

What's on the Christmas wishlist?

TRADITION

FROM PAGE A9

My family was fairly poor when I was growing up. When it came to Christmas, practical and useful were the terms most often used for gift ideas. All except for when it came to my rich uncle. I knew he would come through with a great outdoor gift, like a really nice fishing rod and reel combination.

When I opened his package on Christmas morning, I was startled to see he had my gift in a box from Penney's. I thought that rather odd, because Penney's did not sell nice rod and reel combos, and the box was too small. Perhaps a selection of fine hand-tied flies was inside.

Oh the horror of Christmas morning as I opened that package to see it contained an expensive dress shirt and a necktie. Necktie? Geez, I didn't even have a neck yet.

"This is the worst Christmas ever," I complained to my Grandmother. "Shut up and put on your new shirt and tie and come down for dinner," was her gentle response.

Everyone who has an outdoor person on their gift list can use a little advice for something to get them. I will try and come up with a few ideas for you here, and hopefully not present anything that would give the family finances a double hernia.

First on my list would be a good flashlight. The older I get, it seems like the world gets a little bit darker. I carry a good light with me everyday, everywhere I go. I have found the Surefire brands to be completely bomb proof and work extremely well.

The Surefire EDCL2-T will fill the bill for whatever your chosen outdoor activity is. From hiking, hunting, fishing, biking, to everyday carry, this light is perfect. It weighs 4.1 ounces with the batteries (2 CR123 Lithium.)

For survival situations and camping, a long-lasting light of low intensity is best. This light has a low setting (5 lumens) that will run for 60 hours on a set of batteries. The high setting is a blinding 1200 lumens with an hour runtime. Throw this light in your pocket with a couple spare batteries and you are set for whatever the woods throws at you. Suggested retail \$179.00 Surefire.com

My next suggestion is one of a more generic nature, rather than a specific brand. Just about anybody who recreates outdoors has a need for good T-shirts. I wear a T-shirt under my long underwear during the winter, and live in one during the summer months.

The most important word you hear when we discuss clothing like this is "moisture wicking." Keeping the moisture away from your skin will keep you warmer in the winter and cooler in the summer. Dry is the secret.

Shirts made of straight polyester have a tendency to be too warm for me, not breathing enough, but that is a personal preference. I really like them blended with something else, even a small amount of cotton. Cotton is not your friend because it does not repel moisture, so very small amount blended in.

Moisture wicking T-shirts are made by Carhartt, UnderArmour, KUIU, Sitka, Reebok, and REI. You can find them at Murdoch's, Big Five and a score of on-line shops. I don't think there is an outdoor person anywhere who could not use a few more T-shirts.

I discovered an interesting line of packs made by Hill People Gear in Grand Junction. They are called Kit Bags. It is a small pack (made in several sizes and styles) that you wear over your shoulders with the pack centered in the upper portion of your chest, leaving arms, back and waist unencumbered by packs and straps.

Kit bags were originally designed as a way to discreetly carry a pistol that does not interfere with your backpack. These packs are so handy for keeping small items close at hand, like



Tips from the Posse

By Mark Rackay

cell phones, GPS, first aid, snacks, cameras etc.that most folks chose to use them even without a pistol. These packs are especially good for bicycling, ATV, motorcycles, snow-mobiling and hikers. They even make a special one for search and rescue that is now my duty pack. Prices start at \$85.00 and can be bought at www.hillpeoplegear.com or visit their store in Grand Junction.

A person has to be careful when choosing gifts so as not to send the wrong message. I once bought my wife a vacuum cleaner. The response was, "Are you saying that my house is dirty..." from a wife who took it wrong. I admit I was smarter about gift giving after that.

It is with caution that I offer the next suggestion for the outdoor person on your gift list. A Gym membership. However, before you go freaking out, I don't mean your typical gym where you go watch all the people in a row riding bicycles or the muscle head guys deadlift 500 pounds.

How about a membership in a gym where specially educated therapists and trainers put together an exercise regime specific for you and your chosen outdoor passion?

Whether you are 50 and ride bicycles, 30 and run trails, or 60 and enjoy extreme backpacking, you can get a program tailored to your specific physical abilities, limitations, and the sport you choose to take part in. That is exactly what In Motion Therapy is offering with their In Motion in Season program.

Start out with an assessment with a special therapist, specific to you and your abilities. Your goals and a program for you to reach them will be included. Then you get cut loose in their gym that includes everything from weights, machines, water and pool programs, and many cardio-enhancing machines. This is all done at their state of the art facility at 611 E. Star Court, Suite C, in Montrose. Sports specific assessments start at \$35 and memberships begin at \$30 monthly with several options available.

I think I may have found the ultimate belt for the outdoor enthusiast. Traditional belts require you to decide on a specific hole in the belt for fit, This predetermined waist measurement can be off for reasons as simple as you overate yesterday, or the amount of stuff you are carrying around in your pockets.

Enter the Ultimate Carry Belt from Blade-Tech. This is a series of belts made from your choice of leather or nylon and each fits a waist from 25 to 50 inches. You cut the belt to you specific requirements. The buckle uses a ratcheting system of cinching up the belt for your comfort level. I loosen up mine a couple clicks when I sit down in the truck, or tighten it up a few when I load my pockets with gear.

The belts were originally designed for people who carry a concealed firearm on their waist, but I have found them to be terrific for everyday wear as well as using them when I take to the outdoors and have things like a knife and multi-tool on my belt. My wife liked mine so much, she asked Santa to bring her one of the leather ones for her. Prices start at \$49.99 and can be ordered at www.blade-tech.com.

That concludes my annual Christmas list. I don't think I offered anything that would deliver a double hernia to anyone's Christmas finances. I better not get anything in one of those fancy clothes boxes this year. I hope everyone has a great holiday season and that your tree is loaded with presents under it.

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this doesn't make me excited about kissing someone beneath it! So what brought about this tradition? To make a long story short, the existence of mistletoe had a history of being associated with magic and mystery. It was thought that mistletoe could bring long life, promote fertility, and guard against poisoning. Although the berries are toxic, it was even used as an aphrodisiac. Around the time of the New Year, the Druids would collect mistletoe from their "holy oak" tree and offer some as a sacrifice to the gods. A part of it was hung up during a ceremony in which people would stand under it and kiss, showing an end to their old grievances with each other. Although the custom has changed, the practice of kissing under it never completely died out.

Are you curious about where the tradition of the Christmas tree comes from? I've found there are quite a few legends of how and why we have Christmas trees. Historians tell us that in the late Middle Ages, Germans and Scandinavians placed evergreen trees inside their homes or just outside the door to show their hope for the forthcoming spring.

It's said that in 1500, Martin Luther was walking through the snow-covered woods and was struck with the beauty of a group of evergreens. The snow-covered branches with the stars twinkling through them inspired him to set up a small tree indoors while he shared this story with his children. He then decorated the tree with candles (which I do not recommend) and lit them in honor of Christ's birth.

Some say the Christmas tree tradition came to America during the American Revolution or with German immigrants, yet in the 1840's most Americans thought Christmas trees were pagan symbols and were never really accepted.

1846 Queen Victoria and Prince Albert were featured in a sketch in the Illustrated London News, standing with their children around a Christmas tree. Because the royal family was so popular the Brits and people in the US on the East Coast picked up the tradition and it caught on. As people heard about this, they also began decorating trees, and it caught on with the tradition growing more popular throughout the years. It's kind of interesting that Europeans used small trees about four feet in height, while Americans preferred large trees that reached from floor to ceiling. These days I think anything goes.

According to the National Christmas Tree Association, Americans still prefer real Christmas trees. In fact, in 2018 Americans purchased 32.8 million real Christmas trees compared to 23.6 million artificial trees. There are approximately 15,000 Christmas tree growers in the U.S. alone. These farms cover more than 1 million acres of land, which is often unsuited for other crops. Because it takes the average Christmas tree 4 to 16 years to reach a height of approximately 6 feet, growers plant two to three trees for every tree harvested. While these trees are growing, they aid our environment by reducing the carbon dioxide levels in the atmosphere. Cutting your own tree in the forest helps thin the forest to rejuvenate it. So don't be afraid to purchase a live cut tree. Cut trees can even be shredded and used for mulch after the holidays.

The bottom line is, many of our traditions go back a long way. I guess we keep them around because they're fun and festive. They help give us a sense of belonging, and just seem to say Merry Christmas!

Linda Corwine McIntosh is an Advanced Master Gardener, ISA Certified Arborist, and Commercial Pesticide Applicator.

Friday evening				CH=Charter SP=Spring Creek DN=Dish Network DTV=DirectTV												
CH	SP	DN	DTV	12/20/19	6 p.m.	6:30	7 p.m.	7:30	8 p.m.	8:30	9 p.m.	9:30	10 p.m.	10:30	11 p.m.	11:30
3	10			CBS	KREX News at Six (N) (cc)	The Big Bang Theory (cc)	I Love Lucy Christmas Special The couples trim the Christmas tree. (N)		Magnum P.I. "Day of the Viper" Magnum and Higgins hunt an assassin.		Blue Bloods "Authority Figures" A video of entrapment by officers.		KREX News at Ten (N) (cc)	(:35) The Late Show With Stephen Colbert (cc)		Late Late Show/James Corden
6	6			PBS	PBS NewsHour (N) (cc)		Washington Week (N) (cc)	Arts District	Lidia Celebrates America People who master artisan crafts. (cc)		VOCES on PBS "The Pushouts" Victor Rios helps students in LA. (N)		A Chef's Life Holiday Special Vivian Howard's holiday celebration. (cc)		Amanpour and Company (N) (cc)	
7	12	4		FOX	Mike & Molly (cc)	Fox 4 News at 6:30p (N) (cc)	WWE Friday Night SmackDown (N Same-day Tape) (cc)				Fox 4 News at 9 (N)	Fox 31 News at Nine O'Clock (N) (cc)	The Big Bang Theory (cc)	Modern Family (cc) (DVS)	Modern Family "Pilot" (cc)	
9	11			NBC	KKCO 11 News at 6:00 (N) (cc)	Wheel of Fortune (N) (cc)	Global Citizen Prize Stars perform to honor changemakers. (N) (cc)		Dateline NBC "The Disappearance of Laci Peterson" The 2004 murder of Laci Peterson.		The TEN on KKCO 11 News (N)		(:34) The Tonight Show Starring Jimmy Fallon (N) (cc)		(:37) Late Night With Seth Meyers	
10	8			ABC	Inside Edition (N) (cc)	Entertainment Tonight (N) (cc)	Celebrating Marvel's Stan Lee Celebrating the life of Stan Lee. (N) (cc)		20/20 "Divinely Unfaithful" Evangelists Jim and Tammy Faye Bakker. (cc)		The TEN on KJCT News 8		(:35) Jimmy Kimmel Live! (cc)		(:37) Nightline (N) (cc)	
13				CW	Family Guy (cc)	Family Guy (cc)	Penn & Teller: Fool Us Anna DeGuzman; Raffaele Scircoli. (cc)		Whose Line Is It Anyway? (cc)	Whose Line Is It Anyway? (cc)	Seinfeld "The Baby Shower"	Seinfeld "The Junk Mail" (cc)	black-ish "I'm a Survivor"	black-ish "Plus Two Isn't a Thing"	The Goldbergs "The Tasty Boys"	The Goldbergs (cc) (DVS)
	2	235		CW	(:5:58) The Big Bang Theory	(:28) The Big Bang Theory (cc)	Channel 2 News at 7:00pm (N) (cc)		Penn & Teller: Fool Us Anna DeGuzman; Raffaele Scircoli. (cc)		Whose Line Is It Anyway? (cc)	Whose Line Is It Anyway? (cc)	Two and a Half Men (cc)	Two and a Half Men (cc)	Channel 2 News at 11pm (N) (cc)	(:35) Modern Family (cc) (DVS)
basic cable channels																
60	13	182	278	DSC	Gold Rush: Pay Dirt (N) (cc)		Gold Rush "Nugget Heaven" Dustin hits bedrock. (N) (cc)				(:03) Outback Opal Hunters (N) (cc)		Gold Rush "Nugget Heaven" Dustin hits bedrock. (cc)			
17	16	139	247	TBS	(:5:00) **** A Christmas Story (1983) Peter Billingsley. (cc) (DVS)		**** A Christmas Story (1983, Children's) Peter Billingsley, Darren McGavin. A boy tries to convince his parents to get him a BB gun. (cc) (DVS)				ELEAGUE Rocket League World Championship. (Taped) (cc)		*** Hitch (2005, Romance-Comedy) Will Smith, Eva Mendes, Kevin James. A smooth-talker helps a shy accountant woo an heiress. (cc) (DVS)			
61	30	108	252	LIFE	The Christmas Temp (2019, Drama) Sara Canning, Robin Dunne. Premiere. An unemployed artist discovers a special Christmas temp agency. (cc)				(:03) Christmas in Louisiana (2019, Romance) Jana Kramer, Barry Bastwick, Dee Wallace. A woman rediscovers the magic of the Christmas season. (cc)				(:01) The Christmas Temp (2019, Drama) Sara Canning, Robin Dunne. An unemployed artist discovers a special Christmas temp agency. (cc)			
63	14	241	241	PARMT	(:5:30) *** Top Gun (1986) Tom Cruise, Kelly McGillis. Premiere. (cc)				Bellator MMA Live (N) (cc)						(:15) *** Top Gun (1986) (cc)	
23	34	131	254	AMC	*** Elf (2003, Children's) Will Ferrell, James Caan, Bob Newhart. A man leaves Santa's workshop to search for his family. (cc)				*** National Lampoon's Christmas Vacation (1989) Chevy Chase, Beverly D'Angelo. A traditional Griswold yuletide backfires in comic fashion. (cc)				(:15) ** Fred Claus (2007, Comedy) Vince Vaughn, Paul Giamatti. Santa's ne'er-do-well brother puts Christmas in jeopardy. (cc)			
25	24	105	242	USA	Law & Order: Special Victims Unit (N) (cc) (DVS)		Law & Order: Special Victims Unit "Pick a Present" (N) (cc) (DVS)		Law & Order: Special Victims Unit (N) (cc) (DVS)		Modern Family (cc) (DVS)	Modern Family "New Year's Eve"	Modern Family "The Cold"	Modern Family "Marco Polo"	Modern Family (cc) (DVS)	Modern Family (cc) (DVS)
26	36	136	248	FXP	(:4:00) *** Sing (2016) (cc)	*** How to Train Your Dragon 2 (2014, Children's) Voices of Jay Baruchel, Cate Blanchett, Gerard Butler. Animated. Hiccup and Toothless must protect Berk from an invader. (cc)			*** Hotel Transylvania 2 (2015) Voices of Adam Sandler, Andy Samberg. Animated. Dracula tries to bring out his grandson's inner vampire. (cc)		*** Hotel Transylvania 2 (2015) Voices of Adam Sandler, Andy Samberg. Animated. Dracula tries to bring out his grandson's inner vampire. (cc)		*** Hotel Transylvania 2 (2015) Voices of Adam Sandler. (cc)			
27	29	170	299	NICK	America's Most Musical Family (N)	Double Dare (N)	SpongeBob	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends The six friends say goodbye.	
28	53	176	296	TOON	Apple & Onion	Apple & Onion	American Dad	American Dad	Bob's Burgers	Bob's Burgers	Family Guy (cc)	Rick and Morty	Joe Pera Tree	Joe Pera Talks	Joe Pera Talks	Bob's Burgers
29	3	180	311	FREE	(:5:40) **** Toy Story (1995) Voices of Tom Hanks. Animated. Toys come to life when people are absent.		(:40) Santa Claus Is Comin' to Town (cc)	(:45) Frosty the Snowman (cc)	(:15) Rudolph the Red-Nosed Reindeer narrates an animated tale. (cc)		(:15) Rudolph the Red-Nosed Reindeer narrates an animated tale. (cc)		(:20) **** Toy Story 2 (1999) Voices of Tom Hanks. Animated. Toys rescue Woody from a collector. (cc)			
62	33	118	265	A&E	Live PD: Rewind "Live PD: Rewind No. 286" (N) (cc)		Live PD "Top 40 Moments of 2019, Part 1" The year's top moments recalled. (N) (Part 1 of 2) (cc)				(:04) Live PD "Top 40 Moments of 2019, Part 1" The year's top moments recalled. (Part 1 of 2) (cc)				(:03) Live PD: Rewind "Live PD: Rewind No. 286" (cc)	
64	26	140	206	ESPN	NBA Basketball Dallas Mavericks at Philadelphia 76ers. (N) (Live)						(:35) SportsCenter (N) (Live) (cc)		SportsCenter (N) (Live) (cc)		SportsCenter (N) (Live) (cc)	
65	27	144	209	ESPN2	(:5:30) College Football Tropical Smoothie Cafe Frisco Bowl -- Utah State vs Kent State. (N) (Live) (cc)						SportsCenter (N) (Live) (cc)		SportsCenter (N) (Live) (cc)		Around the Horn Interruption	
66	64	200	202	CNN	Anderson Cooper 360 (N) (cc)		Cuomo Prime Time (N) (cc)		CNN Tonight With Don Lemon (N)		CNN Tonight With Don Lemon (N)		Anderson Cooper 360 (cc)		Cuomo Prime Time (cc)	
67	44	172	291	DISP	Big City Greens	Jessie (cc)	Jessie (cc)	Jessie (cc)	Descendants 3 (2019, Children's) Dove Cameron, Sofia Carson. 'NR' (cc)		Cameron, Sofia Carson. 'NR' (cc)		Big City Greens	Mickey Mouse	Sydney-Max	Raven's Home
68	47	205	360	FNC	Tucker Carlson Tonight (N) (cc)		Hannity (N) (cc)		The Ingraham Angle (N) (cc)		Fox News at Night With Shannon		Tucker Carlson Tonight (cc)		Hannity (cc)	
40	32			ATTSP	College Basketball		Sled Head 24/7	Charlie Moore	Snow Motion	The Rich Eisen Show						World Poker Tour
42	17	138	245	TNT	*** Star Wars: The Phantom Menace (1999, Science Fiction) Liam Neeson, Ewan McGregor, Natalie Portman. Young Anakin Skywalker begins to learn about the Force. (cc) (DVS)						(:02) ** Star Wars: Attack of the Clones (2002, Science Fiction) Ewan McGregor, Natalie Portman, Hayden Christensen. Obi-Wan Kenobi and his apprentice protect the former queen. (cc) (DVS)					
44		107	249	COM	(:10) South Park	(:45) South Park	(:15) South Park "Manbearpig" (cc)		(:7:50) South Park	(:25) South Park	South Park (cc)	South Park (cc)	South Park (cc)	South Park (cc)	South Park (cc)	South Park (cc)
45	25	122	244	SYFY	** The Last Witch Hunter (2015, Fantasy) Vin Diesel, Elijah Wood. (cc)				Van Helsing "The Beholder" (cc)		Futurama (cc)	Futurama (cc)	Futurama (cc)	Futurama (cc)	Futurama (cc)	Futurama (cc)
49	37	120	269	HIST	UFO Cover Ups: Secrets Revealed Special Edition (cc)				(:02) UFOs: Secret Alien Technology		(:05) UFOs: Secret Alien Technology		(:03) UFO Cover Ups: Secrets Revealed Special Edition (cc)			
49	52	183	280	TLC	90 Day Fiancé "Russ & Paola: The Full Story" A look back at the highs and lows of Russ and Paola's journey. (N)						90 Day Fiancé Diving into drama.		90 Day Fiancé "Russ & Paola: The Full Story"			
50	45	184	282	ANPL	Tanked: Sea-Lebrity Edition Dwayne Wayne needs a custom shoe tank. (N)				Tanked (cc)		Tanked (cc)		Tanked: Sea-Lebrity Edition Dwayne Wayne needs a custom shoe tank.			
61	57	110	231	FOOD	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive	Diners, Drive
62	59	196	277	TRAVEL	Ghost Nation "Close to Danger" Possessed mannequins; a childhood home.				Ghost Nation (N) (cc)		Trending Fear "Evil Deliverance"		Ghost Nation "Close to Danger" Possessed mannequins; a childhood home.			
64		106	304	TVLAND	Love-Raymond	Love-Raymond	Love-Raymond	Love-Raymond	Two and Half Men	Two and Half Men	King of Queens	King of Queens	King of Queens	King of Queens	Two and Half Men	Two and Half Men
65	54	132	256	TCM	**** Zorba the Greek (1964, Drama) Anthony Quinn, Alan Bates, Irene Papas. A Greek laborer takes the heir to a mine under his wing. (cc)				**** Lawrence of Arabia (1962, Biography) Peter O'Toole, Alec Guinness, Anthony Quinn. A controversial British officer unites Arab tribes against the Turks. (cc)							
66	19	185	312	HALL	A Christmas Detour (2015, Romance) Candace Cameron Bure, Paul Greene, Sarah Strange. Two travelers become stranded in Buffalo. (cc)				(:03) Christmas in Evergreen: Tidings of Joy (2019, Romance) Ashley Williams, Jill Wagner. A writer investigates a town's passion for Christmas. (cc)				(:06) Christmas at Graceland: Home for the Holidays (2019, Romance) Adrian Grenier. A former tour guide agrees to be a nanny for the holidays. (cc)			
premium cable channels																
618	20	303	504	HBOP	(:10) *** Long Shot (2019, Romance-Comedy) Seth Rogen, June Diane Raphael. A presidential candidate hires a speechwriter from her past. 'R' (cc)		(:15) His Dark Materials Lyra must outwit a formidable foe. (cc)		(:15) *** Rise of the Planet of the Apes (2011) James Franco, John Lithgow. A medical experiment results in a superintelligent chim. 'PG-13' (cc)		Watchmen "See How They Fly" Everything ends for real this time.					
619	22	311	516	MAXP	(:5:35) ** Skyscraper (2018) Dwayne Johnson. A man must save his family from a burning skyscraper. 'PG-13'	(:20) * Say It Isn't So (2001) Chris Klein. An orphan's new lover may really be his long-lost sister. 'R' (cc)			*** Crazy Rich Asians (2018) Constance Wu, Henry Golding. Premiere. A woman learns more about her boyfriend and his rich family. 'PG-13' (cc)		(:05) *** Mean Girls (2004, Comedy) Lindsay Lohan. 'PG-13' (cc)					
620	18	318	545	SHOW	*** Green Book (2018, Comedy-Drama) Viggo Mortensen, Mahershala Ali. Two men confront racism during a 1960s Southern road trip. 'PG-13' (cc)		(:10) Flack "Brooke: Uncensored Version" Robyn has a fight with Sam. (N)		(:10) The L Word: Generation Q Bette prepares for an important talk. (cc)		(:10) ** American Assassin (2017, Action) Dylan O'Brien, Michael Keaton. Three agents join forces to battle a mysterious operative. 'R' (cc)					
421	21	351	528	STZP	(:5:23) Dublin Murders (cc)	(:24) ** The Bone Collector (1999, Suspense) Denzel Washington, Angelina Jolie. A paralyzed detective guides the hunt for a serial killer. 'R' (cc)		(:24) Stockholm (2018) Ethan Hawke. A bank robber develops an uneasy bond with a female hostage. 'R' (cc)			(:9:58) Dublin Murders "Episode 106" Cassie goes undercover. (cc)		In The Long Run (N) (cc)	(:25) In The Long Run (N) (cc)		
445	15	341	535	STZENC	** Barbershop (2002, Comedy) Ice Cube. A barbershop owner considers selling his establishment. 'PG-13' (cc)	(:45) *** Barbershop 2: Back in Business (2004) Ice Cube. A barbershop owner considers selling his establishment. 'PG-13' (cc)					(:33) *** 48 HRS. (1982) Nick Nolte. A rumpled detective and a slick convict hunt a killer in San Francisco. 'R'				(:14) ** Notorious (2009, Biography) Angela Bassett. 'R' (cc)	