

Hermiston health fair provides family fun

By TAMMY MALGESINI
East Oregonian

The Family Health & Fitness Day is coming back — bigger and better.

Registered nurse Juli Gregory, director of education services at Good Shepherd Health Care System, said they were urged to bring the popular event back. A free health fair, it was discontinued a couple of years ago. Then last year, a smaller version — S.E.A. of Health — was held in its place.

In addition to the hospital, community partners include the Oregon State University Extension Service, the Healthy Communities Coalition and Hermiston High School. They are teaming up to offer people of all ages a free event that focuses on health and wellness.

The event, Gregory said,



Staff photo by Tammy Malgesini

Both volunteers and children enjoy the popular Teddy Bear Clinic during a past Family Health & Fitness Day. This year's event, which provides free medical screenings, health-related activities and information, is Saturday at Hermiston High School.

includes health screenings, activities, demonstrations and workshops. Family Health & Fitness Day is Saturday from 9 a.m. to 2 p.m. at Hermiston High School, 600 S. First

St. It will be held inside and outdoors.

Angie Treadwell, Umatilla-Morrow SNAP-Ed program coordinator through the OSU Extension's Family

and Community Health program, is thrilled to announce free flu shots are available. People are urged to arrive early to get immunized while supplies last.

Treadwell is pleased with the variety of community organizations that have pulled together to make the event happen. Umatilla-Morrow County Head Start, she said, is heading to Portland to pick up 1,000 loaves of Dave's Killer Bread to distribute. In addition, she said the Wal-Mart Distribution Center and Hermiston Breakfast Kiwanis have donated some great door prizes.

From kids to young-at-heart seniors, Gregory said the event offers something for everyone.

And, she said, the popular Teddy Bear Clinic will be seeing patients. The clinic offers kids a chance to experi-

ence what it's like to go to the emergency room by receiving a teddy bear and then going through the typical steps of a visit to the hospital.

Gregory said it's a fun and educational activity. She has heard stories about kids getting home with their teddy bears and taking care of them based on treatment plans given to them.

"I just love it because it's a serious thing for them," Gregory said. "It's a fun event and the people that help with it love it. It's heart-warming."

A 8-10 hour fast is required for some of the medical screenings, Gregory said. She encourages people to come early and have that done and then attend a cooking class to get a treat.

The food demonstration sessions provide healthy meal preparation tips. In the past, Treadwell said the cooking

classes were geared for kids, but people of all ages were showing up for it.

"We found people who live alone were interested because it was focused on preparing food for one person," she said.

The demonstrations also provide people a glimpse of things like Tai Chi or other exercise programs they may be curious about. In addition, people can get an up-close view of vehicles first responders use, including an air ambulance.

Also, the Don Horneck Memorial Run begins and ends at Hermiston High School. Registration begins at 7:30 a.m.

"It is truly a full day of health and wellness," Treadwell said.

For more information about the Family Health & Fitness Day, call 541-667-3506.

COMING EVENTS

TUESDAY, SEPT. 20
FRIENDS OF THE UMATILLA LIBRARY BOOK SALE, all day, 700 Sixth St., Umatilla. All you can stuff in a bag for \$1. Runs through Oct. 15. (541-922-5704).

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

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

FLU SHOT CLINIC, 8:30-11:30 a.m., Hermiston Senior Center, 435 W. Orchard Ave. Free for those on Medicare (must show red/white/blue Medicare card). (541-567-7805).

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

SENSORY EXPLORATION, 11 a.m., Children's Museum of Eastern Oregon, 400 S. Main St., Pendleton. For ages 0-3. (541-276-1066).

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 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. (541-567-3582).

PENDLETON 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).

CRAFTERNOONS, 4:15 p.m., Pendleton Public Library, 502 S.W. Dorion Ave. Drop in for a group or individual craft project. (541-966-0380).

CASA & HEALTHY FAMILIES FUNDRAISER, 5:30-8 p.m., Sundown Grill and Bar-B-Q, 233 S.E. Fourth St., Pendleton. Advance tickets are \$20 (\$25 at the door). Dinner features apple smoked beef brisket. Tickets available at Head Start, 110 N.E. Fourth St., Hermiston, 541-667-6091 or jrome@umchs.org.

INSIDE OUTSIDE THE LINES ADULT COLORING, 6-7:30 p.m., Irrigon Public Library, 490 Main St. Materials provided. Bring snacks to share.

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).

STANFIELD COMMUNITY MEETING, 7 p.m., Stanfield Secondary School cafeteria, 1120 N. Main St. The Stanfield Downtown Code Assistance Project will be discussed. A joint city council and planning commission work session will be part of the meeting. Everyone welcome. (Blair Larsen 541-449-3831).

REVIVAL MEETING, 7 p.m., New Beginnings Christian Fellowship, 700 W. Orchard Ave., Hermiston. Guest speaker Brian Mackert of Short Creek Fellowship in Colorado City, Ariz. Continues Wednesday.

WEDNESDAY, SEPT. 21
FRIENDS OF THE UMATILLA LIBRARY BOOK SALE, all day, 700 Sixth St., Umatilla. All you can stuff in a bag for \$1. Runs through Oct. 15. (541-922-5704).

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

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

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

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STANFIELD SENIOR MEAL SERVICE, 12 noon, Stanfield Community Center, 225 W. Roosevelt. Costs \$3.50 for seniors, \$6 for others.

ADULT BEGINNING COMPUTER COURSE, 3 p.m., Pendleton Public Library meeting room, 502 S.W. Dorion Ave. Free, but registration required. (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).

REVIVAL MEETING, 7 p.m., New Beginnings Christian Fellowship, 700 W. Orchard Ave., Hermiston. Guest speaker Brian Mackert of Short Creek Fellowship in Colorado City, Ariz.

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

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SENSORY STORY TIME, 12:30 p.m., Boardman Public Library, 200 S. Main St. For birth to age 4. (541-481-2665).

SKILLS FOR LIFE, 3-5 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Includes gym activities and life skills for middle and high school students. Free, but registration requested. (Danny Bane 541-379-4250).

FRIENDS OF THE HERMISTON LIBRARY MEMBERS-ONLY BOOK SALE PREVIEW, 5-7 p.m., Hermiston Public Library Lanham Room, 235 E. Gladys Ave. Memberships available for purchase at the door. (541-567-2882).

PICKLEBALL OPEN GYM, 5:15-7 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave. Combination of tennis, ping pong and badminton. Ages 18 and up. (541-276-8100).

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

FIDDLER'S NIGHT, 6:30-8:30 p.m., Brookdale Assisted Living, 980 W. Highland Ave. Join jam session or just listen. (541-567-3141).

Tuesday 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				Paid	E. Wild	Steve Harvey		Law & Order: C.I.	
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 Jamie Lee Curtis (N)					Today Show II (N)		Today Show III (N)		Million? Million?	
NBC	KGW	8 KGW News at Sunrise	Today Show Jamie Lee Curtis (N)					Today Show II (N)		Today Show III (N)		Portland Today	
ABC	(42) KVEW	4 Northwest	Northwest	Good Morning America (N)				Live! With Kelly (N)		The View		Paid	Middle
ABC	KATU	5 KATU News Morning	Good Morning America (N)					AM Northwest		The View		Live! With Kelly (N)	
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 Sit and Fit	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 Crime Watch Daily	Divorce	Divorce	Judge Mathis	The People's Court		Paid		2½Men		Mike&M.	
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	
CBS	KOIN	19 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 Ruff-Ruff	Paid	Days of Our Lives		Hot Bench		Wendy Williams		Ellen DeGeneres (N)		News	
NBC	KGW	8 KGW New	Paid	Days of Our Lives		T.D. Jakes		Ellen DeGeneres (N)		KGW News		KGW News	
ABC	(42) KVEW	4 The Chew	General Hospital		The Doctors (N)		Rachael Ray (N)		Minute		Minute		News
ABC	KATU	5 The Chew	General Hospital		Harry (N)		Afternoon Live		KATU News @ 4		News		News
PBS	(31) KTNW	Charlie Rose	TestK	Art	C. George	Thomas	Arthur	Nature Cat	Jet Go!	Odd Squad	Wild Kratts	Business	
PBS	(59) OPB	13 Art	Jazzy Veg.	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	Modern Family	2 Broke Girls "Pilot"	2 Broke Girls "And the Extra Work"	Brooklyn 99 "Coral Palms Pt. 1" (SP) (N)	New Girl "House Hunt" (SP) (N)	Scream Years after the events at Kappa House, Dean Munsch purchases an abandoned hospital.		FOX News First at Ten		:35 Goren goes undercover to try & catch a major drug dealer in order to prove himself.	
FOX	KPTV	3 6 O'Clock News	Family Feud		Family Feud	Brooklyn 99 (N)	New Girl (N)	Scream "Scream Again" (SP) (N)		10 O'Clock 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 "My Fare Lady"	NCIS The team investigates a deadly car explosion that connects them to an old friend.		Bull Dr. Jason Bull combines high-tech data to learn what makes jurors & the accused tick.		NCIS: New Orleans The NCIS team partners with several federal agencies to track a sniper. (N)		Action News at 11:00 p.m.	
CBS	KOIN	19 KOIN 6 News at 6	Evening News	Extra	Ent. Tonight	NCIS "Rogue" (SP) (N)		Bull "The Necklace" (P) (N)		NCIS: New Orleans "Aftershocks" (SP) (N)		KOIN 6 News/ 11	:35 S. Colbert
NBC	(25) KNDU	6 Local News	Family Feud	Wheel of Fortune	Jeopardy!	The Voice "The Blind Auditions Premiere 2" The blind auditions continue in front of the coaches. (N)		This Is Us A unique ensemble of people comes together in an unexpected way. (N)		This Is Us "Pilot" (P) (N)		Local News	:35 The Tonight Show Mark Wahlberg
NBC	KGW	8 KGW News at 6:00 p.m.	Live at Seven		Inside Edition	The Voice The blind auditions continue in front of the coaches. (N)		Dancing With the Stars: The Results (SP) (N)		SHIELD "The Ghost" With Hydra obliterated, S.H.I.E.L.D. has been legitimized again. (N)		KGW News at 11	:35 Tonight (N)
ABC	(42) KVEW	4 Extra	Local News at 6:30	Entertainment Tonight	The Insider	Dancing With the Stars: The Results (SP) (N)		SHIELD "The Ghost" With Hydra obliterated, S.H.I.E.L.D. has been legitimized again. (N)		Agents of SHIELD "The Ghost" (SP) (N)		Local News at 11/ Kimmel This distinctive late-night talk show features celebrity guests, bands & comedy.	
ABC	KATU	5 KATU News at 6	Jeopardy!		Wheel of Fortune	Dancing With the Stars: The Results (SP) (N)		Agents of SHIELD "The Ghost" (SP) (N)		KATU News		:35 Jimmy Kimmel	
PBS	(31) KTNW	PBS NewsHour		BBC World News		The Contenders: 16 for '16 (N)		Defying the Nazis: The Sharps' War (N)		Frontline "Business of Disaster"		On Story	
PBS	(59) OPB	13 Ask This Old House	Business (N)	PBS NewsHour		The Contenders: 16 for '16 (N)		Defying the Nazis: The Sharps' War (N)		Frontline "Business of Disaster"		Stevens' Europe	

	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	
CABLE	A&E	52	The First 48 "Alias/ Duel"		Married at First Sight "For Better or Worse"		Married at First Sight		:45 Married at First Sight "In Sickness and in Health" (N)		Born This Way "Dream Makers" (N)		:05 Married1stSight "For Better or Worse"		
	AMC	60	Erin Brockovich A legal assistant tries to bring down a company that is poisoning a city's water supply.				Stand by Me Four friends set out on an adventure to look for the missing body of a local teenager.		Halt and Catch Fire "And She Was" (N)		Halt and Catch Fire "And She Was"				
	ANPL	24	River Monsters		River Monsters		River Monsters		River Monsters: American Killers				:05 River Monsters		
	CMT	43	Country Strong ('10, Dra) Gwyneth Paltrow, Garrett Hedlund.						Broken Skull Challen		Broken Skull Challen		Roseanne	Roseanne	
	CNBC	72	Shark Tank		The Profit (N)		The Profit		Profit "Honest Foods"		The Profit "Fuelfood"		Paid	Paid	
	CNN	68	Anderson Cooper 360		CNN Tonight		CNN Tonight		Anderson Cooper 360		Anderson Cooper 360		CNN Tonight		
	DISC	51	Deadliest Catch		Deadliest Catch		Dungeon Cove (N)		Deadliest Catch (N)		Taking Fire (N)		Deadliest "Pacific Fury"		
	DISN	26	Backsta. Underc.		Elena		Elena		Adventures in Babysitting		:45 Girl M.		:10 Bizaard. :35 Friends	Backstage Underc.	
	ESPN	33	Hockey World Cup Site: Air Canada Centre -- Toronto, Ont. (L)				SportsCenter		SportsCenter		SportsCenter		SportsCenter		
	ESPN2	34	30 for 30		Baseball T. MLB Baseball (L)						Baseball Tonight (L)		Fantasy FB Fantasy FB		
	FNC	66	The Kelly File		Hannity		The O'Reilly Factor		The Kelly File		Hannity		On the Record		
	FOOD	61	Chopped		Chopped		Chopped Junior (N)		Chopped		Chopped (N)		Chopped		
	FREE	32	Dirty Dancing ('87, Dan) Patrick Swayze.				Grease ('78, Mus) John Travolta.						The 700 Club		
	FX	65	The Hangover Part III Bradley Cooper.				Neighbors ('14, Com) Seth Rogen.		Atlanta (N)		Atlanta		Atlanta Movie		
	GOLF	88	Payne Stewart Award		Feherty (N)		Payne Stewart Award		Feherty "Cris Carter"		Payne Stewart Award		Payne		
GSN	76	Idiotest		Idiotest		Idiotest		Idiotest		Fam. Feud		Fam. Feud		Idiotest	Idiotest
HALL	87	Last Man		Last Man		Last Man		Last Man		Middle		Middle		Middle	Middle
HGTV	62	Fixer Upper		Fixer Upper		Fixer Upper		Fixer Upper		H.Hunt (N)		House (N)		Fixer Upper	
HIST	50	Counting Cars		Counting Cars		Counting Cars "Mo' Parts Mo' Problems"		Forged in Fire "The Falcata" (N)		Forged in Fire "Kora Sword" (N)		:05 Blacksmith		:35 Blacksmith	:05 Forged in Fire "Butterfly Swords"
LIFE	29	Dance Moms		Dance Moms		Dance Moms		Dance Moms: Chat (N)		Dance Moms (N)		Dance Moms		"Return of the Minis"	
NICK	27	H.Danger		H.Danger		Thunder		Thunder		Nicky		School		Full House	Full House
ROOT	37	Mariners All Access		MarinersPr e-game (L)		MLB Baseball Toronto Blue Jays at Seattle Mariners Site: Safeco Field -- Seattle, Wash. (L)				Post-game (L)		MLB Baseball Toronto Blue Jays at Seattle Mariners Site: Safeco Field			
SPIKE	42	Ink Master "Weeding Out the Weak"		Ink Master "The Game Begins"		Ink Master "Ruffled Feathers"		Ink Master "Put on Your Armor"		Ink Master "Sparks Fly" (N)		Ink Master (N)		Ink Master	
SYFY	67	Faster		Legion ('10, Act) Paul Bettany.				Blade ('98, Act) Stephen Dorff, Wesley Snipes.						Anaconda	
TBS	59	Seinf. "The Little Jerry"		Seinf. "The Comeback"		Seinfeld		Seinfeld "The Nap"		Big Bang Theory		Big Bang Theory		Big Bang Theory	
TCM	56	Mon Oncle ('58, Com) Jacques Tati.		The Long, Long Trailer A couple's new marriage seems headed for disaster when they decide to buy a trailer home.				Scared Stiff ('53, Mus) Dean Martin, Lizabeth Scott, Jerry Lewis.		:45 Yes		Have Rocket, Will Travel Curly Joe DeRita.			
TLC	49	Yes Dress		Yes Dress		Counting		Counting On (N)		Cake Boss (N)		90 Day Fiancé		:05 Counting On	
TNT	57	Castle		Castle "Watershed"				Star Wars: Episode I: The Phantom Menace Liam Neeson.						Star Wars: Episo...	
UNI	21	Incluido		Noticiero		La rosa de Guadalupe		Despertar contigo		Tres veces Ana		El color de la pasión		Impacto	
USA	58	NCIS "Once a Crook"		NCIS "Better Angels"		WWE Smackdown!				Chrisley		Chrisley		Modern	
WE	118	Law & Order "Legacy"		Law&Order "Menace"		Law & Order "Barter"		LawOrder "Matrimony"		Law&Order: CI "Crazy"		Law:CI "The Insider"			
WGN		The Last Samurai		Mother		Mother		Mother		Mother		Mother		Raising	
STZ ENC	644	Movie Whiplash		:05 Dr. No ('62, Spy) Sean Connery.		Ash/Evil		Blunt Talk		:05 Big Tom Hanks.				:50 Ash/Evil	
HBO	518	Movie		:45 Bill Maher		:45 1stLook		Sisters ('15, Com) Amy Poehler, Tina Fey.		High Main		:35 VicePrin		:05 Child 44	
HBO2	520	:55 Yes		Everest ('15, Adv) Jake Gyllenhaal.				Ocean's Thirteen George Clooney.		:05 Bill Maher				:05 Wednes Movie	
HBO3	521	Rushmore		:05 Dumb and		Dumber To Jim Carrey.		Ballers		Our Brand Is Crisis				:20 Three Terror	
MAX	549	:55 Insurgent ('15, Sci-Fi) Shailene Woodley.				:55 Max Mad: Fury Road Tom Hardy.				Taken 3 ('14, Act) Liam Neeson.				Movie	
SHOW	578	:55 Shooter ('07, Act) Mark Wahlberg.				:55 Ray Donovan		Inside the NFL (N)		F.State (N)		F.State		Inside the NFL	
STARZ	621	:55 Hannibal		Power				Blade II ('02, Act) Wesley Snipes.		Power				I Am Wrath	