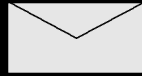




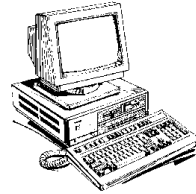
(607) 722 - 0006 (Business Office)
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Whole in the Wall
 43 S. Washington Street
 Binghamton, NY 13903



Tuesday through Saturday
 11:30 am until 9 pm



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In this issue ...
 Eliot speaks, fat facts,
 Mexican Wednesdays,
 renovations, & more.

The Whole Story

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Fall 1998

Quarterly Newsletter

Volume 2 No. 3

Think About Time For A Moment

Editorial

Eliot Fiks, Owner

You know you probably don't have time to read this. I know I don't have time to write this. Talk about stealing from Peter to pay Paul! In fact, nobody has any time to eat together, be with our children or our significant others, and friends you can just about forget. When was the last time you looked up at the sky and noticed the wild shapes of the clouds? Caught a beautiful sunset with more than just a glimpse? Stood still long enough to remember why it is you love the people you love?

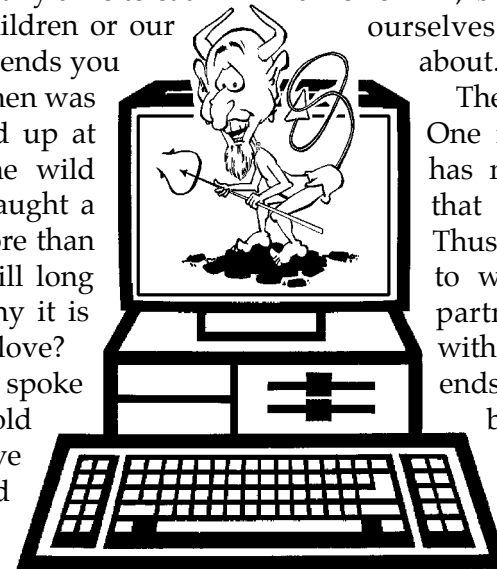
In the past, when they spoke of the future, we were told that machines would give us time. Machines would perform all the grunt work, the work week would get shorter, and we'd all live happily ever after. Now both partners work (probably late). By the time you answer all your beeps, follow up on your answering machine, go to the gym,

wolf down some takeout, and soak up a little tube, you consider yourself lucky to get 7 hours of sleep.

You see we have time for work, we have time for our machines, we have time for our bodies, and of course there's always time for TV, but we don't have time for ourselves or the people we care about.

There are a number of issues. One is that corporate America has not passed on the profits that technology has brought. Thus it is necessary for people to work longer and for both partners to work (especially with children) just to make ends meet. Second we have become slaves to our machines (our toys): acquiring them, paying for them, struggling to get more, and in general catering to their every

need. Third, computers have forever changed our concept of time. We no longer see the circle of time (you know - old fashioned clocks) and no longer is it a little
 (continued inside)



Spice Up Your Mid-Week Meals

You've probably noticed, it's difficult to find good Mexican food North of the border. There are the chain restaurants like Taco Bell and Chi Chis, but is that really what you want? El Cholo's in Johnson City is a good choice. But have you ever tried the fine Mexican cuisine served at the *Whole in the Wall*? We're very proud of our all natural ingredients

and our impeccable attention to detail. Whether it's a Mexican platter, enchilada, tostada, or chili - you're sure to be delighted.

Coming soon on **Wednesdays**, the menu gets even bigger! We'll be offering new and exciting Mexican specials every Wednesday night. There will be both meat and

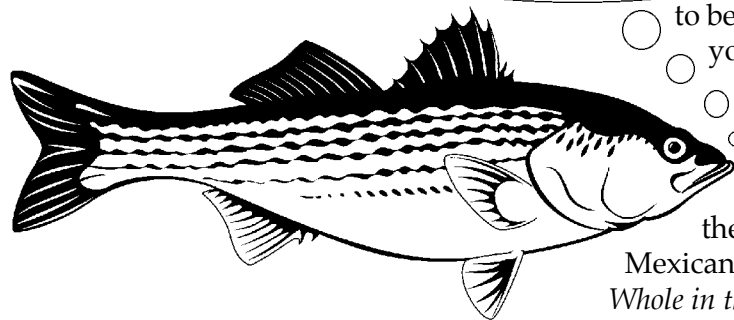
vegetarian entrees to choose from. And you know it's going

to be a heck of a lot better than anything you could get at drive-thru window!

Dinners come with soup and salad, or you can get any item ala carte. And if you are in a

hurry - call ahead. We'll tell you the specials and have your hot

Mexican meal ready for take out. *Viva la Whole in the Wall!*



Healthy News Bites



Drinking to Dehydration

A Reuters Ltd. survey revealed that 2 out of 3 Americans are not drinking enough water. We should be drinking eight 8 oz. servings per day. But to make matters worse Americans on average drink 5 cups of coffee or beverages containing alcohol - diuretics that cause the body to lose water. Water helps rid the body of toxins and has been shown to benefit the skin.

Good Fat?

Monosaturated fat has proven to be beneficial against diabetes, stroke, heart disease, and other chronic diseases. Olive Oil, avocados, and almonds are good sources of monosaturated fat. Fat can be good!

Pretty Bad Fat

Animal fat can be your ticket to heart problems. Medical professionals recommend avoiding large

amounts of fatty meat, cheese, and butter.

Wicked Bad Fat!

The phrase trans-fatty acids sounds like a new psychedelic drug, but it's actually a term for partially hydrogenated fat common in margarine, doughnuts, and processed foods. You won't find any trans-fatty acids at the *Whole in the Wall*. We like you guys too much.

Time (continued from cover)

after three, it's 3:02 and counting. I call it digital fascism. Every second is accounted for though no one knows where they go.

That leads to the last and most important issue: The previous three factors have made our worlds spin so fast that we have completely lost track of what is truly important. My dad always told me that George Bernard Shaw defined a cynic as one who knows the price of everything but the value of nothing. This is what has become of us.

I think we need to stop thinking of time in terms of seconds and minutes and hours and start thinking in terms of moments. It is moments that make up the important parts of our lives. It is moments that we remember most. It is moments that we are left with in the end.

We're coming up fast on fall. We live in an area that has perhaps the most spectacular fall in the country. Don't miss it! Enjoy the colors, play in the leaves, carve a pumpkin, bring along a loved one, or enjoy the solitude. Doctor's orders! As for me, I gotta get back to work. Time's running out.

Fixin' Up the Place

As we reported last time, the *Whole in the Wall* recently purchased the building we've been renting all these years. Eliot has been up on his forty foot ladder pulling shingles off the side of the building to reveal the wood siding underneath. We're happy to report that it looks to be in good shape. Soon we'll be painting the outside and replacing the roof. (Thanks to the pair of Mikes who helped choose the paint colors.) We have also added a patio and railing out in front. A ramp has been installed to increase wheel chair accessibility. As for the upstairs, it's still vacant. The offer still stands that rent is free for anyone who agrees to fix the place up. Be warned that there's a lot of work to do, but it's a great location. Above all else, we would like to thank you for your patience & patronage during our renovations.

A Party for YOU!

We are throwing a "thank you" party for loyal customers like yourself who made it possible for us to buy the building we've been renting all these years. There will be breads, pesto dips, soup, coffee, tea, desserts, and more. Sunday, October 4. at 5 pm (BYOB) Hope to see you there!

Catering To Your Every Need

Whole in the Wall offers a complete catering menu featuring 18 types of lasagna, 6 different quiches, and other delicious entrees. Give us a call when planning your next big event.

Fine Wines

Did you know that you can bring your favorite bottle of wine to the *Whole in the Wall*? Yep, you're sure to get exactly what you want when you bring it yourself. We'll be happy to provide the cork screw, ice bucket, and wine glasses.

Movies

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

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