

# 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.

**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](http://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](http://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](http://www.providence.org/classes)

# TV LISTINGS

Evening listings FRIDAY-SUNDAY

FRIDAY EVENING												AUGUST 12	
A	L	6 PM	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 Do?		20/20		KATU News at 11	(35) Jimmy Kimmel
4	KOMO	(4) KOMO 4 News		Wheel of Fortune	Jeopardy!	Shark Tank		What Would You Do?		20/20		KOMO 4 News	(35) Jimmy Kimmel
5	KING	(5) NBC Nightly News	KING 5 News	KING 5 News	The Olympic Zone	Rio 2016 Summer Olympics Athletics (W)	Shot Put Gold Medal Final, Swimming (M & W), Diving (W) Springboard Qualifying, Beach Volleyball (W) Round of 16	Blue Bloods "The Bullitt Mustang"		Blue Bloods "The Bullitt Mustang"		KOIN 6 News @ 11	(35) S. Colbert
6	KOIN	(6) KOIN 6 News at 6	CBS Evening News	Extra	Ent. Tonight	NCIS: Los Angeles "Granger, O."	Hawaii Five-0 "Malama Ka Po'e"	Blue Bloods "The Bullitt Mustang"		Blue Bloods "The Bullitt Mustang"		KIRO News	(35) S. Colbert
7	KIRO	(7) KIRO 7 News	CBS Evening News	The Insider	Ent. Tonight	NCIS: Los Angeles "Granger, O."	Hawaii Five-0 "Malama Ka Po'e"	Blue Bloods "The Bullitt Mustang"		Blue Bloods "The Bullitt Mustang"		KIRO News	(35) S. Colbert
8	KGW	(8) KGW News at 6:00 p.m.	Seinfeld	Modern Family	Modern Family	Masters of Illusion	Masters of Illusion	Penn&Teller "You Dirty Rathead"		KGW News at 10	(35) Two 12 Men	(05) Two 12 Men	(35) King of Hill
9	KRCW	(9) 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 12 Men	(05) Two 12 Men	(35) King of Hill
10	KOPB	(10) Expeditions	Business (N)	PBS NewsHour		Wash. Week (N)	Hollywood Idols	British Baking "The Final" (SF) (N)		POV "Web Junkie"		The Tunnel	
12	KPTV	(12) 6 O'Clock News	Timbers in 30	Family Feud	Family Feud	Chef "Gordon Ramsay Masterclass"	Chef "Vets, Jets and Home Cooks"	FOX 12's 9 O'Clock News on PDX-TV		FOX 12's 9 O'Clock News on PDX-TV		11 O'Clock News	Loves Ray
13	KPDX	(13) 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	Chef "Vets, Jets and Home Cooks"		Bones "The Body in the Bag"		Bones "The Bullet in the Brain"	
14	KCPQ	(14) Name Game	Modern Family	Big Bang Theory	Big Bang Theory	Chef "Gordon Ramsay Masterclass"	Chef "Vets, Jets and Home Cooks"	Q13 News at 10		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 (2001, Action) Chris Tucker, Zhang Ziyi, Jackie Chan		Big Bang Theory	Big Bang Theory
22	KZJO	(22) Two and a Half	Two and a Half	The Simpsons	The Simpsons	Modern Family	Modern Family	Q13 News at 9		Q13 News at 9		Friends	Friends
29	ESPN	(29) Boxing Premier Champions (L)				SportsCenter		SportsCenter		SportsCenter		SportsCenter	
30	ESPN2	(30) Baseball Little League 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 Levi, Mandy Moore.		Elena Avalor (N)		Stuck in Middle	Girl Meets W. (N)	K.C. Undercover "Tightrope of Doom"		Star vs. Forces/Evil Star vs. Forces/Evil		LEGO Freemaker	Girl Meets World
34	FAM	(34) ★ ★ Meet the Browns (2008, Comedy/Drama) Angela Bassett, Rick Fox, D. Mann.				★ ★ Diary of a Mad Black Woman (2005, Drama) Steve Harris, Shemar Moore, Kimberly Elise.						The 700 Club	
35	FMC	(35) (5:00) ★ ★ ★ Oblivion (13, Act) Morgan Freeman, Tom Cruise.		(35) ★ ★ ★ X-Men: First Class (2011, Action) Michael Fassbender, Jennifer Lawrence, James McAvoy.		Bring It! Chat "Compton Call Out" (N)	Bring It! "Ratchity" (N)			(15) FXM Presents	★ ★ Predators (2010, Sci-Fi) Topher Grace, Adrien Brody.		The Rap Game
36	LIFE	(36) The Rap Game "Rep Your City"		The Rap Game "Fresh to Def"		Bring It! Chat "Compton Call Out" (N)	Bring It! "Ratchity" (N)			(15) FXM Presents	★ ★ Predators (2010, Sci-Fi) Topher Grace, Adrien Brody.		The Rap Game
38	ROOT	(38) Mariners Access	MarinersPre-game	MLB Baseball Seattle Mariners at Oakland Athletics Site: Oakland Alameda Coliseum -- Oakland, Calif. (L)						Post-game	MLB Baseball Seattle Mariners at Oakland Athletics		
39	FS1	(39) Sr Open Wrap (N)	Garbage Time	Speak for Yourself		Fox Sports Live	TMZ Sports (N)	Speak for Yourself		Fox Sports Live	Best I Heard (N)	Fox Sports Live	TMZ Sports
43	SPIKE	(43) Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
44	COM	(44) (2:0) Futurama	(5:0) Futurama	(2:0) Futurama	(5:5) South Park			(2:5) South Park		South Park	South Park	★ ★ Just Friends (2005, Comedy) Amy Smart, Anna Faris, Ryan Reynolds.	
45	HIST	(45) Ancient Aliens "The Time Travelers"		Ancient Aliens "The Visionaries"		Ancient Aliens "Space Station Moon"		Ancient Aliens "Russia's Secret Files"		(05) Ancient Aliens "The Alien Agenda"		(05) Ancient Aliens "The Alien Agenda"	
46	A&E	(46) The First 48 "Caught in the Middle"		The First 48 "Kiss of Death"		The First 48 "House of Cards"		60 Days In "Where Are They Now?"		The First 48 "Bloodline"		(05) The First 48 "Shattered Glass"	
47	TLC	(47) Deadly Women "Three's a Crowd"		Deadly Women "Wed to Murder"		Killer Women "Murder for Me" (N)		Women in Prison (N)		Women in Prison (N)		Killer Women "Murder for Me"	
48	DISC	(48) Bush People "Rise of Browntown"		Bush People "Divide and Conquer"		Alaskan Bush People "Bloodlines"		Alaskan Bush People "A Big Gamble"		Alaskan Bush People "Rocky Seas"		Alaskan Bush People "Sink or Swim"	
49	NGEO	(49) Wicked Tuna "Wicked Waters"		Airport SecurityCo. "False Bottom"		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 the Soil"		★ ★ National Treasure: Book of Secrets (2007, Adventure) Jon Voight, Ed Harris, Nicolas Cage.		★ ★ Red 2 (2013, Action) Helen Mirren, Bruce Willis.		★ ★ Red 2 (2013, Action) Helen Mirren, Bruce Willis.			
51	AMC	(51) ★ ★ Mad Max: Beyond Thunderdome (1985, Sci-Fi) Tina Turner, Angelo Rossitto, Mel Gibson.		★ ★ Mad Max (1979, Sci-Fi) Joanne Samuel, Hugh Keays-Byrne, Mel Gibson.									
52	USA	(52) (5:30) Law&Order: SVU "Law & Order: S.V.U. "Silence"		Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family 1/2	Modern Family 2/2
53	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	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	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
56	FX	(56) (5:30) ★ ★ Identity Thief (13) Melissa McCarthy, Amanda Peet, Jason Bateman.		★ ★ R.I.P.D. (2013, Action) Jeff Bridges, Mary-Louise Parker, Ryan Reynolds.		★ ★ R.I.P.D. (2013, Action) Jeff Bridges, Ryan Reynolds.							
57	CNN	(57) The Eighties "The Fight Against AIDS"		Inside Man "The Truth About Toxins"		The Hunt John Walsh "Fire and Murder"		The Hunt "The Sins of Fathers"		Inside Man "The Truth About Toxins"		The Hunt "Wolf in Sheep's Clothing"	
58	FNC	(58) The Kelly File With Megyn Kelly		Hannity		The O'Reilly Factor		The Profit "Showdown at Standard Burger"		The Profit "Fuelfood"		On the Record	
61	CNBC	(61) Profit "Growing Pains at Mr. Green Tea"		The Profit "Tonnie's Minis"		The Profit "The Blues Jean Bar"		Wives "Here Comes the Brides" (N)		(15) ★ ★ Cheaper by the Dozen (03, Com) Bonnie Hunt, Hilary Duff, Steve Martin.		Sunnyside Up (1929) Janet Gaynor.	
63	BRVA	(63) Apres Ski "Last Run"		★ ★ Cheaper by the Dozen (2003, Comedy) Bonnie Hunt, Hilary Duff, Steve Martin.		Street Angel (1928, Drama) Charles Farrell, Janet Gaynor.		★ ★ Ladies in Love (1936, Comedy) Loretta Young, Don Ameche, Janet Gaynor.		Dark "She's One of Them Now" (N)		Killjoys "Heart-Shaped Box"	
64	TCM	(64) (5:00) Lucky Star (80, Dra) Brett Marx.		Street Angel (1928, Drama) Charles Farrell, Janet Gaynor.		★ ★ Ladies in Love (1936, Comedy) Loretta Young, Don Ameche, Janet Gaynor.		Dark "She's One of Them Now" (N)		Killjoys "Heart-Shaped Box"			
65	SYFY	(65) Movie		Hulk (2008, Action) Liv Tyler, Tim Roth, Edward Norton.		★ ★ Ladies in Love (1936, Comedy) Loretta Young, Don Ameche, Janet Gaynor.		Dark "She's One of Them Now" (N)		Killjoys "Heart-Shaped Box"			
68	RFD	(68) Country Reporter	Postcards	Joey Canyon	Roping and Riding	TruCountry	Rural Eve. News	C. Reunion "Marty Robbins Special"		Country Reporter	Virginia Dreams	Time Life Library	

SATURDAY EVENING												AUGUST 13	
A	L	6 PM	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	Paid Program	Jeopardy!	Wheel of Fortune	Last Man Standing	Dr. Ken	In An Instant "Desert Dog Rescue"		Boston EMS (N)		KATU News at 11	(35) Castle
4	KOMO	(4) KOMO 4 News		Wheel of Fortune	Jeopardy!	Last Man Standing	Dr. Ken	In An Instant "Desert Dog Rescue"		Boston EMS (N)		KOMO 4 News	(35) Castle
5	KING	(5) NBC Nightly News	KING 5 News	Entertainment Tonight	Weekend	Rush Hour "The Dark Night" (N)		48 Hours		48 Hours		KOIN 6 News @ 11	(35) Up Late NW
6	KOIN	(6) KOIN Local 6 at 6	Weekend News	Steve Raible	Insider Weekend	Rush Hour "The Dark Night" (N)		48 Hours		48 Hours		KIRO News	(35) Scandal
7	KIRO	(7) Weekend News	KIRO 7 News	Steve Raible	Insider Weekend	Rush Hour "The Dark Night" (N)		48 Hours		48 Hours		KIRO News	(35) Scandal
8	KGW	(8) NBC Nightly News	Straight Talk	KGW News	The Olympic Zone	Rio 2016 Summer Olympics Athletics (M, W), Swimming (M, W) Gold Medal, Diving (W) Springboard Semifinals, Beach Volleyball Round of 16		Bones "The Con Man in the Meth Lab"		Bones "The Eye in the Sky"		KGW News at 10	(35) Person of Interest
9	KRCW	(9) Elementary "The Woman" Pt. 1 of 2	Elementary	Heroine	Pt. 2 of 2	Bones "The Con Man in the Meth Lab"		Bones "The Eye in the Sky"		KGW News at 10	(35) Person of Interest		(35) P. Interest
10	KOPB	(10) Great British Baking "Pastry"		Travel: Art Wolfe	Stevens' Europe	Globe Trekker "North East England" (N)		Doc Martin "Nobody Likes Me"		Doctor Blake "Women and Children"		Masterpiece Mystery!	
12	KPTV	(12) (5:30) ★ ★ Prime Fear (1996, Suspense) Laura Linney, John Mahoney, Richard Gere.		Wayward Pines "Sound the Alarm"		Wayward Pines "City Upon a Hill"		The Good Wife "The Next Week"		Q13 News at 10		Seahawks	Home Free "Push the Limits"
13	KPDX	(13) Portland Timbers	Mike & Molly	Big Bang Theory	Big Bang Theory	Rizzoli & Isles		The Good Wife "The Next Week"		Q13 News at 10		Seahawks	Home Free "Push the Limits"
14	KCPQ	(14) Two and a Half	Two and a Half	Modern Family	Modern Family	Wayward Pines "Sound the Alarm"		Wayward Pines "City Upon a Hill"		Q13 News at 10		Seahawks	Home Free "Push the Limits"
20	TBS	(20) 2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Q13 News at 9	Seahawks	Most Wanted	Loves Ray
22	KZJO	(22) Bones "The Con Man in the Meth Lab"		Elementary "The Woman"		Person of Interest		Q13 News at 9	Seahawks	Most Wanted	Loves Ray	Loves Ray	Angie Tribeca
29	ESPN	(29) (5:00) NFL Football Pre-season Dallas Cowboys at Los Angeles Rams (L)				SportsCenter		SportsCenter		SportsCenter		SportsCenter	
30	ESPN2	(30) Baseball Little League World Series (L)				E:60		World of X Games	Soccer International	Champions Cup Celtic vs. Internazionale			30 for 30
31	NICK	(31) Henry Danger	Henry Danger	The Thundermans	The Thundermans	Thundermans (N)	Thundermans (N)	Legend Dudas (N)		School of Rock	Full House	Full House	Friends
32	DISN	(32) Stuck in Middle	K.C. Undercover	Liv and Maddie	Bizaardvark	★ ★ Monsters University (13) John Goodman, Billy Crystal.		(50) Lab Rats (N)		(15) Kirby Buckets	(40) Best Friends	(05) Bizaardvark	K.C. Undercover
34	FAM	(34) (15) ★ ★ X-Den Dancing (1987, Dance) Jennifer Grey, Jerry Orbach, Patrick Swayze.		★ ★ X-Men: First Class (2011, Action) Michael Fassbender, James McAvoy.		Perfect Sisters (2014, Drama) Georgie Henley, Mira Sorvino, Abigail Breslin.		The Inherited (2016, Drama) Annabella Sciorra, Tammy Blanchard, Jenn Liu.					
35	FMC	(35) (5:35) ★ ★ X-Men: First Class (2011, Action) Michael Fassbender, James McAvoy.		Perfect Sisters (2014, Drama) Georgie Henley, Mira Sorvino, Abigail Breslin.									
36	LIFE	(36) Sorority Nightmare (2016, Thriller) Cassidy Gifford, Sierra McCormick.											
38	ROOT	(38) MLB Baseball Seattle Mariners at Oakland Athletics Site: Oakland Alameda Coliseum -- Oakland, Calif. (L)		MLB Presents: School of Rickey (N)		Sr Open Wrap (N)	TMZ Sports (N)	Post-game	MLS Soccer Portland Timbers at D.C. United (N)		AFL Australian Rules Football Geelong Cats at Richmond Tigers (L)		Post-game (N)
39	FS1	(39) (4:00) MLB Baseball L.A. A./C/le. (L)		MLB Presents: School of Rickey (N)		Sr Open Wrap (N)	TMZ Sports (N)	Post-game	MLS Soccer Portland Timbers at D.C. United (N)		AFL Australian Rules Football Geelong Cats at Richmond Tigers (L)		Post-game (N)
43	SPIKE	(43) Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
44	COM	(44) Tosh.0	(3:5) Tosh.0	(1:0) Tosh.0	(4:5) Tosh.0	(2:0) Tosh.0		Jail: Big Texas Cops		(5:5) Tosh.0	★ Cop Out (2010, Action) Tracy Morgan, Seann William Scott, Bruce Willis.		
45	HIST	(45) American Pickers "Pickers in the Attic"		Amer. Pickers "The Empire Picks Back"		American Pickers "Full Steam Ahead"		Amer. Pickers "Beetle In a Haystack"		American Pickers "On the Road Again"		(05) Amer. Pickers "Driving Miss Dani"	
46	A&E	(46) The First 48		The First 48 "Teardrops/Almost Home"		The First 48: Killer "Blackout"		The First 48: Drugs Kill (N)		First 48: Drugs "One Final Score" (N)		(05) First 48 "Devil Inside/Rattlesnake"	
47	TLC	(47) Untold Stories of the E.R. "Frozen!"		My Big Fat American Gypsy Wedding		Amer. Gypsy Wedd "All Bets Are Off"		My Big Fat American Gypsy Wedding		Love at First Kiss "Two Tongue Tango"		My Big Fat American Gypsy Wedding	
48	DISC	(48) Street Outlaws "The Aftermath"		Street Outlaws "Rebirth of the Crow"		Street Outlaws "The Crow Also Rises..."		Street Outlaws "Full Throttle" Ready, Set, Crow...		Alaska Troopers "Village Vigilantes"		Alaska Troopers "Village Vigilantes"	
49	NGEO	(49) Rocky Mountain "Tactical Takedown"		SouthJustice "Blue Ridge Bloodshed"		Southern Justice "Southern Ruckus"		Alaska Troopers "Village Vigilantes"		Alaska Troopers "Alaskan Standoff"		Alaska Troopers "Village Vigilantes"	
50	TNT	(50) (5:30) ★ ★ National Treasure: Book of Secrets (07) Jon Voight, Nicolas Cage.		★ ★ ★ The Shawshank Redemption (1994, Drama) Morgan Freeman, James Whitmore, Tim Robbins.		★ ★ ★ The Shawshank Redemption (1994, Drama) Morgan Freeman, James Whitmore, Tim Robbins.						Apollo 13 (95, Docu-Drama) Tom Hanks.	
51	AMC	(51) (5:00) ★ ★ Pearl Harbor											