

East Hills Community Newsletter

Volume 7 Issue 4

April 2014

**East Hills Management
2nd & 3rd East Hills
2320 East Hills Drive
Pittsburgh, PA 15221
Phone: 412-243-8400
Fax: 412-243-8211**

Property Management

- Ext. 100 Gretchen-A-P Specialist
- Ext. 101 Lee-Property Manager
- Ext. 102 Dave-COS
- Ext. 103 Christina-COS
- Ext. 105 Mildred-Accts Receivable
- Ext 112 Helen—Admin Asst

Community Services

- Ext. 106 Barbra-Director
- Ext. 107 Anita-Coordinator
- Ext. 109 Daryl Assist. Coordinator

Maintenance

- Ext. 110 Non-Emergency
- Ext. 111 Emergency
- Phil-Supervisor
- Tom—Painter
- Bob-Maintenance
- Fred-Maintenance
- Gary-Maintenance
- Scott-Janitorial

Landscaping

- Osvaldo- Supervisor
- Charles- Lscpg Assistant

East Hills Public Protection Office

- 412-537-8713
- Community Center 412-244-1404
- Fax :412 244 -1413

Letter from the Manager:

Dear Residents,

April is here and hopefully old man winter has gone away for good. It is so revitalizing to have more daylight hours. We love seeing the children outside playing and having fun. Please know we offer after school youth programs at the Community Center. For more information about this opportunity call 412-244-1404.

Wishing all residents a blessed and happy Easter.

Sincerely,
The Management Team

Coming Soon!!!!!!!!!!!!

Basic Computer Classes:

- Microsoft Word
- Internet Searching
- Microsoft Publisher

East Hills Neighborhood Networks Computer Lab
2291 Wilner Drive

To register call Ms. Anita or Mr. Daryl at:
(412) 244-1404

Community Activities and Announcements

East Hills Resident PDC Resident Council Monthly Meeting Dates 2014 through June

Tuesday, April 29, 2014
Clubhouse
2464 Bracey Drive
6:30pm-7:30pm

Tuesday, May 27, 2014
Community Center
2291 Wilner Drive
7:45pm-8:30pm

Tuesday, June 24, 2014
Clubhouse
2464 Bracey Drive
6:30pm-7:30pm

Attention!!!!!!

Youth Places will sponsor their annual **Black College Tour** on April 9, 2014

Students in grades 10th 11th and 12th are invited to attend.

Personnel from colleges listed below will be on hand to talk with the students:

Alabama State, Lincoln State, Wilberforce, Central, Robert Morris, La Roche, Duquesne University, Youngstown State, IUP and Cal State.

Please contact Damien Scott at (412) 244-1404 for more information.

Christian Evangelistic Economic Development
CEED presents The B4 Seminar:
BETTER BUSINESS WITH A BETTER BRAND

FRIDAY, APRIL 11, 2014
1:30PM – 3:00PM

- Learn how to brand your business.
- Learn techniques that help you improve your brand.
- Learn how to target different customer demographics.
- Learn how to use Social Media to your advantage.

CEED Office
6435 Frankstown Ave.
Pittsburgh, PA 15206

Congratulation Carma Luna Student at Colfax Elementary School 1st place Winner of Poetry Writing Contest

BULLYING

BULLYING HURTS, DON'T YOU SEE?
DON'T YOU SEE? YOU'RE NOTHING BUT A BIG BULLY
DON'T YOU THINK OF WHAT COULD HAVE BEEN?
WHAT IF THEY PUT A RAZOR TO THEIR SKIN?

WHAT IF THEY WROTE A NOTE TO SAY GOODBYE?
AND THEIR FAMILY LEFT WONDERING , WHY?
WHAT IF AT NIGHT, THEY CRY THEMSELVES TO SLEEP?
BY MORNING, IT'S TOO HARD TO GET UP ON THEIR FEET.

THEY ARE AFRAID TO COME TO SCHOOL.
BECAUSE OF BULLIES LIKE YOU
WHEN TRY TO TELL AN ADULT, THEIR PLEA IS OVERRULED.
SOON THEY CAN'T TAKE IT ANYMORE
THEY THINK, "WHAT DO I HAVE TO LIVE FOR?"

FINALLY ALL OF THEIR SECRETS START TO SPILL
THEY GRAB THE BOTTLED AND OVERDOSE ON PILLS
ALL THEY EVER WANTED WAS A FRIEND
AND TO HEAR THE WORDS, "I'M SORRY,
I WON'T DO IT AGAIN"

YOU DID IT ALL FOR FUN
YOU DIDN'T KNOW WHAT COULD HAVE BEEN DONE
WHAT IF YOU SEEN WHAT YOU PUSHED THEM A BIT TOO FAR?
ALL YOUR ACTIONS HAVE CAUSED ONE BIG SCAR

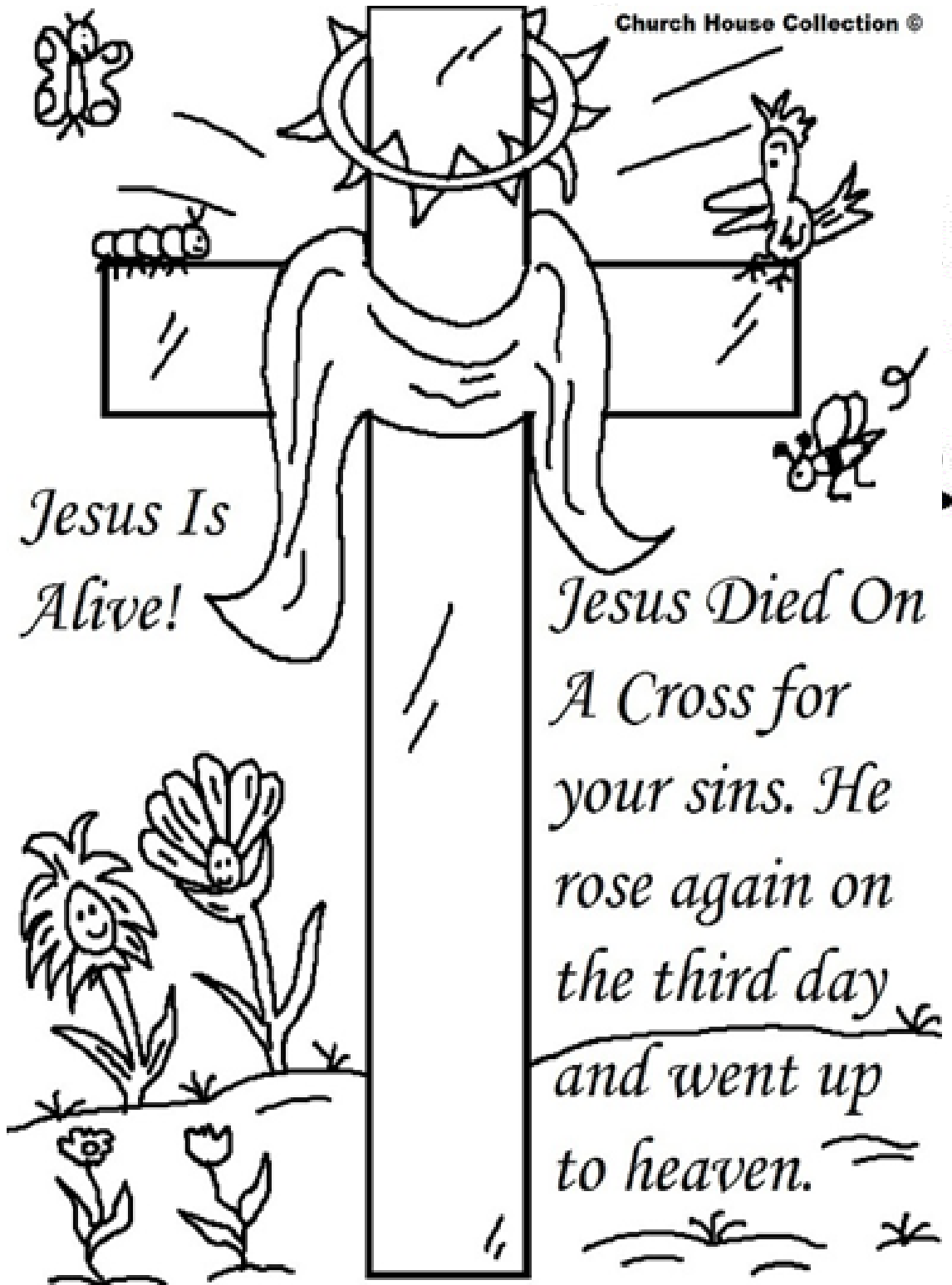
HAVEN'T YOU SEEN WHAT YOU PUT THEM THROUGH?
YOU THINK THEY'RE WEAK, BUT THEY'RE STRONGER THAN YOU
ALL THEY WANT TO DO IS FORGET THEY THINK, HOW MUCH
WORSE CAN IT GET?

DON'T YOU KNOW, YOU'RE THEIR BIGGEST FEAT?
THEY SCREAM SO LOUD BUT NO ONE CAN HEAR WHAT IF IT WAS
YOU WHO GOT HURT EVERY DAY?
TELL ME HOW MANY WORDS YOU HAVE LEFT TO SAY

It is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students.

Source: National Education Association.

American schools harbor approximately 2.1 million bullies and 2.7 million of their victims. Dan Olweus, National School Safety Center.
IF YOU ARE A VICTIM OF A BULLY REPORT IT IMMEDIATELY TO A PARENT, TEACHER, ANYONE YOU TRUST. DON'T LET THEM INTIMIDATE YOU, THEY ARE WRONG!



COLORING SUGGESTIONS:

Recipe of the month:Mississippi Caviar

With its sprightly, fresh taste this salsa is perfect with chips or as a side to chicken, beef or eggs.

- 1 (15 oz.) can black-eye peas, drained
- 1 (25 oz.) can black beans, drained
- 1 (15 oz.) can whole kernel corn, drained
- 3 large tomatoes, seeded & diced very small
- 1 medium onion, finely diced
- 1 medium green bell pepper, diced very small
- 8 cloves of minced fresh garlic (about 3T.)
- 1/2 bunch cilantro, finely chopped (or to taste)
- 1 jalapeno pepper, seeded & finely chopped
- Juice of one lemon
- 1 tsp. Italian seasoning
- 1 (7 oz.) package of dry Italian dressing mix (such as Good Season)
- 1/2 c. extra-virgin olive oil
- 1/2 c. white vinegar

1. Combine first 11 ingredients in a large bowl and mix together
2. Combine dressing mix, oil & vinegar. Pour into bowl and mix well.
3. Chill at least 2 hours

Success for Teens

(Ages 13-16 years old)

Teaching Young People the Tools they Need for Success

- Little Things Matter/Positive or Negative they determine the kind of lives you live
- Attitude is Everything/Your actions are driven by what you believe
- Use the Moment/Create a better future by taking action now
- Everything Starts with Small Steps/Success in life starts with small steps
- There's No Such Thing As Failure/Success is built on failure because it helps you know your strengths and weaknesses
- Habits Are Powerful/Positive habits are powerful tools that help you reach your potential
- You're Always Learning/There's no standing still in life, you can always learn something new
- You Can Make Your Dreams into Reality/Take small positive steps over time and your dreams can come true.

East Hills Neighborhood Networks Computer Lab
2291 Wilner Drive

Parents please contact Ms. Anita or Mr. Daryl at:

(412) 244-1404

Jokes

Q: What kind of bunny can't hop?

A: A chocolate one!

Q: What do you call a rabbit with fleas?

A: Bugs Bunny

Q: What does the Easter Bunny get for making a basket?

A: Two points, just like anyone else.

Q: What day does an egg hate the most?

A: Fry-days

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Rent Due	2 Baked Goods 10:30A -12P	3- Pest Control	4	5
6 Grace and Truth Church 11 a.m. Pastor Claudia Wells	7	8 Rent Late	9 Baked Goods 10:30A -12P	10	11 Who So Ever Will Church Bible Study 6:30 p.m. Bracey	12 Who So Ever Will Church 1P Bracey
13 Grace and Truth Church 11 a.m. Pastor Claudia Wells	14	15	16 Baked Goods 10:30A -12P BYFH12:30p	17 Pest Control Senior Day Lunch and Food Box Distribution 11:30 1p Bracey	18 Good Friday	19
20 Easter Grace and Truth Church 11 a.m. Pastor Claudia Wells	21	22 Earth Day	23 Baked Goods 10:30A -12P	24-	25 Petra Food Bank Who So Ever Will Church Bible Study 6:30 p.m. Bracey	26 Who So Ever Will Church 1P Bracey
27 Grace and Truth Church 11 a.m. Pastor Claudia Wells	28	29 EH Resident PDC Community Mtg Bracey	30 Baked Goods 10:30A -12P			