



# Perhaps-Today NEWS

Perhaps Today Ministries

## Safety and Your Health

Recently Pastor Cheryl Ciambotti attended a one night self-defense training class. It got her thinking ... "We not only have to be vigilant about our mental health, our physical and emotional health but our safety and how it pertains to our health as well." Being afraid for your safety can be debilitating for many people, young and old. So how would you combat that feeling? Taking a self-defense course may be a great endeavor for many of the readers to help empower them. It makes one feel strong and many of the things taught are reportedly easier than you think they might be. A simple flick of the wrist or a turn with the body can impede an attacker and give you enough time to free yourself and run or scream for help.



The instructor's class Cheryl attended, a former Police Chief, teaches that the most dangerous of the 3 basic reactions to an attack; fight, flight or freeze, is freeze. "You must mentally prepare for situations ahead of time to be able to respond and not freeze from fear." he cautioned. He went on to instruct the class of 3 areas of space awareness. Green zone, 30ft and not in danger; yellow zone, 10ft and approaching danger; and red zone 3 feet (or 2 arm lengths) danger zone, if anyone approaches in the yellow zone take an alternate route out of danger and in the red zone you can call out to attract attention or use a technique to avoid interaction or escape.

Another valuable teaching is making people aware that you see them by holding your head up high when you walk and making eye contact with them. These two techniques can discourage an attacker from making you his target. People who look weak and unaware of their surroundings are easy marks for those nefarious types that wish to do us harm.

This information is enlightening, empowering and helpful to everyone. Please consider, as a goal for 2015, growing in the area of mental health as it pertains to your safety and enrolling in a self-defense class. As we grow we may even encourage someone else to grow!!

For more information on self-defense and how to enroll in a class visit <http://harrisburg.psu.edu/safety-police-services/self-defense>

## Football - What's it got to do with YOUR life in 2015?

*"It's not the will to win, but the will to prepare to win that makes the difference."* (Bear Bryant). As many of you know, the professional football season is fully underway. The Super Bowl is coming up on February 1st 2015, the highlight of the season; a game in which every

team and player in the National Football League aspires to play. Thirty-two teams in the league work hard all season long toward the same goal, and it all comes down to two teams playing in this crucial last game of the season.

JANUARY  
EDITION

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Christian Spiritual Counseling

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*Make  
2015  
Count!!*



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## Football - Cont.

For each team and player, it takes dedication, hard work and discipline to simply make it through the regular season. If you spoke to any individual player, he would probably tell you that you must set goals just to make the team. Without goals, you tend to be unfocused, ill-prepared and lacking in the necessary determination to reach the pinnacle of anything you attempt.

So it is with life. Setting goals is important in reminding yourself where you want to go. When you know where you want to go and how to fulfil your dreams, you'll then need to determine how to prepare and proceed. As in football, playing the game is only one part of it. It will take hard work to get there. It may take going to school or starting at the bottom in the working world or even possibly accepting low wages initially to get your foot in the door of a company. It may take sacrifice or failure to build the character and stamina necessary to complete "the mission" just like it does for many football players and teams.

Making mistakes is part of life, but learning to pick yourself up and getting back in the

game is imperative in reaching your objectives. Additionally, surrounding yourself with positive, ambitious, hardworking people who will support you and motivate you to keep you going even when times get tough will help you on your way to achieving those importunate goals.

*"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success." ~ Pablo Picasso*

Let 2015 not just be a time of the typical ill-fated New Year resolutions, but start the year setting achievable goals that will improve your life and outlook. PTM is here to help you on your way with mentoring and counseling to keep you on track and provide the support you need to guide you through life's challenges.

*Life is short, fragile and does not wait for anyone. There will NEVER be a perfect time to pursue your dreams and goals." (Author unknown) Make 2015 count!!*

## Food For Thought.....

Can food really affect your emotional well-being? We all know that diet and exercise are good for us and healthy foods lead to more energy and a healthy body but how can our diet affect our mental health? A few years ago I was watching a commercial for children in another country that needed food. As they interviewed some of the children, I can remember one little girl saying how some days she had to go to school without food for long periods of time and it was hard for her to concentrate when she hadn't eaten.

1 Samuel 14:24 talks of the Israelites being in distress because Saul had bound the people not to eat food until he avenged himself on his enemies, but, later Jonathan, unaware of his father's oath, tasted honey and his eyes brightened. We can clearly see here the effects on the Israelites and how just a little honey gave Jonathan energy and spoke to his Spirit.

More and more studies are showing the negative and positive effects that specific foods have on our mental health. Extremely high soft drink and sugar diets show an added risk of suicidal behaviors; western diets with high

fat content that are low in omega fatty acids and vitamins promote sluggish and depressed emotional and physical health, and studies are showing that fish and omega 3 fatty acids such as salmon, walnuts and flax seed lend towards better mental health and a sharp alert mind. Even more impressive, vitamin D found in salmon, tuna, small amounts of sunshine, milk, etc. helps fight bi-polar and depression while fruits and vegetables increase overall mental well-being.

Healthy eating is an affordable option to increase your mental wellness. For those taking medications, you should not stop taking them without the expressed consent of your doctor rather talk to your doctor about adopting healthy eating behaviors to aid in your quest for optimal wellness making it routine and relevant. In doing so, you will teach your children to stay strong and healthy and to understand the benefits of a healthy diet. Aren't you and your family worth the discipline and investment that healthy eating has to offer? Bon appetite!



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Perhaps-Today...  
 you can make a change:

Let this be your  
 resolution for  
 2015!!

“As for me and my house we will serve the Lord.”

~Joshua 24:15



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## 20 Minute Skillet Salmon

Healthy minds and healthy bodies work best when both are being nourished properly. We will now be adding a new feature for Perhaps Today News.

Each month we will add a healthy delicious recipe. This month's choice is:

### 20 Minute Skillet Salmon



Click this link to see a quick video on how to prepare this dish.

### What you need:

- 4 salmon fillets (1 lb.)
- 1 cup fat-free milk
- 1/2 cup (1/2 of 8-oz. tub) PHILADELPHIA 1/3 Less Fat than Cream Cheese
- 2 cups chopped cucumbers
- 2 Tbsp. chopped fresh dill
- 2 cups hot cooked long-grain white rice
- **HEAT** large skillet sprayed with cooking spray on medium-high heat. Add fish; cook 5 min. on each side or until fish flakes easily with fork. Remove from skillet; cover to keep warm.
- **ADD** milk and reduced-fat cream cheese to skillet; cook and stir until cream cheese is completely melted and mixture is well blended. Stir in cucumbers and dill.
- **RETURN** fish to skillet. Cook 2 min. or until heated through. Serve over rice and; top with cream cheese sauce.
- Add steamed vegetables to complete the dish.

## What Causes Riots?

Fear is a natural emotion but far too often it is used for harmful and not productive purposes. Perhaps Today Ministries has been asked to help understand the recent increase in rioting events of which fear is a major cause. We should take a look at history and root causes related to riots to begin this dialogue.

We see in the Salem Witch Trials, racial tensions presently in the south and more recently cyber bullying; all examples of mob mentality (sometimes called herd mentality). We can find rioting throughout the Bible as well. In Genesis 19 the men of Sodom surrounded the house of Lot and in Judges 6 the men of the city wanted Joash's son Gideon to die for tearing down the altar of Baal.

Rioting seems to be driven by fear. With the Salem Witch Trials, fear of being accused, tried and possibly put to death dominated and controlled the people.

More recently we have seen people become

frustrated because they feel they are not being heard. This leads to a sense of alienation from society which then causes frustrations that lead to resentment and anger. Those emotions precede actions and where the fear of not being heard drives them to start the action, greed follows when the risk of punishment is less because more people are involved and we then see looting and property damage. Greed drives the action because they are jealous of someone else's perceived good fortune which they dually perceive as their loss and if they feel no one is listening and "keeping them down" then they want someone to acknowledge them.

So, what can be done to combat rioting? The Bible says in Romans 13:13a, "Let us walk honestly, as in the day; not in rioting and drunkenness..." (Translation, rioting means "in jealous wrath")

Teaching our children to respect authority, working towards making a difference in our communities and governments; respecting each



## What Causes Riots? Cont.

other, working toward meeting the educational and economic needs of communities will all go a long way in battling the root causes of rioting. Judge Jeanine Pirro addresses this on her program Justice with Judge Jeanine.

However, the greatest combat is one of learning better communication skills where one is able to speak assertively and all parties feel equal, heard and OK at the conclusion of the discussion. It is possible to have disagreements

and concerns where members can also leave the table feeling heard and understood even if everyone doesn't agree.

This is something we can begin to use even in our own homes. PTM teaches on assertive communication. If you or someone you know has trouble with fear or wants to learn how to feel heard when communicating contact us for more information on communication training at [Counselor@perhaps-today.com](mailto:Counselor@perhaps-today.com).

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