

WOODBURY GAZETTE

Providing local news and information to the Woodbury community

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Roselawn Home Beautifully Decorated



A DiLello family tradition for 14 years

Highland Mills— The photographs do not come close to capturing the beautifully decorated home of the DiLello family. If you are driving on Roselawn Road you won't miss this wintery Christmas scene. It is Henry DiLello's passion and his wife Barbara is delighted by his effort. When asked whether he ever blew any electrical

breakers, he smiled and replied, "A few times! I had our power upgraded a few years ago!" Jokingly asked whether any cats were electrocuted, Barbara laughed, "No, but the whole downstairs power has gone out." Slow down as you drive by, keep an eye on the road, but take a look for yourselves.



Nativity scene at the DiLello home depicts Mary and Joseph in a stable at Bethlehem just prior to the birth of Jesus. The three Wise Men and shepherds await at the side to visit after the birth of the Savior. Photo caption. Photo by B. Meyers.

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EDITORIAL

Reflection 2010

Hanukkah is just past, Christmas Eve is tomorrow, and New Year's Eve is but a week away. It is a busy end to the year 2010, with shopping, lunches, dinner get-togethers, company parties and all. As many of you have taken the typical end-of-year vacation, it stretches nicely between the holidays, some will reflect on what has happened to you over the last twelve months. Some happy times, some not so happy, and plenty of adversity!

After having founded the Woodbury Gazette last April 1st, it has been a very busy year for us who put it together. You could call it a labor of love. It certainly brings enough stress at times. I've been blessed by meeting many of you in this endeavor and have also been pleased to work a little with Woodbury's emergency response teams.

Here is where I've come to see a treasure. I've been loaned an emergency radio receiver early in the summer in order to monitor calls so that I could hear some of the actions that involve our Fire Department. I confess to you that I am amazed at how many emergency calls come through at all hours of the day and night. Many of the calls are fire detectors, minor auto accidents, and "false alarms." But you know what - volunteers at the fire houses must respond every time. They treat every call as though it is a major emergency. Professionally!

They all - firemen, ambulance corps volunteers, and policemen, as well as the dispatchers and other support members have my utmost respect. They deserve our frequent commendations and thanks - often! It would not hurt if you sent them a brief "Thank you" note.

We at the Woodbury Gazette thank all of our readers for your wonderful support this year.

Happy New Year!!!



Make some time to talk with God during the busy holiday season and find the true meaning of Christmas. It could change your life, the lives of others, and maybe even the world.

Candlelight Service With Scripture & Music

Celebrate Christmas Eve at the Highland Mills United Methodist Church at 5:30 pm

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e-mail address: info@highlandmillsumc.org
Rev. Darlene E.R. Resling, Pastor

SPECIAL NOTE from the EDITOR

A note concerning our paper! We enjoy publishing it, and look forward to making it better. However, commercial advertising does not cover our costs. We have identified two opportunities that we must pursue in order to continue your local paper.

One is a cost cutting measure - we will seek to gain the US Postal Service official designation as a "Periodical." This will substantially reduce our postal costs. But to achieve this goal, regulations require that we have fifty percent of our residents officially request the *Woodbury Gazette* be sent to them - we need 2,100 of you to help us. There will be no charge for the paper - we just need your **name, address and your stated desire to be a subscriber.**

The other opportunity is to supplement our revenue. While the paper remains free of charge, we ask that you to voluntarily pay for your subscription. We are asking you to consider \$15 for six months and \$26 for a full year subscription. This includes access to our websites at www.woodburygazette.com and www.woodburygazetteonline.com.

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Thank you for your continued support.

Town Board Meeting

By Desiree Potvin, Clerk for the Town of Woodbury

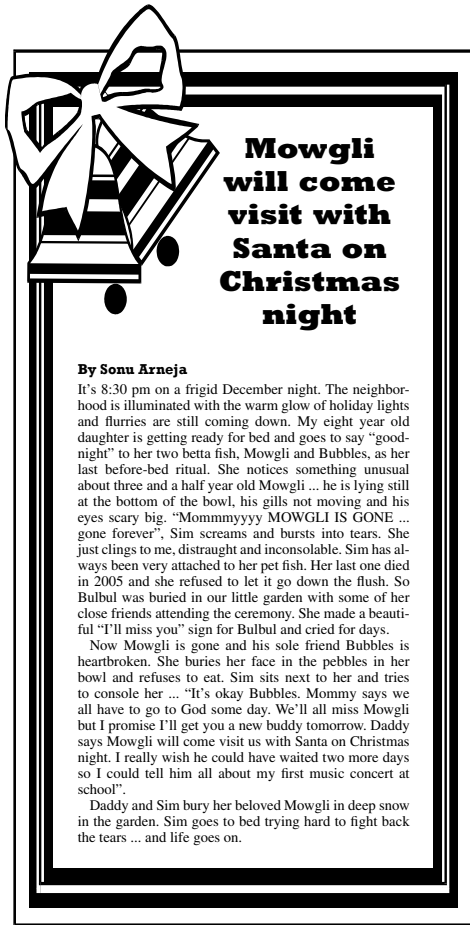
Woodbury - Summary for December 16th

Appointment to Board of Assessment Review: The Board appointed Ashwini Bhaskar to the Board of Assessment Review with a term due to expire September 30, 2015. Mr. Bhaskar will fill the seat which was vacated by Eydie Lopez. Supervisor John Burke thanked Mrs. Lopez for her service on the Board of Assessment Review during her term.

Cancellation of Worksession: The Board canceled the work session which was scheduled to be held on January 3, 2011 due to the New Year's Day observance.

Enforcement of Parking - Strawtown Farm: At the request of the Strawtown Farms (aka Timber Ridge Phase IV) Homeowners Association, the Town Board authorized the Woodbury Police Department to enforce no parking within 15 feet of a fire hydrant on the roads that are in the Strawtown Farm development (aka Timber Ridge Phase IV).

The next Town Board meeting is scheduled for **January 5, 2011**.



Mowgli will come visit with Santa on Christmas night

By Sonu Arneja

It's 8:30 pm on a frigid December night. The neighborhood is illuminated with the warm glow of holiday lights and flurries are still coming down. My eight year old daughter is getting ready for bed and goes to say "good-night" to her two betta fish, Mowgli and Bubbles, as her last before-bed ritual. She notices something unusual about three and a half year old Mowgli ... he is lying still at the bottom of the bowl, his gills not moving and his eyes scary big. "Mommmyyyy MOWGLI IS GONE ... gone forever". Sim screams and bursts into tears. She just clings to me, distraught and inconsolable. Sim has always been very attached to her pet fish. Her last one died in 2005 and she refused to let it go down the flush. So Bulbul was buried in our little garden with some of her close friends attending the ceremony. She made a beautiful "I'll miss you" sign for Bulbul and cried for days.

Now Mowgli is gone and his sole friend Bubbles is heartbroken. She buries her face in the pebbles in her bowl and refuses to eat. Sim sits next to her and tries to console her ... "It's okay Bubbles. Mommy says we all have to go to God some day. We'll all miss Mowgli but I promise I'll get you a new buddy tomorrow. Daddy says Mowgli will come visit us with Santa on Christmas night. I really wish he could have waited two more days so I could tell him all about my first music concert at school".

Daddy and Sim bury her beloved Mowgli in deep snow in the garden. Sim goes to bed trying hard to fight back the tears ... and life goes on.

WOODBURY PUBLIC LIBRARY

Holiday Library Schedule

Both Branches of the Library will be closed on **Friday, December 24th 2010, and Saturday, December 25th, 2010** for the Christmas holiday. Both Branches of the Library will be closed on **Saturday, January 1, 2011 and Monday, January 3, 2011** for the New Year's holiday

Computer Class Calendar for January

Please note: Classes are FREE, however a \$10.00 deposit & pre-registration is required. Registration for all classes can be made in the Highland Mills branch.

Tuesday, January 4th & Wednesday, January 5th: PC Basics. 6:30-8:30 p.m. An overview of the Personal Computer; beginning with mouse skills, the desktop, opening and navigating windows, finding, opening and saving applications, and learning the control panel.

Saturday, January 8th: Intro to the Internet. 9:30-Noon: Using a Personal Computer Learn the web basics; Improve your searching and navigating skills, how to use internet resources effectively, run updates, and customize your home page. Patrons should have taken PC Basics.

Wednesday, January 12 th & Thursday, January 13th: Intro to E-mail. 6:30-8:00 p.m. Using a Personal Computer and Internet Explorer, set up a free email account, and learn how to manage your account. Add contacts, attach files, save files and more. Please note this is a two session class. Patrons should have taken PC Basics and Intro to the Internet. (or equivalent)

Wednesday, January 19th: File Management. 6:30-8:00 p.m. This class is for beginner computer users who have taken PC Basics. You will learn the filing system of your computer; how to create, save and open files, folders and subfolders. If possible, bring a flash drive to class.

Monday, January 24th & Thursday, January 27th: Digital Photos. 6:30-8:30 p.m. Learn how to download photos from your camera, basic editing techniques, how to upload, email, and organize your photos. You will also play with free online editing tools to enhance your photos. Patrons should have basic computer skills. Please bring your camera, memory card and flash drive with you to class.

Saturday, January 29th: Facebook. 9:30-Noon. Learn how to create and manage a Facebook account. Patrons should have taken Intro to the Internet. You must have an email account to create a Facebook account.

Monday, January 31st & Thursday, February 3rd: Power Point 2007. 6:30-8:30 p.m. Learn how to create simple, effective presentations. Patrons should have good computer skills. Knowledge of Microsoft products is helpful.

I look forward to seeing you at one of the upcoming classes. Have a wonderful holiday, Dawn

Dawn McFarland, Computer Instructor/Tech Support
Woodbury Public Library
(845) 928-6162 ext. 102(845) 928-6162 ext. 102

Village Board Meeting

By Desiree Potvin, Clerk for the Village of Woodbury

Woodbury - Summary for December 14th

Amendment to 2010/11 Holiday Schedule: The Board amended its 2010/2011 Holiday Schedule by changing the day to observe New Year's from December 31 to January 3, to mirror the Town of Woodbury's 2011 Holiday Schedule.

Notice of Appeal - Kiryas Joel Pipeline Litigation: Mayor Michael Queenan explained that on October 29, Supreme Court Judge Nicolai denied the Village's motion to intervene in the County's Article 78 petition challenging the environmental impact statement for Kiryas Joel's planned pipeline to the Catskill Aqueduct. The Village filed the motion jointly with the Town of Woodbury and the Village of Harriman. Filing the notice of appeal, which preserves the right to later perfect the appeal, must be done within thirty days after the notice of the decision is served. The Board then adopted a resolution to join in filing a notice of appeal of the determination of Supreme Court, Orange County, to deny the motion to intervene by the Village and the Town of Woodbury and the Village of Harriman in *Orange County v. Kiryas Joel*, Index No. 8513/09, in New York State Supreme Court Appellate Division, Second Department.

The next meeting of the Village Board is scheduled for **December 28, 2010**

Annual Holiday Party held by Parks Commission

By Fred Ungerer

The Woodbury Parks Commission held its annual holiday party for its young residents on December 4th. Approximately 100 children were able to make tree ornaments and decorations and enjoy cookies and hot chocolate. The highlight, of course, was a visit from Santa and Mrs. Claus. The Parks Commission would like to thank all the volunteers who made this event a success



Top: In a holiday spirit, everyone had fun at the annual party held by the Parks Commission.

Right: Children of all ages love Santa Claus

Photos by Fred Ungerer



Indian Association of Catskill Region celebrates Christmas

By Sonu Arneja - Highland Mills

IACR celebrated Christmas at Town of Wallkill Community Center in Middletown on December 5th. It was an enjoyable evening with a lot of entertaining games and dancing. And Santa decided to hand out movie tickets to the kids this year



Top: Pictured is Santa Claus (temporary sit-in by Ashok Patel) and Simran Arneja thinking about sugar plums and personally engraved iPod.

Photos supplied by Sonu Arneja



December 25, 1941

Bing Crosby introduces "White Christmas" to the world, 69 Years Ago

"White Christmas," written by the formidable composer and lyricist Irving Berlin receives its world premiere on this day in 1941 on Bing Crosby's weekly NBC radio program, The Kraft Music Hall. It went on to become one of the most commercially successful singles of all time, and the top-selling single ever until being surpassed by Elton John's "Candle in the Wind 1997."

"White Christmas" took its first steps toward becoming a bedrock standard in the American songbook when Crosby first performed it publicly on Christmas Day, 1941. The song's success couldn't have surprised Berlin, who despite having already written such songs as "Alexander's Ragtime Band," "Cheek To Cheek" and "God Bless America," had raced into his Manhattan office in January 1940 and asked his musical secretary to transcribe "The best song I ever wrote...the best song anybody ever wrote." It was nearly two years later, however, that Crosby finally premiered the song on live radio, and a year after that that Crosby's recording of "White Christmas" became a smash pop hit.

Crosby's October 1942 recording of "White Christmas" received heavy airplay on Armed Forces Radio as well as on commercial radio during its first Christmas season, becoming an instant #1 pop hit. It also returned to the Hit Parade pop chart in every subsequent Christmas season for the next 20 years. Unlike other perennial holiday hits, however, "White Christmas" strikes a mood that isn't necessarily jolly. As Jody Rosen, author of the 2002 book *White Christmas: The Story of an American Song*, told National Public Radio, "It's very melancholy.... And I think this really makes it stand out amongst kind of chirpy seasonal standards [like] 'Rudolph the Red-Nosed Reindeer' or 'Let It Snow'.... I think that's one of the reasons why people keep responding to it, because our feelings over the holiday season are ambivalent."

This was certainly true of the immigrant Russian Jewish songwriter Irving Berlin. Though he did not celebrate Christmas, it was a day that held special meaning to Berlin, who had spent each Christmas Day visiting the grave of his late son, Irving Berlin, Jr., who died at just 3 weeks old on December 25, 1928.

Source: WWW.History.com/ThisDayInHistory

Time for a Visit from St. Nicholas

'Tis December 24, the day before Christmas, and all through the land, families send excited children to bed with a reading of Clement Moore's classic poem, "A Visit from St. Nicholas".

Moore is thought to have composed the tale, now popularly known as "The Night Before Christmas," on December 24, 1822, while traveling home from Greenwich Village, where he had bought a turkey to fill the last of several baskets that his family was accustomed to donating to the poor during the holiday season.

Perhaps inspired by the plump, bearded Dutchman who took him by sleigh on his errand through the snow-covered streets of New York City, Moore penned A Visit from St. Nicholas for the amusement of his six children, with whom he shared the poem that evening. His vision of St. Nicholas draws upon Dutch-American and Norwegian traditions of a magical, gift-giving figure who appears at Christmas time, and was likely influenced by descriptions of St. Nicholas appearing in several publications from recent years, including Washington Irving's *A History of New York* (1809).

Clement Moore was born in 1779 into a prominent New York family. His father, Benjamin Moore, president of Columbia University, in his role as Episcopal bishop of New York participated in the inauguration of George Washington as the nation's first president. The elder Moore also administered last rites to Alexander Hamilton after he was mortally wounded in a tragic duel with Aaron Burr.

A graduate of Columbia, Clement Moore was a scholar of Hebrew and a professor of Oriental and Greek literature at the General Theological Seminary in Manhattan. He is said to have been embarrassed by the light-hearted verse, which was made public without his knowledge in December 1823. Moore did not publish it under his name until 1844.

Source: www.memory.loc.gov/ammem/today/dec24.html



Joseph and Mary approach Bethlehem 4 BC, 2014 Years Ago*

Traveling for seven days – only one day left

Joseph and his espoused wife Mary have been traveling now for approximately seven days on their way to Bethlehem, Joseph's home village. Plying his trade as a carpenter in Nazareth for some years now, he and Mary are obeying the official decree to be numbered in an unpopulated census, and to be taxed.

The hill terrain of the countryside has not made it easy for Mary, nine months pregnant, so it has taken much more time to traverse the eighty miles between villages. Normally, one might make twenty miles a day, but Joseph caring for Mary's safety, was content if he made only twelve. And of course they had rested on the Sabbath. What has been more difficult on the trip is that the road goes through Samaria where much ill feeling exists between the Samaritans and the Jews, even though they practice much the same religion. A Jew easily risked being attacked in this country and could also not expect to receive assistance or lodging.

Provided that they are not attacked by bandits, the couple should arrive in Bethlehem within a day. They are hoping to find a lodge in the area for Mary.



Christmas Eve Candlelight Service

All are invited to join us

The Central Valley United Methodist Church
invites you to attend its
traditional candlelight Christmas Eve
service at 7:30 pm on December 24,
12 Smith Clove Road in Central Valley

*We hope that you
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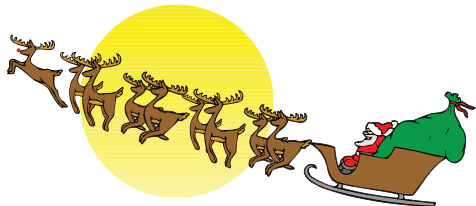
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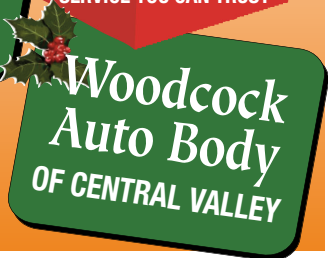
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and the Entire Staff of the Woodbury Gazette.



Global Warming

By Laura Balst



Global warming is a universal topic that has become widely disputed as of lately. Some protest the accuracy of the warning, while others enthusiastically join efforts to become more environmentally conscious. Yet, according to many reliable sources, including NASA and National Geographic, global warming is a serious reality that needs to be actively addressed immediately.

What exactly is global warming? In simple terms it is an increase in the average temperature of the Earth's surface. According to NASA, since the late nineteenth century the average global temperature has increased by about 0.7 to 1.4 degrees F, and it is estimated that this rate is further increasing, leading to a temperature change ranging from 2.5 to 10.4 degrees F in the next ninety years.

Scientists believe that the major contributor to this change is human activity by increasing the amount of greenhouse gases in the earth's atmosphere. Through a complex interaction with sunlight, atmospheric particles, and gasses, the greenhouse effect leads to the entrapment of heat inside the Earth's atmosphere. These gasses are increased through the burning of fossil fuels, such as coal, natural gas, and oil, which produce carbon dioxide, a greenhouse gas. Furthermore, by clearing land, plants and trees that utilize carbon dioxide when performing photosynthesis they are no longer around to decrease the levels of the gas in the environment. In fact, one tree alone can absorb a ton of carbon dioxide during its lifespan.

Worth mentioning however, is the fact that there are a few scientists who argue that greenhouse gasses do not make a substantial difference in the Earth's temperature, and that global warming is brought about by natural processes.

The major concern is how damaging the effects of global warming can be. Society and ecosystems may not be able to adjust to a rapid temperature change, and animals will be either forced to relocate or die. In fact, a temperature change in the water by just a couple degrees could seriously jeopardize the lives of some animals living in it. And even if just one animal species is affected, an entire ecosystem can be disrupted. That species may provide food for other animals, or might keep another species' population in check by prey on it. Ecosystems' survival is contingent on a specific balance that, if disrupted, could be detrimental.

However, this is not the only significant effect. Weather may be impacted, and drought, flooding, and powerful storms could increase. Sea levels would increase

because of the melting ice caps, which could lead to a blending of seawater with freshwater and the submergence of coastal land. Also, and the temperature changes could lead to the easier spread of tropical diseases, and a decrease in crop yields.

Clearly, these changes are not in our immediate future, but if nothing is done to slow global warming, it may be in the future of our great-grandchildren. Making just minor adjustments can be impactful. For example, being more energy efficient, recycling, planting a tree, walking, and carpooling all help to reduce greenhouse gasses. Imagine, if everyone made these small lifestyle adjustments global warming may no longer be a serious issue, and the world might be a better place.

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BACK TO SCHOOL

Dec 2010

Thursday, Dec 23, 2010

School Closed Dec 23-31
Winter Recess

Saturday, Dec 25, 2010

Christmas

Sunday, Dec 26, 2010

Kwanzaa Begins

Jan 2011

Saturday, Jan 1, 2011

Kwanzaa Ends

New Year's Day

Monday, Jan 3, 2011

Visitation Committee

4:30 PM, Harriman Center and North
Main Elementary School

Tuesday, Jan 4, 2011

Family Swim
Middle School

Odyssey of the Mind "Spontaneous
Scrimmage"
Central Valley

Wednesday, Jan 5, 2011

Bus Driver Safety Refresher
9:00 AM, Harriman Center

Thursday, Jan 6, 2011

MS BLC

9:00 AM, Middle School

SC BLC

8:00 AM, Smith Clove

OCMEA Scholarship Auditions

SEPTA @ PT

7:00 PM, Pine Tree

Friday, Jan 7, 2011

HS Coffee House

6:30 PM, High School

Family Swim

7:30 PM - 9:45 PM, Middle School

Sunday, Jan 9, 2011

Family Swim

1:00 PM - 3:45 PM, Middle School

Monday, Jan 10, 2011

HS All Night Grad Party Meeting

7:00 PM, High School Rm 130

Tuesday, Jan 11, 2011

SE BLC

2:50 PM, Sapphire

Family Swim

Middle School

MS Concert Gr 6 R/G Band/Orch/
Chorus

7:30 PM, Middle School

HS PTA

7:00 PM, High School Rm 130

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Hitting the Slopes: *Get In Shape Before It Hits You*

By Lori Offenhauser



You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that involves a variety of elements: strength, endurance, balance and coordination. Hit the slopes without developing these components and you may be in for more than a little embarrassment—you might even hurt yourself.

Sport-specific Training

This is where sport-specific training comes in. Generally speaking, sport-specific training programs involve focusing on the various skills associated with a particular activity. Depending on the sport, this may include health-related fitness components such as cardio-respiratory endurance, muscular strength and endurance, and flexibility.

A sport-specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skill-related fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far. A training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.

Get Ready to Ski

There are several ways to begin a sport-specific training program. The simplest way is to add several new exercises to your regular workout schedule.

For example, performing wall sits that require you to "sit" against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower-body strength for skiing tough terrain like moguls. Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.

It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

Set Up Your Own Ski Circuit

A great way to integrate these elements into your existing routine is to create a circuit-training program, which involves rapidly moving from one exercise to the next. Have you ever seen me at the gym looking like a crazy nut bouncing

from exercise to exercise with minimal or no rest what so ever gasping for air? This erratic behavior would be a prime example of "Circuit-Training." This is a crucial ingredient to my workout formula and one that keeps me quick and assists me in staying lean. You can set up a circuit in any large room, or as part of a group at your club's aerobic studio.

Be sure and place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set break period between each station. Thirty seconds of work followed by 30 seconds of rest is a common interval period (Unlike my usual ridiculous and intense workout. Example number two, "do as I say, not as I do"). Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods. You can find them for purchase online as well.

Try these stations to help you gear up for the slopes. Use the slide for lateral training, perform one-legged squats to develop balance and strength and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two balls to improve coordination.

To improve agility, create your own slalom by running between cones. In sport-specific training, you are limited only by your imagination. So let it rore and follow your instincts. Allow them to guide you into an array of different and unique movements that simulate your skiing style.

You can always call **Prestige Better Body** to help you separate yourself from the rest!

Have an invigorating and safe ski season!



About Lori Offenhauser: Lori started Prestige Personal Training & Corporate Fitness (PPT) in 1991. The Fitness Connection™ 1996, national referral network of personal trainers and massage therapists, and Prestige Boot Camp outdoor fitness camp for adults 2008 & 2009. Widely published in magazines and newspapers, Lori has also appeared on TV in Los Angeles, Cincinnati, and Westchester NY. She has endorsements from the Surgeon General's Office and Ken Blanchard. Read more at www.woodburygazette.com under Health & Wellness.

Our Bodies were *meant* to Exercise

By Steve Piriano, MD

"You should exercise more." Many of us have probably heard these words at some point in our lives. Most of us are almost certainly aware that we should exercise on a regular basis. As a matter of fact, it's not just that we *should* exercise, our bodies were *meant* to exercise. Our bodies were *designed* to perform physical activity on a regular basis. Looking back over the millennia, our ancestors survived only via the performance of daily physical activity. Back then people couldn't just get into their cars and drive to the nearest mega-market to do the food shopping for the week. They had to hunt and forage for their food. They had to seek and build shelter from the elements. They used their bodies in physically active ways on a daily basis.

Well, obviously times have changed. Nowadays we can just drive to the nearest supermarket, choose from over thousands of types of food and stock our refrigerators. Our modern world is full of so many conveniences. So many devices and technologies have come into being to help make our lives easier. Sometimes I wonder how our lives have, instead, be-

come more complicated. So complex, in fact, that oftentimes we put our own health on the back burner. We neglect to take proper care of the greatest gift that each one of us has—our bodies.

If prehistoric man is not enough to convince you that we were meant to exercise, perhaps you'd like to know modern medicine's perspective on the issue. Among many other things, exercising on a regular basis will reduce the risk of developing coronary artery disease, type 2 diabetes and high blood pressure. It will help to maintain healthier bones and muscles, as well as helping to reduce stress and anxiety. Moreover, I'm sure that anyone who exercises regularly can attest to the "natural high" and invigoration that they experience as a direct result. It truly does provide one with a wonderful feeling of well-being.

However, I know that for many of us it's tough. This includes myself! After waking up early and getting home from work late, preparing dinner and helping the kids with their homework, where can you find the time to exercise?! And it's not just about the lack of time. A lot of people are probably just plain

tired after a long day. Maybe they just want to sit down and watch some prime time TV before retiring for the night.

That's all quite understandable. It's also essential to realize that we are often fortunate enough to have choices. We may not always perceive our choices, especially during the chaos of our hectic schedules. But I believe that if we can be creative, then opportunities will appear. I will expand on this next time. I would just like to mention a few important points. Now that we all appreciate how vital exercise is to good health, we also must understand that many people live unhealthy lifestyles. Thus, they may already have, or be at risk for diseases such as diabetes, high blood pressure and heart disease. Consequently, if you are such an individual or if you are over age forty, it would be advisable to consult your physician prior to starting an exercise program.

One final thought comes from my six year old son who was watching me as I began to write this article. He said, "Daddy, tell them that exercise is healthy for you."

The Story of Christmas

From the Gospel of Luke, Chapter 1

And it came to pass in those days that a decree went out from Caesar Augustus that all the world should be registered. This census first took place while Quirinius was governing Syria. So all went to be registered, everyone to his own city.

Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary, his betrothed wife, who was with child. So it was, that while they were there, the days were completed for her to be delivered. And she brought forth her first-born Son, and wrapped Him in swaddling clothes, and laid Him in a manger, because there was no room for them in the inn.

Glory in the Highest: Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid. Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is

Christ the Lord. And this will be the sign to you: You will find a Babe wrapped in swaddling clothes, lying in a manger."

And suddenly there was with the angel a multitude of the heavenly host praising God and saying:

"Glory to God in the highest,

And on earth peace, goodwill toward men!"

So it was, when the angels had gone away from them into heaven, that the shepherds said to one another, "Let us now go to Bethlehem and see this thing that has come to pass, which the Lord has made known to us." And they came with haste and found Mary and Joseph, and the Babe lying in a manger. Now when they had seen Him, they made widely known the saying which was told them concerning this Child. And all those who heard it marveled at those things which were told them by the shepherds. But Mary kept all these things and pondered them in her heart. Then the shepherds returned, glorifying and praising God for all the things that they had heard and seen, as it was told them.

Circumcision of Jesus: And when eight days were completed for the circumcision of the Child, His name was called JESUS, the name given by the angel before He was conceived in the womb.

Jesus Presented in the Temple: Now when the days of her purification according to the law of Moses were completed, they brought Him to Jerusalem to present Him to the Lord (as it is written in the law of the Lord, "Every male who opens the womb shall be called holy to the LORD"), and to offer a sacrifice according to what is said in the law of the Lord, "A pair of turtledoves or two young pigeons."

Simone Sees God's Salvation: And behold, there

was a man in Jerusalem whose name was Simeon, and this man was just and devout, waiting for the Consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ. So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, he took Him up in his arms and blessed God and said:

"Lord, now you are letting Your servant depart in peace,

According to Your word;

For my eyes have seen Your salvation

Which you have prepared before the face of all peoples,

A light to bring revelation to the Gentiles,

And the glory of Your people Israel."

And Joseph and His mother marveled at those things which were spoken of Him. Then Simeon blessed them, and said to Mary His mother, "Behold, this Child is destined for the fall and rising of many in Israel, and for a sign which will be spoken against (yes, a sword will pierce through your own soul also), that the thoughts of many hearts may be revealed."

Anna Bears Witness to the Redeemer: Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity; and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day. And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem.

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12 Smith Clove Road, Central Valley, NY 10917
www.cbvm-umc.org

Come Worship With Us

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Church School: Sunday Morning at 10:00 am

Fellowship Hour: Sunday Morning at 10:30 am

Coffee hour and Adult Discussion Group following

Sunday Worship. Fellowship activities for children,

young adults. Bible studies, Music concert series

annually. Choir for youth and adults. Scholarships

for Camp and College, Support for Local, National

and World Missions.

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www.highlandmills-umc.org

E-mail: info@highlandmills-umc.org

Phone: (845) 928-6177

Pastor: Reverend Darlene Resting

Worship: Sundays @ 9:15 am

Praise and Worship: Wednesdays @ noon

Contemporary Praise/Worship Service: Wednesdays @

6:30 pm Men's Bible Study: Saturdays @ 8:00 am

Monroe Temple of Liberal Judaism

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Rabbi Garry Loeb; Cantor Elana Schwartz

Worship Schedule

First Friday: an eclectic, intergenerational Shabbat

experience for young families, singles, couples, and

empty nesters. Held the 1st Friday of each month, it

usually begins at 6:30 pm with a picnic or pot luck

dinner, and is followed by an hour of interesting ac-

tivities. An hour-long Kabbalat service then follows

at 8:00 pm

Kabbalat Shabbat Services: Friday evenings at

8:00 pm. **Shachit Service:** 10:00 am Saturday

morning (unless otherwise specified), including

Saturdays on which there is no Bar or Bat Mitzvah.

Tot Shabbat Service: 3rd Saturday of the month at

9:00 am.

St. Patrick's Church - Highland Mills

448 Route 32, Highland Mills, NY 10930

www.stpatrickshm.org

Mass Schedule

Saturday Vigil: 5:30 pm

Sunday Mass: 7:00 pm

Spanish: 7:30 am, 9:00 am, 10:30 am & 12:00 pm

Weekdays: Monday thru Saturday 9:00 am

Holy Days - See Bulletin

The Announcement to the Shepherds

By Pastor Steve Snavely

Birth announcements are usually made by the parents of a new baby. These announcements may be in the form of phone calls, "birth announcement" cards, pictures posted on social networks or e-mails, or even giant stork signs planted in the front yard of a house, reading "It's a girl" or "It's a boy!" But in the case of Jesus Christ, it was not the parents — that is, Joseph or Mary — who shared the good news, but heavenly angels which announced His birth.

The Participants of the Announcement

The Shepherds - At the time of the birth of Christ, shepherds were considered to be heathens and thieves. Because of their reputation, they were forbidden to be witnesses in court. The only group of people considered to be lower than shepherds by the Jewish community were lepers.

Yet, how fitting that this group of people were the primary recipients of the heavenly message. Jesus, the Messiah, is "the Lamb of God, which taketh away the sin of the world" (John 1:29). He would be proclaimed as the Good Shepherd in chapter 10 of John's Gospel.

The Multitude of Angels - All of heaven rejoiced greatly with the pronouncement of Jesus' birth by the angel of the Lord, so that the sky was filled with the limitless number of angels praising God. These angelic beings had a greater understanding of the miracle which involved the birth of the Christ-child than anyone on earth.

The Proclamation of the Announcement

A Good Message - "I bring you good tidings" (Luke 2:10). This phrase comes from the single Greek word "evangelizo," which means to evangelize or spread good news. Jesus came to earth to do the "good work" of saving men from their sin.

A Glad Message - "Of great joy" (Luke 2:10). The word in the original language means "laughter." The angels' enthusiastic singing and the shepherds' excited response reflect the great joy of their hearts upon hearing of

the birth of Christ.

A Global Message - "Which shall be to all people" (Luke 2:10). Eight days after Jesus' birth, a man in the temple, Simeon, prophesies that Jesus was the "light to lighten the Gentiles, and the glory of Thy people Israel" (Luke 2:32). Jews and Gentiles alike have been eternally affected by this birth.

The Greatest Message - "For unto you is born ... a Savior, which is Christ the Lord" (Luke 2:11). As Savior, He is the One who saves, delivers, or preserves from evil or danger, whether physical or spiritual. As Christ, He is the Anointed One, the Messiah, whom the Jewish nation had been looking for to bring deliverance. As Lord, His rank is given as supreme and above all others. He is Lord of lords and King of kings.

A "Go" Message - "Ye shall find the babe wrapped in swaddling clothes, lying in a manger" (Luke 2:12). Only the shepherds would know where the barns and caves were that housed animals, where they might find a manger (feeding trough) in Bethlehem. This clearly shows God's divine wisdom in choosing this group of people with whom to share the initial birth announcement.

A Glorious Message - "Glory to God in the highest, and on earth peace, goodwill toward men" (Luke 2:14). Although the angels had undoubtedly sung this song "Glory to God" in heaven many times, now they added a new phrase "peace on earth, goodwill toward men." The Prince of heaven left Glory to dwell on earth, bringing salvation to mankind.

Have you experienced this great message — that Christ came to earth to provide salvation and deliverance from sin for you? If you have received this message for yourself, are you sharing the announcement with those around you?

Glory to God, Jesus was born on earth to bring salvation! What a wondrous birth announcement!

SUDOKU

How to Play: Complete the grid so that every row, column, and 3x3 cube contains every digit from 1 to 9 inclusive with no repetition.

9			5	2			1	8
		4		8				9
	8				9			
6	9	2		1	5			
				9				
			6	4		2	9	5
			2				6	
5				6		3		
3	6			5	8			7



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-- Letter from Jesus about Christmas --

It has come to my attention that many of you are upset that folks are taking My name out of the season.

How I personally feel about this celebration can probably be most easily understood by those of you who have been blessed with children of your own. I don't care what you call the day. If you want to celebrate My birth, just GET ALONG AND LOVE ONE ANOTHER.

Now, having said that let Me go on. If it bothers you that the town in which you live doesn't allow a scene depicting My birth, then just get rid of a couple of Santas and snowmen and put in a small Nativity scene on your own front lawn. If all My followers did that there wouldn't be any need for such a scene on the town square because there would be many of them all around town.

Stop worrying about the fact that people are calling the tree a holiday tree, instead of a Christmas tree. It was I who made all trees. You can remember Me anytime you see any tree. Decorate a grape vine if you wish: I actually spoke of that one in a teaching, explaining who I am in relation to you and what each of our tasks were. If you have forgotten that one, look up John 15: 1 - 8.

If you want to give Me a present in remembrance of My birth here is my wish list. Choose something from it:

1. Instead of writing protest letters objecting to the way My birthday is being celebrated, write letters of love and hope to soldiers away from home. They are terribly afraid and lonely this time of year. I know, they tell Me all the time.
2. Visit someone in a nursing home. You don't have to know them personally. They just need to know that someone cares about them.
3. Instead of writing the President complaining about the wording on the cards his staff sent out this year, why don't you write and tell him that you'll be praying for him and his family this year. Then follow up... It will be nice hearing from you again.
4. Instead of giving your children a lot of gifts you can't afford and they don't need, spend time with them. Tell them the story of My birth, and why I came to live with you down here. Hold them in your arms and remind them that I love them.
5. Pick someone that has hurt you in the past and forgive him or her.
6. Did you know that someone in your town will attempt to take their own life this season because they feel so alone and hopeless? Since you don't know who that person is, try giving everyone you meet a warm smile; it could make the difference.
7. Instead of nit picking about what the retailer in your town calls the holiday, be patient with the people who work there. Give them a warm smile and a kind word. Even if they aren't allowed to wish you a "Merry Christmas" that doesn't keep you from wishing them one. Then stop shopping there on Sunday. If the store didn't make so much money on that day they'd close and let their employees spend the day at home with their families.
8. If you really want to make a difference, support a missionary-- especially one who takes My love and Good News to those who have never heard My name.
9. Here's a good one. There are individuals and whole families in your town who not only will have no "Christmas" tree, but neither will they have any presents to give or receive. If you don't know them, buy some food and a few gifts and give them to the Salvation Army or some other charity which believes in Me and they will make the delivery for you.
10. Finally, if you want to make a statement about your belief in and loyalty to Me, then behave like a Christian. Don't do things in secret that you wouldn't do in My presence. Let people know by your actions that you are one of mine. Don't forget; I am God and can take care of Myself. Just love Me and do what I have told you to do. I'll take care of all the rest. Check out the list above and get to work; time is short. I'll help you, but the ball is now in your court. And do have a most blessed Christmas with all those whom you love and remember

I LOVE YOU,
JESUS



A SEASON
FOR GIVING

Wishing You All a Merry Christmas

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