

## Montgomery extension offers jazzercise classes

NORRISTOWN — A jazzercise program for youth ages 10-14 will be offered at the Montgomery County 4-H Center, Snyder Road, Lansdale, for eight consecutive Wednesday Oct. 17 through Dec. 12 from 4:30 - 5:30 p.m. (no class on Nov. 21). The program will be taught by Ms. Henrietta Gomez, a certified jazzercise instructor. Youth who participate in the program will automatically become 4-H members, eligible to

receive an achievement certificate upon completion of the program.

Jazzercise is a total fitness program that actually makes exercise fun. Its method of total physical fitness employs simple jazz dance movements choreographed to music with an infectious boogie beat. It puts a smile on your face while it conditions your body.

The cost for the eight-week program is \$20. Registration is

required as enrollment is limited. Participants should wear a leotard and tights or gym shorts, sneakers or barefoot for easy movement, and should bring a towel or mat to the class. To register or for more information, call Helaine Brown, 4-H Agent, at 277-0574, Monday - Friday, 9 a.m. to 4 p.m.

Penn State Extension Service offers programs on a non-discriminatory basis to all persons without regard to race, color, sex, creed, National origin or age.



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For the avid gardener

Deciduous shrubs—those which drop their leaves in winter—may be planted now for use as a screen or border planting, and as hedges. Forsythia, lilac, and spirea are a few examples of spring-flowering shrubs that you can plant this autumn, says C.R. Bryan, Jr. Delaware County Cooperative Extension Director.

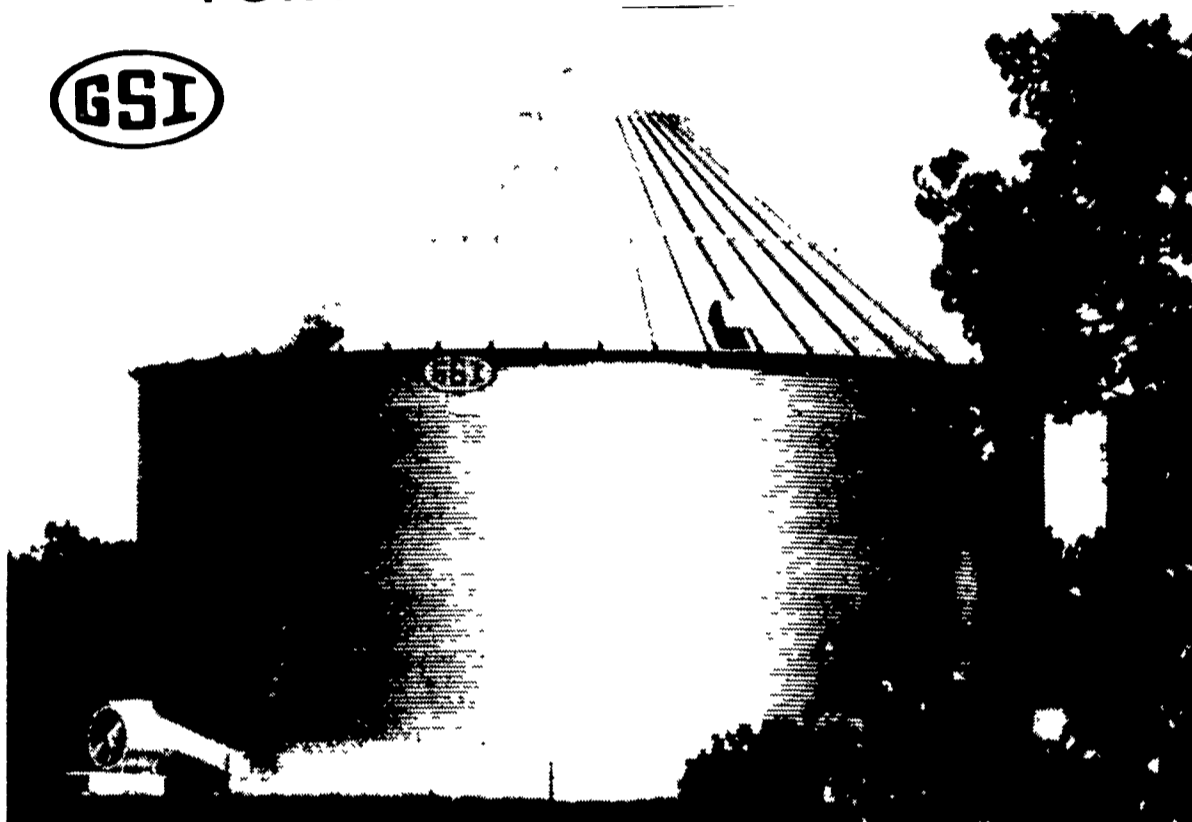
Some shrubs, such as the viburnums and honeysuckles, produce berries as well as flowers. Many of the deciduous shrubs also have attractive fall color to add beauty to your home landscape. Shrubs are usually sold either with a ball of burlapped soil, or in containers of soil for smaller sizes. Plant the ball the same depth as it was in the nursery or in the container. Leave the burlap in place and it will soon rot, but be sure to untie it at the top and tuck it into the hole so water can penetrate the ball more easily. Also, cut and remove any nylon or plastic twine that is holding the ball together.

Remove shrubs from metal or plastic containers before planting. Wait at least until early April before you apply fertilizer to newly planted shrubs. Remember to prepare the soil thoroughly when you plant the shrubs this fall by adding peat moss, leafmold, or compost to good garden soil. This process will encourage new roots which can then take up fertilizer next year.

A visit to nearby arboretums will help you decide on shrubs you want for your home landscapes. The gardens contain a large collection of deciduous shrubs, hedges, vines, evergreens, small trees, annual flowers, hollies and others. Remember fall is for planting.

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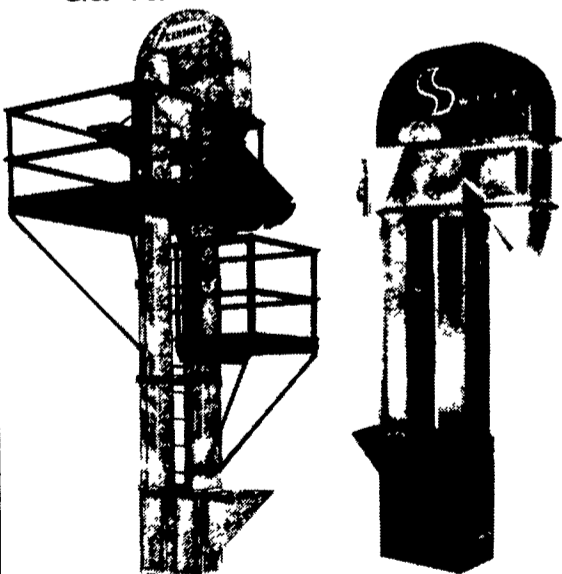
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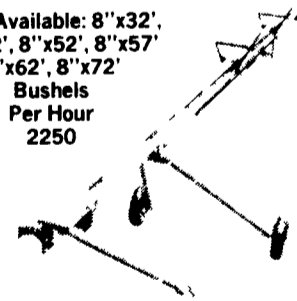
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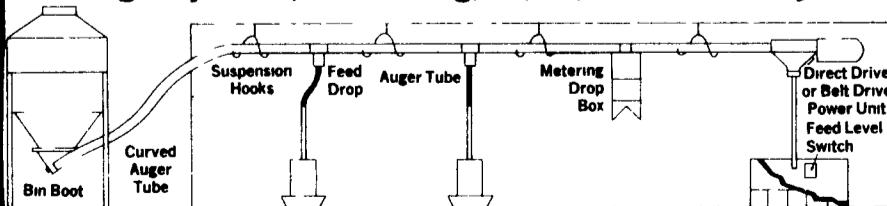
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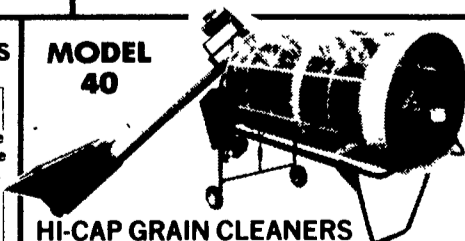
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