

Religion

Advent Evening Prayers at Messiah Lutheran Church in Amherst

Come with us as we journey through the season of Advent—a four week period for making ourselves ready to welcome Jesus into our lives at Christmas. The themes of Hope, Prepare, Rejoice, and Watch guide us as we travel from prophets foretelling the good news, to angelic visits announcing the coming Messiah, to one crying in the wilderness “Prepare the way of the Lord. Along

the way, we’ll hear stories of how Messiah’s ministry has touched lives in our fellowship and beyond. We’ll also share in a “Digital Christmas Pageant” on Dec. 20th. You are also invited to come to Advent Evening Prayers (Wednesday December 16th at 7 pm, a time of quiet reflection, singing, scripture, and prayer for those in your life who are in need. This worship

experience is about one-half hour in duration. On Christmas Eve there will be a 5:00 pm candlelight worship (planned with young ones in mind), and a second, later worship service, time to be announced. For more information on any of these events, please call the church office.

Christmas Eve Services at Congregational Church of Amherst

The Congregational Church of Amherst, United Church of Christ, warmly welcomes all to the Christmas Eve services, December 24, at the church, 11 Church St., on the Amherst Village Common. The 5:00 p.m. service is tailored for families with young children and for the young at heart. The Nativity

story will be enacted by the Confirmation Class. Children are invited to bring new, washable stuffed animals as an offering for hospitalized children. The Candlelight and Starlight Service at 7:00 p.m. is spirit-filled, candle-lit worship led by the Senior High Youth Group. The Traditional

Candlelight Services are at 9:00 and 11:00 p.m. These are two identical services with lessons and carols, featuring music from the bell and chancel choirs. For more information call 673-3231 or visit our web site at www.ccamherst.org. Merry Christmas!

Christmas Eve Service on the Milford Oval

Presented by Light of the World Church

Milford - With the rush of Christmas, why not pause for a moment, step aside from the frenzy, and do something different this year? Bring your family to the Milford Oval on Christmas Eve to join with friends and neighbors for a traditional, outdoor Christmas Carol service. Make this Christmas

a Christmas that your family will always remember amidst the glimmer of lights and the sound of voices on the historic Milford Oval. The service begins at 6:00 PM and lasts about an hour. Complimentary hot drinks will be served for both young and old to help fend off our famous New England winter

Church of Our Saviour Sets Christmas Schedule

The Church of Our Saviour, Milford’s Episcopal parish, located just off the Oval on Amherst St., has announced its Christmas worship schedule. On Sunday, Dec. 20 at 10 a.m., the parish will offer its annual Festival of Lessons and Carols, which this year includes a series of tableaux dramatizing the Christmas story. Children, teens and adults will act out the various roles, as narrators tell the story of the coming of Christ. Advent and Christmas hymns and anthems will be interspersed with the dramatizations. On Christmas Eve, Dec. 24, two festive celebrations of the Holy Eucharist are planned. The first, at 4:00 p.m., will be a child-friendly service featuring hymns of the Nativity and a children’s homily by the parish’s rector, the Rev. David G.

Robinson, Jr. At the second, 10:00 p.m. service, in addition to the hymns and sermon, the choir will sing and a full choral Eucharist will be celebrated. On Christmas Day, Dec. 25, a quiet 10:00 a.m. Eucharist with hymns will be offered. The Eucharist will also be celebrated on the Feast of the Holy Name, Friday, Jan. 1, at 10:00 a.m. On the two Sundays after Christmas, Dec. 27 and Jan. 3, there will be 8:00 and 10:00 services each Sunday. On the latter, the 10:00 a.m. service will be a Family Eucharist featuring a special music and prayers for children. After the service, the traditional Epiphany “King’s Cake” will be served. A special “surprise” is baked inside, and children delight in searching it out.

weather! In case of severe weather, the service will be held in the Milford Town Hall Auditorium. We will also be receiving donations of nonperishable food items to help those in need. For additional information, call Light of the World Church at 673-9324.

Programs for Seniors at Parkhurst Place

Strength Training Classes (on-going)

(Join class at any time: fee will be pro-rated)
Two classes per week:
Tuesdays & Fridays, 10:30 – 11:15 am OR
Tuesdays & Fridays, 11:30 am – 12:15 pm
Hampshire Hills Instructors: Joanne Leedy and Sue Greaney
Cost: \$30 for 12 classes (for 2 classes per week)
Get in shape at Parkhurst Place with our popular Strength Training Class designed for the older adult. Hampshire Hills Fitness Instructors Sue Greaney work with students to build muscle mass, and increase strength, flexibility, and balance. Strength training is just what older bodies, even very old or frail ones, need to fight the loss of muscle mass and strength. Please call Lorraine at 249-1600 to sign-up.

Gentle Yoga Classes* (on-going)

(Join class at any time, fee will be pro-rated)
One class per week: Mondays OR Thursdays
Mondays, 8:15 – 9:15 am OR Thursdays, 10:00 – 11:00 am
Instructor: Laurie Daley, Certified Kripalu Yoga Teacher,
Cost: \$ 30 for 6-week session
Rejuvenate your body with gentle yoga adapted especially for seniors. Instructor Laurie Daley focuses on various stretches and strengtheners that build confidence, improve coordination, & develop a sense of inner peace. The continuing practice of yoga will help to increase your circulation, release tense muscles, tone and renew your energy.
* Adaptable to all levels.
Bring a yoga mat and bottle of water, if desired.
Please call Lorraine at 249-1600 to sign-up.

Tai Chi Easy Classes

Wednesdays
9:30 – 10:30 am
Instructor: Susan Flanagan
Bean Community Room
Cost: \$5 per class or \$30 for 6-week session (Join any time)
Parkhurst Place is pleased to offer a new wellness class, “Tai Chi Easy” to area adults. Regular practice of the “meditative movements” of Tai Chi have been shown to generate a wide range of health benefits, including stress reduction, improvements in balance, increased immune function, and a reduction in the symptoms of depression and anxiety.

Art Instruction for Adults (ongoing)

Next 6-week session begins Tuesday, January 5th, 2010 (Join class at any time)
Tuesdays, 9:30 am -11:30 am
Upstairs Activity Room
Instructor: Susan Peterson
Cost: \$10 per class or \$60 for 6-week session
Open to all levels, from beginner to experienced. Multi media (drawing, watercolor, oil, acrylics, pastel) class instruction includes exercises to improve drawing skills, composition and insight into art. Class members are encouraged to bring their own supplies, however, some supplies are provided. Pre-registration required at least one week prior to class. Minimum 4/Maximum 10 per class. Please meet in the second floor activity room. Call Susan Peterson, instructor to pre-register: 673-5951.

Blood Pressure Clinic

Wednesday, December 30, 2009
9:30 - 10:30 am
No Appointment Necessary
Free blood pressure checks provided the last Wednesday of every month provided by Nurses PRN of Merrimack.

Clubs, Civic Organizations, Non-Profits please submit your publicity to

The Amherst Citizen:
news@amherstcitizen.com

Region

Nashua Public Library

2 Court Street
Nashua, NH 03060-3475
603-589-4610
Fax: 603-594-3457



Capt. Charlie Crue speaks on Fishing the Merrimack River and Inshore Waters on January 14 at the Nashua Public Library.

Fishing Programs at Nashua Public Library

Fish 2010, the Nashua Public Library’s annual series of fishing lectures, begins on January 7. The Thursday-night lectures are preceded by fishing videos and other events at 6 pm. Each night you attend you’ll receive a free raffle ticket for prizes to be drawn at the last lecture on January 28.

Thursday, January 7

6 p.m. to 7 p.m.: Meet Matt Desmarais, editor of the Freshwater Guides of New England, who can point you to a public-access fishing spot that’s right for you.
6 p.m.: Video: Ice Fishing: Facts and Fun
7 p.m.: Fishing the Rangeley Region: Come hear about the waters, the flies, and the fish that make the western mountains of Maine a throwback to fishing times of old, where lakes, rivers, and ponds still hold large brook trout as well as salmon. Presented by New Hampshire guide Jim Norton.

Thursday, January 14

6 p.m.: Video: 100 Boating Mistakes and How to Avoid Them
7 p.m.: Fishing the Merrimack River and Inshore Waters: Angling for striped bass and bluefish in the Merrimack River estuaries? Get expert advice from Captain Charlie Crue on fly and light spinning tackle as well as the best techniques, flies, and lures.

Thursday, January 21

6 p.m. to 7 p.m.: Meet photographer and fishing captain Skip Montello, whose seascapes are displayed in the library’s Image Gallery.
6 p.m.: Video: Kayak Fishing: Game On
7 p.m.: Reel People: Fishermen of Plum Island: Film-maker James Waldron screens and discusses his one-hour documentary exploring the culture of fishing on this barrier island just off the coast of Newburyport, Mass. Meet bait throwers and fly casters, men and women, kids and octogenarians who find their excitement at the end of a piece of string.

Saturday, January 23

10 a.m. to 4 p.m.: Let’s Go Fishing: Introduction to Fly-Tying:
In this workshop you’ll be introduced to the tools, materials, threads, and hooks required for fly-tying. Then, in a hands-on session, you’ll learn to tie nymph, wet, streamer, and dry flies. Tools and materials will be provided, but participants may bring their own if they have them. For adults, and children over twelve if accompanied by an adult. Enrollment is limited. To register, go to www.tinyurl.com/nplfishing.

Thursday, January 28

6 p.m.: Video: Power Boating Skills and Safety
7 p.m.: Raffle drawing
7 p.m.: Fly Fishing for Bass and Salmon: Tips for fly fishing nearby and in Maine for salmon and bass—yes, bass—courtesy of the Nashua Fly Casters. Plus, learn a bit about the history and activities of this organization for local anglers.
The library is located at 2 Court Street, Nashua, NH. For more information visit www.nashualibrary.org or call Carol at (603) 589-4610.

Seascapes on Exhibit at Nashua Library

Photographs by Skip Montello will be on display in the Image Gallery at the Nashua Public Library in January and February.
Skip Montello is a sport fishing charter captain, photographer, and outdoor writer who spoke at the library last winter on catching stripers off Cape Ann. His interest in photography stems from his career at the Polaroid Corporation, where he was a photographic scientist, engineer, and technology leader. Some of his photo microscopy works earned awards in the worldwide Nikon Small World photography competition.
Over the years he has moved from film-based to digital media. His current photography interests tend toward seascapes, landscapes, and nature. He is an exhibiting photography member of the Rockport and Newburyport (Mass.) Art Associations and the Rocky Neck Art Colony.
To learn more about Montello’s photography, visit www.skipmontellophotos.com.

An artist’s reception will be held at the library on Thursday, January 21, from 6 p.m. to 8 p.m. The reception is free and open to the public. The exhibit may be viewed anytime during library hours, 9 a.m. to 9 p.m. Monday through Friday, 9 a.m. to 5:30 p.m. Saturday, and 1 p.m. to 5 p.m. Sunday.



Stillwater Sunrise by Skip Montello

Poinsettias: Care and Reflowering



A Brief History of Poinsettia

Euphorbia pulcherrima, more commonly known as the poinsettia, is one of the most popular potted flowers in the United States. Native to southern Mexico, the poinsettia is named after Joel R. Poinsett, the first United States ambassador to Mexico. Poinsett introduced the poinsettia to the U.S. in 1825.
Today poinsettias decorate nearly every American household and business during the winter holiday season.

After the holidays most people discard their poinsettias and purchase new ones next year. However, it’s possible to keep the plant in good condition into March, maintain it over the summer, and re-flower it for next year’s holiday season. This process may seem overwhelming at first, but it can be easy and satisfying to keep and rebloom the same poinsettia year after year.

Re-flowering Your Poinsettia

In early April, even though “poinsettia season” is still eight or nine months away, begin to cut back on the amount of water the poinsettia receives, and place the plant in a cool place, about 60 degrees Fahrenheit, where it will receive indirect light. But don’t deprive the plant of so much water the stem shrivels and dries, as that will kill the plant.
In May, cut back the remaining stems to three to six inches above the soil. This is a good time to re-pot the plant or separate the stems if there are several in the original pot. Use a pot with good drainage and a quality potting soil which has been pasteurized to kill any diseases. You can find potting soil at any garden store and at most box stores. Water the soil thoroughly. You may want to treat the plant with a broad-spectrum fungicide, also available at garden stores.

Place the poinsettia in a sunny window location and water when the soil feels dry to the touch. Fertilize every two to three weeks with a complete fertilizer, following directions on the fertilizer label for flowering plants. When the minimum outdoor temperature is consistently above 60 degrees Fahrenheit, you can move your poinsettia outside to a partly shaded place. When the shoots begin to grow, you’ll need to water the plant more often.

Pinched back your poinsettia plant to control the height and promote a fuller plant. Make the first pinch

when the first shoots are several inches long, or around the first week of July. Simply remove the upper inch of growth on each stem, leaving about four or five leaves per stem. This promotes the growth of more branches and ultimately a fuller plant. The plant will secrete a milky white sap wherever it’s pinched.. Rinse this off with a gentle shower from a hose. A second pinching may be necessary in the middle of August.
Toward the end of August and the beginning of September, bring the poinsettia indoors to a sunny location where the temperature is between 65 and 75 degrees Fahrenheit. Poinsettias are what horticulturists call “short-day” plants. This means that to produce flowers, they must experience days with less than 12 hours of daylight. Most varieties of poinsettias require eight to 10 weeks of short days to flower. For color by December 18, short days need to start on October 9. If you want your poinsettia to bloom earlier or later, simply adjust the initiation of short days. Plants are attractive for four to six weeks after the target flowering date.

To initiate short days keep the plant in complete darkness from 5:00 p.m. to 8:00 a.m. Placing the plant in a dark closet or a light-proof box will accomplish this. Any light received during the dark period will delay flowering. During the day, the plant still needs light for growth. Place the plant in a sunny location from 8:00 a.m. to 5:00 p.m., and continue to water as needed. Fertilize every week according to the fertilizer label. Once color is visible, it’s no longer necessary to keep the poinsettia in complete darkness during the night. At this time the plant will flower with any amount of daylight.

Although this process may seem time-consuming and confusing at times, it is a great accomplishment to re-bloom poinsettias for several years. You may find the following schedule useful as a reminder of the many requirements.

Directions at a Glance

April 1	Reduce watering, 60 degrees Fahrenheit.
May	Cut back to 3-6 inches above the soil. Apply a fungicide. Re-pot or separate if needed. Place in sunny window and water when dry to touch.
June	Move plant outside (weather permitting). Water and fertilize more frequently as plant grows.
July 1	First pinch.
August 15	Second pinch.
September 1	Bring plant indoors
October 9	Initiate short days. (For a December 18 bloom date

Visit our website: www.extension.unh.edu

UNH Cooperative Extension programs and policies are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veterans status.

Fact sheet by Brian Krug, UNH Cooperative Extension Greenhouse/Floriculture Specialist