight in one year.

Counting Cars

HIST 9:00 p.m.

A customer asks Danny and the crew to restore a 1942 Ford truck that saw action during World War II. However, Danny soon learns that the vehicle will need a lot more love than he initially anticipated. Also, Roli and Ryan look at a '71 Duster.

Land Rush

DISC 10:00 p.m.

Danny manages to cut the logs he needs to construct his cabin, but he can't figure out how to move them to his site. When Jim forgets a vital piece of equipment, the results could be disastrous. Also, Greg searches for ATV access to his hilltop site.

Talk shows

7:00 a.m. 19 KEPR KOIN CBS This Morning

25 KNDU KGW Today Show Tara Reid and Ian Ziering on 'Sharknado 3.'

42 KVEW KATU Good Morning America

WPIX Maury

8:00 a.m. WPIX The Jerry Springer Show

9:00 a.m. 19 KEPR The Meredith Vieira Show Toni Braxton visits to discuss her family and Jeff Lewis shares budget home style tips.

25 KNDU KGW Today Show II Norm Macdonald on 'Last Comic Standing.'

42 KVEW Live! With Kelly and Michael Adam Sandler talks about the film 'Pixels' and model and actress Cara Delevingne drops by.

WPIX The Jerry Springer Show Violet and Kitty fight it out to win over Zoe; Meech is causing problems with two sisters.

10:00 a.m. 25 KNDU KGW Today Show III Tara Reid and Ian Ziering on 'Sharknado 3.'

42 KVEW KATU The View

HALL Home and Family

WPIX The Bill Cunningham Show Guests about to have a sex change risk the futures of their families.

11:00 a.m. 11 KFFX The Real

25 KNDU Steve Harvey

WPIX The Bill Cunningham Show

2:00 p.m. KOIN 42 KVEW The Doctors

A potentially deadly autoimmune disease has forced one woman to live in seclusion.

KGW The Dr. Oz Show

KATU The Meredith Vieira Show Toni Braxton visits to discuss her family and Jeff Lewis shares budget home style tips.

CMT The Josh Wolf Show

3:00 p.m. 19 KEPR KOIN Dr. Phil

25 KNDU The Dr. Oz Show

KGW The Ellen DeGeneres Show Guests include Halle Berry; Hilary Duff; Tori Kelly.

42 KVEW The Rachael Ray Show

KATU Steve Harvey

4:00 p.m. 25 KNDU The Ellen DeGeneres Show Guests include Halle Berry; Hilary Duff; Tori Kelly.

42 KVEW The Queen Latifah Show Queen and Lisa Ling on what 'feminism' is today. Plus, untold stories of Muhammad Ali.

9:30 p.m. HBO2 Last Week Tonight With John Oliver

11:00 p.m. TBS Conan Guests include Sean Penn, Sasha Alexander and Dana Gould.

11:35 p.m. 25 KNDU KGW The Tonight Show Starring Jimmy Fallon

42 KVEW KATU Jimmy Kimmel Live

Tuesday Morning

STATION	6 AM	6:30	7 AM	7:30	8 AM	8:30	9:30		10 AM	10:30	11 AM	11:30
							9 AM	10 AM				
FOX	11 KFFX	11 AgDay	11 Paid	11 The Office	11 Paid	11 State	11 Paid	11 Paid	11 Friends	11 Paid	11 The Real	
KPTV	3	3 Good Day Oregon	3 Good Day Oregon	3	3	3	3	3 The 700 Club	3 Paid	3 Paid	3 Better	
CBS	19 KEPR	2 News	2 News	2 CBS This Morning	2	2	2	2 Meredith Vieira	2 The Price Is Right	2	2 Young & Restless	
KOIN	19	19 KOIN 6 News at 6 a.m.	19 CBS This Morning	19	19	19	19	19 Let's Make a Deal	19 The Price Is Right	19	19 Young & Restless	
NBC	25 KNDU	6 4:30 WakeUp North	6 Today Tara Reid, Ian Ziering, Kent Brantly (N)	6	6	6	6	6 Today Show II (N)	6 Today Show III (N)	6	6 Steve Harvey	
KGW	8	8 News 8 at Sunrise	8 Today Tara Reid, Ian Ziering, Kent Brantly (N)	8	8	8	8	8 Today Show II (N)	8 Today Show III (N)	8	8 Paid	8 Million..
ABC	42 KVEW	4 Northwest	4 Northwest	4 Good Morning America	4	4	4	4 Kelly and Michael (N)	4 The View	4	4 Quincy "Snake Eyes"	
KATU	5	5 4:30 KATU News	5 Good Morning America	5	5	5	5	5 AM Northwest	5 The View	5	5 Kelly and Michael (N)	
PBS	31 KTNW	Stretch	W.L.Yoga	Cat/ Hat	Thomas	D.Tiger	SuperWI	Peg + Cat	Peg + Cat	Sesame "Porridge Art"	DinoTrain	Sit and Fit
59 OPB	13	13 Sit and Fit	13 Wild Kratts	13 C.George	13 C.George	13 D.Tiger	13 D.Tiger	13 Sesame "Porridge Art"	13 DinoTrain	13 DinoTrain	13 Peg + Cat	13 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
KPTV	3	3 The Real	3 Wendy Williams	3	3	3 TMZ Live!	3 Judge Judy	3 Judge Judy	3 Judge Judy	3 Judge Judy	3 5 O'Clock News		
CBS	19 KEPR	2 NameG.	2 Bold & B.	2 The Talk	2	2	2 Dr. Phil	2	2	2	2 News	2 News	
KOIN	19	19 News	19 Bold & B.	19 The Talk	19	19	19 The Doctors	19 Dr. Phil	19	19	19 KOIN 6 News at 4 p.m.	19 News	19 News
NBC	25 KNDU	6 Hot Bench	6 Paid	6 Days of Our Lives	6	6	6 TMZ	6 Minute	6 The Dr. Oz Show (N)	6	6 Ellen DeGeneres	6 News	6 NBC News
KGW	8	8 KGW New	8 Paid	8 Days of Our Lives	8	8	8 The Dr. Oz Show (N)	8	8 Ellen DeGeneres	8	8 KGW News	8 KGW News	8 NBC News
ABC	42 KVEW	4 The Chew	4	4 General Hospital	4	4	4 The Doctors	4 The Rachael Ray Show	4	4	4 Queen Latifah	4 News	4 News
KATU	5	5 The Chew	5	5 General Hospital	5	5	5 Meredith Vieira	5 Steve Harvey	5	5	5 KATU News @ 4	5 KATU	5 News
PBS	31 KTNW	Charlie Rose	America	Sew It All	V.Garden	Martha	Zula Patrol	C.George	Arthur	Odd Squad	Wild Kratts	Business	
59 OPB	13	13 Painting	13 JazzyVeg	13 Charlie Rose	13 Thomas	13 Sesame St.	13 Cat/ Hat	13 Arthur	13 Speaks	13 WordGirl	13 Odd Squad	13 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
KPTV	3	3 6 O'Clock News	3 Family Feud	3 Family Feud	3 So You Think You Can Dance (N)	3 Knock Knock Live (P) (N)	3 10 O'Clock News	3 11 O'Clock News	3 Ray "Silent Partners"			
CBS	19 KEPR	2 Action News at 6 p.m.	2 Inside Edition	2 The Big Bang "The Bad Fish Paradigm"	2 The Simpsons "Diggs"	2 NCIS The team searches for a home-grown terrorist involved in the capture of a social worker.	2 Zoo Jackson, Abraham, Mitch & Chloe look for the cause of the strange animal behavior.	2 NCIS:New Orleans "Baitfish"	2 Action News at 11:00 p.m.	2 :35 NCIS "Kill the Messenger"		
KOIN	19	19 KOIN 6 News at 6	19 Evening News	19 Ent. Tonight	19 Extra	19 NCIS "The Enemy Within"	19 America's Got Talent "Judge Cuts 2" The judges make their final decisions to determine which acts will advance.	19 GmeNight Two contestants lead a team of three celebrities in hopes of winning the \$25,000 ...	19 Local News	19 :35 The Tonight Show		
NBC	25 KNDU	6 Local News	6 ..Be a Millionaire?	6 Wheel of Fortune	6 Jeopardy!	6 America's Got Talent "Judge Cuts 2" The judges make their final decisions to determine which acts will advance.	6 Game Night "I Wanda Who Will Win" (N)	6 KGW News at 11	6 :35 Kimmell Live			
KGW	8	8 KGW News at 6:00 p.m.	8 Live at Seven	8 Inside Edition	8 Got Talent The judges make their final decisions to determine which acts will advance.	8 Game Night "I Wanda Who Will Win" (N)	8 KGW News at 11	8 :35 Tonight				
ABC	42 KVEW	4 The Middle	4 Local News at 6:30	4 Entertainment Tonight	4 The Insider	4 Fresh Off the Boat "Phillip Goldstein"	4 Black-ish	4 Extreme Weight Loss Eight 'super obese' individuals strive to lose half of their body weight in one year.	4 Local News at 11 / :05 Extra	4 :35 Jimmy Kimmel		
KATU	5	5 KATU News at 6	5 Jeopardy!	5 Wheel of Fortune	5 Fresh Off the Boat	5 Black-ish	5 Makeover Eight 'super obese' individuals strive to lose half of their body weight in one year.	5 KATU News	5 :35 Jimmy Kimmel			
PBS	31 KTNW	PBS NewsHour	BBC World News	Washington Grown	Humanity Space From the perspective of space, humankind's journey from hunter to dominant species.	Frontline "Drug Lord: The Legend of Shorty" (N)	Sun Studio Sessions					
59 OPB	13	13 Ask This Old House	13 Business (N)	13 PBS NewsHour	13 Humanity Space From the perspective of space, humankind's journey from hunter to dominant species.	13 Frontline "Drug Lord: The Legend of Shorty" (N)	13 Voces "El Poeta"					

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