

Hotchkiss on the fly — a winter’s birding tale

I don’t ride my mountain bike much during the winter months, so I have alternate ways to stay fit and get outdoors. I go to Anytime Fitness more often than I do during the other three seasons. I enjoy cross-country skiing and Kathy and I like to hike with our dog in tow.



Outdoors

By Bill Harris

My favorite winter outdoor activity is birding. I bird year-round, but it is a bit more challenging during the winter. The numbers of bird species that are found in Western Colorado during the winter are fewer compared to the other seasons. But there are a plethora of places in western Colorado that harbor wintering birds. Open water and wooded, brushy areas along the major rivers are excellent places to see birds. Variable weather conditions can make observing birds a real challenge.

A highlight of winter birding is the Christmas Bird Counts. The Black Canyon Audubon Society hosts the Montrose, Delta and Hotchkiss Christmas counts each year. The counts take place sometime around the holidays.

My favorite Christmas Bird Count is the one in Hotchkiss; it takes place just after New Year’s Day. This year Alan Reed, Susan Chandler-Reed and Jon Horn joined me for the count. I had contacted the count’s organizer, Adam Petry, ahead of time and requested Rogers Mesa as our assigned area. When we arrived there so many volunteers, we split Rogers Mesa into two sections. Our group took north of highway 92.

With a smaller area to canvas we changed our birding strategy. Instead of driving as many miles as possible to cover a larger area we decided to slow our pace and investigate the nooks and crannies. We had birded Rogers Mesa before so had some ideas on where to look.

One of our first stops was along Leroux Creek. I pulled over near the creek and we piled out of my truck ready to tally the hordes of birds we knew were waiting to be counted. To our chagrin, not a bird was in sight. It was a clear, cold morning and the sun was just beginning to peek over the West Elk Mountains. Hoar frost clung to all the trees and bushes, glistening like a million diamonds. No living creature was crazy enough, except us, to be stirring so early on a frigid morning.

With our enthusiasm tempered, we continued to slowly cruise the back roads of Rogers Mesa. As the



Rare winter sighting of a ferruginous hawk. (Special to the Montrose Daily Press/Bill Harris)

sun warmed the mesa, we began to see birds. The usual suspects — house finches, juncos, starlings and ravens came into view. It got a bit more interesting when we encountered a flock of red-winged blackbirds around a bird feeder.

Jon spotted a pair of Lewis’s woodpeckers in a nearby cottonwood tree. This species of woodpecker is slightly smaller than a northern flicker. It sports a red face, gray collar, pink belly and dark green wings. Rarely seen most of the year, they are common on Rogers Mesa during the winter. Soon after, Susan spotted a northern harrier as it pounced on its prey.

By late morning our foursome had covered our assigned territory. We decided to wrap up the morning by returning to Leroux Creek, figuring we couldn’t do any worse than we had earlier in the day. Much to our

pleasure, we observed two ruby-crowned kinglets, a dipper, a pair of mallards and black-capped chickadees. Alan’s keen eye located a brown creeper working its way up the trunk of a tree.

Our strategy to slow our pace really paid off — we observed 34 species of birds including a record 27 Lewis’s woodpeckers. We finished off our adventure with a luncheon hosted by Andrea Robinsong. The luncheon has become a tradition at the Hotchkiss count, serving green chile, elk stew, hot-spiced cider and lots of savory and sweet treats.

Good birding, good companionship and good food — a stellar day outdoors.

Bill Harris has traveled the back country of the Colorado Plateau since 1976 and is author of “Bicycling the Uncompahgre Plateau.”

Layer Up

Learning how to dress for the Colorado winter outdoors

As kids, when we would head out into the cold, the term “layer up” meant put on everything you own and hope it is warm enough. Most of my winter clothes were handed down war surplus stuff that brought new meaning to the term “used.”

Army winter parkas, arctic mittens with fur around the wrists and pack boots were the dress of the day. Since most of the stuff was too large, you did not move around much, lest you fall and can’t get up. My grandmother gave me one of those Life Alert buttons in case I fell down.

The real outdoor people had the warm clothes of the day. Pendleton wool shirts and wool pants, heavy parkas stuffed full with goose down and wool gloves or mittens. On their feet was a pair of Sorel Pack boots. I could only dream of such warm clothes.

Fortunately for outdoor folks, clothing



Tips from the Posse

By Mark Rackay

has come a long way since then. Outerwear now is made from better materials, offering protection in better fitting, lighter and less movement restricting materials. If you are still using that 25-year old bulky jacket, you might want to look at the new clothing lines.

When we talk about layering, we are referring to the ability to regulate your comfort outdoors by slipping on and off layers of clothing as your activity level or the weather changes. As a kid, I probably wore six or seven layers of clothes. With today’s clothing lines, three are just right.

The first layer is the base layer. This is basically your underwear and is next to your skin. The key to the base layer is moisture wicking material. The underwear layers job is to move perspiration away from your skin, called wicking, and keep your skin dry. When you are wet, chill follows bringing along hypothermia.



A good selection of layers includes a Polartec base layer (left) a Hollowfill mid layer, and a waterproof, windproof outer layer. (Special to the Montrose Daily Press/Mark Rackay)

There are any number of material choices for the base layer. Choices include polyesters and nylon to wool and silk. Choose the right weight based on the temperatures you expect to be in, light, medium or heavy weight.

When it is really cold, I prefer the merino wool option. Wool has been a longtime favorite because it loses no insulation ability when wet. I am also a fan of the military Polar-Tec brands of long

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What’s wrong with my houseplant?

Believe it or not, I think plants really do communicate with us. It’s just a matter of learning their language and what they’re trying to tell us. Here are a few things some of your plants may be trying to communicate to you.

The most common houseplant problems come from watering issues. Small, limp leaves or leaf drop is usually a result of the plant trying to tell you that the soil has been either too wet or too dry for a prolonged period of time. You don’t really want to water by a set schedule, but checking the soil moisture on a regular basis, say once a week is a good idea. A



Gardening A to Z

By Linda Corwine McIntosh

soil moisture meter can be used, or you could poke your finger into the soil a little ways to check the moisture. Don’t just touch the top of the soil. That can be deceiving. I’ll bet you’ll notice your plants don’t require as much water during the winter months.

Too much water forces oxygen out of the soil, literally smothering the roots and causing them to rot. Over-watered plants will become limp, yellow, and usually have soft, mushy stems. If rot has set in, an unpleasant odor may be present.

Brown tips and edges of the leaves turning brown can result from a few different things. Dry soil, low temperatures, hot air, or too much fertilizer can all leave your plant with brown tips. Check these conditions if your plant is complaining.

Most plants, similar to people, are comfortable with daytime temperatures of between 65 to 75 degrees Fahrenheit and nighttime temps above 50 degrees Fahrenheit. Be sure to keep your plants

away from both cold drafts and sources of heat, like radiators, ovens, fireplaces, and electronic devices. Long-leaved plants such as spider plants (Chlorophytum), corn plants (Dracaena) and palms are sensitive to dehydration, hence the brown tips. Letting the water drain through the pot will help flush this through the soil helping the condition. Collecting and using rainwater in the summer to water your houseplants will almost make your plants smile with happiness.

When you water your interior plants you should thoroughly soak the soil. This is why drain holes in the bottom of the pot are important. However, don’t let the excess water stand in the saucer as this can lead to root rot and will cause an ugly brown, crusty, salt build up on the soil and in the saucer. Excess water should be poured out of the saucer, or it could be sucked out with a turkey baster. The soil should not be watered again until it becomes dry to the touch, which reminds me, always water with tepid water. Cold

or icy water can harm your plant. It’s hard to keep up with watering a plant that has become too large for the pot. There will be little room for water if the roots are in tight quarters. You should also watch for the soil pulling away from the sides of the pot, which causes the water to run straight down the sides without being of much benefit to the plant.

It’s a good idea to repot the plant every few years, using fresh potting soil. You may need to increase the size of the pot or divide the plant. This will depend on the species of your plant. It’s better for most plants to do this after they resume more active growth in the spring. I like to take my plants outside to repot them, which makes the clean up a lot easier. I also dump the old soil into the compost pile or into my garden.

I consider winter an off-season for most of my houseplants so I let them rest and don’t fertilize them unless they are

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WINTER

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underwear. Generally, heavier and thicker materials keep you warmer, although that's not the primary purpose of the base layer; wicking moisture is.

The second layer is your middle layer. This is the layer used to retain body heat. Just as with base layers, you have a variety of options when choosing a material in the synthetics and natural fibers. Generally, the thicker and fluffier the garment, the warmer it will be. This is the layer you can adjust off and on as the outdoor conditions change. If I carry extra clothes, in case it gets colder, it is a heavier item for my middle layer.

Fleece is a popular choice for mid layer clothes. Polyester fleece is available in a variety of weights from light, medium and heavy, sometimes labeled as 100, 200, and 300 weights. Fleece retains much of it's insulation quality even when wet. Polyester fleece has good breathing characteristics making it a great choice to help prevent overheating.

Next up the ladder would be a down insulated jacket. Down is easily compressible for stuffing in a pack. Down is measured in a fill method from 450 on up, and the higher the number, the more the down in the jacket. The outer shell of down jackets is usually some type of synthetic that offers an amount of wind and water protection. Water protection for down is important because down is useless as an insulator when wet.

This brings us to the synthetic insulated jackets. For cold weather, these are my personal choice. Synthetic insulation is an improvement over down because they work well even when wet. The only drawback to synthetic is that it does not compress as well as down, and takes up more space in your pack.

The outer layer is going to protect you from the elements, like snow, wind and rain. Most of the outer shell jackets allow for some ventilation to help keep you dry from perspiration. Here is a place where Gore-Tex and similar fabrics are your friend.

If you are out, and the weather takes a turn, making it rainy and windy, this is where your outer jacket comes into play. The outer jacket must keep the elements from getting to your mid layer. Choose your top jacket wisely because your outer layer can double as rain

gear if needed. The better quality usually costs a bit more.

The softer the shell usually means more breathability. A soft shell also means quieter in the woods and a better stretch of the fabric for easier movement. The downside to the softer fabric is they will catch every burr and lamb's tongue that comes in contact with them.

The outer layer can also be purchased with a light amount of insulation in them. One of my favorites has a short fleece lining. This feature gives a little more insulation for the cold trips, and provides a nice jacket as a carry along, for the warmer months.

If your outdoor activity is going to be strenuous and potentially cause perspiration, strip down a layer or two before you begin. Throw the extra clothes in the pack. When you take a break, you can always cover up again. Best to prevent getting soaked from sweat.

A really good idea is to carry an extra set of core clothes in your pack with you. I know that it sounds crazy to strip down to nothing but if your base layer is soaking wet, it is the most practical thing to do. The extra set of dry base layer clothes has saved my bacon several times over the years.

The extra set of clothes does not weigh much and getting those wet clothes away from your skin, replacing them with something dry will make all the difference in the world. Your body temperature will catch up quickly with dry layers on your carcass.

With the modern clothes available, there is no reason to have the heavy, bulky clothes of days gone by. Wearing these better fitting clothes has not made it any easier for me to get back up when I fall. I blame it on the clothes anyway. My wife has another theory as to why it is difficult for me to get right-sided after a fall, but it is much too ridiculous a theory to mention here.

Mark Rackay is a columnist for the Montrose Daily Press and avid hunter who travels across North and South America in search of adventure and serves as a director for the Montrose County Sheriff's posse. For information about the Posse call 970-252-4033 (leave a message) or email info@mcspi.org

For outdoors or survival related questions or comments, feel free to contact him directly at his email elkhunter77@bresnan.net.

PLANT

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looking a little off color and peaked. I prefer a fertilizer that I can mix in my watering can and simply water it in. Miracle-Gro® Miracid is great for interior plants in our area because of our more alkaline water. Just be sure to follow the label directions when mixing it.

Signs of light starvation include sluggish growth, unusually small pale leaves, and limp stems. On the other hand, bright direct sunlight hitting the leaves can sunburn some species. Knowing the conditions your plant prefers is extremely helpful. Remember, the sun will shift positions so what may be suitable during one season could damage the plant in the next. Most indoor plants like an average of 14 hours of sunlight each day. If possible, rotate your pots about a quarter turn every time you water. This will keep them growing evenly and prevent a lopsided plant or one that only has leaves on one side.

Spots on the leaves may be signaling a fungal problem. However, sometimes the plant may simply have spots because of water on the leaves, so be sure you know what the problem really is. Sometimes all you need to do is remove the affected leaves (don't remove more than 1/3 of the leaves) and correct the stress problems. However, in severe cases a fungicide may be needed. Keep in mind though, that fungicides can often be more toxic than insecticides. I take the plant



This Purple Heart Setcreasea purpurea is desperately crying out for more water, more light, and a slight turn to keep it growing evenly. (Special to the Montrose Daily Press/Linda Corwine McIntosh)

outside to apply any pesticides or fungicides whenever possible.

Check your plants when you water to make sure they don't have an insect problem. Many insects can be knocked off the plant with a strong stream of water. Plant leaves can also be washed off with a soft cloth or sponge. Some insects can be removed with rubbing alcohol on a Q-tip, but this may need to be done a few consecutive times.

You can always bring a sample of the plant problem to the CSU Extension office for a diagnosis. Just be sure to put the sample in a sealed container.

I think it's a lot easier to choose an interior plant that suits the conditions where you would like it to grow rather than trying to change the conditions

where you want it to grow. Doing an Internet search should help you find the right plant for your area.

Last but not least, when your plant still looks sick and you've tried everything, try placing it outdoors next spring after all danger of frost has passed. If you have a shaded protective area where you can regularly water the plant, you may be surprised at the recovery. Being outside in a protected location just seems to make the plants happy. I have several houseplants that are living proof of that. Your plants might be trying to tell you that they're as anxious for spring to arrive as you are.

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

friday evening				CH=Charter SP=Spring Creek DN=Dish Network DTV=DirectTV																								
CH	SP	DN	DTV	1/24/20	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)	Hawaii Five-0 A pyramid scheme scammer is murdered. (cc)		Magnum P.I. Magnum and Higgins get "yacht-jacked." (cc)		Blue Bloods "The Real Deal" Frank tries to help his ex-partner.		KREX News at Ten (N) (cc)	(:35) The Late Show With Stephen Colbert (cc)		Late Late Show/James Corden												
6	6			PBS	PBS NewsHour Special Coverage: The Senate Impeachment Trial (cc)		Washington Week (N) (cc)	Arts District	Country Music "I Can't Stop Loving You (1953-1963)" The age of rockabilly. (cc) (DVS)				Music Row: Nashville's Most Famous Neighborhood (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)	Modern Family "Phil on Wire"												
9	11	11		NBC	KKCO 11 News at 6:00 (N) (cc)	Wheel of Fortune (N) (cc)	Figure Skating U.S. Championships: Senior Ladies Free Skate. From Greensboro, N.C. (N Same-day Tape)					The TEN on KKCO 11 News (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (cc)	(:37) Late Night With Seth Meyers														
10	8	8		ABC	Inside Edition (N) (cc)	Entertainment Tonight (N) (cc)	American Housewife (N) (cc)	Fresh Off the Boat (N) (cc) (DVS)	20/20 A man kills his business partner. (N) (cc)				The TEN on KJCT News 8 (N) (cc)	(:35) Jimmy Kimmel Live! Al Pacino; Florence Pugh; Nicky Jam. (cc)	(:37) Nightline (N) (cc)													
13				CW	Family Guy "E. Peterbus Unum"	Family Guy "Brian the Closer" (cc)	Charmed "Curse Words" Macy and Harry confront their feelings. (N) (cc)		Dynasty Anders seeks help finding Kirby. (N) (cc)	Seinfeld "The Virgin" (cc)	Seinfeld "The Cigar Store Indian"	black-ish "Dog Eat Dog World"	black-ish Dre has jury duty.	The Goldbergs "Spaceballs"	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)		Charmed "Curse Words" Macy and Harry confront their feelings. (N) (cc)	Dynasty Anders seeks help finding Kirby. (N) (cc)		Two and a Half Men (cc)	Two and a Half Men (cc)	Channel 2 News at 11pm (N) (cc)	(:35) Modern Family (cc)													
basic cable channels																												
60	13	182	278	DSC	Gold Rush "Fortune Favors the Bold" Parker makes a big move. (N) (cc)						(:01) Outback Opal Hunters (N) (cc)		Gold Rush "Fortune Favors the Bold" Parker makes a big move. (cc)															
17	16	139	247	TBS	(5:00) ** The Legend of Tarzan (2016, Adventure) Alexander Skarsgard, Christoph Waltz. (cc) (DVS)			*** Hellboy II: The Golden Army (2008, Action) Ron Perlman, Selma Blair, Doug Jones. Hellboy and his team battle an underworld prince. (cc)			Eleague (N) (cc)			* The House (2017, Comedy) Will Ferrell, Amy Poehler. (cc) (DVS)														
31	30	108	252	LIFE	** Diary of a Mad Black Woman (2005, Comedy-Drama) Kimberly Elise, Steve Harris. A woman starts over after her husband leaves her. (cc)					(:03) ** Madea's Family Reunion (2006, Comedy) Tyler Perry, Blair Underwood. A matriarch must keep the peace through family strife. (cc)					(:01) ** Diary of a Mad Black Woman (2005, Comedy-Drama) Kimberly Elise, Steve Harris. A woman starts over after her husband leaves her. (cc)													
33	14	241	241	PARMT	* Grown Ups (2010, Comedy) Adam Sandler, Kevin James, Chris Rock. (cc)						* Grown Ups (2010, Comedy) Adam Sandler, Kevin James, Chris Rock. (cc)				* Dirty Grandpa (2016) (cc)													
24	34	131	254	AMC	*** I Am Legend (2007, Science Fiction) Will Smith, Alice Braga, Dash Mihok. Blood-thirsty plague victims surround a lone survivor. (cc)					** Safe House (2012, Action) Denzel Washington, Ryan Reynolds, Vera Farmiga. A rookie and a renegade operative try to evade assassins. (cc)					** The Last Stand (2013) Arnold Schwarzenegger. An escaped criminal speeds toward a quiet border town. (cc)													
25	24	105	242	USA	*** Captain America: Civil War (2016, Action) Chris Evans, Robert Downey Jr., Scarlett Johansson. Captain America clashes with Iron Man. (cc) (DVS)					Modern Family (cc) (DVS)	Modern Family "Fears"	Modern Family "Truth Be Told"	Modern Family "Starry Night"	Modern Family "Game Changer"	Modern Family "Benched"													
26	36	136	248	FXP	*** The Amazing Spider-Man (2012, Action) Andrew Garfield, Emma Stone, Rhys Ifans. Peter Parker investigates his parents' disappearance. (cc)					** Ride Along 2 (2016, Comedy) Ice Cube, Kevin Hart, Tika Sumpter. Lawmen James Payton and Ben Barber pursue a Miami drug lord. (cc)					** Ride Along 2 (2016) Ice Cube.													
27	29	170	299	NICK	(5:46) All That	SpongeBob	Friends (cc)	Friends "The One in Barbados"	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	Friends (cc)	(:35) Friends												
28	53	176	296	TOON	Home Movies	Bob's Burgers	Bob's Burgers	Rick and Morty	American Dad	American Dad	Family Guy (cc)	Family Guy (cc)	Joe Pera Talks	Dream Corp LLC	Eric Andre Show	Family Guy (cc)												
29	3	180	311	FREE	The Simpsons (cc)	The Simpsons (cc)	** Paul Blart: Mall Cop (2009, Comedy) Kevin James, Jayma Mays. A security officer confronts bad guys at a suburban New Jersey mall. (cc)				Family Guy "The Unkindest Cut"	Family Guy (cc) (DVS)	Family Guy "Married With Cancer"	Family Guy "Dead Dog Walking"	Family Guy "Pal Stewie"	Family Guy (cc) (DVS)												
32	33	118	265	A&E	(:07) Live PD: Rewind "Live PD: Rewind No. 295" (N) (cc)		Live PD "Live PD -- 01.24.20" (N) (Live) (cc)							Live PD "Live PD -- 01.24.20" (cc)														
34	26	140	206	ESPN	NBA Basketball Los Angeles Clippers at Miami Heat. (N) (Live)					(:35) X Games Aspen 2020. From Aspen, Colo. (N) (Live)					(:35) SportsCenter (N) (Live) (cc)													
35	27	144	209	ESPN2	Women's College Gymnastics					2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (cc)																		
36	64	200	202	CNN	Anderson Cooper 360 (N) (cc)					Cuomo Prime Time (N) (cc)					CNN Tonight With Don Lemon (N)	Cuomo Prime Time (N) (cc)												
37	44	172	291	DISP	(:5:40) Cloud 9 (2014) Dove Cameron.					(:15) Adventures in Babysitting (2016) Sabrina Carpenter. 'NR' (cc)					Bunk'd (N) (cc)	Gabby Duran	(:11) Bunk'd (cc)	Gabby Duran	Coop & Cami	Sydney-Max								
38	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	Hockey	Hockey	College Hockey Nebraska-Omaha at Colorado College. (N) (Live)								The Dan Patrick Show					World Poker Tour								
42	17	138	245	TNT	*** Avengers: Age of Ultron (2015, Action) Robert Downey Jr., Chris Hemsworth, Mark Ruffalo. The Avengers reassemble to battle a technological villain. (cc) (DVS)					** 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)					The Comedy Central Roast "Rob Lowe" Celebrities roast Rob Lowe. (cc)													
44		107	249	COM	(:10) South Park	(:45) South Park	(:15) South Park "TSST!" (cc)	(7:50) South Park	(:25) South Park	South Park (cc)	South Park (cc)	Futurama (cc)	Futurama (cc)	Futurama (cc)	Futurama (cc)	Futurama (cc)												
45	25	122	244	SYFY	(5:00) * R.I.P.D. (2013) Jeff Bridges.					* G.I. Joe: The Rise of Cobra (2009, Action) Channing Tatum. (cc) (DVS)					Futurama (cc)													
48	37	120	269	HIST	Ancient Aliens: Declassified "Secret Alien Codes" Human hieroglyphs and secrets. (N) (cc)										(:03) Ancient Aliens: Declassified Human hieroglyphs and secrets. (cc)													
49	52	183	280	TLC	Dr. Pimple Popper (N)					My Feet Are Killing Me (N)					My 600-Lb. Life "Supersized: J.T.'s Story" J.T. weighs almost 900 pounds.					Dr. Pimple Popper		My Feet Are Killing Me						
50	45	184	282	ANPL	(:01) Tanked: Sea-Lebrity Edition Howie Mandel shares ideas to the team. (N)					(:01) Tanked					(:01) Tanked					Tanked: Sea-Lebrity Edition Howie Mandel shares ideas to the team.								
51	57	110	231	FOOD	Diners, Drive					Diners, Drive					Diners, Drive					Diners, Drive		Diners, Drive						
52	59	196	277	TRAVEL	Kindred Spirits (N) (cc)					Kindred Spirits "Dead Men Tell Tales"					Ghost Loop "Dead and Breakfast" (N)					Trending Fear "Boss Man" (N) (cc)					Kindred Spirits (cc)	Kindred Spirits "Dead Men Tell Tales"		
54		106	304	TVLAND	Love-Raymond					Love-Raymond					King of Queens					King of Queens					King of Queens	King of Queens	Two and a Half Men	Two and a Half Men
55	54	132	256	TCM	* The Wrath of God (1972, Western) Robert Mitchum, Rita Hayworth, Frank Langella. 1920s Latin colonel wants ex-priest to kill godless tyrant. (cc)					*** Farewell, My Lovely (1975, Mystery) Robert Mitchum, Charlotte Rampling. Premiere. Detective Philip Marlowe hunts for an ex-con's lost lover.					*** The Yakuza (1975, Crime Drama) Robert Mitchum, Takakura Ken. A U.S. private eye and a kendo expert take on Japan's underworld. (cc)													
56	19	185	312	HALL	One Winter Weekend (2018, Romance) Taylor Cole, Jack Turner, Rukiya Bernard. A man and woman are forced to share a ski chalet. (cc)					Write Before Christmas (2019, Romance) Torrey DeVitto, Chad Michael Murray, Lolita Davidovich. Jessica sends Christmas cards to five people. (cc)					My Favorite Wedding (2017, Romance) Maggie Lawson, Paul Greene. A woman starts to fall for the best man at her friend's wedding. (cc)													
premium cable channels																												
318	20	303	504	HBOP	** Spanglish (2004, Comedy-Drama) Adam Sandler, Tea Leoni, Paz Vega. A housekeeper works for a chef and his neurotic wife. 'PG-13' (cc)					(:15) The Outsider "Dark Uncle" Jack has a hair-raising experience. (cc)					(:15) ** The Nun (2018, Horror) Demian Bichir, Taissa Farmiga. A priest and a novice encounter a demonic nun in Romania. 'R' (cc)					Real Time With Bill Maher Journalist Megyn Kelly. (N Same-day Tape)								
349	22	311	516	MAXP	(5:15) ** Heartbreakers (2001) Sigourney Weaver. Two sexy con artists try to swindle a cigarette tycoon. 'PG-13'					(:20) ** Tag (2018, Comedy) Ed Helms. Five competitive friends play a no-holds-barred game of tag. 'R' (cc)					(:05) ** Night School (2018, Comedy) Kevin Hart, Tiffany Haddish. Premiere. A student puts up with a feisty teacher at night school. 'PG-13' (cc)					Strike Back A Rwandan drug lord obtains the nukes. (cc)								
375	18	318	545	SHOW	(5:00) ** Five Feet Apart (2019) Haley Lu Richardson. 'PG-13' (cc)					** On the Basis of Sex (2018, Biography) Felicity Jones. Ruth Bader Ginsburg brings a case before the Supreme Court. 'PG-13' (cc)					The L Word: Generation Q "Lose It All" Bette feels conflicted. (cc)					Ray Donovan The Sullivans and the Donovans face off. (cc)		(:01) Shameless "Location, Location, Location" Frank finds a cushy place.						
421	21	351	528	STZP	(:5:39) *** Jackie Brown (1997, Crime Drama) Pam Grier, Samuel L. Jackson, Robert Forster. A fearless flight attendant gets in trouble with the law. 'R' (cc)					(:16) *** Rocky Balboa (2006, Drama) Sylvester Stallone, Burt Young, Antonio Tarver. 'PG' (cc)					Power "It's All Your Fault" Tommy seeks to avenge LaKeisha's murder.					(:01) *** Rising Sun (1993, Mystery) Sean Connery. 'R' (cc)								
445	15	341	535	STZENC	(:5:11) *** Adventureland (2009) Jesse Eisenberg. 'R' (cc)					** Baby Mama (2008) Tina Fey. A career woman hires a surrogate mother to have her baby. 'PG-13' (cc)					(:41) *** Lethal Weapon (1987, Action) Mel Gibson, Danny Glover, Gary Bussey. A veteran detective is paired with an eccentric partner. 'R' (cc)					(:35) *** The Ghost and the Darkness (1996, Historical Drama) Michael Douglas, Val Kilmer. 'R' (cc)								