

HorizoNews

Vol. 27 No. 3

www.horizon-house.com

November 2018

Price of Cable and Internet Drops, Speed Doubles

The Board has negotiated a new contract with Spectrum (formerly Time Warner Cable) which calls for the price of our cable and Internet service to drop from \$60.95 per month to \$46. The channel lineup and equipment provided will be the same as under the current agreement, but Internet speed will be doubled from 100 Mbps to 200 Mbps. Spectrum also agreed to make a substantial one-time payment to Horizon House in excess of \$500,000 to secure our five-year commitment.



statement, so you will no longer get a bill in the mail from Spectrum unless you have services above and beyond what is included in the deal.

Details of the deal:

Horizon House's bulk cable agreement with Spectrum entitles all residents to certain services at discounted prices. The special price for Horizon House residents includes both cable TV and Internet for \$46 (plus FCC fees and taxes).

Here's a list of key services and equipment that are included at no extra charge:

(Cont'd on Page 10)

In this issue...

1. Price of Cable and Internet Drops, Speed Doubles
1. Mental Health Matters!
2. Around the House
4. Fire Safety in the Home
5. What Do You Know About Fort Lee?
6. Around Town
6. Events Around Town
8. More Tricks of the Commuting Trade
9. A Jersey Urban Treasure Less Than an Hour from Home
9. Winter Trunk Quick Check
12. Have a Laugh!
13. Classifieds

The new, lower pricing will go into effect on January 1 and will now appear on your monthly maintenance

Mental Health Matters!

The County of Bergen and all 70 of its municipalities have declared themselves Stigma-Free. This initiative is meant to educate the public about mental illness and the resources available.

To that end, we have asked Horizon House resident Vicki Sidrow, MPA, to write about depression and suicide and share resource information in this newsletter. Vicki is the President and CEO of Vantage Health System, established in 1957, the first community mental health center in Bergen County.

When someone takes his or her own life, it is devastating for the family, friends and the community. The questions asked can be "why?", "what did I miss?" and "is there something I could have done?"

The statistics around suicide are staggering. The numbers released this summer by the federal Centers for Disease Control (CDC) showed a 25 percent increase nationwide from 1999 to 2016 in the

(Cont'd on Page 10)

Around the House



Updated Horizon House Deli

Horizon Deli Sports New Amenities

The Horizon House Deli has recently undergone a series of upgrades to enhance its ambiance and customer convenience. A custom-made counter with stools overlooks our grounds, new tables and chairs seat more patrons, and updated flooring warms the look and feel of the entire establishment. In addition, Bilo, the owner, has added a new cooler with salads, yogurts, drinks and other chilled snack items. He invites you to stop in and take a look!

Garage Upgrades Forging Ahead

Concrete repairs and preventive maintenance work on the parking deck and garage in front of Building 5 began in September. As a result, many Building 5 residents are now parking either on Horizon Road or in the area near the tennis and basketball courts. The current phase of the work is scheduled to last through January, but may take longer depending on weather conditions and the extent of the repairs needed.

Riser Pipe Replacement Reaches Halfway Mark

Approximately half of the new riser pipes in Building 5 have either been installed or are almost complete. These pipes are mainly on the east and north sides of the building. The project is on schedule and pipe replacement in the other half of Building 5 is expected to begin in December. The

HorizoNews

Managing Editors: Dean Freedman,
Elaine Samet

Classifieds Editor: Katherine Howie

Writers: Dean Freedman, Francisco Rojas,
Elaine Samet, Anne Wagner, The
Unknown Columnist

Design/Production: Dean Freedman

Photos: Dean Freedman (unless
otherwise noted)

Management Personnel & Phone Numbers

Management Office	201-224-6300
Michael Denker, General Manager	201-224-6300
Thomas Ottina, Operations Manager	201-224-6300
Fran Belfor, Asst. Executive Manager	Ext. 202
Michael Walsh, Facilities Manager	Ext. 203
John Gugliotta, Service Manager	201-224-3314
Security Office	201-886-3205



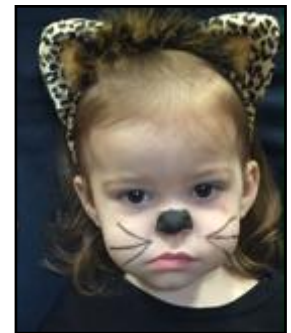
riser pipes are being replaced three-at-a-time to reduce the impact on the building as a whole. The next three to be tackled are on the western and southern sides of the structure. The riser pipes bring hot water to the heating systems in the winter, and cold in the summer to provide air-conditioning.

Balcony Railings Getting There

The balcony railing project continues apace on the western façades of Buildings 1, 2, 3 and 4. Almost all the new west-facing railings will be in by the end of the year. Installation of new railings on the east side Building 1 will follow. Removal work has not yet begun on the east facing façade of Building 2.

Halloween Workshop Draws a Crowd

The Event Committee's Halloween workshop was held on October 21st in the Building 5 Community Room. Participants included Spider-Man, a police officer, and a kitty cat. Thanks to Natalia Novak for organizing the event.



Photos courtesy of Anita Rechler and Natalia Novak

Fire Safety in the Home: Best Practices

The Fort Lee Fire Prevention Bureau is staffed by full time employees and is responsible for the enforcement of all state and local fire codes within the Borough of Fort Lee.

Steve Curry, Fire Official/Subcode Official, has shared some important information and fire safety tips for the residents of Horizon House.

Beginning January 2019, a change to the NJ Fire Code will affect the residents of Horizon House. Residents replacing their smoke/carbon monoxide detectors will need to use detectors with a 10-year sealed battery. Smoke detectors should be the photoelectric type. This change to the fire code will insure that batteries are not removed and do not need to be replaced on a yearly basis.



SMOKE DETECTION:

- Never ignore the building's common area fire alarm system or smoke/carbon monoxide detector in your apartment. These are early warning devices.
- Test your smoke/carbon monoxide detector once a month.

SMOKING:

- Always keep matches and lighters away from children.
- Do not smoke in bed, use large ashtrays when smoking and never empty an ashtray into the garbage without totally soaking the contents with water. Never throw smoking material off the balcony.

COOKING/BARBECUING:

- Use caution when cooking, keep children away from stove, never leave

cooking unattended, and do not wear loose fitting clothes while cooking that can easily ignite.

- ONLY electric grills are permitted for balcony use – no open flame barbecue grills are permitted at Horizon House.
- The use of kerosene heaters inside of buildings is prohibited; and never store gasoline, propane, or other flammable liquids inside your apartment.

ELECTRICAL:

- Use only licensed electricians to install or repair electrical wiring. (Note: Your electrician needs to provide the Management office with proof of insurance before any work is done.)
- Be sure there are enough electrical outlets for your electrical needs. Do not use multi-plug adapters of any kind.
- The use of UL approved extension cords are permissible for temporary use only and not meant to be used as permanent electric supply.
- Never run extension cords under carpeting or furniture.
- Never leave an appliance unattended while in use and always unplug the appliance after use, especially when leaving for vacation.
- If you must use a space heater, give it plenty of space. Keep it away from combustible materials such as furniture, drapes, bed coverings, and newspapers.

The Fire Prevention Bureau is located at 1365 Inwood Terrace in Fort Lee. Hours are Monday through Friday, 8:30 am – 4 pm. Phone: 201-592-3500 x1502. In the event of an actual fire, call 911.

What Do You Know About Fort Lee?

Most of us living in Horizon House have a strong sense of community about our garden filled campus. But how do we relate to the Borough of Fort Lee? Do we feel that this our "home town?" Fort Lee is composed of about three square miles containing around 37,000 residents of many diverse backgrounds. The ethnic breakdown, according to Data USA (datausa.io), is currently 43% white, 41.5% Asian, 11.4% Hispanic, and 3.2% African American and others. Many languages are spoken, many religious groups are represented, all of which make the town feel a bit like the sixth borough of New York City. The financial differences may surprise you. The median yearly income is about \$75,500 (nationally, \$55,000) but a little over 10% of the population is below the poverty level.

The borough is governed by a mayor and six council members and has many service departments, some of which have been described in previous issues of *HorizoNews*. Additional programs are provided by Bergen County and we are in the Ninth Congressional District.

Our emergency medical services agency, the Fort Lee Volunteer Ambulance Corps, operates a fleet of ambulances to respond to medical and other emergency needs. Call 911 in an emergency or 201-592-3637 for non-emergency information.

The Fort Lee Volunteer Fire Department has been in existence since 1888, operating out of

four fire houses to provide rapid response to fires and other emergencies around the clock. A call to 911 is relayed to them, or call 201-592-3500 x1013 for non-emergencies.

The Building Department handles many issues regarding building, zoning, and licensing. They can be reached at 201-592-3500 x1503. The Fort Lee Housing Authority, in coordination with the federal Department of Housing and Urban Development (HUD), provides decent, safe housing for low income families. It also issues housing vouchers under the Section 8 program, which provides payment assistance for people who are finding it difficult to meet their monthly housing costs, often due to extraordinary medical expenses or job loss, etc. Their number is 201-947-7400.

The Fort Lee Police Department, first established in 1904, has grown to over 100 officers, both men and women, of several diverse backgrounds. In addition to serving a population of almost 37,000 residents, its job is complicated because of the huge amount of traffic caused by being at the western end of the George Washington Bridge, one of the most important gateways to New York City. Nevertheless, the community enjoys a safety level high above the state median. The Police Headquarters is located at 1327 16th Street near the Community Center. Non-emergency matters should be directed to 201-592-3700. Call 911 for emergencies.



Happy Holidays!

The staff of *HorizoNews* would like to wish Horizon House staff, Management and all our loyal readers a happy holiday season and best wishes for 2019!



Around Town

Film Center Breaks Ground

Fort Lee broke ground for the Barrymore Film Center on October 3rd. The new building, designed by architects H3 NYC, is being constructed at the corner of Main Street and Park Avenue. It will house a 260 seat cinema, museum of film, and a film archive and education center. Construction should be completed by the end of 2019.



Tom Meyers and Nelson Page of the Fort Lee Film Commission. (Photo courtesy FLFC.)



New Post Office on the Way

Construction of Fort Lee's new post office, office complex and parking garage (left) is well along. The structure is within the large municipal parking lot just north of Main St., between Center and Lemoine Avenues.

Events Around Town

Department of Human Services' Tricky Tray

The Fort Lee Department of Human Services is holding a Tricky Tray Raffle event in January to raise funds to support its important services for Fort Lee residents. They need donations of new items, like the candle you will never burn, the hand towels you got for a party favor, the blouse with a tag still on it that you never returned. These items get turned into gift baskets as prizes for the event. They need many, many such items. Please consider donating something taking up space to help out your neighbors.

While the date of the Tricky Tray is January 12, the assembling of the baskets has already begun. Items you wish to donate or gift cards can be dropped off at the Human Services Building at 1501 8th Street (bottom of Stillwell Ave). Hours for donations are Monday through Friday 8:30 am to 4:00 pm. For tickets to the January 12 event, call 201-592-3500 x1511 between 9 am and 4 pm. Tickets are limited. Please reserve now!

The event will take place at the Fort Lee Recreation Center, 1500 Stillwell Avenue. Doors open at 4 pm, and the drawing of tickets will start at 6.

Concerts and Performances at the Fort Lee Library, 320 Main St, Fort Lee

Sunday, December 2, 2 pm - Svitlana Syrtsova and Sergey Krivonos: Winter Souvenir
Featuring all-time favorite selections from Tchaikovsky's Nutcracker, Grieg's Peer Gynt and Gershwin's Rhapsody in Blue.

Sunday, December 9, 2 pm - Pianist Eric Clark, a recent participant in the first annual International Chopin Competition on Period Instruments in Warsaw, Poland, will perform a solo concert.

Sun, December 16, 2pm - Harmony Basket, the Fort Lee-based Japanese women's chorus group returns for their annual performance. They will be singing old Japanese folk songs, pop songs, jazz, theme songs from films, along with English and Italian songs to entertain all ages.

Movies on the Library's Big Screen

Thursday, November 29, 1 pm: Oceans 8 (2018). Upon release from prison, Debbie, the estranged sister of legendary conman Danny Ocean, puts together a team of unstoppable crooks to pull off the heist of the century.



Thursday, December 20, 1 pm: Mamma Mia! Here We Go Again (2018).
Discover Donna's young life, played by Meryl Streep, experiencing the fun she had with Sophie's possible dads.



Fort Lee Annual Holiday Tree Lighting

Thursday November 29 at 7 pm (raindate: Friday November 30)
At the Jack Alter Fort Lee Community Center, 1355 Inwood Terrace, Fort Lee. Hot chocolate, refreshments, holiday dance music and more! And please don't forget to bring a new toy for the PBA Toy Drive! (Without wrapping paper, please.)

Santa Saturday

December 8 from 1 - 3 pm
At the Richard & Catherine Nest Adult Activity Center, 319 Main St, Fort Lee
Pictures with Santa, treats & refreshments, holiday entertainment. Fun for kids of all ages!

Music at Teaneck's Puffin Cultural Forum

World: Yuri Juarez & the Afro Peruvian Band — Saturday Dec 1, 8 pm
Yuri Juarez and his Afro Peruvian Band are proof that the Latin Jazz music of Peru is fast occupying a prominent part of the world stage.

World: St. Petersburg Men's Ensemble — Saturday Dec 15, 8 pm
Four professional choral singers from St. Petersburg present their new program, CREDO, featuring a masterful selection of sacred music from around the world as well as traditional Russian folk songs.

Puffin Cultural Forum, 20 Puffin Way, Teaneck, \$10 suggested donation, reservations recommended, 201-836-3499, www.puffinculturalforum.org.

More Tricks of the Commuting Trade

Following up on an article on commuting tips in the March issue of HorizoNews, Tricks of the Commuting Trade, we now have more information to share for residents who do not commute by car, and prefer not to walk or bike long distances.

There's news from New Jersey Transit for those of you who don't tend to have cash around and haven't advance-purchased tickets: you can now pay online, ahead of time or while waiting for the bus, by using an official NJ Transit app called MyTix, available for both iPhone and Android devices at their respective app stores. You simply display the barcode of your purchased ticket to the driver when entering the bus.

As mentioned in the March article, New Jersey Transit's 181 route is accessible on Palisade Avenue, with a bus stop just in front of the Horizon House complex headed north, and one in front of Hiram's headed south. The 181 bus takes you directly into Manhattan via the George Washington Bridge, where you can easily connect with the A train at the newly renovated GWB bus station. These buses charge \$3.50 for adults or \$1.55 for children, seniors or disabled riders for the short trip into Manhattan. Unfortunately, the 181 does not run very frequently, averaging about once per hour, with a big gap at midday. At morning and evening commuting times, route 156R express runs frequently to midtown through the Lincoln Tunnel and, during non-commuting times, the 156 local also runs on a regular basis. And a bit of news for those of you who don't tend to have cash around and haven't advance-purchased tickets, you can now pay online ahead of time or while waiting for the bus by using an official NJ Transit app called MyTix, available for both iPhone and Android devices at their respective app stores. You simply display the barcode of your purchased ticket to the driver when entering the bus. The 156 fare is \$4.50, or \$2.05 for children, seniors and disabled riders.

After our March piece was published, several people contacted us to suggest the ride sharing services Uber and Lyft, which both service our area. Their apps can be installed on your phone

and will allow you to easily schedule rides to either the bridge, where you can switch to a bus, or anywhere in the city. No cash needs to change hands. When you sign up for the service, you enter your email address and credit card or bank account information into your account profile. Tipping is optional. The trip to or from the New Jersey side of the bridge is approximately \$7, depending on overall demand (ride sharing services adjust pricing according to demand using the "surge pricing" technique). You can also take a taxi. There are several taxi services in our area that provide service to and from the bridge. Among them: Babe's (201) 944-9640; A1 (201) 944-3737; G.W. Taxi (201) 363-0555; and 9LimeTaxi (201) 461-9999, which features hybrid vehicles. Figure \$6 to \$8 for a ride to Bridge Plaza.

Taking a ride sharing service like Uber into the city can get expensive. Expect to pay \$20 to \$25 for upper Manhattan and \$45 (off-peak) to \$90 (peak) to get to or from downtown Brooklyn using Uber's UberX economy service. Wait time is usually 4 to 7 minutes. The evening commute tends to be the most expensive. Uber's least expensive service, Economy Drive Car Pool, can save you money but the waiting time can be long, as long as an hour, since you have to wait for other people who are going in the same direction as you to request their rides.

If you're really lucky, your place of employment may offer a shuttle into the city. Columbia University, for example, runs free shuttle buses between Fort Lee and Columbia University Hospital in upper Manhattan that follows a set timetable weekdays from 6:40 am to 7:22 pm. It is necessary to show your work ID to board the shuttle. The pick up and drop off point in Fort Lee is at the middle of Lewis Street by Constitution Park.

Note, if you've already recycled the March issue of HorizoNews, no worries. You can get the online version by going to www.horizon-house.com and clicking on "Information." This will take you to a page with links to all the most recent issues of HorizoNews.

A Jersey Urban Treasure Less Than an Hour from Home

For several years downtown Newark has been undergoing an amazing redevelopment, in part because of the Performing Arts Center (NJPAC). Many people are now attracted to the area but have little or no knowledge of a treasure that has existed since 1909 just a couple of blocks away: The Newark Museum, the largest in the state, which was started in the nearby public library but quickly expanded to a cite of its own at 49 Washington Street. Over the years it has acquired additional buildings as its multiple collections have grown.

In addition to a fine collection of American arts, the Tibetan Collection is considered among the finest in the world. A display of Japanese silks and porcelain is outstanding.

Early American crafts, many by Native Americans, interest both adults and children. Activities for children encourage learning about science and the arts through creative games. In the garden, a 1784 stone school house has been reconstructed.

Ballantine House, built in 1885 as a private mansion, adjoins the museum and is not to be missed if one wants a taste of how the rich lived in Victorian times.

The museum is open from 12 to 5 pm, Wednesday through Sunday. Adults \$25, Children/Seniors/Teachers \$8, Children 2 and under: Free. Phone 973-596-6544, www.newarkmuseum.org.



Winter Trunk Quick Check

Due to recent and ongoing repair work in the Horizon House garages, many of us have been forced to move from our cozy indoor spots to the chilly outdoors. Whether or not this includes you, everyone who drives in the winter should be prepared for the weather and have these items handy:

- A flashlight with fresh batteries.
- An ice scraper and snow brush.
- A blanket or sleeping bag, warm gloves, and hat.
- A small shovel.
- A bag of sand or kitty litter, to provide traction for a spinning tire.
- Emergency snacks.

And don't forget to check your wiper fluid and tire pressure. As the air temperature drops in the winter, so does tire pressure.



Price of Cable and Internet Drops

(Cont'd from Page 1)

- 200 Mbps Internet.
- A cable modem/wireless gateway with free Home Wi-Fi.
- Digital Television channel package.
- HBO and HBO on Demand.
- Showtime and Showtime on Demand.
- A DVR (cable box with built-in digital video recorder).
- An additional cable box.
- Two remote controls.
- Installation.

There will be no additional equipment rental or other charges for these items.

If you wish to add Spectrum's home phone service, call Spectrum's Customer Care line at 844-528-3792 and ask for the special cable customer rate of \$19.99 per month.

Write to Us

HorizoNews provides residents with a forum to express their thoughts about life in and around Horizon House.

- *We encourage letters that provide an exchange of ideas about issues of importance in the Horizon House community.*
- *Letters to the editors (300 words or less, please) can be left at the Building 5 Management Office, Attention: HorizoNews Letters.*

Letters for the next issue should be received by February 8.

Mental Health Matters!

(Cont'd from Page 1)

number of people who die by suicide. Nearly 45,000 lives were lost nationwide to suicide in 2016 alone, about one suicide every 12 minutes. Between 1999 and 2016, suicide rates increased among all age groups younger than 75 years. Suicide is the 10th leading cause of death in the US and is on the rise.

Although New Jersey statistics tracked similarly to the nation's during much of the CDC's study from 1999-2016, New Jersey's suicide rate dropped 13 percent in 2016 and, as of 2017, was the second lowest in the nation.

The answers to the problem can be complicated. The one thing we do know is that depression is one of the major causes of suicide. Depression is more than just feeling sad or going through a rough patch. It's a serious mental health condition that requires understanding and medical care. Left untreated, depression can be devastating for those who have it and for their families. Fortunately, with early detection, diagnosis and a treatment plan consisting of medication, psychotherapy and healthy lifestyle choices, many people can and do get better. People of all ages and all racial, ethnic and socioeconomic backgrounds experience depression.

Depression does not have a single cause. It can be triggered by a life crisis, physical illness or something else — but it can also occur spontaneously.

Symptoms of depression include: changes in sleep, changes in appetite, lack of concentration, loss of energy, lack of interest in activities, hopelessness or guilty thoughts, changes in movement (less activity or

agitation), physical aches and pains, and suicidal thoughts.

Some of the factors that contribute to suicide risk include: relationship problems or loss, substance misuse, physical health problems, and job, money, legal or housing stress.

Researched treatments for depression include psychotherapy, medications, exercise, and brain stimulation therapies (ECT).

Clinical depression in the elderly is common. That doesn't mean it's normal. Late-life depression affects about 6 million Americans ages 65 and older. But only 10% receive treatment for depression. The likely reason is that the elderly often display symptoms of depression differently than younger adults. It often occurs with other medical illnesses and disabilities and lasts longer. The suicide rate in people ages 80 to 84 is more than twice that of the general population. The National Institute of Mental Health considers depression in people age 65 and older to be a major public health problem.

As a family member, friend or neighbor, what can you do?

If you see a change in someone, say something. Talk to the individual. Depression is not contagious. If the individual is isolated,

try and keep them company or interested in an activity. Call a family member if you are really concerned. Suggest they speak to their primary care physician. Many primary care doctors are now doing depression screenings and are adding mental health professionals to their practice.

To get help:

- If you or a family member is experiencing the signs or symptoms of a mental illness and feel you are in crisis, call 201-262-HELP (4357). Crisis counselors are available 24/7 to guide you through the next steps of getting help.
- Call the Bergen County Division of Mental Health: 201-634-2745.
- Call New Jersey's 24/7 suicide hotline, the New Jersey Hope Line, 855-654-6735, where people can get a referral to appropriate treatment.
- The National Suicide Prevention Lifeline can be reached at 800-273-TALK (8255).
- For those who prefer texting, there's the Crisis Text Line. Text TALK to 741741.
- Another resource is the Survivor after Suicide support group, for loved ones of those who committed suicide. Contact Amy Knitzer at 973-978-3957 or Vicky Simpson at 201-790-6080.

Youth Reporter Wanted

HorizoNews would like to start a column by and for the young people who live here. We will be happy to work with your school to arrange credit for this extracurricular activity, which will look great on your college admission applications. If you would like to volunteer, please contact us at horizonews.editors@nj.rr.com.

Have a Laugh!

By *The Unknown Columnist*

How do you celebrate the holidays? Do you put up a Christmas tree? Or maybe a Hanukkah bush or a menorah? My family enjoyed holidays a lot, so we put up everything! I remember getting up one Christmas morning with my brother, and there under the Hanukkah bush was a brand new Zenith portable radio. Back in the day, that was a great gift. Kinda like an iPad or something. Radios were popular holiday gifts back in the 60s. One year, we got a Mountain Dew radio in the shape of a jug. Now, that's creative. One of the things that hasn't changed much, though, is the tradition of really bad holiday humor. We're all tired of old, stale holiday jokes, right? Well, most of us are anyway. For those of you who aren't, here are some you may have heard and a few you definitely have not.



- * What does Rudolph do when Santa drives too fast?
- * *Hold on for deer life!*
- * Where do you pack the toothpaste for your holiday vacation?
- * *In the toiletree bag*
- * What Property of spacetime do astrophysicists use to accelerate their gift preparation?
- * *Wrap warp*
- * Why does Darth Vader know what gifts you got?
- * *He can feel your presents*
- * What's the rabbi's favorite holiday song?
- * *Oy to the World*
- * What happens when you marinate a spinning top in pickle juice?
- * *It becomes a dreidill*
- * What's the best gift to give to Tchaikovsky?
- * *A nutcracker sweet*
- * Why was the used candy cane so expensive?
- * *It was in mint condition*
- * What type of holiday foliage do chemists prefer?
- * *A chemistree*
- * Ever get a spice rack for Christmas?
- * *Seasonings greetings!*
- * What do Santa's reindeer get when he drops off gifts at the beach?
- * *Sandy claws*
- * What do Santa's helpers use when they're playing Scrabble?
- * *The elphabet*

Classifieds

Services

Adult Home Health Care Services- I am a resident of Horizon House Building 2 with 50+ years of nursing experience in gerontology. I assess the needs and wants of the individual seeking in home health care. I can provide exceptional CHHA's at affordable rates. Please feel free to call me for a free in-home evaluation and blood pressure screening. It would be my pleasure to assist you in any way that I can - Joyce, RN, BSN, MSN (201) 917-3395 between 9AM - 8PM

Affordable Science Tutor- 26 years experience in private tutoring for all levels from middle school to college level. Please contact me @ 201-400-9814.

Air Conditioning Enclosures -- I am an Artist/Craftsman who designs and builds custom AC enclosures. They are painted or stained to match your interior. Additional services include painting, molding installation and decorative faux finishes such as Sparging, Stenciling and Antiquing. Paint techniques can be applied to your walls, furniture, etc. I build custom furniture and built-ins such as bookcases and cabinets. I restore, refinish and repair antiques and furniture. Other services are available. Call Charles for a free estimate or to see samples of our work. 917-783-9820.

Auto Repairs- import and domestic vehicles. From oil changes to state inspections - we do everything. As a mechanic who lives in the Horizon House complex I can take your car to work with me and bring it back home. You don't have to leave your apt! Since we are neighbors you will also receive 10% OFF on any work. Please call Axel at 201-245-0282.

Can you help out a neighbor? Very sweet, independent elderly lady residing in Building 3 is looking for someone to help her get dinner on the table during Sat/Sun around 5:30pm. Hours are flexible. Please call her daughter - 201-768-3988.

Caricaturist- One of the best party caricaturists in the tri-state area also happens to be a neighbor in Bldg 2. For more fun at your next party or event, call Bud Geisenheimer for samples and rates at 201-224-7754. Or email him at: ourwaystudios@gmail.com.

Cat Sitter- Purrfect care when you're not there®. Loving cat care while you work or travel. Insured. Bonded. References. Guaranteed. Call 201-490-4498, email: Deborah@YourCatSitter.com or visit us online at www.YourCatSitter.com

Certified Home Healthcare Aide- recently certified by Freedom Home Healthcare. Looking for full-time or part-time work, preferably on Horizon House premises. I live in Bldg #6. Hours are flexible. Also have past work experience and references are available upon request. Please call Rosa @ 201-224-4468.

Certified Home Health Aide (HHA) — Seeking full-time position. Will live in or live out. Light cooking and

housekeeping. Has experience and references. Call Mariya (201) 284-0777.

Certified Kitchen and Interior Designer- "Time for a New Look" Create a fresh, updated space with the help of a Nationally Certified Kitchen and Interior Designer. Reasonable hourly consultations available for space planning, furniture layouts, paint and product selection, reducing clutter and overseeing installation for your Kitchen, Bath, or Interior Project. Designer discounts passed on to clients. Please call Susan Shaub NCIDQ CKD at 201-224-4502.

College Essay Help-- Newspaper professional helps turn your student's essay into a standout sample that can propel them up the applicant list. Affordable rates. Also resume, speech, all long- and short-form writing. Call or text 973-951-3952.

Composition, Piano, Improvisation, Theory Lessons - Live the Music! Every lesson is an exciting experience. Individual approach and careful choice of direction in regards to every student. The lessons are always productive, and inspire the students to study on their own. It does not matter whether the student wants to be a musician or study for pleasure and cultural development. I invariably succeed in bringing the very best out of every single person I set my heart on instructing. Please contact Margarita Zelenia 201-496-6451 mzelenia@nj.rr.com

Daughter for a Day – Horizon House resident for 17 years, retired business woman, available to help you with bill paying or organizing your home office, taking you to and from doctor's appointments (and waiting with you), driving you wherever you need to go, grocery shopping, light meal preparation and airport drop-offs. Please call Marlene @ 201-290-8481.

Dry Cleaning, Tailoring and Shoe Repair - Cleaner America Inc, owned and operating by a Horizon House resident provides the following services. Full service Dry Cleaning, Shirt Laundry, Tailoring. Pick up and delivery to your doorman five days a week with one to two day turn around. All work done in my 4500 sq foot plant. Leather, Suede and shoe repair available. Price lists available at front desk. Call 201-998-4106 for service.

Free Carpool Ride- I am looking for passengers to ride for FREE across the GWB in the mornings Mon-Fri. I can drop off at the GWB Bus Station. Departure time is around 7:15 am. Please email me at CH07024@gmail.com or call 917-652-8073.

Freelance Graphic Designer- Need a logo, ad, newsletter, brochure, direct mail or marketing material to promote your business? HH resident looking to solve your marketing, promotion, packaging or print needs in a creative, professional and eye-catching manner. Over 20 yrs experience in creative development of promotions, marketing material and packaged goods. Project

development from initial concepts through photography, final art and print production. Call today for a free estimate and upgrade your business graphics 914-954-8008.

Get Your Gold Out.... Turn scrap unused and broken jewelry into cash today. Horizon resident owner has worked in the jewelry business for 30 years. I can top every price on the market. Call 201-314-4711.

Global Visions Travel - Customized travel experiences for individuals and groups designed by knowledgeable and experienced travel professional. Think about a Safari in East or South Africa, River Cruises in Europe, the Galapagos or Amazon. Explore China, Vietnam, Thailand or Myanmar. Family celebrations worldwide. Bar/Bat Mitzvah Tours to Israel. Getaways to Italy, France, Morocco and much more. The world is waiting. Licensed Travel Insurance Specialist. Call or email for a personal appointment: globalvisionstravel@aol.com or 201-282-4434.

Home Improvements — Arthur Esposito, President of A.C.E. General Contracting, has lived in Horizon House for 32 years. He and his team of talented and dependable craftspeople have worked in over 400 Horizon House apartments, handling projects involving electrical, plumbing, painting, kitchen and bathroom, tiling, wood flooring and more. His company is state certified and fully insured to meet Horizon House's high standards. To see a prime example of his work, visit Building 5's lobby — A.C.E. did it! For a free and reasonable estimate, contact Arthur: 201-224-6333 (O), 201-650-4693 (cell), esp0924@verizon.net (email)

Horizon Deli in Building 6 offers a wide variety of fresh food and household items. A great place for breakfast, lunch or a snack. Eat in or take out. Try our weekend special: 1/2 dozen bagels, 1/2 lb. cream cheese, 1/4 lb. lox -- all for just \$17.99! Call (201) 886-8882 for free delivery, no minimum required. Please stop by to see our updated seating and decor!

Horizon North Haircutters — Louis has been in the complex for over 25 years. He thanks his loyal customers for their continued support, and looks forward to new ones. The shop now offers women's hair cutting by Norma, who also does highlights, color, keratin treatments, perms, blowouts, updos and more. We also offer a full line of quality hair care products. Hours: 8:00 am to 5:00 pm Tuesdays-Saturdays. Call 201-886-7377 to make an appointment with Louis or drop by the shop in the Lobby Level of Bldg. #6. For women's services, please set up an appointment with Norma at 201-888-8988.

Horizons Classic Physique — Fully equipped and conveniently located in Building 5. We cater to all age groups from pre-teen to seniors with all types of medical conditions. In addition to one-on-one training we now offer couples training and half hour sessions for the budget conscious. As always all trainers are degreed and or certified with more than 17 years of training experience. We also have an in house nutritionist/dietician by appointment. For a free consultation contact Michael Esposito at 201-886-9371 to discuss all of your needs.

Legal Services – Attorney admitted in NY and NJ, 30 years of practice serving individuals & small businesses. General practice, focusing on estate planning & administration;

residential real estate; entity formation; commercial and personal leases. Available for consultations in your home. Contact Melinda B. Maidens, Esq.; (201) 321-8166 or gindigar@gmail.com.

Looking for Social Media Promoter- to help promote a new full production quality CD with 26 original songs. Please call Howard at 201-303-1000.

Math Tutor — Horizon House resident with many years teaching experience in Bergen County schools, including Fort Lee High School, as well as many years tutoring experience for middle and high school mathematics and SAT math prep. New Jersey State certified. Reasonable rates. Call 201-224-7178.

Mortgage Financing/Loans - Experienced licensed mortgage broker (20 Years) NMLS #705682. 2 Horizon House resident. I have the knowledge and expertise needed to explore the many financing options available from Purchase (incl Coops & Condos,), Refinance, Conventional, Jumbo, FHA & VA, Reverse Mortgages & Renovation Loans. I strive to build lasting relationships by providing personalized mortgage solutions, competitive rates, and unsurpassed service. Call or email me for free consultation in your home or on the phone. Jacki Katz (201) 981-4444 Email: jkatz@americanmortgage-usa.com

Passion for Fashion- Time for a new look or just want to update your wardrobe? Certified Image Consultant and Personal Shopper (FIT Graduate) can help. Call Karen at 551-574-2723.

Piano Lessons- Experienced educator and composer who has an original fun approach suitable for all ages and abilities. Free introductory lesson. Please call George Eckhardt @ 551-265-0102 or 201-969-9593.

Pro Web Design- Boost your business or promote your personal practice with our full service web development. Quick turn-around with specific focus on supporting your goals. From content architecture, copy creation to original photography and design, we walk you through the process of launching your ideal website live. Mobile responsive, Search Engine Optimization, E-Commerce and more. Trilingual capabilities. Call Suzie for a free quote at 917-767-6769 or email SuzieOfficialNY@gmail.com

Speech Therapy- Home visits for children and adults. HH resident NJ licensed speech therapist. Follow-up on early intervention, pre-school, school programs and adults. Please call Phyllis at 201-224-4434.

Tailoring Services- Horizon House resident with 30 years of experience in tailoring for ladies and gents. Please call 201-224-5822.

Tax Preparer- Individual and Corporate Taxes - Designated as a Registered Tax Return Preparer by the IRS. Tax returns expertly prepared by professional accountant with many years of satisfied clients. Free consultation at your home with no obligation. Your tax is my business. Please call Norman: 201-280-3074 or 201-282-4434. email: nh630@aol.com

Wanted: Caregiver/Companion- Pleasant, organized and reliable companion needed for sweet, easy-going, self-sufficient HH senior. Must have car and references. Hours are flexible. Please call 201-768-3988.

Goods

An Enormous Estate Sale -Antique, vintage, decorative items, collected and loved for many years from designer's collection. French, English, African, China, Sterling Silver, Glass, Quilts, Oil Paintings, Frames, Set of old Dickens books, Sports memorabilia, Furniture, and so much more. Please call 201-336-2120.**

British Wedgwood China-Kutani Crane Pattern. Perfect Condition. Cream, Ivory finish with hand painted design. 16 five-piece settings: Dinner plate / Salad plate / Bread & Butter plate / cup and saucer and 8 soup plates. Other pieces: 5 oval shape serving platters of different sizes - One round platter, one square platter and two vegetable bowls. Also, one Teapot, one Coffee pot, one sandwich tray, and more. Value approximately \$3,200 on Replacements.com. Reasonable offers entertained.. Phone Thalia @201-370-2725. **

Furniture For Sale- Downsizing- Building 5 Resident looking to sell off various furniture pieces: 1 Custom Made White Wall Unit- approx 8'h x 7.5'w- lighted bar area, mirrored back and shelving; 3 Section Walnut Wood Entertainment Center- all 3 pieces total approx 8' h x 6' w; Sofa Bed- 2 cushion seating- approx 6' w in Black print fabric; Roll Top Desk- 4' high x 5' w. If interested please call to schedule appointment - 518-392-4596.*

Italian Furniture/Paintings/Dishes & More-for sale. All Top Quality. By Appointment only. Please call 201-917-3359 or 845-499-7799. *

Mont Blanc Fountain Pen- Meisterstock Model 149, c. 1980. Fountain pen is Black with gold trim, 14K gold nib medium size Number 4810. The pen is a piston-filler that operates smoothly and holds lots of ink. The pen measures a huge 5 7/8" capped. Comes with original case and paperwork. Please call 201-224-7160. Please note unwanted calls are rejected or blocked if unidentifiable (robo-calls,etc.)*

Superlight Scooter- mobile seated scooter made by Wheelcare Inc. Asking \$400. If interested please call 201-224-5822 *

Vintage mid-20th century Scandinavian desk- Designed by Egon Ostergaard, roll-top teak desk has pull-out writing surface, cubbyholes & small drawers on top, three full-sized drawers below. Height 37", width 34" , depth 18". Asking \$500.00 (one sold recently on eBay for \$1000.00). Contact Melinda Maidens- 201-224-0453 or mmaidens@verizon.net

Vitamix – 750. (The Best of the Best!) NEW in box. (List price \$599) For sale for \$485. Please Email: PASSJR@NJ.rr.com *

Waterford crystal, other glassware- Set of 12 water goblets in hand-cut Rosslare pattern, no nicks or cracks. Asking \$20.00 each or \$225.00 for the set. Also 2 traditional Pilsner beer glasses - asking \$10.00 for the pair. 2 Lenox crystal candle holders- asking \$15.00 for the pair. Contact Melinda Maidens- 201-224-0453 or mmaidens@verizon.net.

WANTED: LP's/ CD's/ DVD's- all genres of music, movies and TV. Please call Andrew - 551-265-8473.**

Community Blogs

CHAIR YOGA AT HORIZON HOUSE GOOD FOR EVERYONE!! No getting up and down on yoga mats!! Come and try a great new class being offered to all residents. Stretch, breathe, and relax all while sitting in a chair. Strengthen and balance out of the chair and use the chair for support. **Fun group.** Mondays & Wednesdays @ 9:30 am. All classes \$10. Building 6 card room. Sign up in Management Office.

Dear Horizon Friends. My book "Liberal Theology" was just published. The e-book version, costing \$0.99, is available at amazon.com. The free online version is available at: <http://pages.csam.montclair.edu/~kowalski/LIBERAL9.htm>. Please share this link with other potential readers. Would be interested in any feedback and I would be happy to discuss the book, in small groups or at meetings, if invited. kowalskiL@mail.montclair.edu

Do you have hearing problems? My recently composed essay, about relatively inexpensive PSAs (Personal Sound Amplifiers) is at: <http://pages.csam.montclair.edu/~kowalski/aps.edu>. Feel free to share this link with those that might be interested. The PDF file with my essay will be emailed to those who request it. [KowalskiL@mail.monclair.edu](mailto:kowalskiL@mail.monclair.edu)

Horizon House Online Community on Slack - Find out what's going on in our community and communicate with each other more easily. The slack channels feature is excellent for bringing conversations and people together; web links, pictures, announcements, and files can easily be shared. Interest groups, both public and private, can easily be formed such as #ChessClub, #VideoGamers, #parentsWithKids, and #building4residents; imagine the possibilities. If you are interested in joining, please go to the following link that never expires: <http://alturl.com/t8vq9>

Thursday night poker game-has room for alternates, fun bunch of guys- Building 6. Call George 201-947-8580

CHESS...CHECKERS...SCRABBLE...DOMINOS... Interested in coordinating a games activity at Horizon House? Please contact Genesis Guzman at genesis.guzman@fsresidential.com or at 201-224-6300 x204 if you would like to volunteer to help put this activity together.

Want to be part of our Horizon House monthly HOT TOPICS IN THE NEWS GROUP? We meet the 3rd Weds of each month in our Community Room, Bldg 5 at 7:30 PM. Charlie Kolber is a resident and our volunteer Moderator. This is sponsored by the Horizon House Events Committee and refreshments are served. Drop by for one or more evenings as we share our knowledge and opinions in a neighborly fashion.

Want to Form a Knitting Circle? Can you crochet or knit? Would you be willing to teach others? The Events Committee would like to help organize a knitting group so if you are interested in leading it or participating in it, email ilenewithi@yahoo.com and indicate your level of proficiency. Beginners will be welcomed.

WANTED: REPORTERS for HORIZONNEWS - Takes minimum time. Provides fun and satisfaction. Send an email to horizonnews.editors@nj.rr.com or call the Management Office

(201-224-6300) and tell them you are interested and we'll get in touch with you.

To Horizon House Music Lovers - Please check out the new posts by Margarita Zelenai, resident Horizon House composer and concert pianist, on her website:

<http://www.margaritazelenai.com/music/video-gallery/>
Scroll down to "The Lion that Couldn't Roar", an exciting music fairy tale for children and the "Fantasy" on Rimsky-Korsakov's "Scheherazade" written for Four Pianos that continues the tradition of Russian romanticism, a music style that changed the world. An intrigued listener, on one hand, can recognize the familiar melodies, but, on the other hand, to feel an unusual sound of the highly virtuosic Piano orchestra, with all possible nuances. In 2015, it was commissioned and premiered by the "Pianissimo!" Four pianos Chicago based ensemble.

To All Horizon House Contributors to the Building 5 Library – The Library Committee thanks all who donate books to our library. To help us make the library more effective, please:

1. Place all contributions and returned books on the library cart, NOT on the shelves.
2. Limit donations of nonfiction soft covered books to those published in the last 10 years. Limit donations of hard covered fiction books to those published in the last 20 years. Dates can be found on back of title page.
3. NOTE THAT WE DO NOT ACCEPT COOKBOOKS, SELF-HELP BOOKS, BOOKS ON RELIGION, BOOKS IN BAD REPAIR, SCHOOL TEXTBOOKS, OR TRAVEL AND GUIDE BOOKS.

Classifieds and Letters

Ads of 85 words or less and letters of 300 words or less should be submitted for the next issue no later than February 8. Please deliver your ads and letters to the Building 5 Management Office in envelopes addressed either to *HorizoNews* Classifieds or *HorizoNews* Letters as appropriate.

Ads must meet the following criteria:

- *Ads must be 85 words or less.*
- *If commercial goods and/or services are offered, the advertiser's primary place of business must be within the Horizon House complex.*
- *Ads must be accompanied by the **advertiser's full name, building, apartment, and telephone number.** This information is needed by the *HorizoNews* staff for verification purposes and will not appear in the ad except at the advertiser's request.*
- *Upon acceptance, ads for "Services" and "Community Blogs" will appear indefinitely unless cancelled in writing.*
- *Upon acceptance, ads for "Goods" and "Real Estate" will appear for two issues unless renewed or cancelled in writing. First-issue ads will appear with a single asterisk; second-issue ads, with two asterisks.*

Classified ads in *HorizoNews* are provided as a service to the community and are limited to services and goods provided TO Horizon House residents BY residents or commercial tenants in good standing in Horizon House.