

SELF-HELP GROUPS

Seaside TOPS (Take Off Pounds Sensibly) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

Astoria TOPS — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-325-4114.

Warrenton TOPS — 9 to 9:45 a.m.

weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

Alcoholics Anonymous — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

Kick Butts Group Meets (Nicotine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Al-Anon Family Groups information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website. oregonal-anon.org

Astoria Al-Anon — 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Clatskanie Al-Anon — 8 p.m., Monday,

United Methodist Church, 290 S. Nehalem St. For information, call

503-728-3351.

Nehalem Al-Anon — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Seaside Al-Anon — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Tillamook Al-Anon — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-5863 for information.

Tillamook Alateen — 6:30 p.m. Thursday, 5012 Third St. For information, call 503-730-5863.

Warrenton Al-Anon — noon Friday, United Methodist Church, 679 S. Main Ave. For information, call 503-738-5727.

TV LISTINGS Evening listings FRIDAY-SUNDAY

Table with columns for Day (FRIDAY EVENING), Time (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30), and Channel (KATU, KOMO, KING, KOIN, KIRO, KGW, KRCW, KOPB, KPVT, KPDX, KCPX, TBS, KZJO, ESPN, ESPN2, NICK, DISN, FAM, FMC, LIFE, ROOT, FS1, SPIKE, COM, HIST, A&E, TLC, DISC, NGE0, TNT, AMC, USA, FOOD, HGTV, FX, CNN, FNC, CNBC, BRAV, TCM, SYFY, RFD). Rows list various TV shows and their times.

Table with columns for Day (SATURDAY EVENING), Time (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30), and Channel (KATU, KOMO, KING, KOIN, KIRO, KGW, KRCW, KOPB, KPVT, KPDX, KCPX, TBS, KZJO, ESPN, ESPN2, NICK, DISN, FAM, FMC, LIFE, ROOT, FS1, SPIKE, COM, HIST, A&E, TLC, DISC, NGE0, TNT, AMC, USA, FOOD, HGTV, FX, CNN, FNC, CNBC, BRAV, TCM, SYFY, RFD). Rows list various TV shows and their times.

Table with columns for Day (SUNDAY EVENING), Time (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30), and Channel (KATU, KOMO, KING, KOIN, KIRO, KGW, KRCW, KOPB, KPVT, KPDX, KCPX, TBS, KZJO, ESPN, ESPN2, NICK, DISN, FAM, FMC, LIFE, ROOT, FS1, SPIKE, COM, HIST, A&E, TLC, DISC, NGE0, TNT, AMC, USA, FOOD, HGTV, FX, CNN, FNC, CNBC, BRAV, TCM, SYFY, RFD). Rows list various TV shows and their times.

Advertisement for Clatsop Animal Assistance with the headline 'We Have Many Different Breeds, Sizes, Ages and Adorable Faces to Choose From!'. It features photos of seven dogs: Bob, Haley, Ace, Maia, Dottie, Sadie, and Buck. Contact information includes phone number 503-861-7387 and website www.dogsncats.org.