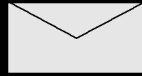




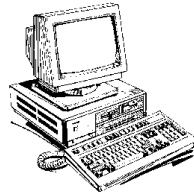
(607) 722 - 0006 (Business Office)  
 (607) 722 - 5138 (Take-out Orders)



Whole in the Wall  
 43 S. Washington Street  
 Binghamton, NY 13903



Tuesday through Saturday  
 11:30 am until 9 pm



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**In this issue ...**  
 Eliot speaks his mind,  
 gift ideas, music, back  
 massages, & more.

The Whole Story

Published by the Whole in the Wall Restaurant

Winter 1998 Quarterly Newsletter Volume 2 No. 4

# Happiness begins with kindness

## Editorial Eliot Fiks, Owner

Did you ever notice how fast bad news spreads? Talk about the speed of light. If that secret had ever been uncovered the fiber optics industry might have gone the way of the dodo bird. And it doesn't stop with other people either, we love our own bad news too. We just *love* to complain. I know I do.

Now don't get me wrong, far be it from me to begrudge people a good old fashioned complaining session. There's nothing better than getting together with a good friend and going at it. You know: you work all the time, no one appreciates you, it's impossible to meet anyone in this godforsaken place... I mean it's good to get these things out, maybe sometimes it's even the first step to resolving things. And all of the things that bother each of us are real, no matter how small they seem to someone else.



But just maybe we spend so much energy complaining that something gets lost. Always searching for the magic bullet, the always just out of reach "if only" that will make everything OK. Perhaps the magic bullet is that there is no magic bullet. Just getting up each day and brushing your teeth, going about your business, but being *aware* of what you have *in spite* of all the problems. Every new day is a gift. Every smile is a gift. If there's one soul on this earth that you love or loves you, that is a gift. The fact that you can steal two minutes to read this is a gift. It's so easy to forget, or to never see in the first place.

In this time of "gift giving" (spending money you don't have to give people things they don't need and getting totally stressed out about it) why not focus some attention on the true gifts you have to offer: your awareness your attention and your love. You won't find those things at the mall, your credit limit never runs out, and no wrapping is required.

# Truly Unique Holiday Gift Ideas

If you really want to impress your family and friends with a truly unique gift, you should stop by the Whole in the Wall Restaurant.

Our most popular item is the Whole in the Wall gift certificate, available in any denomination. It's the gift that says to the receiver, "Hey, you're a hip person. You appreciate delicious food which happens to be wholesome. I'll let you in on Binghamton's best kept secret."



And if the person is already a fan of the Whole in the Wall, you can pick-up a stylish t-shirt that tells the world where he or she loves to eat. Available in sizes

medium, large, and x-large. The price is only \$14.95, which is less than the cost of a pizza and it lasts a lot longer.

Another option is to pick-up a few containers of Whole in the Wall pesto and a free copy of our pesto recipe ideas. For the aspiring chef or the no-time-to-spare person on the go, pesto is a terrific gift idea. It's also one of the few presents you'll find for under 5 bucks! Our standard 7 oz containers cost \$3.95, and are available in 6 delicious flavors: Original Basil, Spinach Parmesan, Cajun, Dairy Free Spinach, Sun-Dried Tomato, Lactose & Cholesterol Free Spinach.

Our you can use our pesto recipes to make tasty dips and spreads to bring to your next holiday party. They're sure to be a hit! In any case, we would like to wish you and your family a safe, fun-filled holiday season.

## Healthy News Bites



- Vitamin E may help reduce the risk of heart disease. The Aug. 15, 1998 issue of *American Journal of Cardiology* shows the benefits of antioxidants including vitamin E. One study of more than two thousand patients showed that vitamin E reduced non-fatal heart attack risks by 77%.
- Vitamin C reduces cold & flu symptoms according to S. Lieberman's book *The Real Vitamin & Mineral Book*.

Lieberman also states that vitamin C helps us handle stress, and can assist in the prevention of cancer.

- Echinacea is probably the most popular anti-viral herb. It has proven to help combat viruses and beef-up the immune system, according to J. Duke's book *The Green Pharmacy*. Echinacea comes in various forms including ground herbs, tea, drops, and capsules.
- Olive Oil prevents heart

disease, breast cancer, and stomach troubles according to the book *The Healing Power of Olive Oil* by Jerry Shaw. The book also claims that olive oil in one's diet eases the pain of arthritis, reduces blood sugar levels in diabetics, decreases the formation of gallstones, and reduces blood pressure levels. Olive oil happens to be a key ingredient in *Whole in the Wall* pesto.

## Pesto Spread Recipe

Makes great hors d'oeuvres served on crackers or freshly sliced baguette.

Mix 8 oz. cream cheese (regular or low-fat) with 1/2 cup of your favorite Whole in the Wall Pesto.

If you make a batch with Sun-Dried Tomato and another with Spinach Parmesan it creates a festive combination of red & green.

## Music fills the Air

If you enjoy live music and you dislike cover charges, Whole in the Wall is the place for you. We have various brands of musical entertainment through out the month. And there is never a charge, unless you feel inclined to leave a tip in their jar.

The cheerful sounds of easy listening piano music can be heard every Friday from noon until 3 pm. Cheryl Holley entertains the lunch time crowd with popular favorites. And during this time, we offer a special bonus to our valued customers who read this newsletter. If you mention "The Big Tease" to your waitperson, you will receive a delicious dessert treat for FREE.

The second Tuesday of every month, from noon until 3 p.m., features the incredible celtic music of RJ Seigers and Curt Osgood. Their acoustic offerings will make you feel as though you were dining in Ireland. It's a show you do not want to miss!

Ed Abram's tickles the piano keys Friday nights 6-9 pm and Saturdays noon-3 pm. Whether enjoying a romantic dinner or a delicious brunch, you're sure to enjoy the classic piano tunes that Ed serves up.

Carla Fleming plays soothing piano originals Saturday nights 6-9 pm. It's perfect mood-setting dinner music.

## Tid Bits

### Free Back Massages

You heard right. If you come to the Whole in the Wall any Thursday between 1 and 3 pm, you'll receive a free back massage performed by licensed massage therapist David Brink. It's our way to help you relax while waiting for your lunch. How's that for customer service?

### Movies

Our Vestal Avenue neighbor, The Art Theater is featuring great Winter films. Check their schedule for movies, dates, and times. (724-7900)

### Mexican Night

Thanks to Leila's killer salsa and a kind article in the *Press & Sun-Bulletin* by Gene Grey, Mexican night has been a big success! Check it out this Wednesday

### Closed for Holidays

We would like to spend the holidays with our friends and families. Therefore, we will close at 4 p.m. Dec. 24 and be closed Dec. 25, and Dec. 31 through Jan. 7 We sincerely regret any inconveniences this may cause our loyal customers. We hope your holidays are merry and bright.

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(607) 724-2113