

(continued from cover)

prise things are getting better. A little better. I haven't been miraculously granted the last 10 years of my life back, I haven't won the lottery, and Michelle Pfeifer didn't divorce her husband to marry me (when is that woman going to come to her senses?), but there is movement.

Often when we have a big problem we want a big solution. Often there is no big solution, just a bunch of little ones that add up. And then there's time. I'm an extremely impatient guy, but patience and practice seem to be key here. The problems took a long time to develop and they are going to improve in their own time. Each of us has to decide that we're willing to live with the solutions more than we're willing to live with the problem. As my friend Jack Cornell says "you gotta wanna, cause if you don't wanna, you ain't gonna."

And of course progress is not always linear and there will be setbacks. Believe me, I'm not trying to say it's pat or easy. I've fallen flat on my face lots of times and will probably do so again. Few things are easy -- many things are possible.

Vaya con Dios.

## Vital Info:

### Address

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

### Hours

Tuesday through Saturday  
11:30 am until 9 pm

### Phone

(607) 722 - 0006

Business Office

(607) 722 - 5138

Take-out Orders

### Internet

[www.tier.net/stonesoup](http://www.tier.net/stonesoup)

[www.bayon.net/wholeinthewall](http://www.bayon.net/wholeinthewall)

[whole\\_in\\_the\\_wall@netzero.net](mailto:whole_in_the_wall@netzero.net)

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## In this issue ...

Eliot's words of wisdom, recipe,  
Whole in the Wall on N.P.R.,  
reflexology, health tips & more!

# The Whole Story

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## Me Too - An Editorial by Eliot Fiks

### Eliot Fiks

#### Owner, Whole in the Wall Restaurant

Are you STRESSED OUT? I know, I know. It's such a cliché it almost has no meaning anymore. We love to put things in neat little boxes. Every problem has its own name.

The suggestion, of course, is that the solution is equally singular and one dimensional. If only!

Now you might see me out and about and think: he's always smiling, he's in pretty good physical shape and he runs a natural foods restaurant, he must lead a relaxed, well-balanced life. Ay yay yay! There's a couple of stars up in the sky that are plum worn out from me wishing on them so hard! I think it's the human condition to think that everyone else is OK except for you. I mean every time I go to a party, it always seems like everyone else knows each other and is having a good time.

The truth is, we all have our war stories. Take me: I've been working 80 hours per week for years, putting out the multiple brush

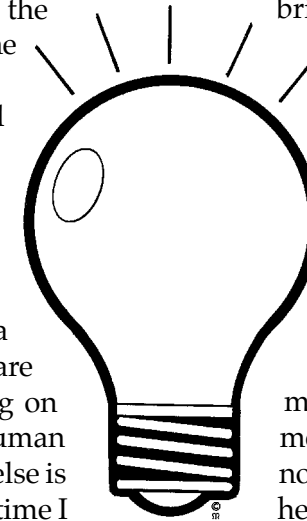
fires that ignite in a small business, getting by with less than I need, and helping everybody else except myself. Then one day I took on the responsibility for one too many brushfires and something in me snapped. I couldn't do it anymore. The emergency light came on and started flashing hard in bright red.

It's funny, but in the moments I can step back, I'm grateful for that emergency light, though it made me mighty miserable then and somewhat even still. I'm grateful because without it I would have crashed and burned.

So I decided to make some changes: I started taking a 35 minute walk every day. And I started meditating (go ahead and laugh. I'm not even sure if I'm doing it right, but hey, I'm doing it.) I'm taking a course in stress management and working on working less. And finally, I'm trying to take care of myself as well as I do everyone else. Or as one of my workshop leaders puts it: allowing myself into my circle of caring.

So I'm doing all this stuff and surprise, sur-

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# Whole in the Wall goes national

What does *Whole in the Wall* owner Eliot Fiks have in common with former president Jimmy Carter, consumer advocate Ralph Nader, and filmmaker Michael Moore? They have all



**e-town**

been featured guests on the National Public Radio show E-Town.

This weekly radio broadcast can be heard on more than 150 commercial and public radio stations across the country.

Like old-time radio variety shows, every E-Town show is taped in front of a live audience and features performances from many of today's top musical artists as well as conversation and information about our communities and environment.

Eliot was asked to be on the program because he won a Humanitarian Award for *Whole in the*

*Wall's* Stone Soup program. This innovative idea involves several local restaurants and provides free food for the needy.

Each day countless tons of food are thrown away by restaurants. If the beans are a little overcooked or there are vegetable scraps from a night of making countless salads, most restaurants would just dump them in the trash. But Eliot and the *Whole in the Wall* staff create soup from this leftover food for local support services. Sure it takes a little extra work, but it helps feed many of the less fortunate members of the community. Ideally this upcoming radio exposure will inspire other restaurants to follow Binghamton's lead.

E-Town is aired locally on **WSKG -FM 89.3** (Binghamton), **90.9** (Ithaca), **Saturday 10pm-11pm**. Eliot's interview and musical guest Kris Kristoferson are scheduled to air on **November 6**. Listeners outside of the area should call their local NPR station for details.

## Some healthy bits of information

### Glorious Tomatoes

Tomatoes contain the antioxidant Lycopene. And studies show that combining tomatoes with oil improves the absorption of Lycopene. This combination has been shown to lower the risk of heart disease, some cancers, and mental decline. Now Sun-Dried Tomato Pesto is more than a delicious treat, it's medicine for the mind!

### Mayo is your friend

Don't bother to hold the Mayo anymore. Harvard researchers have reported that an essential fatty acid contained in salad dressings and mayonnaise protects against fatal heart attacks. Alpha linolenic acid is an omega-3 acid that has repeatedly proven to protect against heart disease.

### Nothing fishy about it

An article in last year's January issue of the *Journal of the American Medical Association* proclaimed the potential benefits of eating fish. The risk of heart attack was cut in half with people who ate fish once per week. And consumption of certain fish (salmon, tuna, cod, mackerel, herring) appeared to protect against rheumatoid arthritis.

## Pesto Garlic Bread

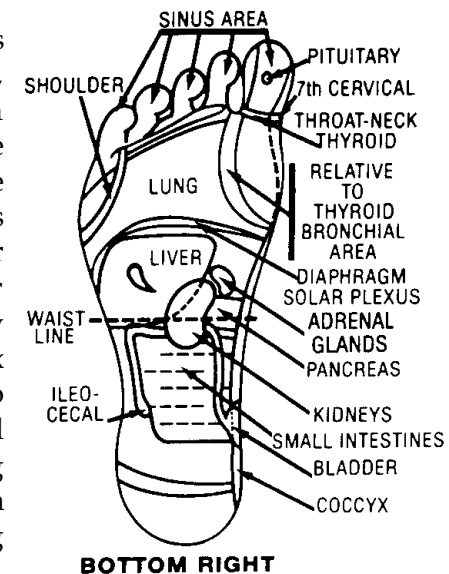
- 1 large loaf of Italian bread
- 3-4 cloves garlic, minced
- Whole in the Wall Pesto
- Garlic powder and pepper
- Parmesan Cheese
- Butter (to taste)

Preheat oven to 375°. Split the loaf of bread lengthwise and spread each half generously with pesto, butter, minced garlic and spices. Bake for about 5-10 minutes or until bread is lightly toasted. Sprinkle with freshly grated parmesan and serve.

## Free Reflex Fridays

Interested in reducing stress and tension? Then stop by the *Whole in the Wall* for a hand reflexology session on Fridays between noon and 3pm (beginning October 22). Donald W. Yates, certified reflexologist, has agreed to give free treatments every week.

Typically reflexology is performed on the feet, but similar results can be obtained through the hands. It uses the same concept that reflex areas are connected to other parts of the body. For instance, did you know that your toes are reflex points corresponding to your sinus areas? Well this is the type of thing that Mr. Yates has been studying and applying for nearly a decade.



## Fast Facts

### Mexican Wednesdays

Every Wednesday night from 4pm until 9pm, you'll find the best Mexican specials in town at the *Whole in the Wall*! Chef Robert Meyer of New York City has joined the *Whole in the Wall* staff and has brought a variety of new ideas. He acquired many authentic Mexican recipes from the several years that he lived in Los Angeles.

### Sweet red pepper

It's officially available. The newest *Whole In the Wall* Pesto flavor: Sweet Red Pepper. A zippy addition to chicken or seafood, you're sure to love this delicious new-comer. Available at Wegman's, Giant Markets, and the restaurant.

### Pesto Deliveries

Delivered to your door. Pick a selection of our 6 delicious flavors: Original Basil, Sun-Dried Tomato, Cajun, Dairy Free, Spinach Parmesan, and Sweet Red Pepper. Each unit contains 6.5 oz, shipped UPS 2nd Day (additional charges outside of the Northeast), Visa/MC accepted. 4-pack is \$19.95 (+\$8 S&H), 12-pack is \$59.95 (+\$10 S&H) Call (607) 722-0006.

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