

# HorizoNews

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www.horizon-house.com

March 2018

## Getting It All Together

No matter your age, your financial circumstances, or your health, every adult should have medical, financial, legal and personal information collected in one place. Items should be stored in a fire proof container in your home, not in a safe deposit box that is unavailable quickly in case of an emergency. Copies of the data, as well as any passwords to your computer and phone, should be shared with close family and/or a trusted friend. The location of the document container should be made known as well.



you be unable to make medical decisions for yourself. A family meeting in which the details of your wishes are explained is highly recommended.

Prepare and share with family a list containing medical information including doctors' names and phone numbers, medications, medical insurance, pharmacy names, and medical reports.

Keep a list of medications and your primary care physician's name and phone number in your wallet. If you use a smart phone, create an Emergency Contacts listing in your directory with the names and phone

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### Medical Information

Every adult should have a living will or medical power of attorney should

## Meet Your Health Department



*Fort Lee Health Department Office*

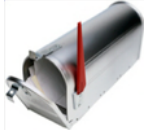
Health Officer Steve Wielkocz (wheel-koze), joined the Fort Lee Health Department in 1977 and became department head in 1992. He is one of the nine people employed by the town for the various divisions of the Department, while the positions of Animal Control Officer and part-time nurse are contracted out.

The Health Department provides residents of Fort Lee many services, including free health programs, and runs the Division of Vital Statistics, which handles licensing of pets and issuance of

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## TO THE EDITORS

## To the Editors



It has been a while, but life has a way of moving faster than we could have imagined. Can it really be 16 years since Horizon House yoga started? I'd lost track, but wanted to tell you how gratifying it was to see mention of its humble beginnings in the last issue of *HorizoNews*. That was way back when yoga was barely known, before there were yoga studios on every corner. Who woulda thought? Guess we were all ahead of our time.

Sincerely, Lee Aiges  
Building 5

## Correction

In an article in our previous edition of *HorizoNews*, it was noted that the Horizon House towers (Buildings 5 and 6) were built in 1968. One of our keen eyed readers, a long-time resident of Horizon House, has advised us that she moved in in 1966. Further research into the matter shows that, according the The Skyscraper Center ([www.skyscrapercenter.com](http://www.skyscrapercenter.com)), construction on Building 6 (north tower) was begun in

1965 and completed in 1966. Building 5 (south tower) was begun in 1967 and completed in 1968. And in case you're wondering, both buildings are 280 feet tall. Many thanks to the *HorizoNews* reader who pointed out the error.

— The Editors

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 May 25.*

HorizoNews

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## Around the House

### Riser Replacement Underway

The riser pipe replacement project is now underway in Building 5. The old, rusted-out risers that provide water for the heating and cooling systems are being removed. The pipes are being replaced two at a time, and there are a total of 16 in each tower. For winter heating, affected apartments have been provided high quality electric space heaters. Apartments affected in the summer will be provided freestanding air conditioning units. Removal of the first batch of old black iron pipe began in February, with installation of new copper piping and insulation to follow, once each old riser is removed. The riser replacement project for Buildings 5 and 6 will take approximately three years and will greatly reduce costs to shareholders and Management, who have had to deal with periodic flooding due to deterioration of our half-century-old pipes.



*Inna Brovman at the Building 5 Community Room*

### Morocco

On February 8, Horizon House resident Inna Brovman (left) presented an informative talk and slide show on her recent trip to Morocco, complete with tea service and a display of handmade items.

### More Than Just Movies

The Events Committee is hosting a variety of movie-related events and presentations. On Tuesday April 3, there will be a multimedia presentation: Walk Up B'Way, covering the history and architecture of Broadway, will be presented by Horizon House resident and film historian Tom Keating. And on Thursday April 19, Tom Meyers from the Fort Lee Film Commission will be here to talk about Fort Lee's future Museum of Film History and art film theater, the Barrymore Film Center. These events, to be held in the Building 5 Community Room, will begin at 7:30 PM.

### New Horizon Deli Menu

The Horizon Deli in Building 6 has refreshed its menu. There are new salads, wraps, party platters and more. Please step into the deli and pick up the new menu. Or, you can get one with a delivery by calling 201-886-8882. Deli hours are Monday through Saturday 6 AM to 8 PM and Sunday from 6 AM to 6 PM.



*(Around the House cont'd on Page 4)*

(Cont'd from Page 3)



### **Spring Tennis Coming Soon**

Get your rackets ready! Tennis season is right around the corner. Be sure to look in your building's mail room for this season's sign-up form, which is scheduled to be distributed in April.

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## **Management Corner**

### **Bag the Light Stuff**

Because outside air enters the trash chutes and tends to cause an updraft, it is very important that all loose materials be properly bagged before being inserted into the chute. This prevents light items from being blown upward and outward. Light items like kitty litter, shredded paper, styrofoam nuggets, and anything else that may become airborne due to air movement should be bagged and tied prior to being disposed of in the trash chute.

### **Stay in the Loop**

To keep abreast of capital improvement work schedules, emergencies, and building-wide maintenance issues, it is recommended you sign up for First Service Residential's information by email service. Please send an email to Genesis Guzman (Genesis.Guzman@fsresidential.com) or call her at the Management Office, 201-224-6300 x204, so she can help you sign up for this important service.

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## **Around Town**

### **Fort Lee Today - Get the App**

The Borough of Fort Lee now has its own official app, Fort Lee Today. Get linked to all the latest happenings and services in Fort Lee. This free app is available for Apple's iOS devices and those with Google's Android system. You can get it for your phone or tablet at Apple's App Store or Google Play.



*Mother's and El Malecon Restaurants*

### **New Fare on Lemoine and Anderson**

Two new restaurants have opened on Anderson Avenue. Mother's serves homemade Korean fare and El Malecon is a Dominican restaurant with a full menu, including breakfast items and pollo a la brasa (roisserie chicken). The restaurants are right across from the Jack Alter Community Center.



In addition, a new cafe has opened on Lemoine Avenue in the Hudson Lights complex, Bean & Bean. Also on Lemoine Avenue, in the Washington Bridge Plaza shopping complex next to Five Guys, is Cafe Thanks, which is now hiring and is due to open shortly.



*Bean & Bean*

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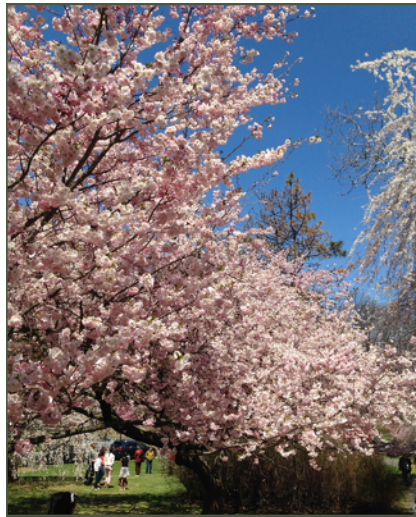
## Fun Activities For the Whole Family

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Ready for spring? We certainly are! If you'd like to get out of the house to enjoy the longer, warmer days, here are a few ideas:

### Cherry Blossom Festival

Branch Brook Park's annual Cherry Blossom Festival runs from April 7 to April 15. Essex County Family Day will be held on Saturday April 14 from 11 AM to 3 PM. Throughout the festival, a variety of events are held within the brightly blooming park, widely renowned as one of the best spots to see cherry blossoms in the Northeast. Free of charge. Branch Brook Park, Newark NJ. For more information, call 973-268-3500 or visit [www.essexcountyparks.org/parks/branch-brook-park](http://www.essexcountyparks.org/parks/branch-brook-park). 30-minute drive from Fort Lee.



*Branch Brook Park*

### Daffodil Day

The annual Daffodil Day at Reeves-Reed Arboretum in Summit, NJ is scheduled for

Sunday April 22 from 11 AM – 4 PM. See the season's freshest flowers, stroll the historic grounds, and visit the new art exhibit, Cosmic Garden Series: Inspired by the Natural World, at the Wisner House.

Suggested donation is \$5. 165 Hobart Ave., Summit, NJ. For more information call 908-273-8787 or visit [www.reeves-reedarboretum.org](http://www.reeves-reedarboretum.org). 35-minute drive from Fort Lee.

### Open Cockpit Weekend

The Aviation Hall of Fame will host their 2018 Open Cockpit Weekends on April 14-15, May 19-20, June 16-17 (Father's Day weekend), August 18-19, October 6-7, and November 10-11.

Plane enthusiasts will get the chance to see the fully open cockpits of a variety of aircraft, including a rare Lockheed-designed Bushmaster, a 1950's Convair 880, and a MASH (Mobile Army Surgical Hospital) Bell helicopter. Visitors will also be able to visit the passenger cabin and cockpit of the

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world's only surviving Martin 202 airliner, and explore the interior of a Walter aircraft rescue and firefighting truck. People of all ages can sit in as a pilot and get a feel for flying.



Open Cockpit will run from 10 AM to 4 PM. Admission is \$12 for adults and \$9 for seniors and children under 12. Access to the museum is included. The Aviation Hall of Fame and Museum is located at 400 Fred Wehran Road, Teterboro, NJ. For more information call 201-288-6344 or visit [www.njahof.org](http://www.njahof.org). 15- minute drive from Fort Lee.

### **Battle of the High School Bands**

This year's music festival and contest, sponsored by the Fort Lee Film Commission, will be held Friday May 18 at 7 PM at the Jack Alter Community Center, 1355 Inwood Terrace. The event will be held on the indoor stage; doors will open at 6:30 PM. Local high school musicians will compete for a prize of \$500. The winning band will also get a paying gig at the Fort Lee Arts & Music Fest (see below). Admission is free. Note to musicians: Entries to the contest are open until May 14. Send demo web links to [ftleefilm@gmail.com](mailto:ftleefilm@gmail.com) and call the Fort Lee Film Commission at 201-693-2763 to apply.

### **Fort Lee Arts & Music Fest**

This annual event will be held Sunday, June 3 from 11 AM to 6 PM on Lemoine Avenue, between Main Street and Bruce Reynolds Blvd. Enjoy live music and a wide variety of foods, while meeting numerous local artists and crafters.

### **Diggerland USA**

Diggerland is a construction-themed adventure park where children and families can drive, ride and operate actual machinery.

The park, in West Berlin, NJ is approximately two hours from Fort Lee and has of over 25 attractions, including real, diesel powered, full size, pieces of construction equipment like excavators, dump trucks, backhoes and more. Each machine has undergone advanced engineering modifications which make them safe for the public, allowing children as small as 36" to operate with little to no instruction.

Along with operating heavy machinery, Diggerland guests can climb a rope course, tackle a rock wall, or visit the video arcade. Heavy machinery stunt shows are performed daily by the park's operating team.

Diggerland is appropriate for children who are at least 36" tall, though some rides require a height of 42". Children under 36" height are free to enter the park, however they will not be able to participate in most activities. There are limited areas geared to the younger set, including a playground and the arcade.

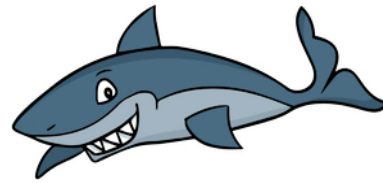
The Park opens for the season on March 17 and is open on weekends until June 13, when it opens daily. Pricing is \$29.95 for kids between 36" and 42", \$34.95 for those above. Children under 36" and seniors 65 or older who do not intend to participate in the activities are admitted free of charge. Diggerland, 100 Pinedge Drive, West Berlin, NJ. For additional information, call 856-768-1110 or visit [www.diggerlandusa.com](http://www.diggerlandusa.com). 1.5 hour drive from Fort Lee.



## National Geographic Encounter: Ocean Odyssey

A high tech, immersive aquatic environment without the water, NATGO's Ocean Odyssey takes you on an adventure across the ocean from the South Pacific to the coast of California. It's like being able to dive underwater and experience sea life up close and personal without having to get wet – a 21st century aquarium the whole family can enjoy.

226 West 44th Street between 7th and 8th Avenues, New York City. Call 646-308-1337 for more info or visit [www.natgeoencounter.com](http://www.natgeoencounter.com). Prices range



from \$32.50 (child) to \$39.50 (adult). A \$3 senior discount is available, as is a weekday discount of \$5 with promo code WINTER1.

**Getting there:** Event location is a few blocks from the mid-town Port Authority Bus Terminal in NYC. See Tricks of the Commuting Trade (below) for a variety of ways to get into the city.

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## Tricks of the Commuting Trade

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Long-time Horizon House residents who have commuted to the city for many years have developed their own particular tricks of the commuting trade that get them into and out of The Big Apple as quickly and efficiently as possible. *HorizoNews* has compiled a list of commuting tips for those of our readers who may not have lived here quite as long, because you never know when you can learn a new trick!

Simplest bus method: You can take NJ Transit bus #156 (local) or #156R (express), which stop on Palisade Avenue at Horizon Road, in front of Hiram's. The express buses tend to be clustered around the rush hours, but there are exceptions, like the 2:15 PM

156R from the mid-town Port Authority terminal to Fort Lee. Figure 40 to 50 minutes on the express, depending on traffic, and around an hour+ on the local.

Here's the NJ transit link to the 156 bus schedule:  
[www.njtransit.com/pdf/bus/T0156.pdf](http://www.njtransit.com/pdf/bus/T0156.pdf)

Don't mind walking a few blocks? The #159 (local) and #159R (express) stop at Anderson Avenue and Forest Road and run frequently, actually, more frequently than the 156. The ride takes about the same amount of time as the 156, and add on around 10 minutes for the walk to or from Anderson.

This is the NJ transit link to the 159 bus schedule:  
[www.njtransit.com/pdf/bus/T1153.pdf](http://www.njtransit.com/pdf/bus/T1153.pdf)

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Both routes into the city are 3-zone NJ transit rides, which cost \$4.50 (or \$ 4.25 if you purchase a 10-pack). For children 6 and up and seniors 62 and over, the fare is \$2.05. Seniors must show proof of age. Disabled riders can also pay the reduced fares. Google "NJ Transit Reduced Fare Program" for more information.

Prefer to go over the bridge into Manhattan? Then there's the #181 to the recently renovated George Washington Bridge bus terminal. You can pick up the 181 on the east side of Horizon Road, where you'd normally get off the 156 when coming home. The big problem with the 181 is its infrequent schedule, just a few buses, mainly clustered around rush hours. You can also take it home and get off in front of Hiram's. The 181 costs \$3.50 or \$1.55 for children and seniors. Of course, you can take any NJ transit bus to the Jersey side of the bridge and proceed from there. The ride from Horizon House to the bridge is \$2.55 or \$1.10 for children and seniors.

You can get the 181 schedule here: [www.njtransit.com/pdf/bus/T0181.pdf](http://www.njtransit.com/pdf/bus/T0181.pdf)

If you really dislike looking at old fashioned bus schedules, you can obtain all scheduling information at [www.njtransit.com](http://www.njtransit.com). And note that up to two children ages 5-11 ride free with a fare-paying passenger on weekends and holidays; children 4 and under always ride free.

New Jersey Transit's My Bus Now tracker does a pretty good job of letting you know when the next bus is coming. You can get it here: [mybusnow.njtransit.com](http://mybusnow.njtransit.com). You can enter the bus stop number and find out which buses are on their way. For instance, the number for the stop on Palisade Avenue in front of Hiram's is 11917. The one on Anderson and Forest Rd, in the direction of NYC, is 11844 and the Horizon House stop on the east side of Palisade Avenue (in the direction of the bridge) is 11913. There is

also a text-to-phone service. Instructions for that are on the sign at each bus stop. Simply text the stop number to 69287.



*Sign at bus stop in front of Hiram's*

Another popular option, if you like exercise, is to walk to the bridge, then take any bus to the George Washington Bridge bus terminal in Manhattan. The walk to the bridge is around 15 to 20 minutes. Prefer to drive to, but not over, the bridge? If your plates are registered with Fort Lee, which they should be if you are a resident, you can park at any unmetered spot for up to 48 hours. There are quite a few streets within a few blocks of the bridge that are unmetered.

Besides taking a bus over the bridge, which runs from \$1.75 to \$2.00, depending on which bus line picks you up (\$.85 for children/seniors on NJ Transit), you can — if you don't mind riding with strangers — get over the bridge for free with one of the many drivers who line up at the Bridge Plaza bus stop to pick up passengers. They do this to save money on their toll due to the steep discount they will get using the carpool rate when there are three or more passengers in the car.

Once in Manhattan, you can use the connecting tunnel below the bus terminal to pick up the A train at its 175 St. stop. You can take the A one stop to 168 St. if you need to transfer to the #1 train or just walk a few



blocks from the bus terminal to pick up the #1 at its 181 St. stop. Reverse the process on your way home. All the buses that depart from the GWB bus station make their first stop at Bridge Plaza in Fort Lee. (There are no free carpool pickups on the Manhattan side, as there's no toll to get into New Jersey.)

Prefer the ferry? There's always the New York Waterway service in Weehawken. You can take the 156R bus (as above) and get off at Port Imperial or, during rush hours, take a free shuttle bus down to the Edgewater Ferry Landing. The shuttle is operated by the Fort Lee Parking Authority and the schedule is available here: [fortleeparkingauthority.org/free-bus-](http://fortleeparkingauthority.org/free-bus-)

transportation. More information on New York Waterway ferries is available at: [www.nywaterway.com](http://www.nywaterway.com).

One final idea for those who prefer to drive: Set up a carpool with friends or neighbors. Advertise in the *HorizoNews* classifieds, put up a note in your laundry room, or just organize by word of mouth. And for those who love to exercise, you can always bike to work... or walk, if you have the time!

Got any better ideas? We're all ears! Please let us know your best tricks of the commuting trade and we'll publish them in *HorizoNews*. You can drop off your submissions at the Building 5 Management Office.



*Bus stop on east side of Palisade Avenue*

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## Library Diversity

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A staff member of *HorizoNews* was browsing in the Building 5 Library to find a book to read on a rainy afternoon. For the first time she noticed a shelf containing a small international assortment of books: French, Korean, German, Russian, indicating the diversity in our community.

If you have not visited our library recently you may be surprised at the selection of new and almost new books available; novels, history, biography, poetry, drama, mystery, classics, in both hard cover and paperback. Donations are always welcome, based on the guidelines printed in the classifieds section on the back cover of this issue. The library is at the rear of the Building 5 lobby, opposite the elevators.



## **Getting It All Together**

(Cont'd from Page 1)

numbers of those you wish to be contacted in case of an emergency.

### **Legal Documents**

Have an attorney prepare a will and legal power of attorney. The latter is designated to act upon your behalf if you are incapacitated.

Make a list containing information about locations of banks, name of accountant, lawyer, broker, insurance agent, and credit cards. You might want to add the signature of a family member to your checking account so they can pay your bills if needed.

### **Personal Records**

Have available vital statistics such as date and place of birth, marriage certificate, military service record, etc.

Make a list of family and friends and their phone numbers.

**REMEMBER. KEEP INFORMATION IN ONE LOCATION KNOWN TO FAMILY.**

Additional information on this topic is available online. And you probably will want to consult your lawyer.

### **It's Game Time**

CHESS...CHECKERS...SCRABBLE...DOMINOS...

Several shareholders have asked the *HorizoNews* staff why Horizon House does not have a games activity. To research the possibility, we met with Genesis Guzman, a Management staff member, one of whose duties is supervising Horizon House events. She is very enthusiastic about the idea.

The procedure is for one or two residents to volunteer to work with Genesis to publicize the activity and to determine how many people would be interested in participating.

The Card Room in Building 6 is available Tuesday, Thursday and Friday nights beginning in April. Volunteers should contact Genesis at [genesis.guzman@fsresidential.com](mailto:genesis.guzman@fsresidential.com) or at 201-224-6300 x204.

### **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 drop us a note with your contact info at the Building 5 Management Office.



## ***Meet Your Health Department*** (Cont'd from Page 1)

marriage licenses. This is the place to go if you need certified documents of births, deaths, and marriages that occur in Fort Lee. For a marriage license, you will need to call for an appointment to apply.

In Fort Lee, dogs and cats over the age of six months must be licensed. Owners must show proof of rabies vaccination and there are discounted rates for dogs and cats that have been neutered.

The Environmental Health Department, a part of the Health Department, is available to answer questions or complaints that residents have regarding water and noise pollution, property maintenance, animal control, rodent control, heat, hot water, pool inspections, restaurant inspection, general nuisances and more.

Many health programs are available for Fort Lee residents and the phone number to call for appointments or information for any of these is 201-592-3500 x1510.

- The free Health Consultation and Blood Pressure Program is held on every 2nd and 4th Wednesday, September through June, 9 AM – 1 PM; call for appointment. Health programs for seniors, such as Matter of Balance, are available at the Richard Nest Senior Center. Call the Health Department for availability and program information.
- Free Child Health Clinic: No cost immunizations for children without health insurance, Tuesdays from 9 AM to 12 PM; call for appointment.
- Flu Shots are available on Tuesday mornings from 9 AM – 11 AM for a fee of \$15 and free for Seniors with a Medicare Part B card.

- Annual Health Fair: The Fort Lee Health Department holds an annual event in October at the Fort Lee Community Center which includes a variety of health screenings, blood work, and administration of the current year's influenza vaccine.

The Fort Lee Health Department is located at 309 Main Street, behind Borough Hall and is accessible from Center Avenue (turn left at Guntzer St.).



*Fort Lee Health Officer Steve Wielkocz*

Hours: Monday through Friday, 8:30 AM to 4 PM (until 3:30 PM for marriage licenses; by appointment only). For marriage licenses, the Registrar is also open from 4 PM to 6 PM on the first Tuesday evening of each month. Call for appointment.

For further information, the Fort Lee Health Department can be reached at 201-592-3500 x1510.

*Thanks to Health Officer Steve Wielkocz and Aben Lee, RN, MSN, Public Health Nurse Supervisor for the Borough of Fort Lee for their help with this article.*

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## Have a Laugh!

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*By the Unknown Columnist*

There are many famous sayings in the world. If they're pithy, to the point, and contain a general truth of some sort, they're known as aphorisms. My old buddy *Anonymous* is a master of jargon, always having something clever to say in any situation. Getting a word of your own in with him is no piece of cake — unless it's time for dessert. So, have your cake, eat it too, and enjoy this list of pithy sayings. You might find one that actually makes some sense!



- 🧠 Minds are like parachutes — they only function when open.
- 🧠 Always be yourself because the people that matter won't mind and the ones that mind don't matter.
- 🧠 Don't read the fine print. There's no way you're going to like it.
- 🧠 Politicians and diapers should be changed frequently... and for the same reasons.
- 🧠 Scratch a cat and you'll have a permanent job.
- 🧠 It takes so little time for a child who's afraid of the dark to become a teenager who stays out all night.
- 🧠 Business conventions are important because they demonstrate how many people a company can be operated without.
- 🧠 Artificial Intelligence is no match for natural stupidity.
- 🧠 A black hole is like a Roach Motel: You can get in, but you can't get out.
- 🧠 Cole's law is the one that governs the movement of sliced cabbage.
- 🧠 A Freudian slip is when you say one thing, but mean your mother.
- 🧠 Computers can figure out all kinds of problems... except the ones that just don't add up.
- 🧠 If you don't have a sense of humor, you probably have no sense at all.
- 🧠 The high cost of living hasn't affected its popularity.
- 🧠 I've reached the age where "happy hour" is a nap.



## Classifieds

### Services

**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 Sponging, 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](http://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.

**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 Zeleniaia 201-496-6451 [mzeleniaia@nj.rr.com](mailto:mzeleniaia@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

### Welcome New Residents

Since the July issue of *HorizoNews* was published, 37 new residents who have become part of our community have given permission to include their names in *HorizoNews*. Please join us in welcoming them.

**Building 2:** Wenjim "Jimmy" Xu and Stephanie Chen, Serge Kubwimana

**Building 3:** Beth Forman, Brian Glowacki, Steve Feliks Roitman

**Building 5:** Joseph Charles and Ivelisse Capellan, Dennis and Louise F. DeCicco, Kyoung Choi, Dr. Mark Docktor and Magaly E. Docktor, Barbara Kissner, Kuma Lin, Michael Naraine and Rajpatie Naraine, Stephen Verducci and Melita Sanchez, Stacy Zimring

**Building 6:** Debbie Ahokas

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), espo924@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.

**Horizon North Haircutters** — Louis is starting his 17th year in the complex. He thanks his loyal customers for their continued support, and looks forward to new ones. We also offer a full

line of quality hair products. Hours: 8:00 am to 5:00 pm Tuesdays-Saturdays. Call or drop by to make your appointment. 201-886-7377, in the Lobby Level of Bldg. #6.

**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; wills, POAs, health care directives (living wills), leases, contracts, entity formation; document drafting & review; available for consultations in your home or by phone; 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.

**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

**Area Rug** - Persian Hamadan c/ 1940 approx. -perfect accent piece for any room or foyer. Colors are mostly reds and blues. Asking \$300 or best offer. If interested, please contact 201-637-1258.\*\*

**Dinnerware for Sale:** Greek Key by Lenox Service for 12, 4 piece setting. Perfect Condition. Interested? Call 201-224-8560.\*\*

**ESTATE SALE!** Antique, vintage, decorative items, collected and loved for many years. French, English, African, China, Sterling silver, Glass, Quilts, Oil Paintings, Frames, Set of old Dickens books, Star Wars, and so much more. Please call 201-336-2120.\*\*

**Glass Door Cabinets** - 3 Bookcase or display cabinets with adjustable shelves from IKEA. Excellent condition \$90.00 each or \$270.00 for three. Must sell. W 31- D 12- H 79. Please call Aruna at 201 699 0723 or email: aruna.america@yahoo.com \*\*

**Glassware for sale:** Crystal Killarney By Hawkes Signed Water Goblets, Wine/Cordial Cocktail etc and Large cut crystal ice bucket. Interested? Call 201-224-8560.\*\*

**Guitar, cover and stand for sale:** One year old and rarely used. Almost new. Want only \$ 48.00. Please contact Aruna 201 699 0723 or email: aruna.america@yahoo.com \*\*

**Italian leather black sectional sofa set for sale:** As good as new. Asking \$1875.00 or best offer. Must sell. Originally \$4400.00. Please contact Aruna at 201 699 0723 or Email: aruna.america@yahoo.com \*\*

**Koehler Cast iron Kitchen Sink** - Style: Mayfield. Color: Bisque - New in box \$210 (List price \$373.50). Email: Rivermile@aol.com\*

**Le Creuset Cast Iron Signature Skillet.** Color: Marine Blue. New in box. \$130 (List price \$200). Email: Rivermile@aol.com\*

**Matterhorn Raclette Grill** - For 8 people. In original box and used couple of times. Want only \$44.00. Please call Aruna at 201 699 0723 or email: aruna.america@yahoo.com \*\*

### 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](mailto: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)

**Looking for a Biking Buddy-** starting Springtime - Male or Female. Mostly interested in the spectacular New Jersey side of the Hudson River Bike Path from West New York to Jersey City. Go thru the quaint Hoboken train station. It's 9 miles of flat biking. Optional- Enjoy the local offerings before biking back. Questions- Call Harriet- 201 224-6771.

**Looking for a Mahjong Game.** Please call Lucille @ 917-547-8580.

**Looking for a Poker Game.** Would be interested in playing as a regular or alternate. Please call Joel @ 201-886-1066.

**CHESS...CHECKERS...SCRABBLE...DOMINOS..** Interested in coordinating a games activity at Horizon House? Please contact Genesis Guzman at [genesis.guzman@fsresidential.com](mailto: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](mailto:ilenewithi@yahoo.com) and indicate your level of proficiency. Beginners will be welcomed.

**WANTED: REPORTERS for HORIZONEWS** - Takes minimum time. Provides fun and satisfaction. Send an email to [horizonews.editors@nj.rr.com](mailto:horizonews.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 Zeleniaia, resident Horizon House composer and concert pianist, on her website:

<http://www.margaritazeleniaia.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.

Ads and letters for the next issue should be submitted no later than May 25. Please deliver your ads, and letters of 300 words or less, 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.