

HorizoNews

Vol. 28 No. 3

www.horizon-house.com

Autumn 2019

The Year in Review... and More



Much has happened over the course of the past few years at Horizon House: major infrastructure projects, modernization of operations, rebounding share prices. In an effort to encapsulate this and bring everyone up-to-date, the Board has prepared this recap.

Dear Fellow Shareholders and Residents:

Since the May 2019 election, the Horizon House Board of Directors has held three open shareholder meetings.

At the open meeting in June, the Board elected the officers of the Corporation: Richard Ng, President; Steve Austin and Tony Adamo, Vice Presidents;

Charles Kolber, Treasurer; and Howard Pearl, Secretary.

At the open meeting in August, the Board approved a slightly revised version of the Horizon House sublet policy, allowing two consecutive one-year sub-leases to count as the use of one sublet term, provided that the occupants are the same in the two consecutive sub-leases. This was done to accommodate many shareholder and broker requests to amend the prior policy.

Over the summer, Kathy Hechtlinger, our fellow Director, sold her apartment at Horizon House and resigned from the Board. We thank Ms. Hechtlinger for her five years of dedicated service on our Board. At the open meeting in October, the Board appointed Susan Levinson to replace Ms. Hechtlinger

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This Kit Could Save Your Life!

FILE OF LIFE

Fort Lee Volunteer Ambulance Corps
P.O. Box 1148, Fort Lee, NJ 07024



Non-Emergency (201) 585-1294
Emergency 911

KEEP INFORMATION UP TO DATE

The Fort Lee Volunteer Ambulance Corps has implemented the File of Life program to provide residents a simple method of making important medical and emergency information readily available for responding emergency medical technicians. File of Life kits are available free of charge to Fort Lee residents.

Each kit contains a small red File of Life door sticker, a large Medical Information Card in a red magnetic pouch, a small Medical Information Card in a red plastic wallet, and an instruction sheet.

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HorizoNews, an informative and entertaining newsletter serving the Horizon House community, is written and published by the volunteer members of the HorizoNews staff.

FROM THE BOARD

The Year in Review... and More*(Cont'd from Page 1)*

for the remainder of the 2018-2020 term. Ms. Levinson had previously served on Horizon House's Board of Directors and also currently co-chairs the Horizon House Landscape Committee.

At the October meeting, the Board discussed adopting a policy regarding access to the Corporation's records. This policy was intended to formalize the procedure that has been used to handle record access requests over the past several years. There were some minor concerns from several attendees at the meeting regarding a privacy clause. Since this policy doesn't alter the manner in which the Corporation will handle future record access requests, the Board subsequently decided that this policy would not be necessary.

Since this Board majority emerged after the Special Election in January 2017, we have been able to implement numerous initiatives to benefit our fellow shareholders and increase shareholder value.

Major Accomplishments

- In 2018, after more than 12 months of diligent work, the Board completed a historic refinancing of the Corporation's underlying mortgage, saving approximately \$30 million over 20 years.
- In 2018-2019, the Board negotiated a Collective Bargaining Agreement (CBA) with SEIU 32BJ covering our Union employees. We extracted multiple concessions from the Union, resulting in significant savings for our fellow shareholders. In addition, the Board successfully negotiated unprecedented terms to protect our fellow shareholders from the severely underfunded pension plan. To the best of our labor counsel's knowledge, SEIU 32BJ had never accepted such terms prior to negotiating with this Board.

Infrastructure Improvement

- In 2017, the Board began replacing the HVAC risers in Building 5 in an effort to

*(Cont'd on Page 12)***HorizoNews****Managing Editor:** Dean Freedman**Classifieds Editor:** Katherine Howie

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Design/Production: Dean Freedman

Photos: Dean Freedman (unless otherwise noted)

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Management Office	201-224-6300
Michael Denker, General Manager	201-224-6300
Frank Neglia, Operations Manager	201-224-6300
Fran Belfor, Asst. Executive Manager	Ext. 202
Michael Walsh, Facilities Manager	Ext. 203
John Gugliotta, Service Manager	Ext. 216
Security Office	201-886-3205

TO THE EDITOR



To the Editor:

We would like to thank the Board and Management for their support in the planning and execution of the "Say 'Good-bye' to Summer" party held Saturday evening August 24 at the South Pool.

With Mother Nature's cooperation, the event was an unqualified success.

Thank you to Board Liaison Howard Pearl for his encouragement and guidance from the very beginning, as we firmed up our ideas for the party.

Thank you to Fran Belfor for her organizational skills, helpful advice, attention to detail, and her surprise contribution of tiki lights, which made the setting magical.

Thank you to the office staff for publicizing the event, taking reservations and providing the guest lists.

In particular, we want to acknowledge the excellent work of Supervisors Henry and Ricky, and their crew including Jorge and Pedro, who efficiently and cooperatively helped set up the venue, and began cleaning up without being prompted. We couldn't have

asked for better help; they were a pleasure to work alongside.

Feedback from guests was positive. The new menu suggested by Marcia Cooper was a hit, and the food was served with finesse. Thanks also to "DJ Dean," who kept the music flowing all night.

We look forward to offering other successful events for Horizon House residents, and hope to have your continued support.

— The Horizon House Events Committee

From the HorizoNews Staff: Elaine Samet has been a Managing Editor of HorizoNews for 29 years. Without her long-term commitment and involvement, it is unlikely HorizoNews would still be in existence after all this time. Her high standards and sharp pencil have always kept our publication on track. Recently, Elaine has begun to devote more time to other writing projects and has decided to step down as a Managing Editor. But fear not, she will still be called in on an occasional basis when good counsel or a sharp pencil is needed. Thank you, Elaine, for all you have given to HorizoNews and the Horizon House community!

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 editor (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 January 31.

Mental Health: The Season Matters

Hopefully most of us have adjusted to "losing an hour" on the clock by now!

However, some people, primarily women, are affected with a type of depression called Seasonal Affective Disorder (SAD). This type of disorder is related to changes in seasons. SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

The specific cause of Seasonal Affective Disorder remains unknown. Some factors that may come into play include:

Your biological clock (circadian rhythm). The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.

Serotonin levels. A decrease in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.

Melatonin levels. The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms

may start out mild and become more severe as the season progresses.

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

It's normal to have some days when you feel down. But if you feel down for days at a time and have some of the above symptoms, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless.

Take signs and symptoms of Seasonal Affective Disorder seriously. Treatment may include light therapy (phototherapy), medications and psychotherapy.

Seasonal depression can make it hard to motivate yourself to make changes, but there are plenty of steps you can take to help yourself feel better. Recovery takes time but you'll likely feel a little better each day. By adopting healthy habits and scheduling fun and relaxation into your day, you can help lift the cloud of Seasonal Affective Disorder and keep it from coming back.

1. Get as much natural sunlight as possible – it's free! Whenever possible, get outside during daylight hours and expose yourself to the sun without wearing sunglasses (but never stare directly at the sun). Sunlight, even in the

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HorizoNews Profile: Project Manager Al Fuentes

Al Fuentes came to Horizon House last October to manage the large infrastructure projects currently underway at Horizon House. His biggest challenges to date have been keeping the riser pipe replacement project in Building 5 on track, and making sure the much-needed garage and deck repairs are done as quickly and efficiently as possible. In addition to the big projects, he also deals with smaller issues that may arise around the campus, so there's never a day that goes by without a lot to do. When asked the biggest surprise he's encountered since he's arrived here, he points to the unexpected path of the riser pipe that serves the 01 and 02 apartments in Building 5: "It was embedded in a concrete column and took a turn between the 10th and 11th floors that was not on the original drawings!" The riser project in Building 5 is on schedule and just about complete. In January, the riser replacement project moves to Building 6, which has already been surveyed in preparation for the work.



With regard to the garage rehabilitation project, he says: "That's a doozy." As the project has progressed, we encountered many areas that were in even worse condition than originally thought. Large areas in the garages and parking decks above them have had to have old steel and concrete removed and replaced. The project has gradually progressed from the areas in front of Building 5 to Building 6.

Before coming to Horizon House, Al had many years of luxury high rise experience under his belt. He was the superintendent at the Carlyle Towers in Cliffside Park for 11 years, then moved on to the Hudson Tea Buildings complex in Hoboken, where he served as superintendent for 12 years. He lives with his wife and two children, 22 & 26, in Vernon NJ and makes a 90-minute commute each day to get here. Now that's dedication!



Old rusty riser pipes removed from Building 5. (Photo courtesy Al Fuentes)

Rotting concrete had to be removed and replaced on the parking deck between Buildings 5 and 6. (Photo courtesy Al Fuentes)



Around the House



A lot has been going on around here lately, thanks to the Events Committee. On Sunday October 20, the first official Horizon House Bake-Off was held in the Building 5 Community Room. First prize went to Nancy Telencio for her brownies, but the decision was both difficult and delicious. All the tasty confections prove we do have talented bakers among us!



The Halloween kids' workshop on Sunday October 27, organized by Natalia Novak, was fun for everyone.

More than fifty Horizon House residents packed the Community Room to capacity on Thursday October 17 for the big Beer & Bites bash, featuring seven craft beers paired with tasty morsels.

Upcoming Horizon House events:

"Latin Jazz & Seasonal Salsa" Sunday, December 15 from 4 to 6 PM in the Building 5 Community Room. A live concert featuring Ken Kresge (Michelob Jazz Search winner), Emedin Rivera (5-time Emmy winner), and Michael Vinas (Grammy winner).

Artist Louise Forman, a Horizon House resident, has been offering monthly workshops for adults, teaching crafts such as decoupage, beading, card making and more in the Building 5 Community Room, no experience necessary. Louise offers individual attention in a small class. The next workshop is Monday evening December 2 at 7 PM. Contact Louise to register: 201-707-2834.

Keep your eyes open for notices about regular monthly events like Wednesday Issues and Opinions, the Horizon House Book Club, and Sunday Morning Coffee Hour. Note that the December 22 Coffee Hour will feature a holiday theme, 10:30 AM to noon in the Building 5 Community Room.

So, shake those winter doldrums! Get involved in the Events Committee. The Committee schedules monthly programs and is in need of residents to join up to add their voices, talents, and ideas. Help bring our community together! Sign up by calling 201-224-6154.

Around Town

Fort Lee Launches New Promo Campaign

The Be Fort Lee campaign and iconic namesake sculpture were unveiled during the Fall-O-Ween street fair and kids' costume party in October. A video about Fall-O-Ween and more info about happenings around town can be found at facebook.com/fortleetoday



Fort Lee High School Marching Band Wins Major Award

The Marching Bridgemen recently took first place overall in the Tournament of Bands Atlantic Coast Championship, while also winning the award for best visual performance. This championship covers a seven-state area from New York to West Virginia and features many of the finest marching bands on the east coast.

In addition, the Marching Bridgemen have been selected to represent the state of New Jersey in the National Memorial Day Parade in Washington, DC in 2020.

Congratulations to the FLHS Marching Bridgemen! You can see the band in action by Googling "Fort Lee Band Boosters."

American Dream is Now Open, Kind Of

Much more than just a mall, American Dream, the 3-million-square-foot retail and entertainment fantasia next to MetLife Stadium, finally opened its doors to the public on October 25th. Since the opening of the complex is actually occurring in stages, visitors could only experience the Nickelodeon Universe theme park and the ice skating rink in the first month. DreamWorks Water Park is scheduled to open in November, closely followed by Big SNOW on December 5th. The new shopping mall is currently slated to open in March 2020. Although 11,000 parking spaces are available, drivers beware! A \$30 parking fee is imposed when events take place at neighboring MetLife Stadium.

Walgreens Takes Over Local Rite Aid Store

Have you noticed? At 1335 16th Street, near the community center and police department headquarters, our local Rite Aid has been converted to a Walgreens. It is one of 90 Rite Aids in New Jersey taking on the new moniker.

Local Election Results

Here are some results for the elections held on November 5th. *(Con't on Page 8)*

(Cont'd from Page 7)

Mark Sokolich (D) was re-elected Mayor of Fort Lee. Ila Kasofsky (D) and Peter J. Suh (D) retained council membership with new terms. Unopposed for three seats on the Local Board of Education, candidates Candace Romba, Paula K. Colbath, and Michael Rubino kept their seats.

Incumbents Thomas J. Sullivan (D), Mary J. Amoroso (D), and Germain M. Ortiz (D) were re-elected to the Board of Chosen Freeholders of Bergen County, which consists of seven members elected at-large to three-year staggered terms.

Gordon M. Johnson (D) and Valerie Vainieri Huttel (D) were re-elected to the General Assembly of NJ (District 37).

And the statewide ballot measure extending veterans' property tax deduction to their continuing care retirement communities was approved.

Holiday Events Around Town



The 12th Annual Fort Lee Tree Lighting Ceremony will be held Thursday December 5, 2019 from 7 - 9 PM at the Jack Alter Fort Lee Community Center on Anderson Avenue. Rain Date: Friday Dec 6. Holiday Music, refreshments, carnival rides, special friends and a light show! Please don't forget to bring a new and unwrapped toy for the PBA Toy Drive.

Santa Saturday — The Business District Alliance (BDA) of Fort Lee will host Santa Saturday on December 7, from 1 to 3 PM at the Richard & Catherine Nest Adult Activity Center, 319 Main Street. Bring the whole family to take a photo with Santa. Carolers will sing all the holiday classics. Enjoy hot cocoa, cookies and candy canes.

Christmas Lights of NYC — Saturday, December 7, 2 PM at the Fort Lee Library on Main St. Mario Medici's lecture about New York's holiday decorations begins at 59th & Lexington and meanders through the streets of NYC, viewing the holiday lights and window decorations. Guaranteed to put you in the holiday spirit!

20th Anniversary Santa Parade — Sunday, December 8. Starts at 12 noon, Bergenline Avenue and 85th St., North Bergen. Presented by the North Hudson Fire Unions Charitable Foundation.

T-Klez Klezmer Band Chanukah Concert — Sunday, December 8, 2 PM at the Fort Lee Library. Join the T-Klez klezmer band for a joyous concert of familiar and rarely heard Chanukah tunes.



Senior Center Dinner Dance — Sunday December 8, 5:30 - 9:30 PM at the Richard & Catherine Nest Adult Activity Center, 319 Main St. Enjoy a catered dinner and live music. Please call Crystal at 201-592-3500 x 1300 to RSVP.

Pel Trio — Holiday Music & Traditions from Around the World. Sunday, December 15, 2 PM at the Fort Lee Library. Piano, cello and violin trio presents the Holiday traditions from around the world including background stories and music. Doors to the Meeting Room open at 1:45 pm. Seating is first come, first served. Open to all ages.

Lunar New Year Celebration — January 18, 2020, 10 AM - 3 PM at the Jack Alter Fort Lee Community Center on Anderson Avenue. Sponsored by the Fort Lee Library.

Keep the Frauds at Bay

It is truly amazing to realize that there are so many people out there who are expending a good amount of time to create new and different means of separating us from our money.

They invade our homes via the phone or internet and, at a minimum, disturb our downtime with unwanted phone calls and, at worst, try to separate us from our money and personal information.

The calls most frequently received in our Horizon household, and our response, are from:

- PSE&G thanking us for being such great customers (of course, as Horizon House residents, we don't pay our bills directly to PSE&G) ... **CLICK**
- Car warranty voice telling us our car warranty is about to expire and do we want to renew? We deal with our car dealership on this so ... **CLICK**
- The calls and emails from fraudsters claiming to be the IRS or your credit card company demanding payment of some sort ... **CLICK**
- The emails from friends or family who claim to be stranded on vacation or have some emergency and please send money or gift cards ... **DELETE**

These calls and emails are using numbers and email addresses obtained either by "phishing" (the act of attempting to trick the recipient of a malicious email to open or engage with it), or by good old fashioned data theft.

You should be aware that you should not give out personal information to anyone via the phone unless you have initiated the call. If someone calls and you don't recognize their caller ID, don't answer, or hang up immediately. Don't engage in conversation with a telemarketer. Your simple "yes" response to a question like "How are you today?" can be used to indicate your approval of some unwanted purchase. If you are contacted by a friend,

relative, the IRS, a bank or credit card company requesting either money or gift cards, hang up. Use your own contact information to return the call if you think there's a chance the request might be legitimate, not the contact information the potential scammer has provided you with.

A partially effective tactic to fend off calls from telemarketers is to put your phone numbers on the Do Not Call registry at www.donotcall.gov. There, you can register your phone numbers, report unwanted calls, and get advice on how to handle unwanted phone calls.

In a new twist, a recent article in the AARP Bulletin pointed out that many social networks, like Facebook, have become sources of some of the newest scams.

On Instagram, some criminals are now using personalized direct messages (DMs) to lure you into fake bargain schemes. Do not respond to any unsolicited messages!

On Google Hangouts, fake job listings are now proliferating, promising your first paycheck in advance. Definitely too good to be true!

And on Facebook, scammers are always trying to be "friends" with you. Don't accept a friend request from anyone you don't know and, if you're already friends with someone, don't accept a second request from the same person. It could be scammer trying to impersonate someone you know.

AARP has a website that includes a Scam Tracker page. You can enter your zip code and it will show you reports of scams within a 20-mile radius of your address that have occurred in the last year. You can also report a scam at aarp.org/fraudwatchnetwork. For the Scam Tracker, click on "Look Up and Report a Scam in Your Area." You can also call AARP's free helpline at 877-908-3360 if you or a loved one suspect a scam.

Picture Hanging on Dense Walls Made “Easy”

Decorating can be a challenge at Horizon House, with our dense concrete walls. Drilling holes and patching them when we want to move something is messy and time-consuming.

Depending on the size of the item that you want to hang on your wall, 3M's Command stick-on products may be what you need.

The system uses strips that are applied to the wall and hooks that are then applied to the strips. The hooks and stick-on strips come in packaging that specifies the appropriate weight and size of the items to be hung. Removal is easy – pull on the tab of the strip to stretch it and it releases from the wall. There's no residue or hole to patch!



Peel Stick Press

Clean the wall surface with isopropyl rubbing alcohol, wipe gently, let it dry. Don't use household cleaners like wipes or sprays because they may leave behind a slippery residue. Isopropyl rubbing alcohol is available at most pharmacies.

Next, remove the black liner. Apply the strip to the wall and press the entire strip firmly for 30 seconds. (Make sure the sticky strip's rounded tab is facing down.) Then remove the blue liner and press the hook to the strip firmly for 30 seconds. Wait one hour before use.

When you decide it's time to move what you hung, hold the hook gently in place and pull the tab on the sticky strip straight down. Don't pull the strip towards you! Stretch the strip slowly against the wall at least 12 inches to release it.

Command picture hanging hooks and strips are available at most hardware stores, as well as general merchandisers like Target and Walmart. They are also available online, of course.

Horizon House Front Desk Phone Numbers

Building 1: 201-461-5456
 Building 2: 201-461-5457
 Building 3: 201-461-5458
 Building 4: 201-461-5459
 Building 5: 201-461-5460
 Building 6: 201-461-5461

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 2020 and the decade ahead!

Have a Laugh!

By The Unknown Columnist

The holidays are always so much fun — except for those who hate them, of course. Isn't it great to get together with family to share your latest sweet potato casserole? They always just love it — after they criticize it as not being anywhere near as good as grandma's. And how about those nice, respectful political discussions? Or the polite suggestion that your hair is maybe a little grayer than last year. Or the constant nagging thought that this nice salad must surely be contaminated with e-coli. But I digress. Surely we should be celebratory and merry at all times, and we must enjoy with great cheer this latest batch of holiday groaners, some of which you may recall, since The Unknown Columnist doesn't mind telling a bad joke twice!



- 🎧 Why did the used candy cane cost so much?
It was in mint condition.
- 🎧 What do turkeys and Ringo Starr have in common?
Drumsticks.
- 🎧 How do you fix a sloppily decorated Christmas tree?
Spruce it up a bit.
- 🎧 Which caroler was born to run?
Spruce Springsteen.
- 🎧 Why did the Rabbi give away his coins?
All that money was making him feel gelty.
- 🎧 What do you do when your car stalls on the way to your holiday dinner?
Get a mistletow.
- 🎧 What kind of bird can't fly but tells a lot of bad jokes?
A penguin.
- 🎧 What does Santa use to take instant pictures of his deliveries?
A North Pole-aroid.
- 🎧 Why does Santa use the chimney to deliver his gifts?
It soots him.
- 🎧 Why do time travelers always come back home for the holidays?
To get their presents.
- 🎧 Which reindeer is constantly interrupting people?
Rude-olph.

The Year in Review... and More

(From the Board - Cont'd from Page 2)

reduce the frequency and severity of riser leaks. The riser replacement project in Building 6 will begin in early 2020.

- In 2017-2018, the Board repaired the west-facing façades and balconies of our mid-rise buildings (Building 1-4), removing years of rust stains and repairing damaged concrete. The front façades of the mid-rise buildings look significantly better than before and now offer a much more appealing sight to our residents, visitors and prospective buyers. In 2018, we began repairing the east-facing façades of Building 1. While this project has unfortunately faced some delay as a result of several construction issues, it is now on target to be completed by the spring of 2020. In late 2019, we began taking measurements for the east-facing façade repair of Building 2. Repair to the east-facing façade of Building 2 will begin in early 2020.
- In 2019, the Board began repairing the garages and deck parking areas at Buildings 5 and 6.
- The Board is in the final stage of negotiating with vendors to install several fee-based charging stations in a pilot program for residents to charge their electric vehicles. We anticipate these chargers to be installed by spring 2020.

Operational Improvement

- In 2018, the Board migrated the apartment purchase and sublet application system from a paper-based platform to an internet-based platform. As a result, after the applicants complete the relevant forms and upload the required documents, the processing and

subsequent evaluation of the applications could proceed more expeditiously than before.

- In mid-2019, we hired a new Operations Manager (Mr. Frank Neglia) to improve oversight of our doormen, porters, and painters.
- This Board has necessarily terminated several doormen and porters in 2019 in a concerted effort to raise employee performance level at Horizon House to a far higher standard.

Escalating Values in Apartment Sales

- In 2018, the average share price from all apartment sales was \$156. For the first 10 months of 2019, the average share price from all apartment sales was \$174.
- For efficiency apartments, the average share in 2018 was \$171. For the first 10 months of 2019, the average share price was \$208.
- For one-bedroom apartments, the average share in 2018 was \$129. For the first 10 months of 2019, the average share price was \$155.
- For two-bedroom apartments, the average share in 2018 was \$179. For the first 10 months of 2019, the average share price was \$187.
- For three-bedroom apartments, the average share in 2018 was \$152. For the first 10 months of 2019, the average share price was \$172.

The table below provides additional 2018 share price data by building and apartment type.

Average Share Price of Apartment Sale (1/1/18 - 12/31/18)					
	Effic.	1 BR	2 BR	3 BR	All Sizes
B1	\$275	\$114	\$159	\$144	
B2	-	\$116	\$141	\$175	
B3	\$240	\$112	\$192	-	
B4	-	\$111	\$182	-	
B5	\$152	\$146	\$200	-	
B6	\$139	\$132	\$191	\$137	
All Bldgs	\$171	\$129	\$179	\$152	\$156

The next table provides additional 2019 share price data by building and apartment type.

Average Share Price of Apartment Sale (1/1/19 - 10/31/19)					
	Efficiency	1 BR	2 BR	3 BR	All Sizes
B1	-	-	\$121	\$192	
B2	-	\$141	\$160	\$190	
B3	\$279	\$186	\$235	-	
B4	\$303	\$158	\$235	-	
B5	\$165	\$164	\$197	\$148	
B6	\$164	\$146	\$166	\$102	
All Bldgs	\$208	\$155	\$187	\$172	\$174

In 2018, 9 efficiency apartments were sold, 31 one-bedroom apartments were sold, 33 two-bedroom apartments were sold, and 8 three-bedroom apartments were sold. The table below provides additional data on the number of apartments sold in each building in 2018.

# of Apartment Sale (1/1/18 - 12/31/18)					
	Effic.	1 BR	2 BR	3 BR	All Sizes
B1	1	1	4	1	7
B2	0	4	6	3	13
B3	1	7	8	0	16
B4	0	1	5	0	6
B5	4	12	7	0	23
B6	3	6	3	4	16
All Bldgs	9	31	33	8	81

In the first 10 months of 2019, 9 efficiency apartments were sold, 27 one-bedroom apartments were sold, 18 two-bedroom apartments were sold, and 7 three-bedroom apartments were sold. The following table provides additional data on the

number of apartments sold in each building in the first 10 months of 2019.

# of Apartment Sale (1/1/19 - 10/31/19)					
	Efficiency	1 BR	2 BR	3 BR	All Sizes
B1	0	0	4	1	5
B2	0	7	2	4	13
B3	1	3	4	0	8
B4	2	6	3	0	11
B5	4	5	3	1	13
B6	2	6	2	1	11
All Bldgs	9	27	18	7	61

Horizon House occupies a parcel of land that is unparalleled in size and with the finest view of the Manhattan skyline of any complex in Fort Lee. Although we are pleased that share prices are increasing, we strongly believe that our unique property should trade at a higher range. This Board is committed to continue working diligently to increase shareholder value.

If you want to receive Board communications, management communications, and meeting notices more quickly via email, please send your email address to board@horizon-house.com.

Sincerely yours,

Tony Adamo, Steve Austin, Jeff Gurnari, Charles Kolber, Susan Levinson, Richard Ng, Howard Pearl

Board of Directors
1266 Apartment Corp.

Welcome New Residents

Since the last issue of *HorizoNews* was published, 14 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 - David and Sheri Krassner

Building 3 - Kamalakkar, Aruna, and Ameya Pendse, Alexis Rodriguez and Raven Solomon

Building 4 - Vincent Jarvis, Seung Lee, Caitlin Sierra Lim and Angie S. Lim, Frances L. Santiago

Building 5 - Karen Hull

Building 6 - Herbert Steiner

Mental Health: The Season Matters

(Cont'd from Page 4)

small doses that winter allows, can help boost serotonin levels and improve your mood.

2. Exercise regularly — it can be as effective as medication: Aim for 30 to 60 minutes of activity on most days.

3. Reach out to family and friends — and let them help.

4. Eat the right diet — Eating small, well-balanced meals throughout the day, with plenty of fresh fruit and vegetables, will help you keep your energy up and minimize mood swings.

5. Take steps to deal with stress — Figure out the things in your life that stress you out, such as work overload or unsupportive relationships, and make a plan to avoid them or minimize their impact. ... **AND...**

6. Do something you enjoy (or used to) every day — While you can't force yourself to have fun or experience pleasure, you can push yourself to do things, even when you don't feel like it. You might be surprised at how much better you feel once you're out and about. Having fun is a great stress buster, so make time for leisure activities that bring you joy, whether it be painting, playing the piano, working on your car, or simply hanging out with friends.

A key resource is the NAMI helpline, sponsored by the National Alliance on Mental Illness, which you can call for support and referrals: 1-800-950-6264.

Another good resource for information on mental health and wellness: Helpguide.org

This article was written by Vicki Sidrow, MPA, former President and CEO of Vantage Health System.

Management Corner

Snowbirds: It's that time of year again. In a continuing effort to conserve energy and reduce costs, we recommend certain steps be followed should you find yourself leaving your apartment for an extended length of time.

- Turn off all lights. Close all windows and window coverings.
- Pull out plugs on appliances and computers to prevent any damage due to power surges.
- If you have thermostatic heat controls we suggest that you set them at 60 degrees.
- If you have non-thermostatic heat controls we suggest that you set your fan speed to the minimum setting.
- Be sure that Security has the key(s) to your apartment for emergency access.
- Disconnect any appliances on an automatic timer (i.e. alarm clock/radio).
- Check the battery on your smoke and carbon monoxide detector.
- Report any dripping faucets or running toilets to maintenance.

Our building staff will be happy to assist you in winterizing your apartment before you leave. Kindly contact management at 201-224-6300 to arrange an appointment. If we collectively follow these few simple steps, our whole community will benefit.

Don't Miss Out on the Latest Horizon House Updates

By providing your email address to Horizon House Management, you will allow them to send you the latest updates on building emergencies, water outages, etc. Please send your email address to Genesis.Guzman@fsresidential.com if you would like this informative service.



This Kit Could Save Your Life!

(Cont'd from Page 1)

The large Medical Information Card pouch should be placed in an easily-visible central location, like on your refrigerator. If you have a non-magnetic refrigerator door, you may tape the pouch to the refrigerator or place it on the inside of your front door. All information should be written in pencil and updated regularly.

The red File of Life sticker needs to be placed outside your apartment, either on the door or, in the case of Buildings 1-4, it may be placed on the adjacent glass panel. The sticker will alert emergency personnel to look for the pouch inside your apartment.

If there are multiple members of a household wishing to participate in the program, additional kit items will be provided free of charge. All Medical Information Cards should be stored together in a single pouch. The kit also contains a small, wallet-sized Medical Information Card you can carry with you when you're out and about.

If you would like to pick up a File of Life kit in person, you can stop by the Fort Lee Volunteer Ambulance Corps headquarters on Main Street, at the corner of Anderson Avenue, during daytime hours. You can also order the kit by calling the Ambulance Corps' non-emergency line at 201-592-3637, or by sending an email with your name and mailing address to secretary@fortleevac.org.

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.

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.

Elementary and Special Education Tutor- I am an experienced educator with a solid academic background and hands-on teaching experience. I have been teaching in the public school system for the past 18 years, and I have been working as a private tutor for the past ten years. I have the ability to interact effectively with students to create a positive and exciting learning environment. I am certified in elementary education, Orton-Gillingham, and special education. If your child is struggling in school

give me a call to discuss tutoring times and rates. Call Rene at 201-410-9450 or email me at renechak@gmail.com

Experienced Health Care Companion or Nanny- looking for employment. Available as a live-in or on a daily basis. Has previously cared for HH resident for the last 3 years and references are available. Please call Juliet -201-310-1084.

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.

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- Memorable travel experiences designed by a knowledgeable travel professional. Think about a Safari in South Africa, River Cruise in Europe, traversing Asia, discovering the Galapagos or sailing on the Amazon. Expert in designing inter-generational family celebrations worldwide and Bar/Bat Mitzvah Private Car/Private Guide tours to Israel. The world is waiting! Please call or email for a personal consultation: globalvisionstravel@aol.com or 201-280-3015.

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 \$19.99+tax! Call (201) 886-8882 for free delivery, no minimum required.

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.

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: talk2jacki@gmail.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. Music videos can be viewed at You Tube- George Eckhardt Music. 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

Skincare Services - HH resident just opened the first branch of my New York Skin Care Treatment Office in Fort Lee. Please make an appointment: byluciaruffino.skincaretherapy.net for your personalized facial at a 25% discount for first time Horizon House Residents along with a FREE skin serum. Please call 201-727-3429

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

Goods

2011 Buick LaCrosse CXL - Loaded / 1 Owner / No Accidents / Warranty / Low Miles - \$10,999. Book value \$12,500 Contact by email for a copy of car history report, copy of window sticker, arrange viewing and additional information. Email address: jasonbmanus@gmail.com *

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. **

Electric Wheelchair- Brand New- never been used. Must sell/sacrifice. Please call 201-224-2929.*

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

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.

CORHH- Concerned Owners & Residents of Horizon House- Are you a resident/shareholder who is interested in knowing what is going on in our community? Please reach out to CORHH at 1horizonhouse@gmail.com and we will add you to our email list.

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.montclair.edu](mailto:kowalskiL@mail.montclair.edu)

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 HORIZONEWS - Takes minimum time. Provides fun and satisfaction. Send an email to 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/>. I have just finished my 2 act opera named "Caligula's Favorite Play" (based on the Camus' play). Here is a link to the 9 minute DEMO that consists of 7 different arias and monologues: <https://youtu.be/03vv9jSM0Rg>

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 of 85 words or less and letters of 300 words or less for the next issue should be submitted no later than January 31. 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.