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. weighin, 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 Bamard 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.

Pain class is on tap

The Daily Astorian

SEASIDE — A pain education class, "Understanding Pain: With Knowledge Comes Power," is 5:30 to 7:30 p.m. Thursday at Providence Seaside Hospital, Education Center A, 725 S. Wahanna Road.

When people understand how pain really works, their pain decreases. This class is

designed to help understand how pain works in both the body and brain. Participants will learn about what pain really is, and how much a person's own actions and thoughts can improve pain.

There is no charge for the class, but reservations are required by calling 800-562-8964 or by registering online at www.providence.org/classes

THE DAILY ASTORIAN



Evening listings FRIDAY-SUNDAY

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FRIDAY	EV	<u>ENING</u>				A - Charter Asto	ria/ Seaside - L - Ch	arter Long Beach					AUGUST 12
Α	L	6 рм	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
2 KATU	(2)	KATU News at 6		Jeopardy!	Wheel of Fortune	Shark Tank		What Would You D)o?	20/20	•	KATU News at 11	(:35) Jimmy Kimm
КОМО	(4)	KOMO 4 News		Wheel of Fortune	Jeopardy!	Shark Tank		What Would You D	Oo?	20/20		KOMO 4 News	(:35) Jimmy Kimm
KING	5	NBC Nightly News	KING 5 News	KING 5 News	The Olympic Zone	Rio 2016 Summer	Olympics Athletics (W) Shot Put Gold Med	al Final, Swimming (M	1 & W), Diving (W) Spr	ingboard Qualifying,	Beach Volleyball (W) I	Round of 16
6 KOIN	<u></u>	KOIN 6 News at 6	CBS Evening News	Extra	Ent. Tonight	NCIS: Los Angeles	"Granger, O."	Hawaii Five-0 "Ma	lama Ka Po'e"	Blue Bloods "The B	ullitt Mustang"	KOIN 6 News @ 11	(:35) S. Colbert
KIRO	7	KIRO 7 News	CBS Evening News	The Insider	Ent. Tonight	NCIS: Los Angeles	"Granger, O."	Hawaii Five-0 "Ma	lama Ka Po'e"	Blue Bloods "The B	ullitt Mustang"	KIRO News	(:35) S. Colbert
8 KGW	<u></u>	KGW News at 6:00	p.m.	Live at 7	The Olympic Zone	Rio 2016 Summer	Olympics Athletics (V) Shot Put Gold Med	al Final, Swimming (M	1 & W), Diving (W) Spr	ingboard Qualifying,	Beach Volleyball (W) I	Round of 16
KRCW	3	Seinfeld Pt. 2 of 2	Seinfeld	Modern Family	Modern Family	Masters of Illusion	Masters of Illusion	Penn&Teller "You	Dirty Rathead"	KGW News at 10	(:35) Two 1/2 Men	(:05) Two 1/2 Men	(:35) King of Hill
(IO) KOPB	10	Expeditions	Business (N)	PBS NewsHour		Wash. Week (N)	Hollywood Idols	British Baking "The	e Final" (SF) (N)	POV "Web Junkie"	•	The Tunnel	
(III) KPTV	(12)	6 O'Clock News	Timbers in 30	Family Feud	Family Feud	Chef "Gordon Rams	ay Masterclass"	Chef "Vets, Jets and	Home Cooks"	10 O'Clock News		11 O'Clock News	Loves Ray
(E) KPDX	<u>-</u>	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	FOX 12's 8 O'Clock	News on PDX-TV	FOX 12's 9 O'Clock	News on PDX-TV	Bones "The Body in	the Bag"	Bones "The Bullet in	1 the Brain"
KCPQ	(13)	Name Game	Modern Family	Big Bang Theory	Big Bang Theory	Chef "Gordon Rams	ay Masterclass"	Chef "Vets, Jets and	Home Cooks"	Q13 News at 10		Most Wanted	Modern Family
(20) TBS	(20)	Seinfeld Pt. 1 of 2	Seinfeld Pt. 2 of 2	Seinfeld Pt. 1 of 2	Seinfeld Pt. 2 of 2	2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	★★ Rush Hour 2 (2	001, Action) Chris Tu	cker, Zhang Ziyi, Jacki	e Chan.
■ KZJO	22	Two and a Half	Two and a Half	The Simpsons	The Simpsons	Modern Family	Modern Family	Q13 News at 9		Big Bang Theory	Big Bang Theory	Friends	Friends
(29) ESPN	(29)	Boxing Premier Char	npions (L)			SportsCenter		SportsCenter		SportsCenter		SportsCenter	•
© ESPN2	30	Baseball Little Leagu	ie World Series (L)			E:60		NFL Live		ESPN Films	Jalen & Jacoby (N)	First Take "Training	Camp Special"
(31) NICK	(31)	Henry Danger	Henry Danger	Crashletes	The Thundermans	All In/ Cam (N)	HALO Effect (N)	Full House	Full House	Full House	Full House	Friends	Friends
(32) DISN	(32)	(5:45) ★★★ Tangled	('10, Com) Zachary L	evi, Mandy Moore.	Elena Avalor (N)	Stuck in Middle	Girl Meets W. (N)	K.C. Undercover "	Fightrope of Doom"	Star vs. Forces/Evil	Star vs. Forces/Evi	LEGO Freemaker	Girl Meets World
34 FAM	(34)	★★ Meet the Brow	ns (2008, Comedy/Dr	ama) Angela Bassett,	Rick Fox, D. Mann.	•	★★ Diary of a Mad	Black Woman (200	5, Drama) Steve Harri	s, Shemar Moore, Kim	berly Elise.	The 700 Club	•
35 FMC	(35)	(5:00) ★★★ Oblivion	ı ('13, Act) Morgan Fr	reeman, Tom Cruise.	(:35) ★★★ X-Men: F	irst Class (2011, Act	ion) Michael Fassbend	ler, Jennifer Lawrence	e, James McAvoy.	(:15) FXM Presents	★★ Predators (201	0, Sci-Fi) Topher Grad	e, Adrien Brody.
36 LIFE	(36)	The Rap Game "Rep	Your City"	The Rap Game "Fre	sh to Def"	Bring It! Chat "Cor	npton Call Out" (N)	Bring It! "Ratchcity	!" (N)	The Rap Game (N)	,	The Rap Game	· ,
ROOT	(38)	Mariners Access	MarinersPre-game	MLB Baseball Seatt	le Mariners at Oakland	d Athletics Site: Oakla	and Alameda Coliseum	Oakland, Calif. (L)	1	Post-game	MLB Baseball Seat	le Mariners at Oaklan	d Athletics
③ FS1			Garbage Time	Speak for Yourself		Fox Sports Live	TMZ Sports (N)	Speak for Yourself		Fox Sports Live	Best I Heard (N)		TMZ Sports
43 SPIKE	(43)		Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
COM	(44)	(:20) Futurama	(:50) Futurama	(:20) Futurama	(:55) South Park		(:25) South Park	South Park	South Park	★★ Just Friends (2	005, Comedy) Amy Si	mart, Anna Faris, Ryar	Reynolds.
(45) HIST		Ancient Aliens "The	Time Travelers"	Ancient Aliens "The	Visionaries"	Ancient Aliens "Sp	ace Station Moon"	Ancient Aliens "Ru	ssia's Secret Files"	(:05) Ancient Aliens		(:05) Aliens "Alien P	
(45) A&E	(46)	The First 48 "Caugh	it in the Middle"	The First 48 "Kiss o	f Death"	The First 48 "House	e of Cards"	60 Days In "Where	Are They Now?"	The First 48 "Blood	line"	(:05) The First 48 "S	hattered Glass"
(47) TLC		Deadly Women "Th		Deadly Women "W	ed to Murder"	Killer Women "Mu	rder for Me" (N)		· · · · · · · · · · · · · · · · · · ·	Women in Prison (V)	Killer Women "Mu	rder for Me"
(48) DISC		Bush People "Rise o		Bush People "Divid		Alaskan Bush Peop	ole "Bloodlines"	Alaskan Bush Peor	ole "A Big Gamble"	Alaskan Bush Peop	le "Rocky Seas"	Alaskan Bush Peor	le "Sink or Swim"
(49) NGEO		Wicked Tuna "Wick		Airport SecurityCo			. "Carry on Cocaine"	Airport SecurityCo	. "Cocaine Cargo"	Airport SecurityCo	. "Cocaine Capsules"	Airport SecurityCo	. "Cocaine Cargo"
50 TNT	(50)	Bones "Death in the	Saddle"	Bones "The Secret in	n the Soil"	★★ National Treas	sure: Book of Secret	(2007, Adventure) J	on Voight, Ed Harris, I	Nicolas Cage.	★★ Red 2 (2013, A	ction) Helen Mirren, B	ruce Willis.
(51) AMC	(51)	★★ Mad Max: Beyo	ond Thunderdome (1985, Sci-Fi) Tina Turr	er, Angelo Rossitto, N	Mel Gibson.	★★ Mad Max (1979	, Sci-Fi) Joanne Samı	uel, Hugh Keays-Byrne	, Mel Gibson.	, ,	<u> </u>	
(52) USA	(52)	(5:30) Law&O: SVU	Law & Order: S.V.U	I. "Silence"	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family 1/2	Modern Family 2
FOOD	(53)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	DinersDives (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins
(54) HGTV	(54)	House Hunters	House Hunters	House Hunters	House Hunters	Love It or List It	•	Love It or List It "S	ite Unseen"	House Hunters	House Hunters	House Hunters	House Hunters
(56) FX		(5:30) ★★ Identity T					Action) Jeff Bridges, N					Action) Jeff Bridges, F	
(57) CNN		The Eighties "The Fi		Inside Man "The Tr			Ish "Fire and Murder"			Inside Man "The Tr		The Hunt "Wolf in S	
53 FNC		The Kelly File With		Hannity		The O'Reilly Factor		The Kelly File With		Hannity		On the Record	
61 CNBC		Profit "Growing Pair		The Profit "Tonnie's		The Profit "The Blu		Profit "Showdown		The Profit "Fuelfood	d"	Paid Program	Paid Program
BRAV		Après Ski "Last Run					ary Duff, Steve Martin.					om) Bonnie Hunt, Hilar	
GA TCM		(5:00) Lucky Star ('80			Drama) Charles Farre		, san, stave martin.			tta Young, Don Amech		Sunnyside Up (192	
G5 SYFY					iv Tyler, Tim Roth, Ed			Killjoys "Heart-Sha		Dark "She's One of		Killjoys "Heart-Shap	
(62) RFD		Country Reporter			Roping and Riding		Rural Eve. News	C. Reunion "Marty		Country Reporter	,	Time Life Library	20/
		, , , , , , , , , , , , , , , , , , , ,		yy	, <u>,</u>			,		, ,	J		
SATURD	AY	EVENING				A - Charter Asto	ria/ Seaside - L - Ch	arter Long Beach					AUGUST 1
Α	L	6 РМ	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30

162 RFC) (162	Country Reporter	Postcards	Joey Canyon	Roping and Riding	TruCountry	Rural Eve. News	C. Reunion "Marty I	Robbins Special"	Country Reporter	Virginia Dreams	Time Life Library	
SATU	RD/	AΥ	EVENING				A - Charter Astor	ia/ Seaside - L - Ch	arter Long Beach					AUGUST 13
Α		L	6 рм	6:30	7 PM	7:30	8 рм	8:30	9 рм	9:30	10 PM	10:30	11 PM	11:30
2 KA1	ΓU	2	KATU News at 6	Paid Program	Jeopardy!		Last Man Standing	Dr. Ken	In An Instant "Dese	rt Dog Rescue"	Boston EMS (N)		KATU News at 11	(:35) Castle
KOI	МО	4	KOMO 4 News				Last Man Standing		In An Instant "Dese	rt Dog Rescue"	Boston EMS (N)		KOMO 4 News	(:35) Castle
KIN	G	<u>5</u>	NBC Nightly News	KING 5 News	•	The Olympic Zone	Rio 2016 Summer C	Olympics Athletics (M	, W), Swimming (M, \	W) Gold Medal, Diving	(W) Springboard Sen	nifinals, Beach Volley	ball Round of 16	
6 KOI	N	0	KOIN Local 6 at 6	Weekend News	Entertainment Toni	ght Weekend	Rush Hour "The Dar		48 Hours		48 Hours	•	KOIN 6 News @ 11	(:35) Up Late NW
KIR	0	7	Weekend News	KIRO 7 News	Steve Raible	Insider Weekend	Rush Hour "The Dar	k Night" (N)	48 Hours		48 Hours		KIRO News	(:35) Scandal
(8) KG\			NBC Nightly News						I, W), Swimming (M, \	N) Gold Medal, Diving				
(2) KR			Elementary "The Wo		Elementary "Heroin		Bones "The Con Mai		Bones "The Eye in the		KGW News at 10			(:35) P. Interest
(ID) KO			Great British Bakin		Travel: ArtWolfe		Globe Trekker "Nor				Doctor Blake "Won	nen and Children"	Masterpiece Myste	
(12) KP1					aura Linney, John Mah				Wayward Pines "Ci		10 O'Clock News		Home Free "Push t	
(E) KPE			Portland Timbers				Rizzoli & Isles		The Good Wife "Th		The Good Wife "Th		West Coast Wrestl	
■ KCI							Wayward Pines "So		Wayward Pines "Ci			Seahawks	Home Free "Push t	
20 TBS				2 Broke Girls			Big Bang Theory					Big Bang Theory		Angie Tribeca
⊜ KZJ			Bones "The Con Mar		Elementary "The Wo		Person of Interest			Seahawks	Most Wanted	Loves Ray	Loves Ray	Anger Manage
29 ESP					vboys at Los Angeles R		SportsCenter		SportsCenter	le	SportsCenter		SportsCenter	120 (20
30 ESP			Baseball Little Leagu		Th . Th		E:60			Soccer International			Friends	30 for 30 Friends
(II) NIC				Henry Danger	The Thundermans				Legend Dudas (N)			Full House		
(32) DIS					Liv and Maddie Jennifer Grey, Jerry Orb		** ★★★ Monsters Uni				(:15) Kirby Buckets		(:05) Bizaardvark	K.C. Undercover Movie
34 FAN							*** Pitch Perfect (2012, Comedy) Brittany Snow, Rebel Wilson, Anna Kendrick. (:15) FXM Presents ** Zero Dark Thirty (2012, Drama) Jason Clarke, Joel Edgerton, Jessica Chastain.							(:40) FXM Presents
(36) LIFE			5:35) *** X-Men: First Class ('11) Michael Fassbender, James McAvoy. (15) FXM Presents * Zero Dark Thirty (2012, Drama) Jason Clarke, Joel Edgerton, Jessica Chastain. (40) FXM FXM Gorority Nightmare (2016, Thriller) Cassidy Gifford, Sierra Mccormick. Perfect Sisters (2014, Drama) Georgie Henley, Mira Sorvino, Abigail Breslin. The Inherited (2016, Drama) Annabella Sciorra, Tammy Blanchard, Jenn											
(33) RO					d Athletics Site: Oakla					MLS Soccer Portland				Post-game (N)
(39) FS1			(4:00) MLB Baseball		MLB Presents: Scho		Sr Open Wrap (N)						Cats at Richmond Tigo	
(43) SPI				Cops			Cops		Jail: Big Texas	Cops		Cops	Cops	Cops
(44) COI				(:35) Tosh.0	(:10) Tosh.0	(:45) Tosh.0	(:20) Tosh.0	cops	(:55) Tosh.0		ction) Tracy Morgan,			cops
(45) HIS			American Pickers "		Amer. Pickers "The		American Pickers "	Full Steam Ahead"	Amer. Pickers "Bee				(:05) Amer. Pickers	"Driving Miss Dani"
46 A&			The First 48		The First 48 "Teardr		The First 48: Killer		The First 48: Drugs		First 48: Drugs "On		(:05) First 48 "Devil	
(47) TLC		47)	Untold Stories of th	ne E.R. "Frozen!"	My Big Fat America				My Big Fat America	an Gypsy Wedding	Love at First Kiss "	Two Tongue Tango"	My Big Fat Americ	an Gypsy Wedding
(48) DIS	C (48	Street Outlaws "The	e Aftermath"	Street Outlaws "Re		Street Outlaws "Th			II Throttle "Ready, Se	et, Crow"		Outlaws "Only The	
49 NG	EO (49	Rocky Mountain "Ta	actical Takedown"	SouthJustice "Blue	Ridge Bloodshed"	Southern Justice "S	outhern Ruckus"	Alaska Troopers "V	'illage Vigilantes"	Alaska Troopers "A	Alaskan Standoff"	Alaska Troopers "\	/illage Vigilantes"
50 TN1	Γ (50	(5:30) ★★ National 1	reasure: Book of S	ecrets ('07) Jon Voigh	t, Nicolas Cage.	★★★★ The Shawsl	nank Redemption (1	994, Drama) Morgan	Freeman, James Whit	more, Tim Robbins.		Apollo 13 ('95, Doc	u-Drama) Tom Hanks.
(31) AM	C (51	(5:00) ★★ Pearl Hark	oor (2001, War) Kate	Beckinsale, Josh Hartr	nett, Ben Affleck.	The Night Manager		(:15) The Night Man			(:35) The Night Mai		
(52) USA				Modern Family		Modern Family				Modern Family		Modern Family	Modern Family	Modern Family
(53) FOO			Diners, Drive-Ins		Diners, Drive-Ins		Diners, Drive-Ins		Diners, Drive-Ins		Diners, Drive-Ins			Diners, Drive-Ins
54 HG			Love It or List It "Fu		Love It/List It "New		Property Brothers		Beachfront Reno (N		Reno. "A Reno That	Ruffles Feathers" (N		House Hunters
56 FX					nder Skarsgard, Rihann					Hugo Weaving, Hayley				Mike & Molly
57 CNI			Declassified "The H		Declassified "Zarqa		Declassified "Trigor				Declassified "The H		Declassified "Zarqa	awi: Father of ISIS"
58 FNC			Justice With Judge		The Greg Gutfeld S		Hannity		Justice With Judge		The Greg Gutfeld S		Fox News Sunday	
6 CNI			Undercover Boss "C		Undercover Boss "S		American Greed: Th		American Greed: So		American Greed "T			Paid Program
(3) BR/			Flipping "Mary, Mar		*** The Game Pla					Real Housewives "		Housewives "Frene		Shahs of Sunset
64 TCN			(5:00) The Heiress Ol		(:15) ★★★ The Falle								Oscar Wilde ('60, B	
(65) SYF			(5:00) Lake Placid ('9		★ Lake Placid 2 (20							mec, Kobert Englund	Lake Placid 3 ('10,	Horror) Yancy Butler.
162 RFC) (162)	Cumperiand High.	Daney and vincent	Mollie B Polka Part	у	Larry's Country Din	er iviay Day	C. Reunion "Marty I	KODDINS Special	Hee Haw		Time Life Library	

S KOMO (4) K(S KING (5) N (6) KOIN (-) K(S KIRO (7) W (7) K(S KIRO (7) W (8) KRCW (3) SS (10) KOPB (10) O (12) KPTV (12) R((13) KPDX (-) M (5) KCPQ (13) T((20) TBS (20) & (5) KZJO (22) (3)	OMO 4 News IBC Nightly News IBC Nightly News OIN Local 6 at 6 Weekend News Veekend News IBC Nightly News Veekend News IBC Nightly News KGW News Special Seinfeld Seinfeld Outdoor Idaho Ules of Engage. Rules of Engage. Rike & Molly wo and a Half Two and a	America's Funniest Home Videos Rio 2016 Summer Olympics Diving (W) S 60 Minutes 60 Minutes Rio 2016 Summer Olympics Diving (W) S Modern Family Modern Family Jewel Crown "Travelling Companions" The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory Richard State Chan. Big Bang Theory Big Bang Theory	Celebrity Family Feud (N) pringboard Gold Medal Final, Athletics (M Big Brother Big Brother pringboard Gold Medal Final, Athletics (M Two and a Half Two and a Half Dancing on the Edge The Simpsons Brooklyn 99 Rookie Blue "You Are Here"	& W) Gold Medal Final, Gymnastics Individ Madam "Desperate Remedies" Madam "Desperate Remedies" & W) Gold Medal Final, Gymnastics Individ Two and a Half	Match Game (N) ual Event Gold Medal Final, Beach Volleyba BrainDead (N) ual Event Gold Medal Final, Beach Volleyba KGW News at 10 (:35) The Middle Magnum Opus" (N) The Tunnel (N) 10 O'Clock News Blue Bloods "Samaritan" Q13 News at 10 Q It Up Sports	KOIN 6 News @ 11 (:35) Game On KIRO 7 News KIRO 7 News II (W) Quarter-final (:05) The Middle (:35) JustLaughs Film School Sho Sports Final Loves Ray Sports Final In Depth
S KOMO (4) K(S KING (5) N (6) KOIN (-) K(S KIRO (7) W (7) K(S KIRO (7) W (8) KRCW (3) SS (10) KOPB (10) O (12) KPTV (12) R((13) KPDX (-) M (5) KCPQ (13) T((20) TBS (20) & (5) KZJO (22) (3)	OMO 4 News IBC Nightly News IBC Nightly News OIN Local 6 at 6 Weekend News Veekend News IBC Nightly News Veekend News IBC Nightly News KGW News Special Seinfeld Seinfeld Outdoor Idaho Ules of Engage. Rules of Engage. Rike & Molly wo and a Half Two and a	America's Funniest Home Videos Rio 2016 Summer Olympics Diving (W) S 60 Minutes 60 Minutes Rio 2016 Summer Olympics Diving (W) S Modern Family Modern Family Jewel Crown "Travelling Companions" The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory Richard State Chan. Big Bang Theory Big Bang Theory	Celebrity Family Feud (N) pringboard Gold Medal Final, Athletics (M Big Brother pringboard Gold Medal Final, Athletics (M Two and a Half Dancing on the Edge The Simpsons Brooklyn 99 Rookle Blue "You Are Here" The Simpsons Brooklyn 99	The \$100,000 Pyramid (N) & W) Gold Medal Final, Gymnastics Individ Madam "Desperate Remedies" Madam "Desperate Remedies" & W) Gold Medal Final, Gymnastics Individ Two and a Half Two and a Half Masterpiece Mystery! "Inspector Lewis: Family Guy Last Man on Earth Blue Bloods "Pilot" Family Guy Last Man on Earth	Match Game (N) ual Event Gold Medal Final, Beach Volleyba BrainDead (N) ual Event Gold Medal Final, Beach Volleyba KGW News at 10 (:35) The Middle Magnum Opus" (N) The Tunnel (N) 10 O'Clock News Blue Bloods "Samaritan" Q13 News at 10 Q It Up Sports	KOMO 4 News (:35) Full Measur II (W) Quarter-final KOIN 6 News @ 11 (:35) Game On KIRO 7 News II (W) Quarter-final (:05) The Middle (:35) JustLaughs Film School Sho Sports Final Loves Ray Sports Final In Depth
KING S N	IBC Nightly News KING 5 News OIN Local 6 at 6 Weekend News Veekend News KIRO 7 News IBC Nightly News KGW News Special IBC Nightly News KGW News Special IBC Nightly News KGW News Special IBC Nightly News IBC Nightly Nightl	Rio 2016 Summer Olympics Diving (W) 5 60 Minutes 60 Minutes Rio 2016 Summer Olympics Diving (W) 5 Modern Family Modern Family Jewel Crown "Travelling Companions" The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory Big Bang Theory Big Bang Theory	pringboard Gold Medal Final, Athletics (M Big Brother Big Brother pringboard Gold Medal Final, Athletics (M Two and a Half Two and a Half Dancing on the Edge The Simpsons Brooklyn 99 Rookie Blue "You Are Here" The Simpsons Brooklyn 99	& W) Gold Medal Final, Gymnastics Individ Madam "Desperate Remedies" Madam "Desperate Remedies" & W) Gold Medal Final, Gymnastics Individ Two and a Half Two and a Half Masterpiece Mystery! "Inspector Lewis: Family Guy Last Man on Earth Blue Bloods "Pilot" Family Guy Last Man on Earth	ual Event Gold Medal Final, Beach Volleyba BrainDead (N) BrainDead (N) ual Event Gold Medal Final, Beach Volleyba KGW News at 10 (:35) The Middle Magnum Opus" (N) The Tunnel (N) 10 O'Clock News Blue Bloods "Samaritan" Q13 News at 10 Q It Up Sports	(W) Quarter-final
6 KOIN	OIN Local 6 at 6 Weekend News Veekend News KIRO 7 News BEC Nightly News KGW News Special einfeld Seinfeld Dutdoor Idaho ules of Engage. Rules of Engage. Nike & Molly Mike & Molly wo and a Half Two and a Half ** Rush Hour (1998, Action) Chris Tuc ::30) NFL Football Post-game ::00) MLB Baseball St. Louis Cardinals at 0	60 Minutes 60 Minutes Rio 2016 Summer Olympics Diving (W) S Modern Family Modern Family Jewel Crown "Travelling Companions" The Simpsons Bob's Burgers Big Bang Theory Big Bang Theory The Simpsons Bob's Burgers ker, Tom Wilkinson, Jackie Chan. Big Bang Theory Big Bang Theory	Big Brother Big Brother pringboard Gold Medal Final, Athletics (M Two and a Half Two and a Half Dancing on the Edge The Simpsons Brooklyn 99 Rookie Blue "You Are Here" The Simpsons Brooklyn 99	Madam "Desperate Remedies" Madam "Desperate Remedies" & W) Gold Medal Final, Gymnastics Individ Two and a Half Masterpiece Mystery! "Inspector Lewis: Family Guy Last Man on Earth Blue Bloods "Pilot" Family Guy Last Man on Earth	BrainDead (N) BrainDead (N) ual Event Gold Medal Final, Beach Volleyba KGW News at 10 (:35) The Middle Magnum Opus" (N) The Tunnel (N) 10 O'Clock News Blue Bloods "Samaritan" Q13 News at 10 Q It Up Sports	KOIN 6 News @ 11 (:35) Game On KIRO 7 News KIRO 7 News II (W) Quarter-final (:05) The Middle (:35) JustLaughs Film School Sho Sports Final Loves Ray Sports Final In Depth
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■ KZJO 22 (3	8:30) NFL Football Post-game 8:00) MLB Baseball St. Louis Cardinals at 0	Big Bang Theory Big Bang Theory	★★ Now You See Me (2013, Crime Story	Common Mark Puffalo Joseo Eiconhora		Q13 News Person of Interes
	:00) MLB Baseball St. Louis Cardinals at () Collinion, Mark Rullaid, Jesse Liseliberg.	★★ Now You See N	le ('13, Cri) Common, Jesse Eisenberg.
CO CON COO /C			Big Bang Theory Big Bang Theory	Q13 News at 9 Q It Up Sports	Met Your Mother Met Your Mother	Friends Friends
29 (5)	was Muses Hearmaniales Chancelender		SportsCenter The day's news in the world	of sports. SportsCenter The d	ay's news in the world of sports.	SportsCenter
30 ESPN2 30 A	rm Wrest. Heavyweight Championship			ESPN FC	30 for 30 Shorts MLB Baseball St. Lo	uis Cardinals at Chicago Cubs
		The Thundermans The Thundermans				Friends Pt. 1 of 3
		in Goodman, Steve Buscemi, Billy Crystal.			Bunk'd Girl Meets World	K.C. Undercover Bizaardvark
	r★★ Pitch Perfect (2012, Comedy) Britta			Side (2009, Sport) Tim McGraw, Quinton		
35 FMC 35 (5	i:45) ★★★ Gravity ('13) George Clooney,	, Sandra Bullock. ★★★ Gravity (2013	, Thriller) George Clooney, Sandra Bullock.	(:20) FXM Presents ★★ In Time (2011,	Action) Amanda Seyfried, Cillian Murphy, Jւ	stin Timberlake. (:45) FXM Preser
		Perfect Sisters (2014, Drama) Georgie He			Roberts, Dominique Swain, Vivica A. Fox.	
				d Athletics Site: Oakland Alameda Coliseum		Post-game LFL-US Football
				nd Conor McGregor fight. Site: MGM Gran		UFC Countdown
				Bar Rescue "Wheels of Misfortune" (N)		Bar Res. "Take Me Out of the Bar Gar
	i:10) ★ Cop Out (2010, Action) Tracy Mor		a Funeral (2010, Comedy) Keith David.			Kevin Hart: Seriously Funny
		Amer. Pickers "A Few Good Junk Men"				(:05) American Pickers "They Boldly O
			Intervention "Michelle" (N)	Intervention "Sarah"		The First 48 "Desperate Moves"
	iypsy Wedd "Gypsy Mamas Gone Mad"				Wedding "Welcome to Hillbilly Hell" (N)	
				Naked and Afraid "Rock Bottom" (N)		Naked and Afraid "Contamination"
			Life Below Zero "Winter Kill"	Life Below Zero "Loaded"		Life Below Zero "Loaded"
		8, Action) Morgan Freeman, Angelina Jolie,		The Last Ship "Paradise" (N)	Murder in First "Let's Make a Deal" (N)	
	i:30) Dead The Walking Dead					Geeking Out (N) The Walking De
				Law&Order: SVU "Decaying Morality"		Law & Order: S.V.U. "Deception"
			Guy's Game "Salute to Firefighters" (N)			Cooks vs. Cons "Burger Battle"
	eachfront Hunt Beachfront Hunt			Mexico Life (N) Mexico Life (N)	Island Hunters (N) Island Hunters (N)	
	i:00) ★★★★ Captain America: The First			Nikolaj Coster-Waldau, Leslie Mann, Camer		nan ('14) Cameron Diaz.
				The Hunt "Sex Slaves in Texas"		CNN Newsroom
			Legends & Lies			Fox News Sunday
						Paid Program Paid Program
			Housewives NJ "Dinner Interrupted" (N)			WatchWhat (N) Housewives NJ
		★★★★ It's Always Fair Weather ('55) C		★★★ Party Girl (1958, Crime Story) Lee .		Tension ('50, Susp) Richard Basehart.
		★★ Tremors (1990, Horror) Fred Ward, M			on) Helen Shaver, Michael Gross, Fred Ward	
162 RFD 162 M	Narty Stuart Show Joey + Rory Show	SF Machinery Women's Rodeo	GA Farm Monitor America Heart.	Gentle Giants Tractor Pulling	Classic Tractor Feve "Made in America"	Time Life Library

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