



THE **MOUNT**  
PITTSBURGH'S CHRISTIAN LIFESTYLE MAGAZINE

CAN WE ALL  
**GET  
ALONG?**

# I will DO my part...

TO MAKE OUR WORLD A BETTER PLACE

Many of us have learned the **GOLDEN RULE: Treat others the way you want to be treated.** We challenge you to practice the **PLATINUM RULE: Treat others the way they want to be treated.**

**You can get started** by practicing the 30 Tips of Dignity & Respect in every interaction with every person.

**You can become a Champion** of Dignity & Respect by modeling the 7 Pillars of Dignity & Respect in daily interactions with others.

**You can get Involved** and get others to join you in supporting our "I will do my part" Dignity & Respect Initiatives that promote dignity and respect for others:

- BULLYING IN SCHOOLS
- SEXUAL ASSAULT ON CAMPUSES
- DOMESTIC VIOLENCE
- COMMUNITY VIOLENCE

### It's as easy as 1-2-3:

1. **Stand up and speak out** with family and friends. Invite them to take the pledge and encourage them to join you.
2. **Attend or Volunteer** at local events or fundraisers to support national and local efforts.
3. **Make a Donation** of goods or financial support to one of the causes.

Tell us how you do *your* part.

 [dignityandrespectcampaign](https://www.facebook.com/dignityandrespectcampaign)

 @WeRespectYou | #IWillDoMyPart

 [dignityandrespect](https://www.instagram.com/dignityandrespect)

## Dignity & Respect Campaign

TOGETHER  
WE CAN MAKE  
A DIFFERENCE.

**ONE PERSON  
ONE ORGANIZATION  
ONE SCHOOL  
ONE COMMUNITY  
ONE SPORT  
ONE CAUSE  
AT A TIME**

If we all  
do our part,  
we can make our  
world a better place  
**FOR ALL** to live,  
work, learn and  
play **WITH ALL**  
of our differences.

[www.dignityandrespect.org](http://www.dignityandrespect.org)  
1-855-222-8211

## THE MOUNT

PITTSBURGH'S CHRISTIAN LIFESTYLE MAGAZINE

**EDITOR-IN-CHIEF**  
Orlana Darkins Drewery

**ADVISORY BOARD**  
Rev. Dr. William H. Curtis

**MANAGING EDITORS**  
Melanie R. Brown  
Penda L. James  
Shaunda E. Miles  
Laura V. Norman

**CONTRIBUTING WRITERS**  
Deneen L. Childress  
Camille Clarke  
Rev. Sharon Dennard  
Rev. Barbara Gunn  
Mercedes J. Howze  
Tiffany Huff  
Allegra Battle Johnson  
Cameron S. McLay, Pittsburgh Chief of Police  
William Peduto, Mayor, City of Pittsburgh  
Ray Porter Jr.  
Fauna Solomon

**COMMUNICATIONS MINISTRY**  
Melanie Brown  
Deneen Childress  
Paula Cox  
Susan Frazier Delaney  
Darnell Drewery  
Garfield Griffin  
Charles Hammond  
Mercedes J. Howze  
Lora Hubbard  
Tiffany Huff  
Michelle D. Jackson  
Penda James  
Shaunda Miles  
Ray Porter Jr.  
Dashawnda Ross

**ADVERTISING**  
Orlana Darkins Drewery  
Deb Cavrak, Graphic Design

**MOUNT ARARAT BAPTIST CHURCH STAFF**  
Rev. Dr. William H. Curtis, Senior Pastor  
Estelle Christian, Assistant to the Senior Pastor  
Vera Hefflin-Edwards, Administrative Assistant  
Rev. Robert James, Youth Pastor  
Rev. Sharon Dennard, Dean of M.A.T.A.  
Rev. Linda Oliver, Minister of Special Projects  
Rev. Dr. Joan Prentice, Minister of New Disciples  
Min. Dwayne Fulton,  
Director, Fine Arts Department  
Rev. Trini L. Massie, Minister of Worship  
Orlana Darkins Drewery,  
Director of Communications  
Baker Cabell, Director of Multi-Media  
Venecia Robinson, Accountant  
Rev. Sherry Brooks, Front Office Manager  
Robert Carter, Maintenance Supervisor

## WHAT'S INSIDE

### FEATURES

- Can We All Get Along 2
- The History of Black History Month 4
- Reflections on Race Relations in America 8
- Tale of Two Cities 10
- An Open Letter to the Community 12
- Life After Marriage 16
- What Manner of Love is This? 20
- Thank You For Being A Friend 22
- Your 2015 Relationship Roadmap 24
- Acceptance 32



### ENTERTAINMENT

- Kid's Corner 31
- Why the Arizona Cardinals are Called the "Pittsburgh West" 40
- Movie Scene Queen 42

### LIFESTYLE

- People to Watch: Bridgette Purdue 14
- Celebrating Black Dance and Promoting Arts Education 26
- The New Pittsburgh Courier 28
- Mind/Body Connection for Weight-Loss: The Gut Issue 34
- Keep Your Weight-Loss New Year's Resolution 36
- Ask A Deacon 37
- Are You at Risk for Heart Disease 38
- Mount Ararat Counseling Center 44



### PHOTO RECAPS

- Mount-In-Motion: Gospel Sunday Extravaganza 9
- New Year's Eve Services 13
- Christmas Makeover 15

# CAN WE ALL GET ALONG?

BY ORLANA DARKINS DREWERY

“Can we all get along?” This famous appeal for calm was spoken by Rodney King, a construction worker who became nationally known after the Los Angeles police officers who beat him following a high-speed car chase in 1991 were found non-guilty, and the city erupted in riots. At the time, many ridiculed King’s statement because of its simplicity, but here we are nearly 25 years later in 2015 seeing race play out on television in very similar ways.

As we know, human relationships are complicated and infinitely complex, and problems can manifest from many different sources that can include: difficult relationships from the past, pressure from others to begin or end a relationship and the media leading us to form an idealized view of relationships, which is oftentimes at odds with reality of how things really are in a relationship or in the world.

One of the things I cherish about my days in college was the freedom to share my opinion. Yes, oftentimes it led to heated discussions and a few folks getting upset, but at the end of the day we summed it up as healthy discourse and continued on with our lives. Nowadays, you are hesitant to speak your mind for fear that someone is recording you or may use what you said to ostracize you from the community or a group. I’m not saying that there aren’t things best left unsaid, but I miss the feeling of safety to share my thoughts, opinions, dislikes in an environment that encouraged healthy interchange.

**“WE MUST LEARN TO LIVE TOGETHER AS BROTHERS OR PERISH TOGETHER AS FOOLS.”**



So, will there ever be a time when we all get along? I doubt it; but personally, I pray for a day that we reach a point of understanding and peace that although we do not see eye-to-eye we must love one another as God loved us.

Martin Luther King, Jr. famously said, “We must learn to live together as brothers or perish together as fools.” As a nation, we will probably never see real peace, but if we could find a way to live together with all of our differences and complexities that would be positive steps in advancing our daily interactions, making this world a much better

place to live. Mahatma Ghandi, who King was greatly influenced and inspired by, charged us to, “be the change that we wish to see in the world.” If we really want to see change, peace and justice – it begins with us. We all individually play a role. It is up to us to collectively come together to make our homes, communities and our world a better place.

In this issue, we will take a close look at race in America and in the city of Pittsburgh and examine how we can make personal improvements within ourselves and improve how we interact with others in our everyday life.

What will you do in 2015 to improve relationships in your home, workplace, community or church? Every positive change we make on a small level assists in making improvement on a larger level. The decision is OURS.



## Homesafe Foreclosure Prevention Program

*Are you behind in your mortgage payment or received an Act 91 Notice?*

The Urban League of Greater Pittsburgh may be able to assist you. There is NO CHARGE for this service and we are HUD certified Housing Counseling Agency

**For more information and to obtain an appointment call (412) 227-4164**

## Operation Home

*Do you have home buying questions? Urban League may be able to assist you with the process.*

The Urban League of Greater Pittsburgh will provide an intensive homeownership program consisting of one workshop and a follow up one-on-one credit counseling session. There is NO CHARGE for this service

**For more details and information please call (412) 227-4164**



**Urban League  
Of Greater Pittsburgh**

610 WOOD STREET  
PITTSBURGH, PA 15222  
WWW.ULPGH.ORG



# THE HISTORY OF BLACK HISTORY MONTH

SOURCE: INFOPLEASE.COM

Americans have recognized black history annually since 1926, first as “Negro History Week” and later as “Black History Month.” What you might not know is that black history had barely begun to be studied-or even documented-when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

## BLACKS ABSENT FROM HISTORY BOOKS

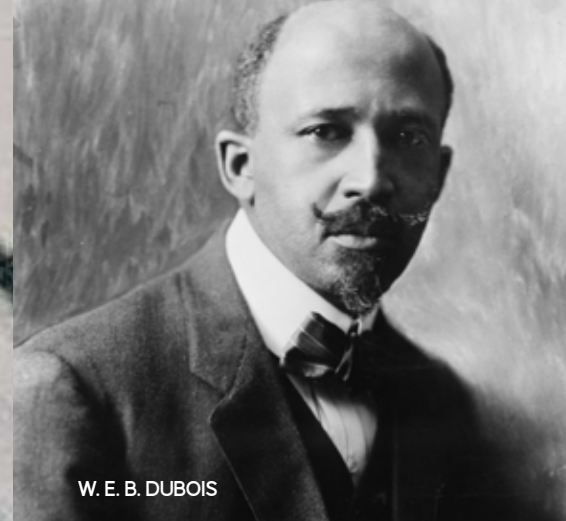
We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population-and when blacks did figure into the picture; it was generally in ways that reflected the inferior social position they were assigned at the time.

## ESTABLISHED JOURNAL OF NEGRO HISTORY

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation’s history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history:

MARTIN LUTHER KING, JR.



W. E. B. DUBOIS

FEBRUARY 23, 1868

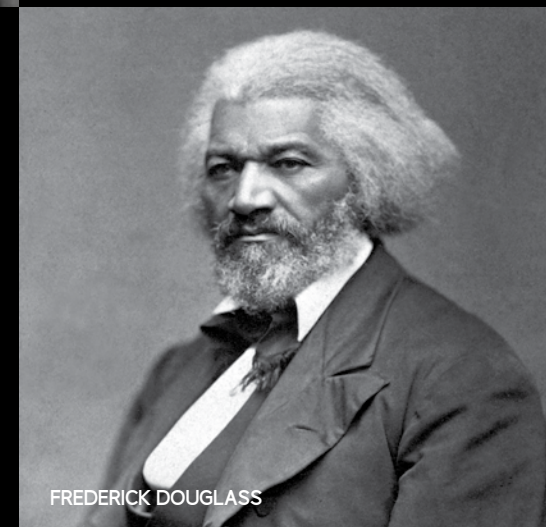
W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.



HIRAM R. REVELS

FEBRUARY 3, 1870

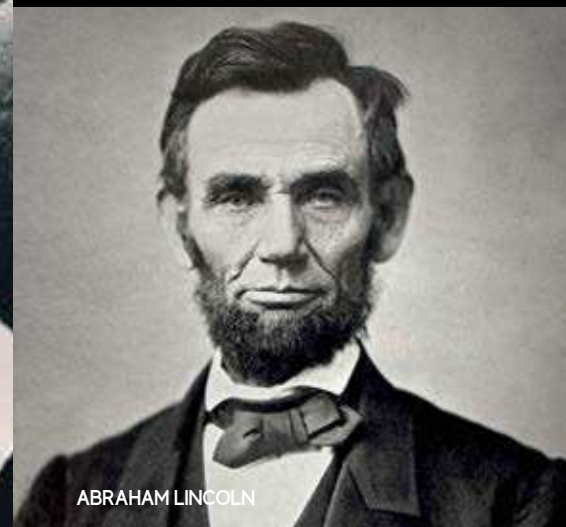
The 15th Amendment was passed, granting blacks the right to vote.



FREDERICK DOUGLASS

FEBRUARY 25, 1870

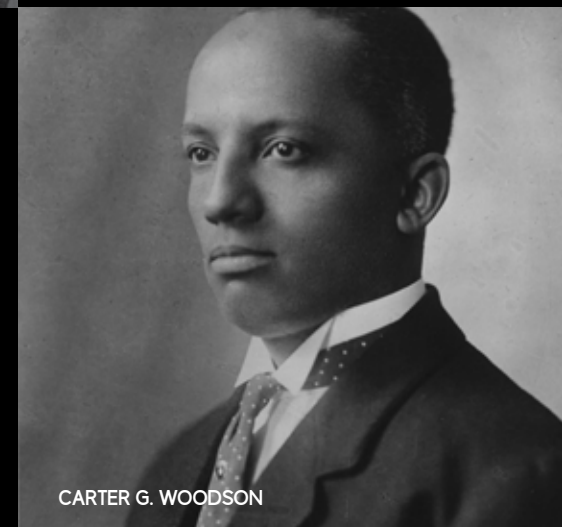
The first black U.S. Senator, Hiram R. Revels (1822-1901), took his oath of office.



ABRAHAM LINCOLN

FEBRUARY 12, 1909

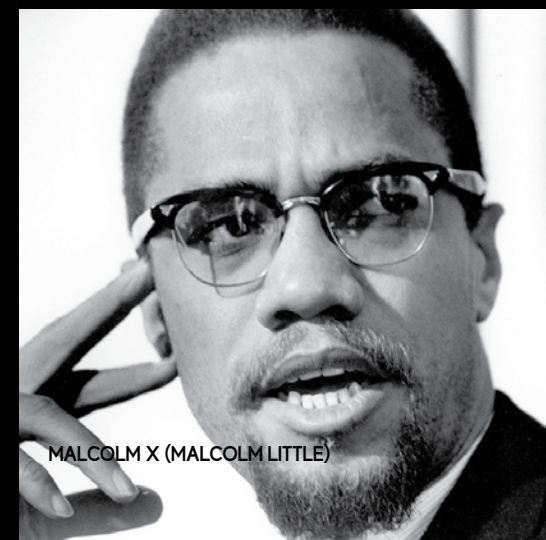
The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.



CARTER G. WOODSON

FEBRUARY 1, 1960

In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth’s lunch counter.



MALCOLM X (MALCOLM LITTLE)

FEBRUARY 21, 1965

Malcolm X, the militant leader who promoted Black Nationalism, was assassinated.

# REFLECTIONS ON RACE RELATIONS IN AMERICA

BY REV. BARBARA GUNN

Dr. Martin Luther King, Jr. spoke these historic words as the keynote speaker during a National Conference on Religion and Race, which convened in Chicago, January 1963. According to Rabbi Marc J. Tanenbaum, the author of the pamphlet, *The Moral Legacy of Martin Luther King, Jr.*, many historians consider that conference as the starting point of a new coalition of conscience in our nation. Dr. King spoke clearly to the real issue of race relations, not only in these United States in particular, but the world in general; the issue is "conscience." Conscience is that voice within us that acts as our moral compass. It is the voice that probes and gnaws at the heart and soul and causes us to ask "are you sure?" Conscience brings awareness to those things that aren't immediately noticed or; however, are noticed and dismissed because a stronger voice (self) commands the attention. Pulling at the conscience of racists in this country, trying to raise more awareness, protesting the injustice of it all is not new. It is good that legislation, throughout the years, have caused change in many civil rights issues. Legislation is like the Mosaic Law, it speaks to the behavior and challenges the behavior to behave better, often citing consequences if it doesn't. However, conscience cannot be legislated.

Some years ago, I was invited to be the retreat leader of a very wealthy white women's group. These women were all the wives of the Pittsburgh elite. I quickly got the sense that inviting me, an African American woman to address them in a retreat setting, made them feel as though they were fulfilling some obligation to give a black woman "her portion." I am certain of this because of the many references throughout the retreat to the fact that "you are the first Black woman we have invited to do this." After lunch, I was approached by the wealthy, well-mannered, every hair in place, host. She informed me that during lunch her committee had decided to change the format of the rest of the day. Instead of teaching on the assigned topic, they wanted to have an open discussion about race relations. I was thrilled! As some of them began to recite their list of goodies they have given to the African American community through their charities and funding, I waited anxiously to hear the resounding cry of the ignorant phrase "Some of my best friends are black!" Although that

cry did not come, one more beneficial to the issue at hand and one that would spur an open dialogue that really matters did come. The cry came in the form of a question from the host herself..."How can we cure racism?" she asked harmlessly, almost naively. My response shocked some, and offended others. "Racism cannot be cured," I declared with authority. "It is not a disease, although it stinks like the worst kind, and its pus runs through the generations of both the racist and the racists' victims. Racism is a heart problem. It is a sin problem. It will take a heart that wants God's Will no matter what the cost, to even raise the consciousness of the issue."

Race relations in this country has made some positive moves forward, but it is not a one way street. In addition to our white brothers and sisters, with deliberate intent, being willing to at least try to understand the plight of the African American story that has its root in slavery and being willing to own its' history, we as Black people have a part to play as well. We cannot assume the position

that we have a right to hate. We are called by the same standards and principles of God's Word as those who have caused the disruption. We must understand that some may never acknowledge their sin against us. We must also understand that some don't even have the mental and spiritual capacity to understand. It's like trying to pour 12 ounces of liquid into a vessel that can only hold 6 ounces. We must with as much passion as we can muster, keep hope alive, fight the battles, yes with legislation, open dialogue, speaking boldly to the injustices, but also with the weapons of our warfare, which are not carnal, but mighty even to the pulling down of strongholds. Who is to say? History just might record that our grand and great, great grandchildren looked back on the history of life in these United States, never having even heard the term n---r, working, playing, making plans, building a better nation with our white brother and sisters and say..."Wow, did these things really exist? I can't even imagine."

that we have a right to hate. We are called by the same standards and principles of God's Word as those who have caused the disruption. We must understand that some may never acknowledge their sin against us. We must also understand that some don't even have the mental and spiritual capacity to understand. It's like trying to pour 12 ounces of liquid into a vessel that can only hold 6 ounces. We must with as much passion as we can muster, keep hope alive, fight the battles, yes with legislation, open dialogue, speaking boldly to the injustices, but also with the weapons of our warfare, which are not carnal, but mighty even to the pulling down of strongholds. Who is to say? History just might record that our grand and great, great grandchildren looked back on the history of life in these United States, never having even heard the term n---r, working, playing, making plans, building a better nation with our white brother and sisters and say..."Wow, did these things really exist? I can't even imagine."

**" THROUGH OUR SCIENTIFIC GENIUS, WE HAVE MADE OF OUR NATION, AND EVEN THE WORLD, A NEIGHBORHOOD; BUT WE HAVE FAILED TO EMPLOY OUR MORAL AND SPIRITUAL GENIUS TO MAKE OF IT A BROTHERHOOD. THE PROBLEM OF RACE AND COLOR PREJUDICE REMAINS AMERICA'S CHIEF MORAL DILEMMA."**



Reverend Barbara Gunn is the Senior Pastor of Mount Carmel Baptist Church in Pittsburgh.



# TWOgether Pittsburgh

BY FAMILY GUIDANCE

## A Half-hour a Day to a Better Marriage!

**Are you willing to invest a half an hour each day to making your marriage better? Try the following:**

**2 Minutes** - Learn one thing that is happening in your spouse's day before you part in the morning.

**4 Minutes** - Spontaneously tell your spouse something you appreciate about him or her every day.

**20 Minutes** - Decompress after a day apart by discussing the stressful parts of your day. Share your joys and successes. When your spouse shares, don't give advice. Listen and express support.

**4 Minutes** - Show affection outside the bedroom by occasionally kissing or hugging.

## THE BEST 30 MINUTES OF THE DAY!

TWOgether Pittsburgh is a multi-pronged effort to create healthier, more viable marriages and stable relationships in the western Pennsylvania region.

The program consists of the following modules:

|                                 |  |   |   |
|---------------------------------|--|---|---|
| Marriage Enrichment for Couples | Marriage Enrichment for Blended Families | Healthy Relationships for Single Adults     | Marriage Mentoring for Couples                |
| Marriage Enrichment for Parents | Marriage Preparation for Couples         | Marriage Sustainers for Couples in Distress | High School Relationship and Family Education |

Although we believe in the benefit of professional counseling, we are not a counseling agency, and therefore refer individuals needing and desiring such to licensed professionals. Since the failure of a marriage begins long before the divorce, we offer workshops with relationship skills training to assist in the preparation for and improvement of existing marriages.

We provide our services in local community organizations, faith-based organizations and local high schools.



Visit our website: [Twogetherpgh.org](http://Twogetherpgh.org) or call 412-741-8550 ext. 120

# AN OPEN LETTER TO THE COMMUNITY

BY CAMERON S. MCLAY, CHIEF OF POLICE, CITY OF PITTSBURGH  
*Courtesy of the New Pittsburgh Courier*

All across the nation, the trust gap between police and many of our communities of color has reached a crisis state. In Ferguson, Missouri, a police officer shoots unarmed, 18-year-old Michael Brown. In New York, unarmed, 43-year-old Eric Garner dies as a result of a struggle with police. Cleveland police officers shoot and kill 12-year-old Tamir Rice who is armed with a toy gun. The list goes on. The uncomfortable common thread, of course, is the officers are White and the victims are Black. Police and the criminal justice system in this country are facing a crisis of confidence.

Here in Pittsburgh, we too have had our incidents, and the public trust is in jeopardy. If we, the police, are to regain legitimacy, we must assure those calling for change that we hear and understand them, and are committed to police accountability.

Some of those calling for police accountability locally tell me they are not being heard. There has been a chorus calling for the officer involved in the Leon Ford incident to be placed on administrative duties pending completion of the U.S. Department of Justice investigation. Some perceive our unwillingness to do so as evidence of corruption of our accountability.

The assassination of two officers in New York now has me extremely concerned about the potential for similar violence and for the safety of our officers. The incidents in Ferguson and New York highlight how tragic the outcomes can become if police lose legitimacy and the public trust becomes too badly damaged.

The truth is we have heard and we do understand. Weeks ago, recognizing the pain his presence was causing the public, our officer agreed to move to a different part of the city and to work in a plain clothes capacity with limited public contact, and I respect his willingness to have done so.

At this point, however, for the integrity of the Police Bureau, I need



to make this formal. Until the U.S. Department of Justice investigation is complete, our officer has been assigned to desk duty. He is not being so assigned for punitive reasons. Accountability is one of our core values, and we must respect the integrity of the outside investigation of our actions, honor the findings when they are determined, and, in the process, demonstrate to our communities of color that we hear and understand the pain.

Now the question remains, what are we going to do, Pittsburgh? Police work is often not pretty. Officers must arrest violators. Violators

often resist, sometimes violently.

When the next ugly incident happens, will we be willing to withhold judgment and control our emotions long enough to give each other the benefit of the doubt? Are we going to work together toward reconciliation? Are we going to work on listening

to one another with the intention of compassionate understanding?

I have faith in us. I think we will.

In the Police Bureau, we are deeply committed to improving the quality of our relationships with our community members, and improving integrity of our accountability systems. We are creating an Office of Professional Standards that will work closely with the Office of Municipal Investigations, and are conducting thorough audits of all of our accountability systems. We will be conducting a thorough audit of our police training, to make certain all training, including use of force training, includes a component of ethical decision making. We must never lose sight of our ethical standards of conduct as we perform our difficult and, at times, thankless job.

In other words, I am making sure we live our core values: Accountability, Integrity and Respect.

The truth is, we have the power to choose our reactions to challenging circumstances. I have faith here in Pittsburgh we will choose wisely.

**ARE WE GOING TO WORK TOGETHER TOWARD RECONCILIATION? ARE WE GOING TO WORK ON LISTENING TO ONE ANOTHER WITH THE INTENTION OF COMPASSIONATE UNDERSTANDING? I HAVE FAITH IN US. I THINK WE WILL.**



## THE MOUNT IN MOTION

The Mount Magazine joined James "JT" Taylor and his wife, Vicky, owners of JT's @ the Club, for their one-year anniversary event of "The Best of Sunday Gospel Extravaganza" at the DoubleTree Hotel in Monroeville on New Year's Day. The celebratory event, hosted by Reverend Darnell Drewery, featured performances by Charles Davis, Katy Cotten, Karla "Spirit-Lead" Payne, Men of Destiny, Alicia Scott, Teresa Hawthorne, Gena Goodlow-Wells and Rev. Brian Wright. "The Best of Sunday Gospel Extravaganza" happens every third Sunday of each month at 1:30pm at JT's @ The Club in Monroeville. For more information, call 412-378-1075.



WAMO100'S BROTHER MARLON AND "THE MOUNT'S" ORLANA DARKINS DREWERY



EVENT COMMITTEE JOINED BY BROTHER MARLON (center) AND REV. DARNELL DREWERY (far right side)

# TALE OF TWO CITIES

BY MAYOR WILLIAM PEDUTO

I want to thank the editors of "The Mount" for asking me to write about the state of race relations in Pittsburgh and what we are doing in city government to address this complex issue. There is nothing of greater importance to our city or others across the country.

Part of the reason for the complexity, of course, is that the matters facing people of color are multi-faceted and affect every resident of the city of every race. How

do we best support economic opportunities, from jobs to aid to small businesses? How do we ensure public safety in our neighborhoods and rebuild fragile relationships between our police officers and residents? How do we make sure all of Pittsburgh, not just certain parts of the city, is successful and safe?

The first step is acknowledging our problems. I know Pittsburgh in many ways is a "Tale of Two Cities," with certain parts that are thriving and growing and others that have long suffered decay and been ignored by the powers-that-be. From the beginning of my administration last year I began taking this issue on through several means.

Officials from city government are now visible and engaged in every city neighborhood. With the help of local foundations, I established a new Bureau of Neighborhood Empowerment, overseen by Chief Urban Affairs Officer Valerie McDonald-Roberts, that works entirely on the needs of underserved neighborhoods. Specifically, the bureau focuses on supporting education, small business, housing and nonprofit/faith-based matters, many of them in the city's predominantly African-American neighborhoods. Additionally, four members of the city's Community Affairs team attend every community meeting citywide to hear neighborhood concerns.

In the fall Pittsburgh joined President Barack Obama's "My Brother's Keeper" initiative, which seeks to make this a city where young men of color have all the opportunities necessary to succeed. Led by LaTrenda Leonard, the City's Deputy Chief of Operations and Administration, this work involves collaborating with community stakeholders across the city to ensure all youth graduate from high school, complete post-secondary education or training, find employment, and remain safe from violent crime.

It is a challenge. The city has nearly 20,000 economically disadvantaged youth who could be eligible for federally funded employment services, yet less than 3 percent of that population can get summer jobs due to funding restrictions. The Pittsburgh Pub-



lic Schools has reported 30 percent of their students fail to graduate and never acquire the necessary work preparation skills to enter the workforce. Meanwhile, city crime rates increase in summer months (June through August) nearly five times for males, and four times for females, as compared to the month of May.

Last summer my administration tripled the number of youths from low-income communities served by the city's Summer Youth Employment Program, but still many others were left without jobs. For this coming summer, my team is striving to find ways to secure employment for every eligible youth who applies.

Finally, there is the need to address crime and the fear it creates in our neighborhoods.

Crime will always be part of city life. While we will never stop proactive work to provide our kids with jobs and other opportunities that keep them off the streets, we still know that we have to wage an unrelenting and vigilant battle against gun and drug violence. I have taken that fight to the state Legislature and the National Rifle Association when they have tried to tie our hands and keep us from enforcing common sense gun regulations. I have built the police force to its highest numbers in a decade, while implementing new procedures to diversify police recruit classes. Most importantly, I hired a visionary new chief, Cameron McLay, who is a national leader in community policing and is building strong new relationships with community and church leaders. In turn, he is building a new police command staff that shares and supports his principles.

Anger and frustration about violent confrontations between police and residents is all too understandable and common to cities like Pittsburgh around the country. Under the Chief's leadership and in close consultation with African American leaders citywide, Pittsburgh is becoming a model city for expressing these frustrations through demonstrations and other means in ways that keep demonstrators, police and residents safe. I believe airing the differences among us is key to opening lines of communication and finding new paths to mutual understanding.

There is so much more to do, which is where I need your help.

As much as this city requires leadership to confront its greatest challenges, it also needs the voices and power of the community to make the solutions whole. There are no places that band our voices together more strongly, and meaningfully, than our churches.

## I BELIEVE AIRING THE DIFFERENCES AMONG US IS KEY TO OPENING LINES OF COMMUNICATION AND FINDING NEW PATHS TO MUTUAL UNDERSTANDING.

"HATE IS TOO GREAT  
A BURDEN TO BEAR. IT INJURES  
THE HATER MORE THAN IT  
INJURES THE HATED."  
- CORETTA SCOTT KING



"I AM WHERE I AM BECAUSE OF THE  
BRIDGES THAT I CROSSED. SOJOURNER  
TRUTH WAS A BRIDGE. HARRIET  
TUBMAN WAS A BRIDGE. IDA B. WELLS  
WAS A BRIDGE. MADAME C. J. WALKER  
WAS A BRIDGE. FANNIE LOU HAMER  
WAS A BRIDGE."  
- OPRAH WINFREY



"WHATEVER WE BELIEVE  
ABOUT OURSELVES  
AND OUR ABILITY  
COMES TRUE FOR US."  
- SUSAN L. TAYLOR



"HAVE A VISION.  
BE DEMANDING."  
- COLIN POWELL,  
THE FIRST AFRICAN AMERICAN  
APPOINTED AS THE  
U.S. SECRETARY OF STATE

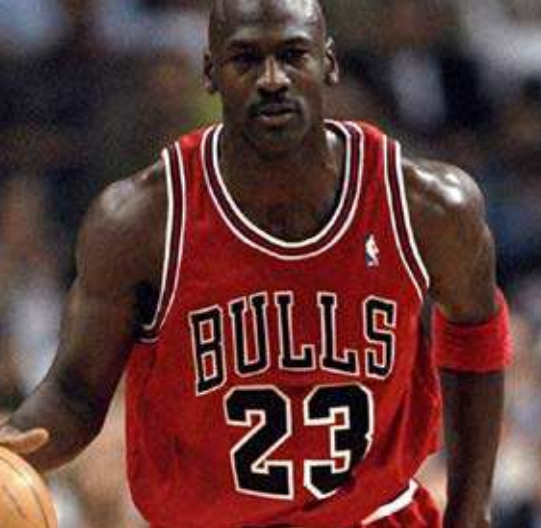


"NEVER UNDERESTIMATE THE POWER  
OF DREAMS AND THE INFLUENCE  
OF THE HUMAN SPIRIT. WE ARE ALL  
THE SAME IN THIS NOTION:  
THE POTENTIAL FOR GREATNESS  
LIVES WITHIN EACH OF US."  
- WILMA RUDOLPH



"CHANGE WILL NOT COME IF WE  
WAIT FOR SOME OTHER PERSON  
OR SOME OTHER TIME. WE ARE THE  
ONES WE'VE BEEN WAITING FOR.  
WE ARE THE CHANGE THAT WE SEEK."  
- PRESIDENT BARACK OBAMA





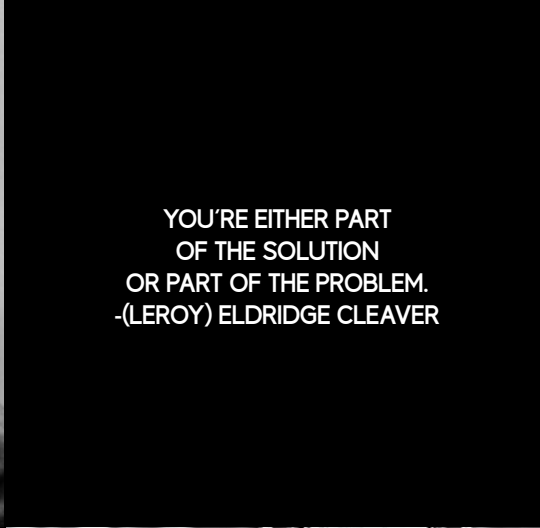
"FREEDOM IS NEVER GIVEN;  
IT IS WON."  
- A. PHILIP RANDOLPH



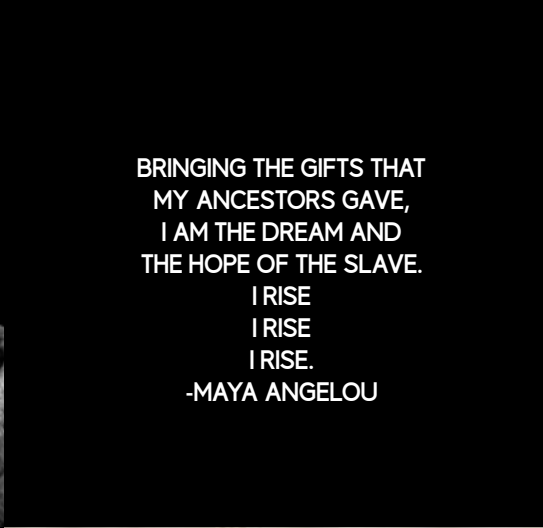
I CAN ACCEPT FAILURE.  
EVERYONE FAILS AT SOMETHING.  
BUT I CAN'T ACCEPT NOT TRYING.  
-MICHAEL JORDAN



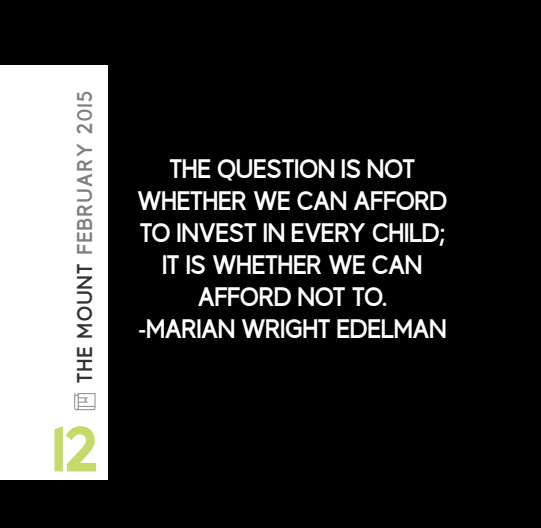
YOU'RE EITHER PART  
OF THE SOLUTION  
OR PART OF THE PROBLEM.  
-(LEROY) ELDRIDGE CLEAVER



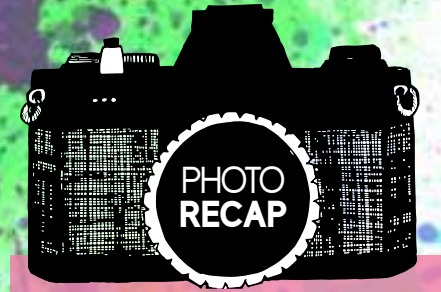
BRINGING THE GIFTS THAT  
MY ANCESTORS GAVE,  
I AM THE DREAM AND  
THE HOPE OF THE SLAVE.  
I RISE  
I RISE  
I RISE.  
-MAYA ANGELOU



RACISM IS NOT AN EXCUSE  
TO NOT DO THE BEST YOU CAN.  
-ARTHUR ASHE



THE QUESTION IS NOT  
WHETHER WE CAN AFFORD  
TO INVEST IN EVERY CHILD;  
IT IS WHETHER WE CAN  
AFFORD NOT TO.  
-MARIAN WRIGHT EDELMAN



## NEW YEAR'S EVE SERVICES

Thank you to everyone who joined us as we celebrated the last day of the year with three services: Noon, 6PM and 8PM. Attendees enjoyed live music, singing, prayer, fellowship and Mount Ararat's Dance Ensemble. During the services, we declared that we would strive to live 2015 "Holy, Healthy and Happy!" We invite you to make the same declaration and join us for one of our four services: Saturdays at 7PM and Sundays at 7:30AM, 9:30AM and 11:45AM.





# BRIDGETTE PERDUE

PITTSBURGH ARTIST USES MUSIC TO SHARE THEMES OF LOVE & INSPIRATION TO AUDIENCES OF ALL AGES



"Bridgette wins you over with the unblemished sincerity of her lyrics and vocal delivery. She delivers with no shortage of warmth and charm," says international music composer Douglas Levine. The Pittsburgh City Paper raves, "Bridgette's strong voice makes the album a pleasant listen. The tunes are heartfelt and catchy, and they're relatable to plenty of us."

Bridgette Perdue is a Pop/R&B Recording Artist, Songwriter and Teacher, dedicated to impacting the world through her soulful, vibrant music. As an independent musician since 2008, she has entertained audiences across the U.S., including Los Angeles, New York City, Washington D.C., and Orlando, opening for national acts and headlining her own City of Bridges Tour. She has also been on the cover of *One Fashion Place* Magazine and starred in a Disney commercial.

In her hometown of Pittsburgh, PA, Bridgette Perdue has performed at the Three Rivers Arts Festival, The Benedum Center, The August Wilson Center for African-American Culture, and the Kelly-Strayhorn Theatre. Regionally, she puts on shows for colleges, jazz clubs, music festivals and other events throughout Pennsylvania, Ohio, West Virginia and surrounding areas.

Told her "music has sunlight in it" (R. Iamouri, DreamJob), Bridgette blends soulful vocals with a vibrant piano to create inspiring music, reminiscent of Alicia Keys or Sara Bareilles. Perdue takes her listeners on a lyrical journey, as her songs share themes of resilient love, inspiration, and empowerment. Fans fall in love with her independent voice and upbeat style, a trademark

in her shows. Her debut album "Enjoy This Moment" has garnered national attention, as one of the songs has been featured in the film "Sweetest Thing." Her music is currently available on iTunes and GooglePlay, and is in rotation on Spotify and Pandora. Her sophomore album is set for release this Summer.

Perdue is also committed to teaching the young artists within her community. She is the resident musical director and vocal coach for the Alumni Theater Company, serving sixth through twelfth grade artists, and gives private voice and piano instruction to students of all ages. She also partners with Staycee Pearl dance project at Propel Charter Schools, teaching dance and movement to students in kindergarten through 8th grade. Perdue has been the spring musical director for Pittsburgh Public Schools for three productions, teaching original choreography, acting, and singing to the cast. Perdue is passionate about sharing her arts with her church and community and strives to use her art for the enrichment of those around her.

Amidst the thrilling progression of her career, Bridgette's true delight goes beyond simply delivering music. Behind each song is a desire to reach others with a message of hope and to encourage the continual pursuit of ones' dream.

"We all have a dream inside us that we'll never outgrow. When you pursue it, there's an indescribable feeling that comes from doing what you were 'built' for. I hope my music speaks to the part of you that still dreams and encourages you to go after it, arms wide open."

**STAY CONNECTED WITH BRIDGETTE!**  
Bridgette will be featured in WQED's Black History Month programming, in a documentary honoring local African American Artist in Pittsburgh on February 19, 2015 at 7:30p.m.

Bridgette is a featured vocalist in the BPEP Jazz Marathon on April 6th at 7pm.

Bridgette's sophomore album is set for release in 2015. For upcoming shows and events visit: [BridgettePerdue.com](http://BridgettePerdue.com)

**FOLLOW BRIDGETTE ON SOCIAL MEDIA!**

- /BridgettePerdue
- @BridgettePerdue
- @Bridgette\_Perdue
- youtube.com/Bridgette214

REV. OLIVER MANAGES CHRISTMAS MAKEOVER INITIATIVE



PRISON MINISTRY'S ANGEL TREE INITIATIVE



VOLUNTEERS FROM TAYLOR ALLDERDICE HIGH SCHOOL HELP ORGANIZE TOYS



## CHRISTMAS MAKEOVER

During the holidays, the congregation of Mount Ararat joined together to assist area families in need with a complete Christmas Makeover! They were so moved by the church's generosity they shared how they felt in letters and cards that we received at the church.

**HERE ARE EXCERPTS FROM THE LETTERS WE RECEIVED:**

"Such a blessing you all are to reach out and bless people's lives, and touch them in a way that leaves them totally speechless. I thank you from the bottom of my heart. I am so grateful."

"I am writing to thank you, the volunteers, members and families at Mount Ararat Baptist Church. We are still in shock of all the blessings we received through the love of God."

"Thank you so much! Our house is now a home."

"You made sure we had a wonderful Christmas day. May God continue to bless you."



LIFE

AFTER

MARRIAGE

BY REVEREND SHARON DENNARD

**M**arriage is a God-ordained institution, as old as mankind's presence on this earth. In accordance with the gravity of commitment and responsibility, traditional wedding vows advise those who enter into marriage to do so advisedly and soberly. Anyone married to another imperfect human being agrees it is not easy. For those who have exited the marital union, designated by God as holy, they must be evermore thoughtful and prudent.

Whether one initiates divorce or has it thrust upon them, statistics have proven that about half of those who enter into matrimony eventually face this reality. Among forty-three stressful life events ranked by a group of psychiatrists, the termination of marriage is a perennial second on the list. Only the death of a spouse is determined to be more traumatic than a divorce. Biblically speaking, divorce was meant to be a God-regulated procedure to protect one's rep-



utation and ensure the future of an offended party within a dissolved marital union. It was intended to be the exceptional solution to the uncommon occurrence of infidelity and or abandonment. As is common among sinning humanity, the God-given solution has become a man-centered loophole. Nowadays, divorce is too often frequent and embarked upon with great flippancy.

The dissolution of a union—approved in heaven and upheld by every secular and civil agency on earth—is no casual venture. For divorcing parties, emotions usually run the gamut from relief to regret and back again. Questions

divorcee now (all the more) comes to live by such watchwords as: repentance; renewal; recovery; restructuring and restoration.

Life after divorce is a life of repentance. The separation process is often marred with intolerable words and behaviors. Regardless of culpability, it does well for each party to acknowledge his or her contribution to the issues pertinent to the divorce. This important first response sets the divorced person free from the guilt and shame of one who has so obviously and publicly failed at navigating love.

Being party to a dead marriage does not deny one the profession and benefit of a living faith. Integral to facilitating a healthy return to single life is a conversation with the living and listening God which may sound like this, “Father, I thank You for continuing to love me even though You hate divorce. I confess and regret the part I have played in the issues that ended my marriage. I now desire Your perspective rather than my subjective view of the situation. I will forever be a debtor to Your grace and mercy. It is in the unfailing name of Jesus that I pray, Amen.”

Life after divorce is a life of restructuring. Ultimately, the break down of communication and or commitment ended the marriage. Paradoxically, this break up may provide the opportunity for a build up. Some things may really need to be changed in our character relative to communication and commitment. The entire makeup, organization and pattern of living of both individuals becomes subject to examination and adjustment if not an entire overhaul. More specifically, the conformity and consistency of thought patterns

are placed under scrutiny. The Word of God is prescriptive, “Finally, brethren, whatever things are true . . . noble . . . just . . . pure . . . lovely . . . of a good report, . . . meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you” (Philippians 4:8-9). Paul constructs a frame within each individuals thoughts are to be bound. Further, inside that frame he assembles a safe place wherein every new action can now be erected. It is here that motives are checked and morals are established. It would be reckless and dangerous to trust any other paradigm. The Apostle provides insight regarding the correlation between the patterns in which the mind is self-trained and the behaviors resulting from that thinking. The absence of the conflict with the former mate, created by this reconstructed thought life, makes room for a new perspective and gives each the opportunity to more fully appreciate the peaceful presence of God. Both parties are free to become truth-tellers as well as truth-livers. Rather than opting for compromise and expediency they can tailor their lifestyles according to what God requires. As always, His word is the reliable guide to direct their future choices.

Divorce leaves no part of a former couple’s existence unaffected or undisturbed. However, life after divorce is a life of recovery and renewal. Divorcees have not lost their capacity to continue being new creatures with new character.

There is no growth without change. Loss and pain in the lives of believers is not without a Godly purpose (Romans 8:18; 28-39). Thankfully, the ministry of Jesus remains unchanged and is extended to all who seek Him. Part of God’s intent in coming to us was, “to heal the brokenhearted” (Luke 4:18). Divorced believers humbled by a failed relationship are uniquely qualified to be included in this group. The compassion of our Savior gives hurting, faltering people fresh determination to begin again. He heals wounds caused by financial and emotional upheaval. Every lonely heart rejoices to hear, “Never will I leave you; never will I forsake you” (Hebrews 13:5b). Therefore, because of Christ and the Cross, life after divorce can and will be a life of restoration. His precious blood washes away all sin, including those sins linked to divorce. Christ and the cross are the foundation and ground upon which to start afresh and respond to His call, “Follow Me” (Luke 6: 27).

*Rev. Sharon Dennard is the Minister of Biblical Literacy at Mount Ararat Baptist Church. If you have questions regarding this article, call 412-441-1800.*

**“NEVER WILL I LEAVE YOU; NEVER WILL I FORSAKE YOU.”**

(HEBREWS 13:5B)

**Richard Williams** richard1599@gmail.com  
**Guitarist** (724) 513-3675  
 SPECIALIZING in GOSPEL, R&B, SMOOTH JAZZ, AND HIP HOP

**Sharon Jarrett-Brown**  
 SJB Travel Consultant, LLC  
 “Either by land, sea or air...  
 Travel made easy.”  
 sjarrett.brown@gmail.com 412.389.3889  
 www.sjbtravelconsultant.com 412.243.4565

**“THE THINGS WHICH YOU LEARNED AND RECEIVED AND HEARD AND SAW IN ME, THESE DO, AND THE GOD OF PEACE WILL BE WITH YOU.”**

(PHILIPPIANS 4:8-9)

like: “How could this happen to us?” and, “Is God still interested in me?” fill the minds of newly divorced persons. Anxiety, fueled by doubt concerning one’s direction and purpose in life, can be an unbidden and lingering consequence.

In the grief and disorganization that surrounds the unceremonious dismantling of the failed marriage even the most resilient person can become discouraged. Nevertheless, not only is there life after divorce, but that life can be replete with peace, hope and productivity. The Christian

Kelly Strayhorn THEATER KST PRESENTS + JOYCE THEATER PRODUCTIONS  
**MAL PASO** HAVANA, CUBA  
 DANCE COMPANY  
 CALL FOR YOUR MT. ARARAT TICKET DISCOUNT!  
 THE WORLD PREMIERE OF 2 NEW WORKS BY CUBA’S LEADING CONTEMPORARY DANCE COMPANY  
 FEB 27-28 2015 | KELLY STRAYHORN THEATER  
 5941 PENN AVE \$15-\$25 412.363.3000 x 318 KELLY-STRAYHORN.ORG  
 Part of KST’s World Stage Series, made possible by the Benter Foundation

## WHAT MANNER OF LOVE IS THIS?

BY DENEEN L. CHILDRESS

On one particular day I had a few moments left from my break at work, so I decided to take the scenic route back to my desk. In the distance, I saw someone that I had not seen in a long time.

My excitement started to build; I knew I was moments away from graciously greeting my friend and embracing her with the love of the Lord. Smiles, laughter and polite conversation soon followed. I noticed that her countenance lacked what I know as the side effects of joy.

"Are you okay?"

"No." She sighed, "I just found out my cousin committed suicide."

Suicide? My heart dropped. My mind flashed back to one of the saddest days I had ever experienced:

A handsome, athletic and vibrant young man, around the age of fifteen shot himself in the basement of his family home. No one saw it coming. He had recently accepted Jesus Christ as His Lord and Savior. Needless to say, his parents and everyone who loved him were devastated. Somehow, somehow his Mother and Father's pain and sadness never overshadowed the presence of God in their lives. At the funeral, they were able to put their grief aside and console four school buses filled with friends mourning their son's passing. It was my first time seeing love comfort love and associating a face with suicide. I had heard whispers, news reports and even men / women on the Silver Screen choosing to take their life, but never a 15 year old. His final decision left me with this lingering question, "What portion of the 'Cares of Life' overwhelmed him to the point of death?"

From that moment I was changed. I knew to look beyond the surface and search for hope in others. Whenever hope is hidden by despair or mental illness, optimistic options start shrinking, conversation changes and isolation soon sets in.

The details of her cousin's suicide were horrific. The more I listened, tears began to fall from my eyes. She said he was sad, spent a lot of time alone and was dissatisfied with where he was in life. He shot himself

while standing on a bridge. My heart bled with compassion over the possible thoughts running through his mind. I thought about everyone that loved him and how much pain they were in and the HOPE we tend to lean on for our tomorrows. Our conversation concluded with an embrace of love as it had begun. I understood her countenance and praised God her load was slightly lighter. Heaviness stilled weighed on her heart, but relief was given as she shared her sadness. As I walked away, I thanked God for knowing all things. He orchestrated time, it was no coincidence that I had "time to spare" on that day at that time. He knew His daughter was in need of His Comfort. Little did I know my excitement and experience would be the catalyst used to usher in His Love.

There are times when love is misunderstood and viewed under the lens of tainted perception. Its core fundamentals are challenged, security is breached and suspicion starts eating away at its authenticity, worth and value. Choices become dark and hope dwindles, but God has shelf full of noble vessels available to proclaim His Good News. We can fight for souls in need, not with weapons of violence but with the weapons of Spiritual Warfare.

Our feet will stand firmly on the Gospel of Peace; our words will encourage, comfort and lead those who are wounded to the Lord. We can speak of the manner of love that commands the "Cares of Life" to be still. We can boast about the manner of love that knows all, even the darkest despair. His manner of love is so great; He even set aside educated men and women whose sole purpose is to provide wise counsel and medication to those diagnosed with Depression or the various other mental illnesses that affect the mind. We may not reach everyone, but the actions of our love may shine the spotlight on hope verses suicide. Whenever or wherever the Spirit leads us, we can say boldly, all things are possible, because God is always with us.

When I think about my struggles and mistakes (past and future), my soul continues to cry out "Hallelujah!" What manner of love tosses sin as far as the East is to the West? What manner of love provides new mercies day after day? Love is persuaded to say, "nothing can separate you from the love of God found in Jesus Christ, not death, life, angels, principalities or powers present or to come."

LOVE

"Best Bird in the 'Burgh!"



www.QuikItChicken.com

CATERING AVAILABLE STARTING AT \$9 PER PERSON (50-200 PEOPLE)

412-621-6839

OPEN DAILY:  
10AM - 11PM



ENJOY  
SO MANY DISCOUNTS  
WITH THE  
QUIK-IT CARD!  
THERE'S NOT EVEN ENOUGH ROOM  
TO LIST THEM ALL!

- Card entitles you to **10% OFF** everytime you visit Quik-It Chicken and purchase one of the following: Quik-It Meals, Dinners or Family Meals.\*

- With the purchase of our delicious "Big Q" Chicken Sandwich, you will receive a **FREE Pulled Pork Sandwich** with your Quik-It Card.\*

- Receive a **FREE Drink** when you purchase a Quik-It Meal, Dinner or Family Meal.\*

- Senior Citizens** receive **15% OFF!** (65 & Older)\*

- When you first pick-up your discount card you will receive a **FREE piece of chicken, or small side of rib** with a purchase!\*

- FREE pound of Fries** with an order of 15 or 25 Jumbo Wings!\*

\* **QUIK-IT CARDS MUST BE PRESENTED TO RECEIVE DISCOUNTS.**

WINGS, RIBS & FRIES



VISIT OUR NEW BLOOMFIELD LOCATION 4006 LIBERTY AVE. (412) 621-6839



**VISIT US**  
AT OUR NEW  
LOCATION!

We are conveniently located in Bloomfield, 4006 Liberty Avenue (at BP Fueling Station)

# THANK YOU FOR BEING A FRIEND

BY TIFFANY HUFF

Over the past year, I have been on quite a life-changing journey, the ultimate faith walk in fact. There have been a few people in my life that during this time have encouraged me, prayed for and with me and spoke life over and into me, and some of the situations that I have been through. I am not sure that I have ever really thanked them for being an embodiment of Christ in my life. We all have friends, but

to have a friend, who is a friend of Jesus is something that until recently I have taken for granted.

We see examples of such friendship throughout the Bible. Ruth and Naomi are one example, “But Ruth said, “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the LORD do so to me and more also if anything but death parts me from you.” (Ruth

1:16-17 NIV) The love and support that Job received from his friends in his time of need is yet another example, “Now when Job’s three friends heard of all this evil that had come upon him, they came each from his own place, Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. They made an appointment together to come to show him sympathy and comfort him.” (Job 2:11)

I wrote this letter to express my gratitude:

## DEAR FRIEND

You have no idea how you have touched my heart and changed my life. Your ongoing willingness to stand in the gap and pray for me, even before you have prayed for yourself at times has never gone unnoticed. I know that many have expressed concern, and offered their love, support and prayers, but none with the genuineness and transparency that you have. The passion that you have to honor God and to see me and others do the same by fulfilling their purposes in Christ has been overwhelming at times. At any hour of the day or night, a simple encouraging word and your consistent willingness to lend your ear is often unexplainable. At times you can recognize my struggles when I try my best to mask them with a façade, and you constantly remind me that I am never alone. Even through the sharing of your own struggles that you would much rather keep to yourself, in obedience to the Holy Spirit you willingly share, standing strong in your faith and knowing that if God can bring you through He can do the same and more for me. Always quick to listen and slow to speak, and faithful that God will provide revelation in His time, you have been an example of discipline and patience time and again. I thank you for respecting my feelings and opinions even when you don’t agree, and never being afraid to challenge me to support my ideas and decisions with the Word. My potential to walk into my destiny has been greatly influenced by your anointing and consistent encouragement and love.

If I have never told you before, for all that you have done, for all that you are, I thank God for you. Thank you for being my friend.

I love you,

Tiff

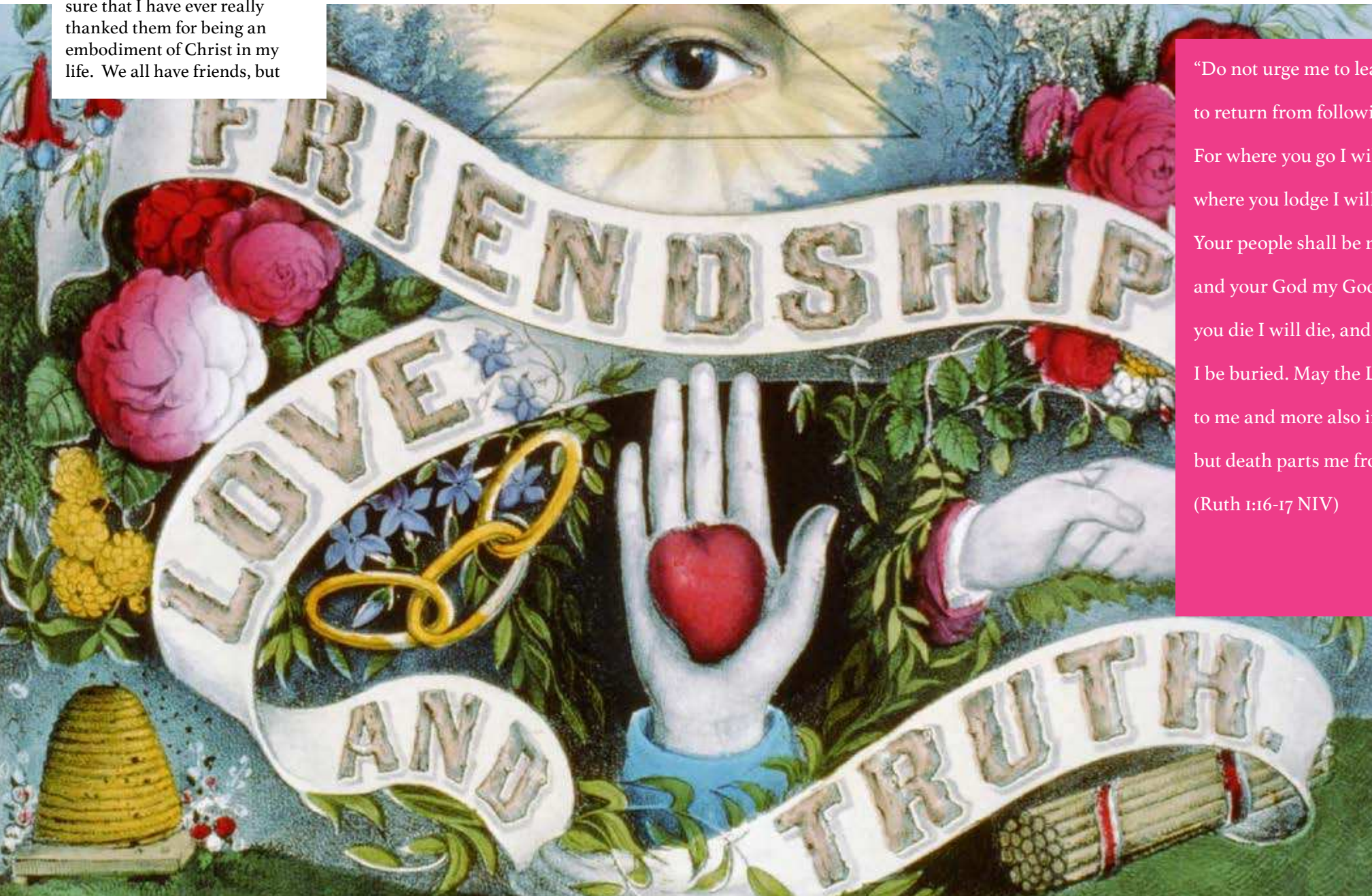
“Do not urge me to leave you or to return from following you.

For where you go I will go, and where you lodge I will lodge.

Your people shall be my people, and your God my God. Where you die I will die, and there will

I be buried. May the Lord do so to me and more also if anything but death parts me from you.”

(Ruth 1:16-17 NIV)



*Tiffany Huff is the Founder, Speaker & Coach at The Best You, an inspiring community and personal development company. Tiffany is passionate about empowering women to become their best selves by first envisioning what being their best is and then taking the steps to making their visions a reality. She is the mother of 2 very busy boys and enjoys cooking, reading, working out and traveling in her spare time.*

# YOUR 2015 RELATIONSHIP ROADMAP

BY FAUNA SOLOMON

The New Year has just started, and it's my opinion that's the most important time of the year to set your relationships goals.

What do you want for yourself? Where do you see your relationship going? Are you ready for commitment, possibly marriage?

If you've thought about these questions there is no better time than the present to create a plan for success. If you're not sure where to take your love life the following questions will help you to create a clear vision.

## WHAT WILL YOUR LOVE LIFE LOOK LIKE IN 2015?

What do you want to do in your life? What are your goals? Because so many people believe that love is luck and it just happens, they don't invest in their romantic futures.

You can create the love life that you want by simply having a vision for it. As we get older, lifestyle becomes the biggest determining factor in compatibility. You want someone who will walk a mutual path with you not someone who forces you to choose one direction over another, worst expects you to abandon your direction for theirs.

Your vision for your love life should start with a feeling. Finish the following statement: "When I'm with the right person I will feel\_\_\_\_\_." The key is to avoid anyone who doesn't ignite this primary feeling.

Write this feeling down on the back of a business card and keep it with you. Use it as a reminder of the type of relationship you're after.

A vision for your love life shouldn't be strict. If you want to maintain a spiritual lifestyle your vision shouldn't require finding a mutually devote partner of only a specific religion (they might convert). Choose someone who supports your faith and doesn't require that you choose their beliefs over your own.

A vision for love means deciding specifics such as: the level of commitment you desire, the social habits you prefer like drinking or smoking, their physical health or your physical ambitions, etc. If you are committed to health and fitness then accepting a partner who impedes on your goals instead of supports them only makes a relationship more difficult. If you're making healthy meals and heading to the gym the wrong partner could easily sabotage your efforts. With a clear vision of your life you avoid partners who would make that life impossible.

When we accept the person over the lifestyle, we find ourselves becoming what someone else wants us to be in order to make them happy. We settle for less than we want because we are more concerned with the interest of our partner over our own interests.

At times some singles abandon their dreams and plans because it isn't aligned with their partner's visions. If you are with the right person, your goals should be just as compatible.

## WHERE DO I WANT TO LIVE?

If you're open-minded about where love can lead you don't be afraid to meet someone in a different city or try online dating. If you're willing to relocate for love, try meeting new people on vacation or when traveling for work. Don't limit your dating pool to just your city.

## WHAT ARE MY RELIGIOUS GOALS?

If faith is a part of your life then set the standard for how you practice your religion. If you need a partner aligned with your spiritual practice then start to expand your lifestyle. Volunteer, join a meditation group, or attend bible studies at different churches. Open your opportunities through your faith to meet more people.

How we work is a direct reflection of who we are. It's important to find a partner whose work ethic and schedule aligns with your goals for your financial future. Don't spend carelessly trying to impress the wrong person.

## WHAT ARE MY FINANCIAL GOALS?

Don't put your career on hold or in jeopardy being distracted by the wrong person. Without a clear goal in mind you're easily led down the wrong path for "love." Keep in mind that the right person for you wants you to be successful. They would never interfere with your ultimate vision for yourself.

These questions also bring clarity to the person you are and who you want to be. Knowing what you want out of life can tell you more about yourself and help to attract the right partner. Create a vision for your life for the right person to avoid altering your dreams for the wrong one. Make a plan for love now. If you wait until it just happens, it might not.

Reach your target audience with one click by using Mount Media E-Marketing!

As the largest church in Southwestern Pennsylvania, we have an extensive database that reaches THOUSANDS every week. Our database will expose your message to families and working individuals to your business, resources, products and events that are available in and around the City of Pittsburgh.

FOR MORE INFO:  
412-441-1800 Ext. 222  
mountmagazine@mt-ararat.org

The MOUNT  
Pittsburgh's Christian Lifestyle Magazine

# CELEBRATING BLACK DANCE AND PROMOTING ARTS EDUCATION

## THE HILL DANCE ACADEMY THEATRE CELEBRATES 10 YEARS

BY ALLEGRA BATTLE JOHNSON

When you talk to Ayisha Morgan-Lee about dance and arts education, her eyes light up; they even seem to dance. The 31-year old founder and Artistic Director of the Hill Dance Academy Theatre (HDAT) says that she didn't even realize how long she had been working on and developing HDAT, until someone mentioned it to her during a meeting. "It hit me that for nearly 10 years, I have been doing what I dreamed about doing since I was a student in dance," said Morgan-Lee. As the academy prepares to celebrate its 10th anniversary, Morgan-Lee admits it has not been easy, but the journey has been extremely rewarding.

To recognize and celebrate 10 years of HDAT in just 12 months is an exciting initiative for Morgan-Lee, her staff, students, parents and the arts education community. Not only will HDAT students be performing on the main stage at the 27th annual conference of the International Association of Blacks in Dance this year, In April HDAT will hold its annual Spring Dance Concert; featuring the works of 7 amazing black women dance artists. Yes, this 10 year anniversary will be busy, at times demanding and laborious; but Morgan-Lee is up for the challenge, she's doing what she loves.

### Why did you start/create/found Hill Dance Academy Theatre?

I created HDAT with the goal to insure that children and youth, ages 3 to 17 years old, who want to dance, would have an opportunity to dance regardless of race, size, or life circumstances. Students would have the opportunity to train with some of the best teaching artist in the field and be ready for the Concert dance stage.

### Why is keeping the tradition of Black Dance alive so important?

It is important to keep the traditions of Black Dance alive so that we, as a people, can continue to share our stories, contributions and accomplishments in Dance and use our voices to tell our stories throughout history, to celebrate Black culture, and give a very public voice to the injustices faced by Black people and the resilience of Blacks in so many challenging life situations.

It is also important for the next generation of dancers to know the history of the artist who came before them and how they broke down barriers so they would not have the same challenges to face. If this generation of dancers know their history than they also understand why

expectations, that I and other teaching dance masters have for them is so high.

### What have you learned about yourself in these past 10 years with HDAT?

In the past 10 years I have learned to continue to keep my eye on the goals set forth and every decision that is made is for the good of this next generation of dancers to make sure they are more than equipped with the analytical skills and techniques to be not only professional dancers but better people in society. I've also learned that a lot of people cannot believe children can do all the things we demand and expect our students to accomplish at HDAT; however, HDAT students always deliver and rise to the occasion every time and that is one of the many lessons that I learned and others should have learned about HDAT over the past 10 years.

### What is the biggest challenge you have right now, as CEO and Artistic Director of HDAT?

The biggest challenge I have right now is strategizing and positioning HDAT to have a permanent location in the Hill District that will provide us with the ability, space and resources to continue to build and sustain Black Dance and the Arts for years to come. We have had a number of challenges but for me until we can get a permanent location that we can grow in this is a top priority.

### Many people might be surprised about the student diversity of HDAT, students and that they come from every neighborhood and community in the city of Pittsburgh to attend classes on the Hill. Why is it important to teach Black Dance to a diverse student population?

HDAT welcomes students from all races and ethnic groups because diversity although our greatest challenge it is our greatest gift. HDAT is unabashedly Black and the contributions that Blacks have made to the Arts must be celebrated and valued by all. The foundation of Dance, like so many other arenas of life grows out of the richness of Africa and the Diaspora and

HDAT has a moral obligation to bring that journey to life in all genres of Dance.

### HDAT is unique because and it is bigger than just dance, tell us about HDAT's unique approach to developing students for life skills, careers and excellence in all that they do?

HDAT, as an arts education program, understands that to have a positive impact on adolescents, the program offerings must be "bigger than the arts" and that students must see and experience that the arts provide rich opportunities to develop life skills in areas of discipline, networking and support systems, mentoring, developing healthy relationships, comportment, organization, time management, stress management, developing a positive sense of self, valuing diversity and differences in skills and abilities and setting personal life and career goals and developing bonds and a sense of belonging and community.

Hill Dance Academy Theatre (HDAT) intentionally links the arts and individual growth, utilizing a holistic and integrated approach to the arts, to engage youth, primarily, girls, with the development of healthy bodies through fitness, nutrition, positive self-identity, life skills in leadership, creativity, communications and expressive skills, critical thinking, personal self-worth, networking, group interactions and team work, problem solving, career exploration, personal individual voice and esteem, cultural identity and community development as youth change agents through the arts.

### How has the arts community embraced your efforts to teach and cultivate Black Dance in the city of Pittsburgh?

Youth serving organizations, that serve Black children, have been very supported of HDAT and have consistently engaged HDAT's teaching artist in Dance and Theatre through the Kuumba Residency to bring Black Dance to their programs in communities of the Hill, Northside, East End, and Library. Pittsburgh's philanthropic Arts communities have also been supportive of HDAT programs and

development of dancers' and performance opportunities locally and nationally. Pittsburgh African Dance community has provided HDAT students with performance opportunities at festivals and off course HDAT students have been able, through the generosity of the University of Pittsburgh and Shona Sharif African Dance and Drum Ensemble to perform on the stage at Alumni Hall.

### What is your absolute-most favorite part about being the CEO of HDAT?

There are sooo many. One, is watching the growth of the students especially the students we have had since they were 3 years old and seeing them grow in not only their technique and maturity but also in their knowledge of dance as a professional and their transition from student to artist.

Other favorites for me include... seeing students and families embrace Black Culture and celebrate the importance of Black History; I especially love it when students come and tell me that they were asked a question in a class about Black History and they knew the answer; or when students feel confident enough in what they have learned in different dance classes that they then take their knowledge to their school or church and perform what they have learned at HDAT.

I really love it when students begin to value sharing what they are learning with each other; this is most evident prior to a performance and you see students in a corner making sure that they all know their parts, or in the summer Intensive when they are working in groups and the groups begin to gel and you see the richness of individual gifts being not only shared but accepted by the group and students letting each other know that it was a great idea. It does not happen all the time, but when it does, I feel like all the time and effort, the countless conversations were worth it because you know that these moments are the beginning of life lessons that they are learning through dance.

SPOTLIGHT

A. MORGAN-LEE,  
HILL DISTRICT ARTS THEATRE



*HDAT's mission is to provide opportunities for children, youth and teens to study dance steeped in the Black Traditions of Dance and to develop within them a passion to sustain Black Dance. As a Black Dance Artist, I am a strong advocate for the growth of Black Dance in the Black community and HDAT's history and legacy will always encourage children, youth and teens to know the traditions and richness of the contributions of Black Dance and to look forward to creating their own legacy in the world of Black Dance on and off the stage.*

*This has not been an easy journey, but if the HDAT's of the world do not provide the Black dancers, Black supporting professionals and children, who look like me, opportunities to Dance and develop a cultural identity, a sense of purpose for the Art of Black Dance and an audience that is comfortable with seeing Black dancers as the rule and not the exception, who will.*

*This is what HDAT's history, mission, vision and narrative has been and will continue to be as long as God allows me/us to get up and come to this amazing work called Hill Dance Academy Theatre (HDAT). For more information, visit: [www.5678hdad.org](http://www.5678hdad.org).*

## BLACK HOLLYWOOD TASK FORCE FORMED AFTER SONY HACK

BY LYNETTE HOLLOWAY

After Sony's embarrassing email hacking scandal laid bare Hollywood's deep-seated race problems, civil rights leaders have formed a diversity committee to address the issue, "Deadline" reports.

The group has met three times to develop a set of recommendations it plans to present to Sony Pictures Entertainment co-chairman Amy Pascal later this month, the report notes. Pascal came under fire for racially insensitive email exchanges that emerged after a cyber-attack on the company late last year.

"Deadline" reports:

"The task force was created with the express goal of combatting the lack of black meaningful content in the (entertainment) industry," said task force member Jean Claude LaMarre, a producer and director whose film "Chocolate City" is set to debut later this year. "Sony just

happens to be the focus."

The Rev. Al Sharpton recently formed the group after a meeting and phone calls with Pascal, the report notes. Besides LaMarre, members include: Ron Taylor, a former head of diversity at Fox; actress Vivica A. Fox; Hollywood Black Film Festival CEO Tanya Kersey; Pastor William Smart Jr. of the Southern Christian Leadership Conference; environmental scientist and producer Woodrow Clark; the Rev. K.W. Tulloss of Sharpton's Harlem-based National Action Network and writer/filmmaker Gary Hardwick, according to Deadline:

LaMarre said the group plans to continue meeting well beyond an initial meeting with Pascal. Sony is not providing any funding or other resources for the task force, and it eventually will look at other Hollywood studios, networks,

talent agencies, guilds and other major organizations, which also largely have a dearth of African-American executives.

Pascal and producer Scott Rudin have apologized for an e-mail exchange that included racially insensitive jokes about what Black movies and actors President Barack Obama might like, guessing that the list would include actor/comedian Kevin Hart. Both have apologized, but clearly civil rights leaders said their apologies do not go far enough:

"Kevin Hart comedies (produced by Sony label Screen Gems) are great, but if even the chairman of the company is laughing at them, there's an issue," LaMarre said. "There isn't a single senior VP or president of a major studio who is of African-American descent."

LaMarre says task force goals include getting Hollywood to nurture and develop African American talent both in front of and behind the screen, and to create more substantive programming with African American themes, the site reports. No comment yet from Sony.

Originally seen on [newsone.com](http://newsone.com)

**"There isn't a single senior VP or president of a major studio who is of African-American descent."**

**On-call  
small business  
legal protection.**

Join over 46,000 small businesses and protect yours with LegalShield.

**LegalShield**  
Worry Less. Live More.

**K. Lynn Jones**  
Independent Associate - Director  
(412) 608-5551  
[klynnjones@legalshieldassociate.com](mailto:klynnjones@legalshieldassociate.com)  
[klynnjones.legalshieldassociate.com](http://klynnjones.legalshieldassociate.com)



## PRESERVING OUR PAST WHILE FULFILLING OUR FUTURE

BY DEBBIE NORRELL

On Dec. 17, 2014 at the beautiful Omni William Penn Hotel grand ballroom, the Pittsburgh Chapter of Jack and Jill of America Inc. presented 14 highly accomplished teens to Pittsburgh. The Presentation Ball, this year benefiting Healthy Start, is the culmination of months of leadership workshops, service projects, and dance and etiquette rehearsals.

With Charlie Batch and Latasha Wilson-Batch as Grand Marshals, and Janine Macklin and Charena Swann as Ball co-chairs, the following teens were presented to society: Dorian Jamal Anderson, Ashley Michelle Bridges, Candace Nicole Burgess, Dawson Lee Davis, Madison Danielle Taylor, Margaux Blair Wilson, Madison Nicole Morrissey, Darian Renee Hopkins, Wesley Alan Johnson, Joel P. Macklin, L. Braxton Swann, Ashlynn Ella Thompson, Martha Elise Yanders and Madison McKenzie Ware.

The young ladies were stunning in

striking white ball gowns and the young men in elegant white tails. Carlotta Burgess, Pittsburgh Chapter president, said she wants to applaud and rejoice with the presentees and their families for the long period of preparation. "Your achievements are the reason for this celebration."

The Pittsburgh Chapter was organized in 1944, as the fourth chapter of Jack and Jill of America Incorporated and was integral in the development of a plan for the national organization and its incorporation in 1946. Joining in the 2014 Pittsburgh celebration were Jack and Jill of America Inc. National President Tammy King and Eastern Regional Director Joi M. Grady.



**Ellis Moving  
Company**

[Ellismovingco@yahoo.com](mailto:Ellismovingco@yahoo.com)

**James "Auto" Ellis**  
Proprietor

**Service With a Smile**

**FULLY INSURED**

**412.478.7003**



# PITT RELEASES NEW RACIAL DIVERSITY STUDY

BY CHRISTIAN MORROW

In releasing its “Pittsburgh’s Racial Demographics 2015: Differences and Disparities” report, University of Pittsburgh School of Social Work Dean Larry Davis said the major finding is that the disparities the school’s Center on Race and Social Problems reported in 2007 still exist.

“This comes when disparities are taking center stage in national political discussions. These disparities affect every aspect of our lives,” he said. “Seven years ago, when we released our first report, it was used by foundations and schools, and served as a valuable resource. Relatively little change has occurred in quality of life in Pittsburgh, and the area continues to show major disparities.”

The report covers the same seven areas as the 2007 report: population diversity; families, youth and elderly; education disparities; economic disparities; interracial group disparities; health and mental health, and criminal justice.

Ralph Bangs, the longtime center researcher who retired Dec. 31, joined Davis for the report presentation, announcing the data on educational and economic disparities. He noted that the report used the most recent data available (2011-2012) where possible, but some due to sample sizes, used a five-year average.

On education, he pointed out that preschool enrollment for Blacks is the lowest among the racial groups reported, the others being White, Asian and Hispanic. The same held true for private school enrollment, with Whites and Asians at much higher rates. Not surprisingly, those groups had higher incomes, and much greater wealth.

“If you look at reading and math scores, Whites are mostly graded ‘proficient,’” he said. “Asians and Hispanics have the disadvantage of speaking a different language at home, yet Black students still have a lower level of proficiency.”

The economic data showed two to three times as many Blacks in poverty here as Whites, and live in

more densely segregated communities than either Asians or Hispanics.

“So you have concentrations of poverty, which leads to bad neighborhoods, higher crime and poorer schools,” said Bangs. “But there is no substantial change. The major finding is that these disparities continue to be a major problem.”

One of the more telling bits of data was presented by researcher Sara Berg, who noted the typical White student in the Pittsburgh Area goes to a school that is 90 percent White and most are not poor.

“The typical Black student goes to a school where half the students are Black and the majority of students are poor,” she said.

Allegheny County Executive Rich Fitzgerald, who along with Pittsburgh Mayor Bill Peduto attended the report presentation, asked if there were any trends that showed up. Bangs said the report was only that, it contained no analysis or recommendations and that seeing a trend would require even more current data.

Davis said the report is for others to use.

“When we started this center I said our number one purpose is to be useful, to take information and put it in the hands of those who can use it,” he said.

Peduto said at least it could be used to establish a baseline, especially with respect to affordable housing policy he wants to craft.

“It shows there’s a problem that’s been a problem and it has the data we can use as a starting point,” he said. “I’m putting together a housing policy committee and asking (Councilman) Danny Lavelle to chair it. He’s been on this issue for a while and it makes sense to have him lead it.”

The entire report is available Online at [crsp.pitt.edu](http://crsp.pitt.edu).

“...disparities are taking center stage in national political discussions. These disparities affect every aspect of our lives...”

-UNIVERSITY OF PITTSBURGH, DEAN, LARRY DAVIS

DOWNLOAD OUR MOBILE APP NOW AVAILABLE IN THE APP STORE.



## OLD TESTAMENT PEOPLE

OVPHTIVIFDAHCNDXLAZLARTLDDFNIW  
JMZA AVL YDFAMCPYSGUXIFHQWGA KPHZ  
OHINZAKDEYCXBAYMSRADATRBWECRKL  
SVVNRBRJONAHFPZXTJCNLOYWJSNZLA  
ELOAKOKOWQTYRWAIKTQNJLZHVTWLET  
POEHFCKJNJHREWRLRLWOGJQGYHQDRF  
HRYNAHGDCWASWQMROLNCABELVEGQEO  
THTFFYAMSTXRDNMZCZAWVXAHHARTWBO  
PUXZWBHYQYAPDMWXTMOUFPKNOAHEC  
GIDEONAVEHSPPOVPHCMKWVJXYOVDQKR  
NRCWIRENMHLII SAFPEIEJOSHUAOFAU  
ZBRRUMLOLTBATNKJEELSHAIMEREJHE  
QVWSHISAUUOPQWRDOIPJHVEUQJFLQS  
JISYBENKARJLBKAWSHFBRMKT KZC IQA  
DMTNSOVPSDANIELHFFZHKBAAUVUIIUU  
ZKMOVICEEPBAGSAGFLUYCAXEPEVXIE  
NCJSEIBVHWUZPTSTNOACORSFLBIQPE  
NBMMDSTEMYBHMQMVLAKCTORACHELGV  
DMUAYEWNRVGDAEUXEQZTRWCALEBBXU  
PSFSLQRZBUFOHNZQUXVWFTVURWJHLE  
XNAWKBEBSGLGAONKJACOBCEANFDLCB  
BIRMETZGXCI RCQCAZNXQXXAFWGVPS  
XMWAAHIMEHENBHTSSMADAZFIIDMZHC  
XAETMCA RVVHKALNOWFPWIQDHMNUYMG  
BJKFBIZURXUHMILFAIWINICXGZCHN  
ONHNFBLWCTIDASOVMUXKIVELRTGFT  
BEYNJISAACYDQUQMHCQCKCTAQSJKJMZ  
JBOBAGZMXHLNRJOOGHAISIDOOMGZZN  
OMLNL SAYQKJDDKANNVQWANVMRARAAN  
KHMTPHWPSTBJULELIIJAHHA KRNUMWSD

- |          |          |          |         |
|----------|----------|----------|---------|
| Aaron    | Esau     | Jonathan | Samuel  |
| Abel     | Esther   | Joseph   | Sarah   |
| Abraham  | Eve      | Joshua   | Saul    |
| Adam     | Gideon   | Leah     | Solomon |
| Benjamin | Hannah   | Lot      |         |
| Cain     | Isaac    | Moses    |         |
| Caleb    | Ishmael  | Nehemiah |         |
| Daniel   | Isiah    | Noah     |         |
| David    | Jacob    | Rachel   |         |
| Elijah   | Jeremiah | Rebekah  |         |
| Elisha   | Job      | Ruth     |         |
| Enoch    | Jonah    | Samson   |         |

©2000 Roxie Carroll akidsheart.com



## Word Search



## OLD TESTAMENT PLACES

VKEJSACTYAYOVZYOC LI Z  
ZBZTERYYIZGBRHGPNVVA  
AQUOSRFYAJNAKDDQWCAL  
IUJGNIUOTNIBVLHNBIBB  
RVILUZYSMNB EYIBYMBQO  
YEHXWREYAEZLMJBUMDPG  
SOUALSUVTLN FNZQMCAUH  
SBHHTZKHYJEJIGIODEPZ  
AWAESPEKIQTMTYJWCLWS  
RDQVLLYLEARS IUVLUIBJ  
CPMEZVEXBUBFDEDOMGVC  
KNZNSHEBRQGABMSSKWYT  
OQMIWGVUCRHHVRHOREBV  
CCENYQFTNLJVJSFHPUXN  
OBRPCTYTVE DENANPISPA  
KOTBRNSSINAI IKUDJJXA  
XMXKEZJERICHO SNNEZCN  
BQABJQITJNYAFARGOASA  
SMPZGKJDXVMFSAMARIA C  
HYLKGLBABYLON SHECHEM

- |         |         |           |
|---------|---------|-----------|
| Assyria | Edom    | Jerusalem |
| Babel   | Egypt   | Judah     |
| Babylon | Gilead  | Nineveh   |
| Bethel  | Horeb   | Samaria   |
| Canaan  | Israel  | Shechem   |
| Eden    | Jericho | Sinai     |
|         |         | Ur        |

©A Kid's Heart at akidsheart.com

# ACCEPTANCE

BY MICHELLE D. JACKSON

Twelve years ago on a beautiful Saturday afternoon my soon-to-be husband and I stood hand-in-hand before God, our pastor and 200 of our friends and family at our wedding ceremony and confessed, in unison, one very important truth. As my knees trembled under my long white lacey gown and tears dripped from his smiling face, we looked deeply into each other's eyes and repeated these words: "What you see is what you get."

It wasn't something we planned to admit on our wedding day. It wasn't something we expected the pastor to require us to say, but I believe it was a simple truth that placed us on a matrimonial journey paved by our faith in God instead of our own desires. Even after months of deciding between wedding gowns, invitations and honeymoon destinations, it was clear, in that moment, that what we needed most to build a strong relationship was less about the fleeting joys of a wedding and more about acceptance.

Acceptance is a person's belief in the reality of a situation without attempting to change it. Acceptance is a choice – one that exemplifies the power of forgiveness. It eradicates our right to judge what we believe is different and it gives credence to our ability to build a

the embodiment of God's Word, we are equipped with the authority to look beyond the complexities that change can bring to find contentment and joy.

Author and spiritual leader, Eckhart Tolle, defines acceptance as a "this is it" response to anything occurring in any moment of life...it means that, in the now, we acknowledge and accept our circumstances, including ourselves and the people in our lives, as we and they are. What started out as an unusual confession to make during our wedding vows has helped us build a stronger bond. We have learned that the composition of life will never be a perfect orchestra. People will change. How we love and see those we love will change. These things are inevitable. But the strength to stay together, through the good and bad times, is often found in the love, peace and serenity of knowing that we can be our authentic selves.

Employing the act of acceptance reiterates to those we love that we will be there for them no matter what they are faced with. And although marriage will always require us to compromise, starting a life together based on honesty, understanding and acceptance allows us to be better positioned to have a strong and viable connection.

SERENITY COMES WHEN YOU TRADE EXPECTATIONS FOR ACCEPTANCE. -UNKNOWN

life together based on honesty instead of fantasy.

Relationships with acceptance at its core are often fundamentally sound. The act of seeing a person or a situation for whom or what it really is perpetuates real growth and understanding. The Bible teaches us that as believers in Christ we are completely accepted. Through

"O God, give us the serenity to accept what cannot be changed, The courage to change what can be changed, and the wisdom to know the one from the other" -REINHOLD NIEBUHR, AMERICAN THEOLOGIAN



## MIND-BODY CONNECTION FOR WEIGHT LOSS, PART I: THE GUT ISSUE

I always say, “mental fatigue is worse than physical fatigue.” When you’re physically fatigued you can still push through, but when you’re mentally fatigued you might as well just forget about whatever you have planned. Your mind is so powerful, and it controls more than you think when it comes to weight loss. In the next couple of articles, I will break down how the mind impacts a different process in our body that can inhibit weight loss. In this issue, I will be focusing on the connection between Mind and Gut, and how it can be stalling your weight loss and fitness goals.

The Mount Magazine is designed for educational purposes only. All material contained within the article is provided “AS IS” for informational purposes only and should not be considered as professional medical or mental health advice. You should not use any information within the magazine to diagnose or treat a medical or mental health problem or disorder without consulting personally with a qualified medical or mental health professional. The opinions and statements made throughout this magazine do not represent the official opinion of Mount Ararat Baptist Church.

### MIND AND THE GUT INTESTINES

Have you ever had a “gut-wrenching” experience or felt “butterflies” in your stomach? The brain has a direct effect on the stomach. This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person’s stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression, and what do people do when they’re feeling stressed or depressed? Overeat and become less active, which equals to weight gain!

### BUT, WHAT CAUSES INTESTINAL ISSUES?

- Eating a lot of processed foods. Processed food compromises the bacteria in the gut because these foods, in general, will destroy healthy micro-flora and feed bad bacteria and yeast.
- Antibiotics from medication, meats and poultry. Though antibiotics kill off bad bacteria, they also kill the good bacteria that our body is made up of, which is over one trillion.
- Chlorinated water, Antibacterial soap, Agricultural chemicals, and Pollution.

### WHAT STUDIES SAY?

Studies have repeatedly demonstrated that the makeup of your intestinal flora can have an impact on your weight. A 2010 study found that obese individuals had about 20 percent more of a family of bacteria known as firmicutes, and almost 90 percent less of a bacteria called bacteroidetes than lean people. Firmicutes help your body to extract calories from complex sugars and deposit those calories in fat. When these microbes were transplanted into normal-weight mice, those mice started to gain twice as much fat. This is one explanation for how the micro-flora in your gut may affect your weight.



WHEN FIRMICUTES WERE TRANSPLANTED INTO NORMAL-WEIGHT MICE, THOSE MICE STARTED TO GAIN TWICE AS MUCH FAT.



Camille Clarke is an IFBB Figure Pro, Fitness Model, Nutritionist and owner of Camille’s Fitness Inc. Camille holds an MS in Exercise Physiology and is currently certified through ISSA, ACSM and NASM. Camille’s experience as an obese adolescent weighing in at 283lbs gives her a firsthand understanding of those who struggle with weight loss. Camille’s quest to change her health and appearance has pushed her to motivate, inspire and educate others to do the same!

Website: [camillesfitness.com](http://camillesfitness.com)  
Instagram: [camillesfitness](https://www.instagram.com/camillesfitness)  
Facebook: [Camille Clarke NPC Figure](https://www.facebook.com/CamilleClarkeNPCFigure)  
Twitter: [Camillesfitness](https://twitter.com/Camillesfitness)

### SOLUTIONS

- Decrease stress.
- Dietary. Eliminate processed foods, and be aware of any food allergies or intolerances
- Environmental Stress: Decrease usage of chemical products.
- People. there are individuals in your life that you know you have to cut out.
- Solace. Make time to pray, meditate, relax and regroup
- Take Probiotics. A study from 2010 showed that obese people were able to reduce their abdominal fat by nearly 5% and their subcutaneous fat by over 3%, just by drinking a probiotic-rich fermented milk beverage for 12 weeks, while the controlled group experienced no significant fat reductions at all. Probiotics have also been found to benefit metabolic syndrome, which often goes hand-in-hand with obesity. A probiotic supplement can be incredibly useful to help maintain a well-functioning digestive system when you stray from your healthy diet and consume excess grains or sugar, or if you have to take antibiotics
- Eat fermented or live cultured foods. Cultured foods like raw milk yogurt and kefir, some cheeses, and fermented vegetables are good sources of natural, healthy bacteria.

In the next article, I will discuss how anxiety and stress affects our hormones when it comes to weight loss. Until next time, keep a positive attitude and stay committed to focusing on a healthier and happier you this year!

# FIVE QUICK TIPS TO HELP YOU KEEP YOUR NEW YEARS WEIGHT LOSS RESOLUTION

New Year's Resolutions are easier to make than to keep, especially when it comes to dieting. While life can often seem at odds with your health and fitness goals, there are plenty of ways to avoid common pitfalls this New Year and stay on the weight loss track.

## SNACK AND DRINK SMART:

When you're one-the-go, easy protein-packed snacks will help you stay on track. Try beef jerky, low-fat string cheese, or 100 calorie packs of almonds. Fiber-rich whole-grains, fruits and vegetables can also help keep hunger at bay.

Calories from drinks add up fast. Stick with dry wines, as they often have fewer calories than sweeter varieties. Light beers, with approximately 100 calories

for every 12 ounce serving, are also a good choice. If you prefer cocktails, use calorie-free mixers, such as seltzer with 1.5 oz. of spirits.

**MAKE IT EASY:** Dieting should be easy. Most people often complain they fail at diets because they need to constantly count calories, or weigh and measure foods.

Look for programs that help you stick to your goals by offering convenience and support. For example, Nutrisystem helps with the hard part -- the counting, weighing and measuring -- by offering pre-portioned and personalized meal plans designed to fuel individuals with the right amount of calories for how their metabolism burns, as well as satisfy individual taste. And with their Fast 5+ kit, you can jumpstart your

weight loss, since it promises to help you lose five pounds plus an inch off your waist in your first week of dieting. You'll see results quickly, giving you motivation to keep going.

There's no better time than now to start your weight loss journey and make your pledge to lose. To learn more, visit [www.Nutrisystem.com](http://www.Nutrisystem.com) or the Nutrisystem Facebook page to #pledgetolose today.

**EAT OUT, RIGHT:** Eating out is sometimes unavoidable. Just be sure to check out a restaurant's nutrition information online before you go, so you can make wise choices.

Make substitutions like salad, with dressing on the side, instead of fries and don't be afraid to ask if a menu item can be modified. Also, be mindful of portion sizes. Take half your meal home and enjoy it for tomorrow's lunch.

**FACING THE SCALE:** Weight fluctuates throughout the day. Weigh yourself at the same time of day in similar weight clothing to get the most accurate readings. Remember though, the number on the scale won't always reflect your hard work. Focus instead on healthy, positive changes and how you feel.

**AIM FOR 30:** Squeeze 30 minutes of activity into your day. Walk during lunch, jump rope during your favorite nightly TV show or turn on music and dance around the house.

Remember, everyone falls off the wagon from time to time, but the New Year is the perfect time to commit to your weight loss goals.

(STATEPOINT)



This section is designed to answer questions that you may have about the Bible or Christianity. In the church, Deacons function as servants, ministering to the church body in practical ways, including, but not limited to: discipleship, assisting with baptism, prayer and visitation to the sick. If you have a question that you would like one of our Deacons to answer, please submit your question to: [mountmagazine@mt-ararat.org](mailto:mountmagazine@mt-ararat.org)

**Q:** Why should I believe the Bible?

**A:** Christians believe that God used human authors to accurately translate and express the thoughts of His mind within in the Bible.

The Bible can be trusted because it is free from error and is the comprehensive record of our Creator's will. Within its pages is found the record of the redemptive plan and the revelation of the identity of the Savior who secured it. Pastor, Educator and Author Chuck Swindoll states it well, "[The Bible] is to be believed in all that it teaches, obeyed in all that it requires, and trusted in all that it promises."

In both Old and New Testament accounts, the faith-test stories of people like us are depicted in vivid detail. Every human emotion and experience is illuminated. Rather than avoiding the tough subjects like adultery, suffering, death and grief, we are provided the divine perspective. In every instance God is proven to be loving, faithful and just. Expect the Bible to fortify your faith, quiet your doubts and relieve your fears.

Rely on the Bible because it provides an abundance of Godly knowledge, truth and wisdom. "By your words I can see where I'm going; they throw a beam of light on my dark path" (Psalm 119:105 MSG). Rejoice knowing that the Scriptures of the Bible provide the much needed direction to navigate the bleak and difficult times of life.

I encourage you to open your heart. Read, search, study, learn, grow and live in the pages of the book produced by the God who invites us to know him.

SUBMITTED BY: [REMOVED RESPECTFULLY]

# FEBRUARY IS AMERICAN HEART MONTH: ARE YOU AT RISK FOR HEART DISEASE?

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.1 CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

## TAKE IT ONE STEP AT A TIME

You can control a number of risk factors for CVD, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High blood cholesterol
- Diabetes

As you begin your journey to better heart health that can last a lifetime, keep these things in mind:

**TRY NOT TO BECOME OVERWHELMED.** Every step brings you closer to a healthier heart, and every healthy choice makes a difference!

**PARTNER UP.** The journey is more fun—and often more successful—when you have company. Ask friends and family to join you.

**DON'T GET DISCOURAGED.** You may not be able to take all of the steps at one time. Get a good night's sleep—also important for a healthy heart—and do what you can tomorrow.

**REWARD YOURSELF.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

SOURCE: CDC.GOV/FEATURES/HEARTMONTH

## MARK YOUR CALENDARS!

**SUNDAY, FEBRUARY 8, 2015**  
Mount Ararat's Health & Wellness ministry is asking everyone to wear 'Red' in recognition of American Heart Month, and to participate in their health screening events happening in the Fellowship Hall after each service: 7:30am, 9:30am and 11:45am

**THURSDAY, MARCH 12, 2015**  
In recognition of World Kidney Day, Mount Ararat's Health & Wellness ministry will host a health screening event from 8am to 3pm in the Fellowship Hall.



# Classic Tent

RENTALS & PARTY SUPPLIES



**STOP IN AND MEET OUR EVENT COORDINATOR/DECORATOR**

## Complete Indoor & Outdoor Wedding Accessories

- Hall Decorating • Fabric Lit Ceilings • Centerpieces • Bridal Tables
- Cake Tables • Gazebos & Archways • China Glassware, Flatware
- Linens & Napkins • Chocolate Fountains • Tents • Tables • Flooring
- Classy Restroom Facilities

1179 BUTLER ROAD,  
ROUTE 356 FREEPORT  
724-295-6500  
724-779-6501



[www.classic-tent.com](http://www.classic-tent.com)

[classic@salsgiver.com](mailto:classic@salsgiver.com)

## Get "The Mount" delivered straight to your door!

Subscribe to receive Pittsburgh's Monthly Christian Lifestyle Magazine. Enjoy uplifting and informative articles to enhance your Christian walk, Movie Reviews, Sports Editorials, Finance, Health & Wellness, Local and National News and so much more!



THERE'S SOMETHING FOR EVERYONE IN...

**The MOUNT**  
Pittsburgh's Christian Lifestyle Magazine

12 MONTHS  
\$42

6 MONTHS  
\$21

**SUBSCRIBE TODAY!**  
412-441-1800 Ext. 222

**PREPARE FOR WORSHIP!**  
with Brother Marlon

**SUNDAY MORNINGS 6-10AM**  
ON YOUR HOME FOR HOTTEST HITS & MORNING INSPIRATION

100.1FM & 660AM  
[WWW.WAMO100.COM](http://WWW.WAMO100.COM)  
or download the WAMO100 app

# WHY THE ARIZONA CARDINALS ARE CALLED “PITTSBURGH WEST”

BY RAY PORTER JR.

**M**ost fans of sports teams are more familiar with the nicknames of a team than the city that they represent. It is easy to identify the major Pittsburgh teams: Steelers, Pirates, Penguins and Panthers, but what about the New England Patriots or the NBA's Golden State Warriors? Have you heard of the Minnesota Vikings, Twins Wild or Gophers? Do you know the cities where these college football teams play?

The New England Patriots are in Foxboro (near Boston) Massachusetts, the Golden State Warriors are in San Francisco, and all of the Minnesota teams are in Minneapolis. What about the New York Jets and Giants? These teams are actually in East Rutherford, New Jersey.

The Washington Redskins? Landover, Maryland.

Nicknames are usually something fancy to get the attention of the supporters, and serve as a nod to the team's city. The Steelers for example, speak to the Steel industry; the Baltimore Ravens reflect poet and Baltimore native Edgar Allen Poe and his famous poem: The Raven. Baltimore's other team; the Orioles symbolize the state bird (as does the New Orleans Pelicans). The New England Patriots remind us of the soldiers of the Revolutionary War. And the Los Angeles Lakers' name points to the 10,000 lakes in...Minneapolis Minnesota; the team played in that city from 1947-60.



In the NFL there is a team with a peculiar nickname that is associated to the Steelers in a unique way, and that team is the Arizona Cardinals. They are called “Pittsburgh West.” The Cardinals’ name derived in 1898 when Chicago painting and building contractor Chris O’Brien established an amateur Chicago-based athletic club football team named the Morgan Athletic Club. O’Brien later moved them to Chicago’s Normal Park and renamed them the Racine Normals because Normal Park was located on Racine Avenue. In 1901, O’Brien bought used maroon uniforms from the University of Chicago; the colors had faded. “That’s not maroon,” O’Brien exclaimed, “it’s cardinal red!” The team changed its name to the Racine Cardinals.

The Cardinals relocated to St. Louis in 1960, and then moved to Phoenix in 1988, where they reside now.

But why are they also called “Pittsburgh West?”

The past several years, this team has inherited lots of former Steelers players and coaches. Most are in the twilight of their careers and usually retire from there. Some names you may know are: LB Larry Foote (current), LBs Joey Porter, Clark Haggains, cornerbacks Deshea Townsend, William Gay, Bryant McFadden and Crezdon Butler, DT Nick Eason, TE Jerame Tuman, FB Dan Krieder, RBs Rashard Mendenhall and Jonathan Dwyer, G Alan Faneca and C Chucky Okobi. And the Steelers actually signed 3 players from the Cardinals: Re-acquiring McFadden and se-signing Gay and trading for T Levi Brown, and hiring former offensive coordinator Todd Haley as their offensive coordinator.

In 2007, former Steelers offensive Coordinator Ken Wisenhunt became the Cardinals head coach, and he took former offensive line coach Russ Grimm with him along with former special teams coach Kevin Spencer, former LB coach Matt Raich and former defensive backs coach Ray Horton with him. After the 2012 season, Wisenhunt was fired and the Cardinals hired another former Steelers offensive coordinator - Bruce Arians, and along with Foote, Mendenhall (who retired in 2013) and Dwyer, he added former Steelers offensive line coaches Larry Zierlein and Harold Goodwin, former special teams coach Amos Jones, and former Steelers DT Bretson Buckner is his defensive line coach. Prior to that Hall of Famer Joe Greene was the Cardinals defensive line coach from 1987-2003.

The special moment between the two teams was Super Bowl 43 in 2009, this match which set as rivals Wisenhunt against current Steelers HC Mike Tomlin. The Steelers came out victorious with a score of 27-23 in that game.

There may be other teams with similar connections, but they certainly don’t compare to what the Cardinals and Steelers have, that’s what’s makes a nickname so special.

*Ray Porter Jr. is a staff sports writer for Urban Media Today (urbanmediatoday.com). You can follow Ray @urbanmediaRay on twitter.*

ONE DREAM  
CAN CHANGE THE WORLD

# SELMA




Dozens of films have been created to depict the life and legacy of Dr. Martin Luther King, Jr., but none have been as riveting and piercing as Selma. In delicate detail, the movie highlights the three 1965 Selma to Montgomery marches which ultimately led to the passage of the 1965 Voting Rights Act. The movie also resurfaces sensitive topics like Dr. King's marital infidelity, FBI wire tapings, intimidation tactics, and the initial resistance from the Student Nonviolent Coordinating Committee (SNCC).

Directed by Ava DuVernay, Selma has a teeming lineup including David Oyelowo, Oprah Winfrey, Carmen Ejogo, Tom Wilkinson, Tim Roth, Common, Lorraine Toussaint, and Cuba Gooding, Jr. Oyelowo and Ejogo were spitting images of the Nobel Peace Prize recipient and his late wife. From voice to posture to presentation, the pair of near impersonators provide for the most compelling portions of the film. Their lonesome moments together on screen echo a true depiction of one of the greatest marital unions of all time. Additionally, some of Selma's reenactments of notable moments in history are able to provoke a vicarious and physical response—causing your whole body to shake in disbelief. For example, the bombing of the 16th Street Baptist Church and subsequent deaths of four little girls is one of the country's most heinous crimes. We all ought to be familiar with the tragedy. However, for some reason, when DuVernay gives her rendition of the bombing it takes cinematic recreation to a whole new level.

## MOVIE SCENE QUEEN

MERCEDES J. HOWZE

*Mercedes J. Howze, 26, started Movie Scene Queen last January to share her thoughts about the latest movie happenings with fellow movie lovers. She's studied journalism at Clark Atlanta University and Duquesne University, while practicing the discipline for nearly a decade. The New Pittsburgh Courier named her one of their Fab 40, Under 40 recipients in 2013 for her vast volunteering endeavors, while being the single mother of two young children and maintaining her post as a project coordinator with the Pittsburgh Public Schools.*



**JAMES BRACEY**  
 (412) 264-8300 OFFICE  
 (412) 999-5140 CELL  
 (412) 264-1916 FAX  
[james.bracey@pittsburghmoves.com](mailto:james.bracey@pittsburghmoves.com)

Airport / West Regional Office  
 6305 University Boulevard  
 Moon Township, PA 15108  
[www.pittsburghmoves.com](http://www.pittsburghmoves.com)  
 Operated by a subsidiary of NRT LLC.



**Samuel E. Ward, Owner**  
 700 River Ave., Suite 312  
 Pittsburgh, PA 15212  
 Tel. 412.727.1921  
 Toll-Free 1.866.712.9023  
 Cell 412.908.1359  
 Fax 412.267.1629  
[saward@wardComputerServices.com](mailto:saward@wardComputerServices.com)  
**WardComputerServices.com**

Michelle D. Jackson  
 President/CEO

**PR Solutions, LLC**  
 Strategic Marketing & Corporate Event Planning  
 Specializing in Public Relations, Ad Buying, Social Media Management & Corporate Event Planning

Office (724) 307-3056  
 Cell (678) 548-2461  
[Mjackson14@bellsouth.net](mailto:Mjackson14@bellsouth.net)  
 Follow me on Twitter @ \_mdjack  
[www.prsolutions123.com](http://www.prsolutions123.com)



PHOTO CREDIT: BRIAN COOK

## MENTAL HEALTH RESOURCES:

### Mount Ararat Counseling Center (MACC)

271 Paulson Avenue,  
Pittsburgh, PA 15206  
412.441.1800 Ext. 270

### The Good Grief Center

2717 Murray Avenue,  
Pittsburgh, PA 15217  
412.224.4700

### re:solve Crisis Network

333 North Braddock Ave  
Pittsburgh, PA 15208  
1.888.796.8226

### Peer Support and Advocacy Network (PSAN) Warmline

1-866-661-WARM (9276)

### Mercy Behavioral Health Crisis Line

1-877-637-2924

### Western Psychiatric Institute and Clinic

412-624-1000 or  
toll free 1(877)-624-4100

### NAMI (National Alliance on Mental Illness) Southwestern Pennsylvania

105 Braunlich Drive  
Suite 200, McKnight Plaza,  
Pittsburgh, PA 15237  
Phone: 412-366-3788  
Toll free: 1-888-264-7972

# MOUNT ARARAT COUNSELING CENTER

THE CENTER THAT CARES

## OVERVIEW

The Mount Ararat Counseling Center (MACC) is designed to fill the gaps identified in both the Church and in the greater Pittsburgh community by providing affordable and accessible services as well as trained licensed mental health professionals who incorporate culturally sensitive and culturally appropriate counseling services that include spiritual, Christian and faith-based interventions.

## GOALS & OBJECTIVES

MACC's approach to addressing client needs integrates spiritual, Christian, ethical and religious values. It is MACC's belief that the infusion of these elements into the counseling process is essential for the overall development of those that will be served. Another goal of MACC includes providing Christian-based psychological and emotional support, as well as social services to clients, who may or may not be members of Mount Ararat Baptist Church (MABC), but who are in need of professional guidance and advocacy in dealing with issues that may prevent effective and responsible conduct of their daily lives.

## TARGET POPULATIONS

The target clientele for MACC are individuals, couples, families, and groups across the lifespan (i.e., children, adolescents, adults and older adults). MACC will be targeted to members of MABC, to other church congregations, to members of the East Liberty area of Pittsburgh, and to members of the greater Pittsburgh Community.

## COMMON CONCERNS ADDRESSED BY MACC

Depression; Anxiety; Stress; Abuse; Crisis Support; Relationship Issues; Grief, Death & Loss; Self-Esteem; Alcohol & Substance Abuse; Identity; Development; Career Planning & Development; Anger; Life Skills; Deficits; Retirement.

## MACC STAFF

Trained professional or clinicians (i.e. licensed or masters-level) with diverse qualifications and backgrounds, including professional counseling, marriage, couple and family therapy, psychology, pastoral counseling and counseling psychology, conduct the Mount Ararat Counseling Center (MACC) counseling sessions. Some counseling services may be provided by qualified students enrolled in masters-level and doctoral degree programs under the supervision of MACC licensed mental health professionals and faculty members or doctoral interns who are licensed mental health professionals.

## INSURANCE & FEES

Highmark, UPMC, and Community Care Behavior Health (CCBH) insurance companies cover MACC's services, and we also offer fee-for-service and sliding scale for those who may not have insurance and/or may have difficulty paying. In extreme cases of financial hardships and lack of insurance, pro-bono assistance may be available. Please contact MACC for further information on the rates for counseling services.



**See much more than a Screenshot!**  
Get daily updates of what's happening in the Pittsburgh Community and abroad.  
[www.newpittsburghcourier.com](http://www.newpittsburghcourier.com)

- Daily Updates
- Headline News
- View our Classifieds
- Watch Videos
- Research our Archives
- Subscribe to our Daily Digital



## CCAC offers:

- 23 transfer programs
- Articulation agreements in 125 programs
- Flat rate tuition of \$1,571.25\*
- Online & on-campus courses

\*12-18 credits plus fees, Allegheny County residents

[ccac.edu](http://ccac.edu)  
412.237.3100

OUR GOAL IS YOUR  
**SUCCESS.**





IT'S THE OPPORTUNITY OF A BRUNCHTIME  
EXPERIENCE AWARD WINNING CHEF KEVIN WATSON

# SAVOY

RESTAURANT

**CALL NOW FOR RESERVATIONS**

**PEOPLE'S CHOICE AWARD WINNER**

412.281.0660 or Visit Us Online at [SAVOYPGH.COM](http://SAVOYPGH.COM)

2623 Penn Avenue | Pittsburgh, PA 15222

