



What's New in Long Hill Twp.

Echoes-Sentinel
March 9, 2017

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Support local businesses

By **ALEX PARKER-MAGYAR**
 EDITOR

Last year, Long Hill celebrated its 150th anniversary with an extravagant and well-deserved bash.

While we may be 50 years away from another milestone of that magnitude, there is much to celebrate in Long Hill every year.

Open space, terrific schools, and dedicated volunteers and first responders are aspects of Long Hill that are always worthy of praise. Long Hill also shines in terms of civic engagement.

While public participation could always be higher, more residents in Long Hill seem to want to know what's going on, and want to have their voices heard, than in other small towns.

Long Hill is a unique place.

Wedged between two counties and flanked on one side by a National Wildlife Refuge, the township has its own identity, and that identity draws from four distinct communities all within the township.

Events like the Stirling Street Fair, or last year's Charter Day celebration, bring out the best of those four communities. With spring on the horizon and the street fair just about two months away, we look forward to seeing Long Hill out and about.

Local businesses are an integral part of what makes Long Hill the community that it is. In no small way, they contribute to the character of Main Avenue in Stirling, or downtown Millington, or Valley Road or the Meyersville Circle.

Many of these businesses and storefronts are Long Hill institutions that have been around for decades. A number of the businesses are 'Mom and Pop shops' passed down to the current generation. Many of the shops are relatively new in town, started by local residents pursuing their dreams of operating successful small businesses.

Supporting any of these businesses is a meaningful contribution to the fabric of Long Hill.

Money that is spent at Long Hill businesses, rather than online or out at big box stores off Route 22 or at a megamall outside of town, allows it to circulate locally. In addition, Long Hill business owners support the local causes and volunteer organizations that make Long Hill the community that it is.

These businesses offer much to see and do in Long Hill. Check out what they're up to and what they're all about.



STIRLING STREET FAIR

Victoria Dill, 3, has her aunt Claire Dill show her the excellent results of her face painting at the 2016 Stirling Street Fair. Both are from Gillette. Please see a related photo on page 3.



COMING UP

Vendors line both sides of Main Avenue in downtown Stirling for the Stirling Street Fair sponsored by the Long Hill Chamber of Commerce. The fair is set for Sunday, April 23 this year.

Thirty-seven years strong for Bolash Landscaping

Chris Bolash started his business with just one push mower back in 1980 in what was then Passaic Township.

Now, 37 years later, Chris and his son, Matt, are still going strong.

Bolash Landscaping, headquartered at 239 Morristown Road in Gillette, offers a wide range of landscaping services.

From mowing to planting, fertilizing and tree work, the family business has customers covered.

Fully licensed and insured, Bolash

Landscaping also covers a variety of hard-scaping needs, such as fencing, drainage and patio installation.

The business has come a long way from Bolash cutting his neighbor's lawns nearly four decades ago.

"To be in business for 37 years, you have to be reliable and trustworthy," Bolash said.

To learn more about Bolash Landscaping, call (908) 580-0676 or contact Chris at cbolash@comcast.net.

Quality daycare at Lil' People's Playhouse

Lil' People's Playhouse was established 25 years ago with an emphasis on quality care, small groups and a well-developed curriculum.

The daycare offers a variety of creative programs for children ages 6 weeks through 5 years.

Residents are invited to visit the accredited center and learn more about how its developmental programs encourage children to learn as they have

fun exploring all the areas of their development.

Come see why we Lil' People's Playhouse is the best.

Lil' People's Playhouse is located at 1288 Valley Road in Stirling.

Learn more about the center at www.lilpeoplesplayhouse.com, or call (908) 647-0950. Also, find the daycare center at "Lil' People's Playhouse Inc." on Facebook.



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A tailor-made experience offered at High Gear Cyclery

Bikes available for all ages

The dedicated staff at High Gear Cyclery listens carefully to their customers to help them choose the right bicycle for their needs.

High Gear Cyclery opened 40 years ago in Summit. The business then moved to ShopRite Plaza on Valley Road in the 1980s before settling into its distinctive home on the corner of Main Avenue and Valley Road in Stirling 19 years ago.

The store, located at 393 Main Avenue, is owned by Rone Lewis, president, and Craig Ward, general manager. Lewis was a long-time customer of High Gear, and had wanted to own a bike shop for many years. When Larry Dole decided to sell the business in 2002, Lewis took advantage of

the opportunity.

The bike shop supports local schools through donations to fundraisers. The shop has also sponsored National Multiple Sclerosis Society fundraising rides for the last 15 years.

In addition to working closely with customers, High Gear Cyclery's bike trade-up program encourages youngsters to keep riding as they grow.

For more information, contact (908) 647-2010, sales@highgearcyclery.com, or visit www.highgearcyclery.com.

In addition, High Gear Cyclery opened a new shop at 20 Main Street, Millburn in 2004. The Millburn location can be reached at (908) 376-0001.

Come join the Long Hill Senior Center

Meet new people, enjoy various activities

Becoming a member of the Long Hill Senior Center is easy. Residents must simply be older than 55 and pay only \$15 a year – or \$20 to receive the informative monthly newsletter.

For those who like to go to Atlantic City, the center offers trips at discounted rates.

For those who like to see plays, the center hosts trips all over, from New York to Mt. Airy, Hunterdon Hills Playhouse and Paper Mill Playhouse.

For those who like to socialize, the senior center offers that too. The center hosts game/card days, exercise, and art class along with nutrition and special treat days such as pizza days, soup and chili days. The center also throws big parties for its anniversaries, holidays and much more.

Not only do senior center members socialize, they also take day and overnight trips.

The Senior Center is not only for mem-



bers, either. The center also rents out its facilities for parties, lectures, meetings and whatever residents may need. The center features a good size hall and kitchen. Details can be provided by contacting the center.

For more information, contact Nancy at (908) 626-1101, or LHseniors@comcast.net. The Long Hill Senior Center is located at 769 Valley Road, Gillette.



HIGH GEAR CYCLERY

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Stirling, NJ 07980
908-647-2010

Millburn
20 Main Street
Millburn, NJ 07041
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Call for details 908-626-1101 or
stop by at 769 Valley Rd., Gillette
(next to Gillette School)

Get your jig on at Chimney O' Rock

Celebrate St. Patrick's Day at the Rock

Chimney Rock Inn is spreading Irish cheer with its St. Patrick's Celebration.

"The Rock" will be featuring a special homemade Irish menu starting Thursday, March 9. A delightful, home-cooked, special St. Patrick's menu consisting of corned beef, cabbage and potato platter, tasty corned beef sandwich, Guinness beef pot pie and Irish soda bread will be offered. To end the perfect meal, Chimney Rock will be featuring Irish coffee and Bailey's Irish Cream cheesecake. Enjoy true Irish beers throughout the celebration, including Guinness Stout, Smithwick's Ale, Harp Lager and Murphy's Irish Red.

Catch free live bands playing traditional Irish music. Reservations are recommended on the following three dates, since last year's dates sold out:

- **Sunday, March 12** - Bloody Callan at Bridgewater and Round The House at Gillette: Three seatings available at 3:30, 5:30 and 7:30 p.m.

- **Tuesday, March 14** - The Snakes at Bridgewater and Bloody Callan at Gillette: Two seatings available at 5:45 and 7:15 p.m.

- **Thursday, March 16** - Round The House at Bridgewater and Lagans Love at Gillette: Three seatings available at 3:30, 5:30 and 7:30 p.m.

- **Friday, March 17** - Hooley Shooters (12 to 3 p.m.) and Courtney Colletti (5 to 9 p.m.) at Bridgewater, Lagans Love at Gillette

"The Rock" will not be accepting reservations for Friday, March 17. Seating will be given on a first come, first served basis.

Visit www.chimneyrockinn.com for complete details on the St. Patrick's menu. The regular menu will also be available.

History

For more than 150 years, the Chimney Rock Inn has offered warm hospitality with great food and great people.

The original "Rock," located at 800 North Thompson Avenue, Bound Brook, dates to 1863 when the Chimney Rock Hotel was established. It began as a bed-and-breakfast serving liquor, oysters and cigars to patrons.

By 1873, Chimney Rock had become a restaurant, store, butcher shop and ice dealer using the old barn to store and cut the ice. Thirteen years later, German immigrant William Haelig purchased the inn and the adjacent property, the Chimney Rock Gorge, to form the Bound Brook Crushed Stone Company, which would provide the stone to make all of the roads in the area. Haelig built a dance hall in the rear of the inn, and the second floor was used for Sunday School.

In 1954, the original Chimney Rock Hotel was torn down, and The Chimney Rock Inn was built on the lot next to it. Just a year later, the famous Chimney Rock pizza debuted. The restaurant uses the same delicious, thin-crust pizza recipe today.

In 2000, the Chimney Rock Inn was expanded and updated to prepare for the next century. The restaurant expanded to two locations in 2004 after the purchase of Sestri's in Gillette, formerly Linda's Fireside.

Despite all the changes through the years, some things have remained the same, with high quality fresh food and great hospitality topping the list. Some employees have been with the company for 20 years, and gathering at the inn has become a tradition for generations of local families and workers who have dined at The Rock for decades.

Visit Chimney Rock Inn at 800 North Thompson Avenue, Bound Brook, (732-469-4600), or at 342 Valley Road, Gillette (908-580-1100). The Rock is proud to serve its local communities and is excited to continue that tradition for many years to come.

chimney o'rock celebration

RESERVATIONS SUGGESTED; LAST YEAR WAS SOLD OUT!

live irish music!

Sunday, March 12

"Bloody Callan" at Bridgewater
"Round The House" at Gillette

Three Seatings Available: 3:30, 5:30 & 7:30 pm



Tuesday, March 14

"The Snakes" at Bridgewater
"Bloody Callan" at Gillette

Two Seatings Available: 5:45 & 7:15 pm



Thursday, March 16

"Round The House" at Bridgewater
"Lagans Love" at Gillette

Two Seatings Available: 5:45 & 7:15 pm



Friday, March 17: ST. PATRICK'S DAY

"Hooley Shooters" at Bridgewater 12-3 pm
"Courtney Colletti" at Bridgewater 5-9 pm
"Lagans Love" at Gillette

Performance Times: 12-3 pm & 5-9 pm

Not accepting reservations for this day
FIRST COME - FIRST SERVED

St. Patrick's Celebration starting Thursday, March 9

enjoy homemade irish cuisine!



Corned Beef & Cabbage with Potatoes
Guinness Beef Pot Pie
Irish Soda Bread
Baileys Irish Cream Cheesecake



Chimney Rock Inn

Bridgewater

800 N. Thompson Ave.
(732) 469-4600



Gillette

342 Valley Rd.
(908) 580-1100

ShopRite of Stirling celebrates National Nutrition Month

ShopRite of Stirling takes the health of the Long Hill community very seriously, and will show its support through the celebration of National Nutrition Month.

In 2015, the store added a 3,000-square-foot section called the "Village Wellness Garden." The wellness destination was made up of nutritional products hand-selected by the in-store Registered Dietitian, along with an Urban Cultivator, bulk food section, sampling station and juice and smoothie bar.

The newest addition to the ShopRite of Stirling health and wellness family is the "Kids Super Food Sticker" program. The program was launched on March 1 to coincide with the first day of National Nutrition Month.

Through the program, whenever a child shows any fresh, frozen or canned fruit or vegetable at checkout, he or she will receive one of four super food stickers. The first edition of stickers includes a strawberry, apple, broccoli and carrot.

The program was developed to encourage produce consumption in children, and includes fruits and vegetables purchased in the produce, grocery or frozen food departments.

In addition to the sticker program, ShopRite rolled out its "Free Fruit for Kids" program last year, through which children are encouraged to pick up a free clementine or banana each time they shop.

The supermarket supports numerous charities and local organizations, and holds fundraisers throughout the year to benefit worthy causes.

For more information on in-store events and programs, or to schedule a free nutrition consultation, contact Jessica Guarnieri, RD at Jessica.Guarnieri@wakefern.com, or call (908) 604-8935.



ShopRite of Stirling promotes health and wellness year-round. Standing, from left, are Hidden Warrior Yoga instructor Grant Clark, ShopRite store manager David Hapstick, Soo Bahk Do Karate program director Michelle Cavett, and CKO Kickboxing owner Steve Johnson. Kneeling from left are ShopRite's Elle Bernardo and dietitian Jessica Guarnieri. The group poses with the Spin Wheel, which awarded visitors prizes and wellness tips at ShopRite of Stirling's Health and Wellness Festival in October 2016. The festival marked the one-year anniversary of ShopRite of Stirling's Village Wellness Garden.

Check out the Village Wellness Garden at the ShopRite of Stirling!

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Registered Dietitian
(908) 604-8935
jessica.guarnieri@wakefern.com

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MAY
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 ShopRite of Stirling



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Design through installation offered at Jaeger Kitchens

The kitchen is the heart of the home.

Jaeger Kitchens wants to help residents keep that heart warm, vibrant and inviting. Serving New Jersey for decades with an experienced team of designers, Jaeger Kitchens is the place to turn a dream kitchen into a reality. Shoppers select from the most respected names in cabinetry, countertops, mouldings and hardware as the Jaeger designers work with them to create a kitchen that residents will love to call home.

When it comes to installation, Jaeger Kitchens will work with a resident's contractor, or residents can count on Jaeger's own team of master craftsmen to do the job to complete satisfaction. With professional design, sales, and installation, Jaeger Kitchens can be there with a homeowner to see their kitchen project through from beginning to end.

While Jaeger Kitchens is the name, kitchens are not the limit of what Jaeger can do. The Jaeger Kitchens design team can also provide a homeowner with fine cabinetry solutions for their bath, bedroom, living room, office/library or family room. Any room in the home can be a showplace, and, as part of Jaeger Lumber, Jaeger Kitchens can allow residents to have a showplace home without the up-scale showroom pricing.

Jaeger Kitchens invites residents to look around their online showroom at www.JaegerKitchens.com to see what they can do. Homeowners are then invited to bring their imaginations down to a Jaeger Kitchens design center in Union, Stirling, Madison, Middlesex, Belmar or Point Pleasant Beach.

As the company motto goes, "It's your home. It's your life. Make it better with Jaeger Kitchens."

Regency Landscape a Millington mainstay

This January marks a huge milestone for local business Regency Landscape. Based in Millington, they have been serving the community for more than 30 years.

In 1986, owner Tony Catanzaro began his business as a student at Watchung Hills Regional High School. As he worked, he then attended County College of Morris and earned a degree in Landscape Management and Design.

Catanzaro continued his education through the years, including attending and earning various professional certificates from Rutgers, The State University of New Jersey in landscape design and other landscape industry specialties.

Through many years of involvement in the industry both statewide and nationally, Catanzaro has been in leadership roles in the Professional Landscape Alliance of New Jersey (now merged with the New Jersey Nursery & Landscape Association) and the Certified Landscape Technician Program of New Jersey.

In addition to being a Certified Landscape Technician he is also a Certified In-

terlocking Concrete Paver Installer (ICPI), A Certified Belgard Installer, and a Certified Techo-Bloc - Techo-Pro installer.

Regency Landscape has in past years had the honor of winning five design/build awards for both its commercial and residential projects from the New Jersey Landscape Contractors Association. For the past two years, Regency Landscape has won the Best of Houzz.com Award.

Selections of their projects have been featured in a book by Tina Skinner called Creative Patios. Over the years, Catanzaro spent some time writing a monthly column for the Gardener News and has been featured/interviewed/ in many trade publications and gardening magazines as well.

Regency Landscape offers landscape maintenance, snow plowing and landscape design/build services in Long Hill Township and surrounding communities.

To learn more about Catanzaro's business, call (908) 647-3434 or visit www.regencylandscape.com.



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(908) 686-0070**

www.JaegerKitchens.com

Soo Bahk Do Karate celebrates 35 Years in Long Hill Township

Toddlers, seniors and all in between welcome at Gillette studio

Soo Bahk Do Karate of Gillette, located at 630 Valley Road, will be celebrating its 35th anniversary in April.

The karate studio was founded in 1982 by Linda Morey, Certified Master Instructor and seventh-degree black belt, the highest-ranked woman in the traditional martial art of Soo Bahk Do Moo Duk Kwan in the world.

Morey originally started her school by holding classes in the Long Hill Community Center, and then moved over to the building housing the post office. Eventually, a purpose-built facility was constructed at the current location.

"Under Master Morey's guidance, we have trained thousands of Long Hill children in self-esteem, courage and discipline," said Michelle Cavett, program director and Certified Instructor.

Cavett, along with Certified Master Instructor and fifth-degree black belt Lydia Chu, Certified Master Instructor and fourth-degree black belt Andrew Masini, and Certified Instructors and third-degree black belts Michael Chu and Ria Zazzarino, make up the teaching staff.

"Combined, we have over 100 years of teaching experience," said Cavett. "Through the years we have instructed and helped many children referred by physicians, teachers, psychologists, and other professionals who recognized the proven ability of martial arts to enhance focus and concentration, as well as develop better balance, hand-eye coordination, strength and flexibility.

"In 35 years, the activity level of children has changed dramatically, and there is an even greater need to provide children the opportunity to develop their bodies in a balanced way."

The studio starts children as young as 3 years old in its very popular Little Dragons program. Children in the program learn important concepts and attributes such as sharing, respect and self-control. Soo Bahk Do also teaches the children basic self-defense techniques, and what to do if they get separated from their parents or caregivers.



Alex Cespedes, 5, of Gillette, is ready for his first karate class at Soo Bahk Do Karate of Gillette, which will focus on concentration and self-control.

"We practice having them identify police and firemen, so if they need help they can recognize those who can provide it," said Masini, who conducts the Little Dragons Program. "At this age it is about them having fun, while still learning basic martial arts principles of balance, concentration and self-awareness."

While the majority of Soo Bahk Do students start their martial arts training between the ages of 5 and 7, the studio also offers a dynamic adult program.

"We've had many students start their training in their 40s and 50s, and recently we had a new student begin training who is in her 70s," said Cavett.

"We have been very fortunate to have both Master Morey and Soo Bahk Do Karate in our lives," said Chu, who has been teaching karate for more than 30 years, and whose three adult children are all blackbelts.

Chu, who also teaches at Watchung Regional High School, holds a Masters Degree in special education and administration from Rutgers University.

"I have seen first-hand the benefits of karate to increase focus and concentration, and highly recommend our program for all children, but especially those who struggle with self-discipline and self-control."

The studio offers complementary assessments for both children and adults for whom areas of potential improvement are identified and a plan of action is discussed.

Soo Bahk Do Karate is also exceedingly community-minded. In addition to being a member of the Long Hill Chamber of Commerce, for which Cavett serves as president, the studio sponsors various local events such as the Easter Egg Hunt, the Stirling Street Fair, Millington Downtown Day and the Halloween Parade.

For more information, or to schedule a complementary assessment, contact Cavett at mcavett@karate4peace.com or call (908) 647-4194.



SOO BAHK DO KARATE OF GILLETTE

630 Valley Rd.
Gillette, NJ 07933
908-647-4194
www.karate4peace.com

A true hidden gem: Great Swamp Greenhouses

In the heart of the Great Swamp National Wildlife refuge lies a hidden gem of a garden center, Great Swamp Greenhouses, located at 553 New Vernon Road in the Gillette section of Long Hill Township.

Owner Michael Beneduce started operating the 10-acre nursery/garden center in 1978 when he was just 21 years old. Now, the business is run by two of his three children, and the third operates a vineyard and winery at a 50-acre farm the family owns in Pittstown.

Great Swamp Greenhouses offers a unique opportunity to browse plants right where they are grown, eliminating the stress of shipping and the extra costs usually associated with a middle man.

There is an acre of covered greenhouse where customers can purchase houseplants, annuals, vegetables and poinsettias, and several acres outside of nursery stock, perennials, mums and Christmas trees during the Christmas season.

Over the years, Great Swamp Greenhouses has employed many locals, from teenagers to mature adults with plant

knowledge, and has contributed to many local activities.

The business is open and operational year round, with seeds and plugs planted in January growing until the busy selling season of May through July.

The Pittstown farm has a covered, one-acre growing facility so its own stock can be filled in as needed at the Gillette retail location.

August to October sees pumpkins, chrysanthemums and other assorted fall plants. Nursery stock is available year round.

In August, the poinsettia cuttings are planted so that they mature in time for Christmas.

At Christmas, Great Swamp Greenhouses sells 3,000 Christmas trees, and offers custom decorated wreaths, Old World Christmas and other ornaments, as well as all holiday decorating needs.

Contact the Great Swamp Greenhouses at (908) 647-3725, or by email at greatswampgreenhouses@gmail.com. Visit Great Swamp Greenhouses online at www.greatswampgreenhouses.com.

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All Saints' Church is here for the community

All Saints' Episcopal Church in Millington is a community of worship and service to its neighbors.

All Saints' has a food pantry for Long Hill residents, and works with military veterans from the transitional housing program at the Lyons Veterans Affairs hospital in Basking Ridge. A group of parishioners and neighbors gather monthly to crochet sleeping mats from plastic grocery bags for the homeless. Throughout the week, the church hosts eight Alcoholic Anonymous meetings.

All Saints' is also a meeting place for community organizations such as the Girl Scouts

and Cub Scouts, and events such as Tai Chi classes.

The church also hosts fish and chips dinners, catered by Argyle Restaurant of Kearny, which are open to the community. Annually in September, the rummage sale serves the needs of bargain hunters and people on a limited budget looking for household goods.

The regular Sunday services at 8 and 10 a.m., as well as mid-week worship and holidays at Christmas, Easter, and other times, are welcoming of visitors and newcomers. The church and memorial garden are places of quiet for meditation and prayer for all.

Something for everyone at Mary's Your Name Here

At Mary's Your Name Here, "personalized" doesn't just mean adding a name.

Mary's customers get to pick the font, the thread color and the placement of their choice of embroidery designs or names. Sometimes it doesn't include a name at all.

Selecting from Mary's catalog of thousands of designs, a customer can personalize an item with a favorite flower, sport motif or novelty. In fact, the embroidery

shop has even recreated a floral design on towels to coordinate with wallpaper.

Mary's is one of the only shops around that welcomes customer-supplied items. From heirloom christening gowns to heavy equestrian items, Mary's does it all.

Spring offers many occasions to turn an ordinary item into an extraordinary gift.

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All Saints'

Millington

Sunday Worship: 8 & 10 am

Church School and Nursery Care: 10 am

Communion and Healing Prayer
Thursday: 7:00 am
(September - June)

The Rev. Victoria Geer McGrath

908-647-0067

www.allsaintsmillington.org
allstsmill@hotmail.com

Two Long Hill women with one mission: Caring for others with compassion

Frankel, Lindewirth use their own experiences as inspiration to help others

Two Long Hill women, Lorraine Frankel and Mary Lindewirth, opened home care agency Touching Hearts at Home in June 2013 with the motivation to start their business out of events in their own lives.

Frankel was diagnosed with colon cancer in 2006, and in 2010 doctors discovered the cancer had traveled to her liver. While working a full-time job and taking care of her family, Frankel had to face the terrible diagnosis twice and fight it. She underwent two surgeries and endured months of chemotherapy.

While Frankel was recov-

ering, her friends and family pulled together and made sure she and her family were well cared for. She is eternally grateful for the outpouring of love and support, so much so that it motivated her to give back to families in need.

During the same time Frankel was dealing with her illness, Lindewirth's father passed away after a long battle with Parkinson's disease and dementia. Her father's illness was a sad and stressful time for Lindewirth's entire family. Frankel and Lindewirth's separate experiences inspired them to open Touching Hearts at Home to provide

compassionate care to families in need.

Touching Hearts at Home has grown over the years and now employs more than 30 caregivers and Certified Home Health Aides. Touching Hearts at Home hires only committed, professional individuals who love working with older adults during all hours of the day and night.

"Our focus from the start was to hire the very best people," said Lindewirth. "At the end of every interview, we ask ourselves, is that someone we would want taking care of our parents? The answer has to be a very enthu-

siastic 'yes' for us to hire them".

People age in different ways, with different needs, at different times. Many adults with medical conditions, or seniors with the progressive changes that come with aging, choose to remain in the comfort of home.

"We do what we do because we want to make a positive impact on the lives of our clients and their families," said Frankel "We expect this same level of passion from every team member".

The Touching Hearts at Home mission is to help seniors preserve their quali-

ty of life and remain independent in their own homes for as long as possible. To that end, Touching Hearts at Home offers a wide variety of services including transportation, meal planning and preparation, light housekeeping, laundry and more. Services are customized to meet the needs of each client.

Care can be provided from just a few hours per visit to 24 hours per day, seven days a week, including weekends and holidays.

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Lung Yan Chinese Restaurant delivers for thirty years

Family business in Gillette since 1985

Lung Yan Chinese Restaurant, now in its second generation of ownership, offers fresh Chinese cuisine.

Peter and Rose Wong opened Lung Yan at its 598 Valley Road, Gillette location in 1985. Matthew Wong took over for his parents in 1995, and now runs the restaurant with his wife, Ann Linn. Kids Susan and Michael Wong, both students at Watchung Hills Regional High School, help out when help is needed.

Lung Yan offers a traditional Chinese menu, including popular items such as scallion pancakes, General Tso's chicken, lo mein and pork and veggie dumplings.

A \$6.95 lunch combo special is offered. The dinner combo special is \$9.95.

Residents are invited to sit down for a meal at Lung Yan, or order take-out or delivery. The restaurant delivers within a five-mile radius of the shop, mostly covering Long Hill, Warren, Watchung, Basking Ridge and Berkeley Heights. There is a \$15 minimum charge for delivery. Residents may order online or by phone.

Hours of operation are Tuesday through Friday from 11 a.m. to 9:30 p.m., Saturday from 11 a.m. to 10 p.m., and Sunday from 11:30 a.m. to 9 p.m.

To order, or for more information, visit www.LungYanNj.com, or call (908) 647-7972.

VGI Promotions offers personalized experience, service

Business ideal for spring events, parties

From T-shirts to cell phone battery chargers and everything in between, VGI Promotions can brand it for you.

Long Hill-based VGI creates and sells premium promotional products.

VGI will brand apparel, party supplies, stuffed animals and more with a personal or company logo.

Opened in April 2007, owner Liz Vetter launched her business from her Millington home.

Vetter has since worked with local businesses, schools, homeowners and event planners to create the perfect products.

VGI separates itself from the pack through its personalized experience. If a customer has a question, or needs to see samples, they get answers right away. Vetter devotes her undivided attention to a project.

With spring on the horizon, VGI is an ideal partner for Bar Mitzvahs, Bat Mitzvahs, graduation parties and corporate parties.

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Reduce discomfort, stiffness at Hidden Warrior Yoga

In order to implement a solution effectively, one must understand the core problem, a key mission in Hidden Warrior Yoga's curated exercises.

To that end, Hidden Warrior Yoga focuses on the fact that a muscle, joint or tendon only tightens when it needs to protect itself. For example, the joints in the hips often become tight when the surrounding glute muscles are not activated, creating a lack of stability in the body. Therefore, the joints in the hips create more support by becoming tight and rigid.

As a result, one can practice conventional stretches for his or her hips and see very little improvement. The joints will remain tight until one trains and activates the source of instability, in this case the surrounding musculature, the

glute muscles.

At Hidden Warrior Yoga, instructors combine traditional yoga poses with contemporary exercise movements to allow the joints and the muscles in the body to feel safe again. Hidden Warrior's program focuses on creating strength and stability throughout the body, helping to foster better body awareness while reducing discomfort and stiffness.

The yoga studio welcomes visitors of all experience levels. There are variations in every pose to challenge the experienced yogi as well as introduce the tentative newcomer.

For more information, visit www.hiddenwarrior.club, check out Hidden Warrior Yoga's Facebook page at <https://www.facebook.com/hiddenwarrioryoga/>, or call (908) 458-3263.

Don't wait with Stirling Valley Dental Associates

Dr. Robert Garofalo of Stirling Valley Dental Associates is pleased to announce Stirling Valley's new "On Time - No Wait" policy.

Dentists notoriously make patients wait an average of 20 minutes for their appointments. Stirling Valley Dental Associates' new policy assures that residents will be seated at their scheduled appointment times.

The dentist's office offers all aspects of general dentistry and cosmetic veneers, and caters to families and children. Want whiter or straighter teeth? Teeth whitening and Invisalign ortho-

dontics options are available.

New in 2017 is a 12-month, interest-free payment through Care Credit, and Stirling Valley's own in-house, low-cost dental plan for employers and their staffs for \$99 a year. Ask Stirling Valley Dental Associates staff for details.

As always, Stirling Valley sees emergencies promptly and have Saturday and evening hours for residents' convenience.

It is easy to smile at Stirling Valley Dental Associates.

For more information, visit www.stirlingvalleydental.com.

The Meyersville Inn does it all

Many people don't think of The Meyersville Inn as their one-stop shop. However, the inn does it all.

Residents can stop in for a quick burger or pizza on their lunch break, or enjoy a lavish four-course meal with friends and family. The Meyersville Inn offers kids' birthday parties, book club luncheons, tea parties, chocolate and wine parties and so much more.

Guests can enjoy all-you-can-eat wings on Tuesday in the bar for \$9.99. Kids also eat for free in the dining room on Tuesdays.

Wednesdays can't be missed, with live musical entertainment provided by the Raccoon Ridge Ramblers and their famous mascot, "Monkey Man."

Thursdays are filled with open mic nights, psychic gallery dinners and other exciting events.

Coming up this month the inn is celebrating St. Patrick's Day with corned beef, cabbage and Irish music. The inn will also be hosting a chocolate and wine party that is open to the public, as well as shouting B-I-N-G-O at its annual brunch bingo.

The inn loves bringing the community together and can't wait for its Long Hill First Aid Squad fundraiser in May and its annual Neighborhood Night in June. A full list of all the inn's great events can be found at www.TheMeyersvilleInn.com, on the inn's Facebook page, or in its monthly newsletter.

The Meyersville Inn invites residents to like the inn on Facebook, follow the inn on Instagram, and come on in and enjoy a bite to eat and ice cold beer.

Emerge strong this Spring!

Class times:

Mondays
8:15 - 9:15 AM

Tuesdays & Thursdays
9:30 - 10:30 AM

Wednesdays
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Long Hill Auto Makes Repairs Easy

Long Hill Auto Service Center opened its doors in 1986. While many aspects of the business of repairing and maintaining automobiles has drastically changed over the years, a few things have stayed the same.

"The first thing we try to do is to make it easy for people to get their repairs done. We know that it's not an easy thing to do to drop off your car and be without it," says owner Bob Arlotta. "Our main priority is to make it easy for people to get their repairs done. We try to make it as pain-free as it can be."

Whether it's picking up or dropping off a vehicle at an owner's home, or giving customers a lift to their destination, Arlotta says the shop's success owes much to its longtime commitment to its customers. The shop stays open 12 hours per day, six days a week, in an effort to give customers as much scheduling flexibility as possible.

And great customer service is just the starting point. In the past, the auto repair industry focused mainly on mechanics who were well-versed in mechanical issues, such as brakes and tires. But as automobiles became increasingly reliant on

electronics, computers and technology, Long Hill Auto has made a commitment to staying up-to-date on the latest technology and information, with mandatory monthly training sessions for all its employees.

The shop's focus on its surrounding community has also helped to establish its reputation as a friendly and reliable business.

Long Hill Auto sponsors and participates in many community events and activities, including acting as a food collection site for the Shrine of St. Joseph Food Drive and a variety of other Long Hill Chamber of Commerce events and programs. The business is very involved in Millington Downtown Day, donating its facility, electricity, water and parking lot space for the popular annual community gathering.

In the past, the business has also hosted local Girl Scouts working towards earning their Car Care Badges. Shop employees taught the girls how to change a tire, fix a flat, jump start a dead car battery and more.

A free air pump and free car vacuum are available in front of the shop for any-



Long Hill Auto is shown during its 1986 grand opening in Millington.

one who needs them. In addition, smart car drivers running low on a charge can pull up and plug in at no cost.

"We try to please everybody as much as we can. I think that goes a long way," Ar-

lotta said.

Long Hill Auto Service Center is located at 1905 Long Hill Road, in Millington. Reach them at longhillauto@aol.com or (908) 647-7984 or visit longhillauto.com.



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Something for everyone available at Meyersville Grange Antiques Market

Only three Sundays left in 2016-2017 market season

By **ALEX PARKER-MAGYAR**
EDITOR

LONG HILL TWP. - Every Sunday from late fall through early spring, residents are invited in from the cold to an endless assortment of baubles, collectibles, items they haven't seen in years.

For more than 45 years, the Meyersville Grange Antiques & Indoor Market has set up shop at the Grange Hall on Meyersville Road. Open from 7:30 a.m. to 2 p.m. on Sundays from November through March, the market attracts a diverse group of vendors and customers.

Steve and Carol Boyle have been running the market for the past four years. Carol, speaking on Sunday, Feb. 5, said she and Steve first started attending the market on Sunday mornings in 1976 after service at Meyersville Presbyterian Church.

"We were a newly married couple and we were looking for things to put in our house," she said. "A lot of other people just come for the ambiance, to see people they've become friends with over the years. There are people who have been here as dealers, some of them for more than 30 years."

Seventeen vendors attended the Jan. 5 market, selling everything from vintage movie posters to American Indian art to antique jewelry - "A little bit of this, a little bit of that," as multiple vendors explained.

"There's different stuff every week,"

said Steve Boyle. "You name it, eventually we have it. Knickknacks, bric-a-brac, silver, gold, records, collectible dolls - all kinds of stuff. It changes every week."

Steve Boyle said the building can house as many as 35 vendors. In addition to running the market, he and Carol sell some of their own antiques and collectibles on the hall's main floor. Their son, Russell, sells a variety of collectibles in the basement. Carol said there is such a variety of items that customers can find something one week but if they don't buy it there is no guarantee it will be there the next week.

Vendors come from as far away as Toms River and Pennsylvania, Carol said, and their local customers follow.

"Some do it as a livelihood, some do it to clean out, and others do it just because they love it," Carol said of the vendors. "I think it's the sociability of it, also. You get to meet the most interesting people."

"And you learn a lot too," Steve chimed in. "People come by and they say, 'Oh, you know what this is?' And I'll say I had no idea what that was. They inform you."

In addition to the century-old postcards, vinyl records, coins, stamps and 1950s toys, visitors are invited to the basement for a cheap, hot breakfast served by Chef Bob Edge. The Boyles said the atmosphere attracts a number of repeat customers.

"It's a nice weekend morning," Steve said. "You walk around, you check it out and you have a dynamite breakfast or lunch."



Photo by Debbie Weisman

Laura Rethwisch, left, of Toms River, and Tori Hall of Gladstone have been selling collectibles at the market for 16 years.

Carol emails all customers and vendors each Friday, detailing what will be on sale Sunday. To sign up for the newsletter, email MeyersvilleGrange188Mar-

ket@yahoo.com, or call the Boyles at (908) 647-4280.

The market season runs through Sunday, March 26.

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Long Hill Township Chamber of Commerce reminds residents to 'Shop Local' this spring

Promotions for local businesses already planned, with more to come

The Long Hill Chamber of Commerce has been actively promoting its "Shop Local" agenda through several promotions, and more are planned, according to Chamber President Michelle Cavett of Soo Bahk Do Karate of Gillette.

Cavett, along with fellow board members Mary Mayer of Mary's Your Name Here (vice president), Denise Murphy of Weichert Realty (acting secretary), Tony Catanzaro of Regency Landscape (treasurer), Jen Ward of the Echoes-Sentinel (membership chair), Dawn Kougas of Millington Station

Café, Jeannie Artigliere of The Meyersville Inn, Adam Montross of Burger King, Elizabeth Vetter of VGI Promotions, and Katherine Stever of Millington Bank, have been focusing on helping businesses get noticed through a variety of vehicles.

One of the most recent successes is the 2017 FORCE (Focusing Our Resources for Children's Enrichment) card, Cavett said.

"With the help and support of the chamber, along with the FORCE team, there are 20 local businesses on the 2017 card, five more than

last year," she said. "This is a perfect match for us because it not only promotes the local businesses, but it also gives back to the community, since the purchase of every FORCE card directly benefits the children of Long Hill Township schools."

"Giving back to the community where we do business is very important to us", Chamber Vice President Mary Mayer added. "The chamber as a whole, coupled with individual members, gave well over \$10,000 to local causes and community events in 2016. We just ask that our residents support

these businesses that are giving back to our community, and consider shopping local before they visit an out-of-town big box store or shop online."

The chamber will sponsor several community events this year, including the Department of Parks and Recreation Easter Egg Hunt on April 8, the Stirling Street Fair on April 23, the Freedom Tour Bike Race in July, Millington Downtown Day in the fall, the Department of Parks and Recreation Halloween Parade, the Meyersville Tree Lighting in December, and potentially a "Holiday Walk"

also in December.

Additionally, the chamber sponsors events for its members and area business owners/operators to network and share business building ideas.

"We have several more dynamic networking events planned, as well as 'Lunch and Learns' to help our members navigate through such important topics as Facebook and other social media marketing," said Cavett.

To learn more, or to join the Long Hill Chamber of Commerce, contact Cavett at mcavett@karate4peace.com or (908) 647-4194.

SHOP LOCAL

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