

SUPPORT GROUPS

Find AA meetings in your area at www.district3AA.org

DAILY
OPEN AA MEETING, 12 noon, 680 Harper Road, Hermiston. (800-410-5953).
OPEN AA MEETING, 12 noon, Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton. Coffee is provided. (Ed 541-207-2548).

WEDNESDAYS
TOPS, 8:15 a.m. weigh-in, 9 a.m. meeting and program, Oregon Trail Manor, 2430 S.W. Perkins Ave., Pendleton. (541-276-6370).

NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

GRIEFSHARE, 1-3 p.m., Sun Terrace Assisted Living, 1550 N.W. 11th St., Hermiston. (Terri 541-667-3543 or Beth 541-564-2595).

ECHO KIWANIS FOOD PANTRY DISTRIBUTION DAY, 4 p.m., Echo Masonic Lodge hall, 200 S. Dupont St. Last Wednesday, March-October except September

AL-ANON, 5-6 p.m., St. John's Episcopal Church, 235 S.E. Seventh St., Hermiston.

BLUE MOUNTAIN DIABETES CHAMPIONS, 6-7 p.m., St. Anthony Hospital conference rooms 3&4, 2801 St. Anthony Way, Pendleton. For people with Type 1 or Type 2 diabetes and their families/friends. (Melissa Naff 541-278-3249). Third Wednesday, March-October except September

GRIEFSHARE, 6-7:30 p.m., New Hope Church, 1350 S. Highway 395, Hermiston. (Terri 541-667-3543 or Beth 541-564-2595).

NARCOTICS ANONYMOUS, 6:30 p.m., 346 S.E. Second St., Pendleton.

WOMEN'S OPEN AA MEETING, 6:30 p.m., 680 Harper Road, Hermiston. (800-410-5953).

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

OPEN AA MEETING, 7 p.m., Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission (800-410-5953).

MULTIPLE SCLEROSIS SUPPORT GROUP, 7-8 p.m., Good Shepherd Medical Office Plaza meeting room, 620 N.W. 11th St., Hermiston. For those with MS, family members and caretakers or those who would like to learn more. (Kathy 541-922-2753 or John 541-564-8104). Third Wednesday

OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

THURSDAYS
OPEN SUPPORT GROUP, 10 a.m.-noon, Good Samaritan Ministries, 21 S.W. Frazier Ave. (Bowman Building). (541-276-6671 or 541-379-1589).

NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

REBOUNDERS STROKE SUPPORT GROUP, 1:30 p.m., St. Anthony Hospital conference room 3 or 4, 2801 St. Anthony Way, Pendleton. (Shawna 541-969-1865). First Thursday

LOST AND FOUND YOUTH OUTREACH, 3 p.m., Pendleton Recreation Center, 510 S.W. Dorion Ave., Pendleton. Help for youth 12-18 facing challenges. (Danny 541-379-4250 or Leslie 541-276-3987)

WOMEN WITH DISABILITIES AND DOMESTIC VIOLENCE, 4 p.m., Eastern Oregon Center for Independent Living, 322 S.W. Third St., Pendleton. A safe, secure environment to learn skills and develop tools to move forward after abuse and violence. (Linda Valentine 541-276-1037). First Thursday

HEALTHY CHOICES AA, 5:15-6:15 p.m., St. Anthony Hospital conference room 1, 2801 St. Anthony Way, Pendleton. (541-207-2548).

WOMEN FOR SOBRIETY SUPPORT GROUP, 5:30-7 p.m., First Christian Church, 518 S. Main St. (first floor), Milton-Freewater. New members welcome. (Kimberlie Krieg 541-861-3283).

TOPS, 6 p.m. weigh-in, 6:30-7:30 p.m. meeting, Peace Lutheran Church, 210 N.W. Ninth St., Pendleton. (Ruby Gray 541-566-3624 or rubymgray79@gmail.com)

DOMESTIC VIOLENCE/SEXUAL ASSAULT WOMEN'S SUPPORT GROUP, 6-7:30 p.m., Hermiston. Call for location details. Sponsored by Domestic Violence Services. (541-567-0424).

DOMESTIC VIOLENCE/SEXUAL ASSAULT WOMEN'S SUPPORT GROUP, 6-7:30 p.m., Pendleton. Call for location details. Sponsored by Domestic Violence Services. (541-276-3322).

CELEBRATE RECOVERY, 6-7 p.m. large group, 6-8 p.m. Celebration Place (children K-5), 7-8 p.m. open share group, 8-9 p.m. Solid Rock Cafe social time (all ages), First Assembly of God Church, 1911 S.E. Court Ave., Pendleton. Christ-centered 12-step program for those with hurts, habits and hangups. Childcare is available for children ages 1-5. (541-276-6417, www.pendleton-first.com).

NARCOTICS ANONYMOUS, 6:30 p.m., 346 S.E. Second St., Pendleton.

ADDICTION RECOVERY PROGRAM, 7 p.m., Church of Jesus Christ of Latter-day Saints seminary building, 800 S. First St., Hermiston. Everyone is welcome. (Kim Puzey 541-567-3622 or kimpuzey@uci.net).

WALK AND ROLL SUPPORT GROUP, 7 p.m., Buttercreek Apartments No. 33, 405 S.W. 11th St., Hermiston. For anyone who is disabled or in a wheelchair and has issues with access or rights, or caregivers of handicapped people. (Nana Carpenter 541-303-3359).

HEPPNER MIRACLES OPEN AA MEETING, 7:30 p.m., All Saints Episcopal Church parish hall, 140 W. Church St., Heppner. (800-410-5953).

NARCOTICS ANONYMOUS, 7:30-9 p.m., Hermiston United Methodist Church, 191 E. Gladys Ave.

NARCOTICS ANONYMOUS, 7:30 p.m., Wesley United Methodist Church, 816 S. Main St., Milton-Freewater.

OPEN AA MEETING, 7:30

p.m., United Methodist Church, 191 E. Gladys Ave., Hermiston.
OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

OPEN AA MEETING, 8 p.m., United Church of Christ, 114 S. East St., Condon. (800-410-5953).

FRIDAYS
NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

OPEN AA MEETING, 6-7 p.m., Good Samaritan Ministries, 21 S.W. Frazier Ave., Pendleton.

CELEBRATE RECOVERY GROUP, 6 p.m., Salvation Army, 150 S.E. Emigrant Ave., Pendleton. (541-276-3369).

OPEN AA MEETING, 7 p.m., United Methodist Church, 1004 Main St., Fossil (800-410-5953).

OPEN AA MEETING, 7 p.m., Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission (800-410-5953).

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

OPEN AA MEETING, 7:30 p.m., Lone Community Church, 395 Main St., Lone. (800-410-5953).

NARCOTICS ANONYMOUS, 7:30 p.m., United Methodist Church, 191 E. Gladys Ave., Hermiston.

OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

SATURDAYS
OREGON GREEN FREE MEDICAL MARIJUANA SUPPORT GROUP, 12 noon, 1607 Gekeler Lane, La Grande. Lunch will be provided. (Doreen 541-963-2529). Second Saturday

AA BOOK MEETING, 10 a.m., St. Johns Episcopal Church, 665 E. Gladys Ave., Hermiston.

NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

ALCOHOLICS ANONYMOUS, 7 p.m., Pilot Rock City Hall council chambers, 143 W. Main St. (Edward D. 541-207-2548).

OPEN AA MEETING, 7 p.m., United Church of Christ, 114 S. East St., Condon. (800-410-5953).

VISION FOR YOU OPEN AA MEETING, 7 p.m., Good Shepherd Lutheran Church, 420 Locust Rd S.W., Boardman. (Pat 541-215-2342, 503-752-7459).

NARCOTICS ANONYMOUS, 7:30 p.m., United Methodist Church, 191 E. Gladys Ave., Hermiston.

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

HEPPNER MIRACLES OPEN AA MEETING, 8 p.m., St. Patrick's Church parish hall, 525 N. Gale St., Heppner. (800-410-5953).

OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

SUNDAYS
HUNGRY SPIRIT OPEN AA MEETING, 8:30 a.m., Roosters Restaurant, 1515 Southgate, Pendleton (800-410-5953).

HARPER ROAD AL-ANON, 10-11 a.m., 680 Harper Road, Suite 2 (AA meeting room), Hermiston.

OPEN AA MEETING, 7 p.m., Yellowhawk Tribal Health Center, 73265 Confederated Way, Mission (800-410-5953).

NARCOTICS ANONYMOUS, 7 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

NARCOTICS ANONYMOUS, 7:30-9 p.m., Hermiston United Methodist Church, 191 E. Gladys Ave.

OPEN AA MEETING, 8 p.m., 680 Harper Road, Hermiston. (800-410-5953).

MONDAYS
NARCOTICS ANONYMOUS, 10:30 a.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

PARKINSON'S DISEASE SUPPORT GROUP, 1 p.m., Desert Lanes Bowling Alley, 1545 N. First St., Hermiston. (Carol and Charles 541-720-4256 or 541-567-9420). First Monday

PENDLETON PARKINSON'S SUPPORT/TELEHEALTH FAMILY, 2-4 p.m., Pendleton City Hall, 500 S.W. Dorion Ave., Pendleton. (Sue Peterson 541-276-4569). Second Monday

AL-ANON, 5:30-6 p.m. book study, 6-7 p.m. meeting, St. John's Episcopal Church, 235 N.E. Seventh St., Hermiston.

ALZHEIMERS AND DEMENTIA SUPPORT GROUP, 5:30 p.m., Good Shepherd Medical Pavilion room M1, 610 N.W. 11th St., Hermiston. For families and support members of people with dementia diagnoses. (Cathy Lloyd 458-206-6337). Fourth Monday

HOPE FOR HEALING SUPPORT GROUP, 6-7:30 p.m., Good Shepherd Medical Office Plaza meeting room, 620 N.W. 11th St., Hermiston. Bereavement support group dealing with loss and grief issues. (541-667-3543). Second and fourth Monday

BREAST CANCER SUPPORT GROUP, 6:30-8 p.m., Good Shepherd Medical Office Plaza meeting room, 620 N.W. 11th St., Hermiston. English and Spanish. (Karen 541-561-6522, Shari 541-561-7404 or Esmeralda 541-720-7595). Third Monday

EASTERN OREGON DOWN SYNDROME SUPPORT GROUP, 6:30-7:30 p.m., The Arc Building, 215 W. Orchard Ave., Hermiston. (Angela Bonzani 541-720-7880). Third Monday

OPEN AA MEETING, 6:30 p.m., Echo Methodist Church, 21 Bonanza Street. (541-571-6257, 800-410-5953).

NARCOTICS ANONYMOUS, 6:30 p.m., Episcopal Church of the Redeemer, 241 S.E. Second St., Pendleton.

NARCOTICS ANONYMOUS, 7 p.m., Christ the King Lutheran Church, 325 S.W. Sixth Ave., Milton-Freewater.

OPEN AA MEETING, 8 p.m., United Church of Christ, 114 S. East St., Condon. (800-410-5953).

Lone American off planet casts ballot

By MARCIA DUNN
AP Aerospace Writer

CAPE CANAVERAL, Fla. — The lone American off the planet has cast his vote from space, keeping with NASA's motto of "Vote while you float."

NASA said Monday that astronaut Shane Kimbrough filed his ballot in Tuesday's presidential election from the International Space Station sometime over the past few days. He arrived at the orbiting lab in mid-October.

Before launching on a four-month mission, Kimbrough said it was going to be special, being able to say "I voted from space."

By the time he's back on Earth in February, America will have a new commander in chief. Astronauts are "pretty much apolitical," he told reporters last month. "And I'll be glad to welcome the new president, whoever that is."

The previous U.S. space station resident, Kate Rubins, also cast an absentee ballot from up there, before returning to Earth a week ago, according to NASA.



AP Photo/Ivan Sekretarev, Pool, File

In this Oct. 19 file photo, U.S. astronaut Shane Kimbrough, a member of the main crew to the International Space Station (ISS), talks to his relatives prior to the launch of the Soyuz MS-02 space ship, in Russian leased Baikonur cosmodrome, Kazakhstan. NASA said Monday, Nov. 7, that astronaut Kimbrough filed his ballot from the International Space Station sometime over the past few days.

A 1997 Texas law allows U.S. astronauts to vote from space. For NASA astronauts, home is Houston when they're not circling the globe. A secure electronic ballot is forwarded to the astronauts by Mission Control in Houston and returned by email to the county clerk.

Wednesday Morning

November 9, 2016

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AFTERNOON

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EVENING

Table with columns for Station, Time, and Program for Evening.

Table with columns for Station, Time, and Program for Night Owl.

NIGHT OWL

Table with columns for Station, Time, and Program for Night Owl.