

Important Dates ▼

FYI: RESTAURANT OPEN: 11:30-9, Tuesday-Saturday.

- **MAY 13** (Sat.) - Mother's Day Weekend
- **MAY 19** (Fri.) - BCC Graduation
- **MAY 20-21** (Sat.-Sun.) - Binghamton University Graduation
- **JUNE 23-25** (Fri.-Sun.) - High School Graduations
(BOXED IN AREAS on Calendar = RESTAURANT CLOSED.)

APRIL 2006							MAY 2006							JUNE 2006								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
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23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30						

◆ **Ticket for **WHOLE** Saving\$!** ◆

◆ **25th Anniversary** ◆
Specials
25% OFF
Any One Entree!
(Limit One Coupon per Customer per Visit; Expiration June 30, 2006.)



#43 S. Washington
Binghamton, NY
607.722.5138

During Month of May 2006,
25% Off Whole In The Wall Pesto
purchased here; 2 different flavors discounted
each week (Valid thru 5/31/06).

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 (7 varieties made on premise), sold & shipped throughout U.S. • On-Line Store • MasterCard, VISA, Discover Card & American Express accepted.

1980 - 2005



• Please deliver to the following address or current resident.

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#43 S. Washington Street
Binghamton, NY 13903

Take-Out & Reservations
607.722.5138
Office: 607.722.0006

• *Eliot Fiks, Senior Partner*
• *Stacey Gould, Junior Partner*

*Celebrating 25 Years on
Binghamton's Southside!*



Freddie Goodall ... "No man truer of heart, no man purer of spirit, no man with a deeper twinkle in his eye, walking the walk, rain or shine."

Freddie Goodall Was My Friend ▼

Editorial - Eliot Fiks, Senior Partner

■ *Freddie Goodall was a pillar of the Binghamton community. A window washer by day, the strength of his character enriched those around him in 1000 ways. His birthday was in the spring, so I thought it the right time to share this eulogy I wrote for him. For those of you who remember the famous Whole In The Wall radio ad, it was Freddie's voice you heard.*

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Freddie Goodall was my friend. Then again, you'd be hard pressed to go anywhere in Broome County and not find someone who called themselves a friend to Freddie Goodall. His heart was so BIG; it's hard to believe it could fit inside the body of one man.

Lots of people talk about love. People write big fancy books about love. Freddie lived love, everyday of his life. He always had a smile tucked away just for you. He'd come up to the waitresses and tell them "I love that pretty smile you're wearing." And, pretend to kiss them on the cheek. His "tip" he called it.

I looked forward to his weekly visits to wash our windows, collect his "tip" and eat a piece of

homemade pie. If I had the time, I'd sit down and chat with him. No matter how bad I felt, he could always make me smile. You can't buy that.

I told him he was the best man in Binghamton and there is no doubt in my mind that he was. No man truer of heart, no man purer of spirit, no man with a deeper twinkle in his eye, walking the walk, rain or shine.

One day I said to him, "Freddie, if there ever comes a time you can't wash windows anymore, you just come down anyway and I'll pay you just to see you smile." He just smiled and said, "Alleluia, praise the Lord."

Freddie, you will be sorely missed but never forgotten. Your spirit lives in my heart, always coaxing me to be a better man.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

~ *In Loving Memory* ~

FREDDIE GOODALL

1908 - 2002

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

	<p><i>Celebrating 25 Years on Binghamton's Southside!</i></p>
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Our 25th Anniversary ▼
Winners from Our December Drawings



■ Congratulations! to our four winners during our 25th Anniversary drawings in December.

- ★ Week of December 6: **LISA SMITH** (of Smithville Flats) won **Care Package** containing One Quart of Mushroom Soup, a pack of Pesto, our homemade hummus & Pesto cream cheese spread.
- ★ Week of December 13: **ERIC SCHWARTZ** (of Binghamton) won **Whole In The Wall T-Shirt**.
- ★ Week of December 20: **STEVEN NANNI** (of Binghamton) won **\$25 Whole In The Wall Gift Certificate**.
- ★ Week of December 27: **COLLIN STUART** (of Vestal) won **Whole In The Wall Water Bottle** filled with our delicious herbal iced tea.

Whole In The Wall Water Bottle For Sale

■ Our Whole in the Wall water bottles in purple, featuring our 25th Anniversary slogan ... 25 Years and Still Ticking ... are available for sale in the restaurant! Made of polycarbonate plastic, the .5 liter water bottles cost \$5.95 and perfect for any beverage ... especially our delicious herbal iced tea! For those of you who live out-of-town and would like an H2O bottle, we will mail one to you; \$5.95 plus \$1.50 shipping.

NEW! ~ Free Business Lunch Deliveries

- Whole in the Wall recently began free business lunch deliveries on Tuesdays-Thursdays to:
 - Binghamton Southside on Tuesdays
 - Vestal Parkway (Vestal Park/University Plaza area) on Wednesdays
 - Binghamton Westside on Thursdays
- This schedule is also posted on home page of our website.

Mother's Day & Graduation Weekends

■ Please make your reservations now at **Whole in the Wall!** ...Celebrating Mother's Day Weekend on **May 13 (Sat.)** and Graduation Weekend, **May 19 (Fri.)** for BCC grads and **May 20-21 (Sat.-Sun.)** for Binghamton University graduates and their families. **Call us now at 607.722.5138** to place your reservation.

Whole In The Wall Hosted Art Exhibit by Austrian Sculpture Artists ▼

■ "NONOS" ... Ambassadors of Peace traveling the world, via **Whole In The Wall**, debuted this winter with a two month sculpture exhibit, entitled **NONOS**, in February and March. International artists, sisters **Traute and Franziska Brunner Welte** of Bregenz, Austria create **NONOS**, metallic sculptures transformed into objects of neofigurative art, made of metal wire, paper and acrylic paints. Traute, a longtime friend of Eliot's, describes their art as sensual sculptures, representing a connection between human being and abstraction. **NONOS** sculptures are on exhibit at **Orazio Salati's Gallery II**, 205 State St., Binghamton, and available on line at: www.nonos.at.

Partnering with The Art School ▼

■ **Whole In The Wall** recently began partnering with **The Art School** whose teaching artists will be featured periodically at the restaurant's monthly art exhibits, beginning in April with paintings and drawings by **Artist Suzanne Wirth**. The Art School, located in Vestal, offers classes in visual arts; physical arts/health; expressive (language/writing/music); and culinary arts for adults and children with three campus locations. Contact director **Nancy Barno Reynolds** at 607.797.2517 or visit their website: www.theartschoolonline.com.

May-June Exhibit of Art Quilts ▼

■ Art quilts by **Fiber Artist Adrienne Yorinks** of Short Hills, NJ, will be on exhibit at **Whole In The Wall** through June. Yorinks's show, entitled "Get Your Fiber Here," opens in May featuring framed quilts from books she's illustrated and some unframed new works that have images of food in them. She's perhaps best known for her one-of-a-kind commissions, creating a unique "Memory Quilt," using her client's photos and family mementos to commemorate a special occasion. Her website is: www.Adrienneyorinks.com. Eliot writes: "Adrienne is a wonderful artist and among my favorite high school friends."

Eliot Builds Birch Bark Canoe ▼

■ In January, Eliot traveled to Canada in northern Quebec and, under the direction of his friend, Abenaki canoe builder **Aaron York**, built an authentic **Birch Bark Canoe** from scratch. The canoe is 16 feet long, constructed entirely without any glue, screws or nails and has Eliot's original designs painted on the exterior.

Pesto News ▼

Chipotle New Name for Picante

All 7 Whole In The Wall Pestos Available On-Line, Shipped NATIONWIDE

■ In March, **Whole in the Wall** introduced **Chipotle Pesto**, (formerly **Picante Pesto**), made with **Chipotle peppers**. It is one of seven premium pestos handmade in the restaurant's kitchen. These all-natural Pestos are available nationwide through the company website, www.wholeinthewall.com, and at a growing number of upscale specialty and natural foods stores around the country. The seven flavors are:

- ✓ Basil (Original All Natural)
- ✓ Spinach Parmesan
- ✓ Sun-Dried Tomato
- ✓ Sweet Red Pepper
- ✓ Chipotle (formerly Picante)
- ✓ Dairy Free
- ✓ Garlic Spike (seasonal)



BASIL PESTO

Pesto sizes available: 5.5 oz, 12/case; 32 oz., 4/case; 5 gallon (special order).

Whole in the Wall Pestos ... •Delicious Used as Dips or Spreads •With Grilled Fish or Chicken • Topping for Baked Potatoes •Filling for Omelettes & More!

Whole In The Wall Brings Pesto Power to Philadelphia's Food Expo

■ **Whole in the Wall Restaurant** proved to visitors to **Philadelphia's "The Book & The Cook" Food Expo** that all pestos are not created equal when they gave out free samples of their premium Pesto sauces during this three day convention in March. **The Book & The Cook** convention visitors learned first-hand what all the excitement is about, tasting these **nationally-acclaimed** Pestos, served over fresh slices of French baguette by owners **Eliot and Stacey**, discovering the fine points of **Whole in the Wall's superior Pesto sauces** for everyday use or as gourmet gifts and how they can become the 'secret magic ingredient' for any creative chef.

Nutritious News Bite!

Eat Eggs ... See More Clearly ▼

Eye-Healthy Lutein from Eggs

■ Eggs were the second fastest growing segment of specialty foods from 2001-03, jumping 43.3 percent, according to **NASFT**. According to a study published in the *Journal of Nutrition*, eating an egg a day may help prevent age-related macular degeneration, the leading cause of vision loss among senior citizens. Low lutein intake contributes to macular degeneration. The study reports that people are able to absorb eye-healthy lutein from eggs more than from any other dietary source.



Stone Soup Sent to Hurricane Katrina Relief in New Orleans

■ **Whole In The Wall's famous Stone Soup**, named for the folktale about a town that made a meal out of apparently nothing, was sent to a New Orleans shelter as part of **Hurricane Katrina relief** effort. A 5-gallon container of the nourishing **Stone Soup** was sent to New Orleans in October. **Eliot** said he wanted to help with **Katrina relief** and our **Stone Soup** was one way to contribute. Each week, a huge container of **Stone Soup** is donated to the **Salvation Army's Binghamton Soup Kitchen**.

In 1990, **Eliot** launched the **Stone Soup Project** which won a humanitarian award from **E-Town**, the syndicated public radio show in 1999. "It's our goal to get restaurants all over the country making stone soup. We look at it as an untapped food source."

Send Us Your Email Address

To keep you informed about special events/updates at **Whole In The Wall** between newsletter mailings, we'll email you!

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

E-MAIL _____

RETURN TO: **Whole In The Wall**, 43 S. Washington St., Binghamton, NY 13903