



Restaurant CLOSED: NOVEMBER. 26-30,
DECEMBER 25, DECEMBER 31-JANUARY 7

"I got to hold my Father's hand during his final ride, and I thank God for that. ... Goodbye Pops. I love you, you son of a gun."

Eulogy for Max Fiks (1921-2009) ... By His Son Eliot Fiks ▼

■ *My Father was not your garden variety hero. In fact, to the naked eye, one might never have noticed him to be a hero at all. In 1933, when Hitler took power, the Jews of Germany began to see their rights, their livelihoods, and their personal safety chipped away at, one edict at a time. Those families who could, sent their teenage children to the States to establish a beach-head. The plan was to have them return if conditions improved, or to lay the groundwork for their parents emigration if things deteriorated.*

So in 1937, at age 16, my Father came across an ocean, and with only the support of some generous relatives, established that beach-head. It became quickly evident that conditions in Germany were deteriorating. He set himself to the task of obtaining the necessary visas. There were many false starts. What it finally took was his enlistment in the army to bring his parents and brother over. Of course he wanted to fight the Germans, and they sent him to the Aleutian Islands to fight the Japanese. Army "intelligence" he always called it.

After the war he had his own employment agency for a time. There were many job changes and we moved often. He finally settled into the anti-poverty field and was always much beloved by his staff. At home, things were less than picture

perfect. The constant moving made me forever the new kid. I was small for my age and a loner. He often got home late, and weekends he would retreat to his lair for "sessions" as he called them. He'd read, listen to the radio, shave, anything to carve out his own personal space.

There were of course notable exceptions. We rode bicycles together, and to this day I proudly ride his one speed 1968 red Schwinn. And we built our own Sukkah together. There were trips to his office, and once he drove me all the way to the Bronx to buy this exotic wood for elaborate plans I had for a desk I never built. Before college we went on a camping trip so he could tell me about the "facts of life". But my Father was a reclusive man. I'll never know if there was some deep dark secret behind that, or that it was just the way he was. I do know that it was salt on my Mother's wounds. "Mommy's on the warpath" was code between my father and I, for duck and cover.

Only as an adult did I realize my Father's special gift to me. You see, he had amassed a treasure trove of these wonderful sayings:

~ Continued on Page 2 ~



Since 1980 on
Binghamton's Southside!

Eulogy for Max Fiks (1921-2009) ... By His Son Eliot Fiks ▼

Continued from Page 1

A camel is a horse put together by a committee; In the land of the blind, the one-eyed man is king; Even a blind chicken sometimes finds a kernel of corn; Figures don't lie, but liars figure; If you eat carrots for 100 years, you'll live a long time; and A fair trial and a quick hanging; to name a few.

As a kid I never even noticed them. When I grew up, I would apparently say "Well as my Father says" and repeat one of them. My friends started repeating them back, and insisting on meeting him. Finally I saw the very personal brand of folk wisdom he had bestowed on me. But then the obvious, never is.

My Father never criticized me, but neither did he compliment me, or speak the words "I love you". It took me a long time to say those words out loud to him. If I told him I loved him, he would say "Same here". When my Mother's time was short, with the coaxing of our friend Lameda, my Father told my Mom that he loved her. He tried to hug her but couldn't fully reach. I began to cry. He took my hand and told me he loved me, and that he admired me and admired the way I took care of my Mom. Mountains moved.

The last time I saw him in the house, as I was leaving he said "I love you, you son of a gun". He had been sad since my Mother died, and when he got to the nursing home, the sadness got too big for him to bear. Our relationship had always existed in my Mother's shadow. I so wanted us to have our time. I think perhaps we did, it just wasn't enough to fill what was missing.

I got to hold my Father's hand during his final ride, and I thank God for that. I am so proud to be your son, and I always will be. Goodbye Pops. I love you, you son of a gun.

**Our 29th
Anniversary! ▼
December 6, 2009!**



Introducing Our **NEW** GLUTEN-FREE MENU ▼

Due to Popular Demand,
We Have Altered Many of Our
**Dinner & Lunch Menu Items as
GLUTEN-FREE!**

Ask your server for our **Gluten-Free Menu Selections, now specially coded!**
Also, **Whole In The Wall** is now **GFRAP-nationally approved** in the **Gluten-Free Restaurant Awareness Program (GFRAP)**.
(More Info: www.glutenfreerestaurants.org).

Whole In The Wall News ▼

- **FREE WiFi!** ... Try it the next time you're in.
- **On a BLOG!** ... We were thrilled to see our very own **Garlic Spike Pesto** was featured on a blog! As part of her "Meat-Free Fridays", Lauren from healthy-delicious.com, made a scrumptious looking Shrimp Scampi Pizza using our **Garlic Spike Pesto**.
- **Visit Our PANTRY!** ... For your favorite **Whole In The Wall** items: •Homemade Soup •Hummus •Pesto Cream Cheese •Baba Ghanouj •Garlic Balls

■ **Holiday GIFT PACKS!** Value-priced at \$21.95 each, CHOOSE from:



- **PESTO 4-Pack!** ... A great Hostess Gift, featuring holiday packaging and choice of any four Pesto flavors in a Gift Pack.
- **Whole In The Wall Sampler 4-Pack!** ... Features one of each: **Pesto** (choice/8 flavors), **Hummus**, **Baba Ghanouj** and **Mushroom Soup** (in 5.5 oz. container) with holiday packaging. **Call ahead to order at 607.722.0006** and pick up at the restaurant; shipping nationwide available for both Gift Packs (+ S/H).

Reminder ...

- **Order EARLY for the Holidays!** ... Delicious **Homemade Desserts & Pies** from **Whole In The Wall**, for Thanksgiving and holiday season. Call 607.722.0006 to place your order.

A Pesto-Monial ▼

By Deborah Abbott, Charleston, SC

■ *Several years ago my husband became extremely ill with Crohn's disease. He was unable to keep any food or drink down. He lost a lot of weight and was in constant pain. We were told he would probably need a colostomy. I was beside myself with worry as memories of my father ran through my mind who had died from colon cancer when I was a child. I will never forget the day I went to the local market in tears on a quest to find something, anything my husband could eat. That day changed our lives forever. I came home with yogurts, rice, puddings and pesto. Once again he tried each thing and once again nothing stayed down and then the miracle - pesto on pasta. He had his first bowl and then he had another and another. He ate pesto for months continuously and slowly the pain began to go away along with all the other symptoms. We have no doubt that the basil pesto slowly but surely healed my husband. To this day we try to have pesto once a week and he has stayed symptom free for the last 10 years. Whole In The Wall Pesto is THE BEST pesto we have found on the market. Fresh basil, olive oil, pine nuts and a little garlic - yum ! It is fantastic ! My husband is a living testimonial to the healing power of a wonderful food product and it has been a blessing in our lives. Thank you Whole in the Wall!!!!*

Pesto News ▼

NEW Pesto Flavor, "Ramp"



■ Try our newest flavor, **Ramp** (Wild Leek) Pesto! **Ramps** are a green plant, taste similar to leeks and grow wild. They make a delicious pesto, once we add our usual extra virgin olive oil, imported parmesan cheese, pine nuts, fresh garlic & a touch of butter. **Ramp** (Wild Leek) Pesto is available for a limited time at our restaurant and soon online through our website. There are **eight flavors of all natural, premium pestos** which can be **ordered online** (Basil, Spinach Parmesan, Sun-Dried Tomato, Sweet Red Pepper, Chipotle [Tex-Mex style], Dairy-Free, and Garlic Spike & Ramp [seasonal]).
Order online at: www.wholeinthewall.com.

Nutritious News Bites!

Single Fast-Food Meal Increases Blood Pressure

A single high-fat fast food meal causes an increase in blood pressure, according to a study published in the *Journal of Nutrition*.*

On two separate occasions, researchers at the University of Calgary fed 30 healthy participants with normal blood pressure either a breakfast from McDonald's® containing 42 grams of fat or a low fat meal containing only one gram of fat. The meals contained equal parts of sodium. The participants were then exposed to various stressors in the laboratory. After consuming the high-fat meal, the participants' systolic and diastolic blood pressure, as well as total peripheral resistance, were significantly higher, compared to measurements taken after the low-fat meal.

"Our findings suggest that even a single high-fat meal can result in an exaggerated response to stress," researcher Dr. Tavis Campbell, told *Life Extension*. While it is well-known that long-term intake of fatty foods increases cardiovascular disease risk, this study demonstrates that just one unhealthy meal can have a negative effect on health. *LIFE EXTENSION, August 2007

Pesto Recipe ▼

Garlic Mayo

•Just mix equal portions of mayonnaise with Garlic Spike Pesto for a delicious Garlic Mayo on sandwiches/burgers/wraps!

Places to Find Our Pesto ...

■ Wherever you are, so is our PESTO! Available seasonally at: •**Lone Maple Farm** (Pennsylvania Ave., Binghamton). All year at: •**Down to Earth** (305 Grant Ave., Endicott) •**Health Beat** (214 Main St., Johnson City) •**Healthy U** (University Plaza, Vestal) •**Wegman's** (650 Harry L. Dr., Johnson City), and at most: •**Giant-Weis Markets** (Greater Binghamton area). Coming soon at: •**Price Chopper** (Binghamton).

Important Dates ▼ RESTAURANT OPEN: 11:30-9, Tue.-Sat.

- **NOVEMBER 21** (Sat.): **Last Day to ORDER** for Thanksgiving.
- **NOVEMBER 25** (Wed.): **Restaurant OPEN** for lunch/dinner & pick up Thanksgiving orders.
- **NOVEMBER 26-30** (Thu.-Mon.): **Restaurant CLOSED** for Thanksgiving Holiday Weekend.
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- **DECEMBER 6**: **Whole In The Wall's 29th Anniversary!**
- **DECEMBER 19** (Sat.): **Last Day to ORDER** for Christmas.
- **DECEMBER 24** (Thu.): **Closing at 4 PM**; open for lunch.
- **DECEMBER 25** (Fri.): **Restaurant CLOSED** for Christmas.
- **DECEMBER 26, 29-30** (Sat., Tue-Wed): **Restaurant OPEN.**
- **DECEMBER 31-JANUARY 7** (Thu.-Thu.): **Restaurant CLOSED.**
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- **JANUARY 8**: (Fri.): **Restaurant OPEN** (Regular Schedule)

| ~ NOVEMBER 2009 ~ | | | | | | | ~ DECEMBER 2009 ~ | | | | | | | ~ JANUARY 2010 ~ | | | | | | | |
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| 29 | 30 | | | | | | 27 | 28 | 29 | 30 | 31 | | | 31 | | | | | | | |

◆ **Ticket for WHOLE Saving\$!**

◆ **Fall & Anniversary** ◆
Dinner Special
\$2.50 OFF
Any One Dinner Entree!



Light Fare Excluded
 (Valid thru 12/30/2009.)

#43 S. Washington
 Binghamton, NY
607.722.5138

[Not valid with other coupons or certificates.]

Whole In The Wall PESTO ... Best Pesto in the Universe!

◆ **Whole In The Wall** ◆

#43 S. Washington Street • Binghamton, NY 13903
607.722.5138 (Restaurant) **607.722.0006** (Office)

- www.wholeinthewall.com • Tue.-Sat., 11:30 -9.
- *Natural Foods Restaurant, serving lunch & dinner.*
- *Gourmet, All Natural Pesto Sauces (8 varieties made on premise), sold & shipped throughout U.S. • On-Line Store*
- MasterCard, VISA, Discover Card & American Express accepted.