

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.

(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.

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

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



FRIDAY EVENING													OCTOBER 7	
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	Last Man St. (N)	Dr. Ken (N)	Shark Tank (N)		20/20		KATU News at 11	(35) H.S. Blitz	
3	KOMO	(4) KOMO 4 News		Wheel of Fortune	Jeopardy!	Last Man St. (N)	Dr. Ken (N)	Shark Tank (N)		20/20		KOMO 4 News	(35) Jimmy Kimmel	
4	KING	(5) NBC Nightly News	KING 5 News	KING 5 News	Children's Hospital	Timeless "Pilot"		Dateline NBC Investigative features are covered.				KING 5 News	(35) Tonight Show	
5	KOIN	(6) KOIN 6 News at 6	CBS Evening News	Extra	Ent. Tonight	MacGyver "AWL" (N)		Hawaii Five-0 "He Mo Ho Hou" (N)	Blue Bloods "The Price of Justice" (N)			KOIN 6 News @ 11	(35) S. Colbert	
6	KIRO	(7) KIRO 7 News	CBS Evening News	The Insider	Ent. Tonight	MacGyver "AWL" (N)		Hawaii Five-0 "He Mo Ho Hou" (N)	Blue Bloods "The Price of Justice" (N)			KIRO News	(35) S. Colbert	
7	KGW	(8) KGW News at 6:00 p.m.		Live at Seven	Inside Edition	Timeless "Pilot"		Dateline NBC Investigative features are covered.				KGW News at 11	(35) Tonight Show	
8	KRCW	(9) Last Man Standing	Last Man Standing	Modern Family	Modern Family	iHeartRadio Music Festival A concert extravaganza. Pt. 2 of 2 (N)		KGW News at 10	Two and a Half			Two and a Half	Met Your Mother	
9	KOPB	(10) Burt Wolf: Travels	Business (N)	PBS NewsHour		Wash. Week (N)	Film School Shorts	Place Call Home	(45) Place Call Home	"Worlds Apart"	Masterpiece Classic	"Indian Summers"	On Story	
10	KPTV	(12) 6 O'Clock News	Timbers in 30	Family Feud	Family Feud	Hell's Kitchen "The Yolks on Them" (N)		10 O'Clock News	Fri Night	10 O'Clock News	2 Broke Girls	11 O'Clock News	2 Broke Girls	
11	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	The Simpsons	Family Guy	American Dad	Cleveland Show	American Dad	
12	KCPQ	(13) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Hell's Kitchen "The Yolks on Them" (N)		Exorcist "Chapter Three: Let 'Em In" (N)	Q13 News at 10			Most Wanted	The Simpsons	
13	TBS	(20) (5:30) MLB Baseball Division Series (L)						MLB Postseason	Family Guy	American Dad	American Dad	Seinfeld	Movie	
14	KZJO	(22) Two and a Half	Two and a Half	Last Man Standing	Last Man Standing	Modern Family	Modern Family	Q13 News at 9		Big Bang Theory	Big Bang Theory	Friends	Friends	
15	ESPN	(29) (4:30) NCAA Football	Clemson at Boston College (L)			SportsCenter	The day's news in the world of sports.	SportsCenter		SportsCenter		SportsCenter		
16	ESPN2	(30) (5:00) NCAA Football (L)				E:60		Baseball Tonight (L)		Jalen & Jacoby (N)	ESPN Films	APGC Golf		
17	NICK	(31) Henry Danger	Henry Danger	Crashletes	Mega Life (N)	All In/ Cam (N)	Game Shakers	Full House	Full House	Full House	Full House	Friends	Friends Pt. 1 of 2	
18	DISN	(32) Bunk'd	Friends Whenever	K.C. Undercover	Bunk'd (N)	The Swap (2016, Family) Jacob Bertrand, Peyton List		(40) Bizaard. (N)	(05) Star vs. Evil "Stargirling/ On the Job"			LEGO Freemaker	Bunk'd	
19	FAM	(34) The Middle	★★★ Home Alone 2: Lost in New York (1992, Comedy) Joe			Pesci, Daniel Stern, Macaulay Culkin.		★★★ Matilda (1996, Family) Danny DeVito, Rhea Perlman, Mara Wilson.				The 700 Club		
20	FMC	(35) (5:45) The Best Exotic Marigold Hotel (2011) Bill Nighy, Maggie Smith, Judi Dench.				(20) The Best Exotic Marigold Hotel (2011, Comedy/Drama) Bill Nighy, Maggie Smith, Judi Dench.						(55) The Forgotten	Julianne Moore.	
21	LIFE	(36) Grey's A. "Shake Your Groove Thing"	Grey's A. "If Tomorrow Never Comes"	Grey's A. "The Self-Destruct Button"	Grey's A. "The Self-Destruct Button"	Grey's Anatomy "Save Me"		Grey's Anatomy "Who's Zoomin' Who"		FootballWeek (N)	Wild Places (N)	H.S. Football		
22	ROOT	(38) (4:00) H.S. Football	H.S. Football Mercer Island vs. Redmond (L)											
23	FS1	(39) (5:00) To Be Announced				To Be Announced	To Be Announced		Fox Sports Live		Skip and Shannon: Undisputed Opinions	on the biggest sports topics of the day.		
24	SPIKE	(43) Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	
25	COM	(44) (1:15) Futurama	(45) Futurama	(1:15) Futurama	(5:50) South Park	(2:20) South Park	(45) Jeff Ross Roasts Cops			Lewis Black: Black to the Future (N)		Trevor Noah: African American		
26	HIST	(45) Ancient Aliens "The Alien Agenda"		Ancient Aliens "Aliens Among Us"		Aliens "Aliens and Sacred Places"		Ancient Aliens "The Tesla Experiment"		Doomsday "Black Hole" (N)		(05) Doomsday "Killer Asteroid"		
27	A&E	(46) First 48 "Stolen Lives/ Family Bonds"		The First 48		First 48 "Lying in Wait/ With This Ring"		The First 48 "Old Wounds"		The First 48 "In a Lonely Place"		(05) The First 48		
28	TLC	(47) Say Yes-Dress	Say Yes-Dress	Dateline NBC "Finding Savanna"		Dateline NBC "Without a Trace"		Dateline NBC "Tipping Point"		Dateline NBC "Something Sweet"		(05) Dateline NBC "Tipping Point"		
29	DISC	(48) Deadliest Catch "Cursed Bay"		Bering Sea Gold "Backseat Diver"		Bering Sea Gold "Lady Luck"		Bering Sea Gold "Hello Heartache/ Goodbye Nome" (SF) (N)				Bering Sea Gold		
30	NGEO	(49) America Before Columbus				The Real Abraham Lincoln	Abraham Lincoln's life story and struggles.			Rise Up: The Legacy of Nat Turner (N)		Rise Up: The Legacy of Nat Turner		
31	TNT	(50) Bones "The Conspiracy in the Corpse"		Bones "The Lance to the Heart"		★★ The Replacements (2000, Sport) Gene Hackman, Orlando Jones, Keanu Reeves.		★★ Talladega Nights: The Ballad of Ricky Bobby						
32	AMC	(51) (5:30) ★★★ The Italian Job (03) Charlize Theron, Mark Wahlberg.				★★★ Batman Begins (2005, Action) Michael Caine, Liam Neeson, Christian Bale.						Fear the Walking Dead "Wrath"		
33	USA	(52) Law & Order: S.V.U. "Tangled"		Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	
34	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	Burgers, Brew (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	
35	HGTV	(54) House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters (N)	House Hunters (N)	House Hunters	House Hunters	
36	FX	(56) (5:30) ★★ Identity Thief (13) Melissa McCarthy, Amanda Peet, Jason Bateman.				Ride Along (2014, Action/Comedy) Kevin Hart, John Leguizamo, Ice Cube.				Ride Along (2014, Action/Comedy) Kevin Hart, Ice Cube.				
37	CNN	(57) Anderson Cooper 360		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		Anderson Cooper 360		Anderson Cooper 360		CNN Tonight With Don Lemon		
38	FNC	(58) The Kelly File With Megyn Kelly		Hannity		The O'Reilly Factor		Undercover Boss "Fatburger"		Undercover Boss "Great Wolf Resorts"		Paid Program	Paid Program	
39	CNBC	(61) Undercover Boss "Hudson Group"		Undercover Boss "Rocket Fizz"		Housewives Atl. "Reunion Part Two"		Housewives Atl. "Reunion Part Three"		★★ Barbershop (2002, Comedy) Cedric the Entertainer, Eve, Ice Cube.		Barbershop (2002, Comedy) Ice Cube.		
40	BRVV	(63) (4:00) To Be Announced		Housewives Atl. "Reunion Part Two"		(1:15) ★★ The Unholy Three (25, Crime Story) Mae Busch, Matt Moore, Lon Chaney.		★★★ The Phantom of the Opera (25) Lon Chaney.		(45) Haxan (22)				
41	TCM	(64) (5:00) Nosferatu	(45) ★★★ The Cabinet of Dr. Caligari (11) Werner Krauss.			(1:15) ★★ The Unholy Three (25, Crime Story) Mae Busch, Matt Moore, Lon Chaney.		Z Nation (N)		Van Helsing "Coming Back" (N)		Z Nation "Escorpion and the Red Hand"		
42	SYFY	(65) (5:00) You're Next (11) Sharni Vinson.		★★ Wrung Turn (03, Hor) Eliza Dushku, Emmanuelle Chriqui, Desmond Harrington.				C. Reunion "Wed Night Prayer Meeting"		Country Reporter	Virginia Dreams	Time Life Library		
43	RFD	(162) Country Reporter	FarmHer	Joey Canyon	Roping and Riding	TruCountry	Rural Eve. News							

SATURDAY EVENING													OCTOBER 8	
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) (5:05) NCAA Football (L)				(2:20) Studio	Paid Program	MyDestination.TV	Paid Program	Wheel of Fortune	Jeopardy!	KATU News at 11	(35) Castle	
3	KOMO	(4) (5:05) NCAA Football (L)				(2:20) Studio	Football Tonight	Wheel of Fortune	Jeopardy!	Amer.Ninja "Southwest Regional Finals"		KOMO 4 News	(35) Castle	
4	KING	(5) (4:00) NASCAR Auto Racing Bank of America 500 (L)				Tapping In		Dateline NBC		Saturday Night Live		KING 5 News	Sat. Night Live	
5	KOIN	(6) KOIN Local 6 at 6	Weekend News	Entertainment Tonight Weekend		CrimeTime Saturday		CrimeTime Saturday		48 Hours		KOIN 6 News @ 11	(35) Up Late NW	
6	KIRO	(7) Weekend News	KIRO 7 News	Steve Raible	Insider Weekend	CrimeTime Saturday		CrimeTime Saturday		48 Hours		KIRO News	(35) Scandal	
7	KGW	(8) (4:00) NASCAR Auto Racing Bank of America 500 (L)				Paid Program	Paid Program	Grant's Getaways	Straight Talk	Dateline NBC		KGW News at 11	Sat. Night Live	
8	KRCW	(9) The Middle	The Middle	Modern Family	Modern Family	Bones "The Salt in the Wounds"		Bones "Pilot"		KGW News at 10	(35) Person Interest	"Fresh and Blood"	(35) P. Interest	
9	KOPB	(10) Great British Baking "Masterclass 2"		Travel: Art Wolfe	Steves' Europe	Trekker "Art Trails of the French Riviera"		Doc Martin "Departure"		Brown "The Craprock of the Empire"		Masterpiece Classic "Poldark"		
10	KPTV	(12) (4:30) NCAA Football Washington at Oregon (L)				★★ Quarantine (2008, Horror) Steve Harris, Jay Hernandez, Jennifer Carpenter.		Marvel: The agents du S.H.I.E.L.D.		10 O'Clock News		Hell's Kitchen "Crepe Grand Prix"		
11	KPDX	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	Marvel: The agents du S.H.I.E.L.D.		The X-Files "Conduit"		CSI: Miami "Rio"		CSI: Miami "Resurrection"		
12	KCPQ	(13) (4:30) NCAA Football Washington at Oregon (L)				Seahawks	Pawn Stars	Modern Family	Modern Family	Q13 News at 10	Seahawks	Hell's Kitchen "Crepe Grand Prix"		
13	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	Big Bang Theory	Big Bang Theory	Full Frontal	What Now (N)	
14	KZJO	(22) Bones "The Salt in the Wounds"		The X-Files		The X-Files		Q13 News at 9	Seahawks	Most Wanted	Name Game	Name Game	Anger Manage	
15	ESPN	(29) (4:00) NCAA Football (L)		Football Score.	NCAA Football (L)					SportsCenter		Football Final		
16	ESPN2	(30) (4:00) NCAA Football (L)		Football Score.	NCAA Football (L)					SportsCenter		Football Final		
17	NICK	(31) The Thundermans	The Thundermans	Henry Danger	Henry Danger	Henry Danger (N)	Game Shakers (N)	School of Rock (N)	The Thundermans	Full House	Full House	Friends	Friends	
18	DISN	(32) Bunk'd	Austin & Ally	Stuck in Middle	Liv and Maddie	K.C. Undercover	Friends Whenever	Bizaardvark	Bizaardvark	Walk the Prank	Walk the Prank	Friends Whenever	K.C. Undercover	
19	FAM	(34) (2:20) ★★★ 10 Things I Hate About You (1999, Comedy) Julia Stiles, Joseph Gordon-Levitt, Heath Ledger.		★★★ We Bought a Zoo (11, Com/Dra) Scarlett Johansson, Thomas Haden Church, Matt Damon.		★★★ Pitch Perfect (2012, Comedy) Brittany Snow, Rebel Wilson, Anna Kendrick.		★★★ Footloose (11, Com/Dra) Julianne Hough, Dennis Quaid, Kenny Wormald.		★★★ Killer Coach (2016, Thriller) Javicia Leslie, Tom Madden, Keesha Sharp.				
20	FMC	(35) (5:00) You're Next (11) Sharni Vinson.		★★ Wrung Turn (03, Hor) Eliza Dushku, Emmanuelle Chriqui, Desmond Harrington.										
21	LIFE	(36) My Husband is Missing (2016, Thriller) Aaron Pearl, Nicole Munoz, Daphne Zuniga.				Mommy's Secret (2016, Drama) Sarah Grey, Amos Mitchell, Charisma Carpenter.				Killer Coach (2016, Thriller) Javicia Leslie, Tom Madden, Keesha Sharp.				
22	ROOT	(38) (4:00) NCAA Football Northern Arizona vs. Montana State (L)		In Depth		Wild Places (N)	ProFootball Week	NCAA Football Texas vs. Oklahoma -- Dallas, Texas						
23	FS1	(39) (5:00) UFC 204 (L)		NCAA Football (L)						Hurt & Hustle		TMZ Sports (N)	NHRA Drag Racing	
24	SPIKE	(43) Cops	Cops	Cops	Cops	Cops	Cops	Jail: Big Texas	Cops	Cops	Cops	Four Brothers (05, Act) Mark Wahlberg.		
25	COM	(44) (5:25) ★★★ Road Trip (00) Breckin Meyer.		(35) ★★ Hot Tub Time Machine (2010, Comedy) Rob Corddry, Sebastian Stan, John Cusack.				★★★ We're the Millers (13) Jennifer Aniston, Emma Roberts, Jason Sudeikis.				(05) Lone Star "Romeo the Wonder Dog"		
26	HIST	(45) American Pickers "Feudin' Pickers"		Amer. Pickers "For a Few Dollars More"		American Pickers "Substitute Picker"		American Pickers "The Big Bet"		American Pickers "Thunderdome"		(05) Lone Star "Romeo the Wonder Dog"		
27	A&E	(46) Storage Wars	Storage Wars	The First 48		The First 48: Overkill "Burning Rage"		Misfortune "Blood Money/ Fifteen" (N)		Misfortune "Coma/ Disappeared" (N)		(05) The First 48 "The Rookie/ Cornered"		
28	TLC	(47) Untold Stories "My Head's Exploding"		Untold Stories of the E.R. "Oh, Deer!"		Untold Stories of the E.R. "Rattled"		Untold "Couch Creature" (SP) (N)		Suddenly Rich "Going Viral" (N)		Untold Stories "Couch Creature"		
29	DISC	(48) Edge of Alaska "Starvation Country"		Edge of Alaska "Defend the Frontier"		Edge of Alaska "Dying Days of Winter"		Edge of Alaska "The Breakup"		Alaska "Return to the Mother Lode"		Edge of Alaska "The End of the Frontier"		
30	NGEO	(49) Drugs, Inc. "Drug Kings of New York"		Drugs, Inc. "New Year's Eve NYC"		Drugs, Inc. "Super Meth"		Drugs, Inc. "Euro Coke"		Drugs, Inc. "Boston Benzo Buzz"		Drugs, Inc. "Cokeland"		
31	TNT	(50) (5:45) ★★★ Pineapple Express (08) James Franco, Danny McBride, Seth Rogan.		★★★ Bad Boys II (2003, Action) Will Smith, Jordi Mollá, Martin Lawrence.		Sci-Fi Michael Biehn, Lance Henriksen, Sigourney Weaver.		★★★ Alien III (92, Sci-Fi) Charles S. Dutton, Sigourney Weaver.						
32	USA	(52) ★★ Couples Retreat (2009, Comedy) Jason Bateman, Kristen Bell, Vince Vaughn.		★★★ Aliens (1986, Sci-Fi) Michael Biehn, Lance Henriksen, Sigourney Weaver.		★★★ Pretty Woman (1990, Romance) Julia Roberts, Jason Alexander, Richard Gere.		Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	Modern Family	
33	FOOD	(53) Star Plates	Diners, Drive-Ins	Halloween Baking "Trick or Treats"		All-Star Halloween Spectacular (N)	Halloween Baking "Monster Mashups"	Halloween Baking "Field of Screams"		Reno. "A Reno That Ruffles Feathers"		House Hunters	House Hunters	
34	HGTV	(54) Property Brothers	Property Brothers	Property Brothers		All-Star Halloween Spectacular (P) (N)	Property "Not Ready for the Suburbs"	Reno. "A Reno That Ruffles Feathers"		★★★ Fast and Furious 6 (2013, Action) Paul Walker, Dwayne Johnson, Vin Diesel.		House Hunters	House Hunters	
35	FX	(56) (5:30) ★★ The Other Guys (2010, Comedy) Mark Wahlberg, Will Ferrell.		★★★ Neighbors (2014, Comedy) Zach Efron, Rose Byrne, Seth Rogan.		Anthony Bourdain "Chicago"		A. Bourdain "Los Angeles (Koreatown)"		Anthony Bourdain "Hawaii"				
36	CNN</													