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

Stop by the restaurant

Tuesday through Saturday
11:30 am until 9 pm



Find us on the 'net



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43 S. Washington Street
Binghamton, NY 13903

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In this issue ...
Eliot's rant, specials,
outdoor cafe, music,
movies & more.

The Whole Story

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Quarterly Newsletter

Volume 2 No. 2

Know the Golden Rule and Live it

Editorial
Eliot Fiks, Owner

I guess I'm just an old fashioned guy. I was brought up to believe that my word was my bond. Of course, there are always unforeseen circumstances in life. The thing is, if I can't fulfill an obligation I *ask* to be released from it and try to find out what I can do to make good.

What is the point of giving someone your word if it can be changed at whim to suit your fancy? It's easy to be true to your word when the sun shines. When the storm clouds gather and you still follow through, that's what really counts. Not getting your way all the time builds character. It's like giving a child its way all the time. That's foolishness in the costume of love and what you end up with is an *enfant terrible*.

There is a price to be paid for sacrificing your word for your whim. We live in a

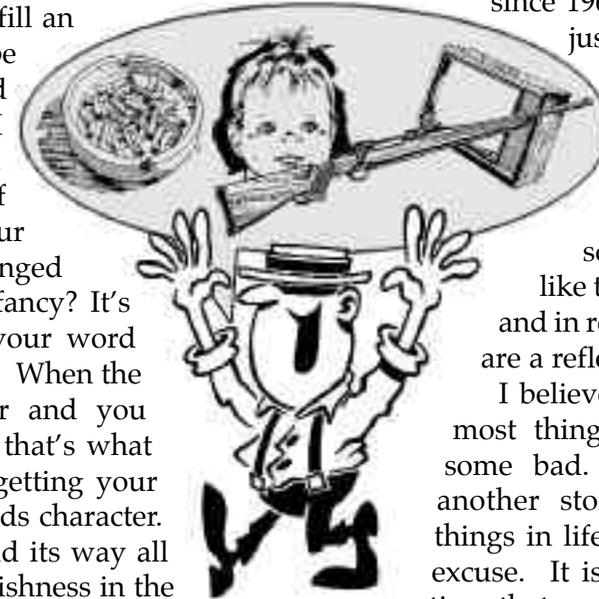
world where no one wants to take responsibility. People want McDonalds to give them a million dollars because they spilled hot coffee on themselves and there was no warning sign. Or 10 million for getting cancer from cigarettes when there has been a warning label right on the box

since 1960. And that guy who just blew 20 people's brains out, it wasn't his fault, you see he has XYZ syndrome.

Then we wonder why kids go into schools with guns, just like they see adults do on tv and in real life every day. They are a reflection of the show.

I believe there are reasons for most things in life: some good, some bad. Excuses are to me another story. There are some things in life for which there is no excuse. It is an important distinction that seems to get lost these

days. When all is said and done, what do we have in life but the quality of how we live it based on the choices we make? Know the code - a code to live by!



BIG Music NEWS

Beautiful music fills the *Whole in the Wall Restaurant* every weekend. Beginning Friday at noon the lunch crowd is treated to three hours of jazz and blues by guitar-whiz **Michael Hayes**. Hayes has shared the stage with local bands *Yolk* and *Susquehanna Hat Company*. Hayes has performed in a blues trio, a jazz duo, and leads a church guitar ensemble. He's performed at the Broome County Fair, the New York State Fair, and Binghamton's First Night 1997. And all of this was accomplished by the age of seventeen!

At 6 pm Friday night **Ed Abram** drops by to tickle the keys of our piano. You'll hear all your favorite classics from Frank Sinatra to Billy Joel. Abram plays until 9 pm

Friday nights and then returns at noon on Saturday to play for a few more hours.

The music marathon wraps up with the soothing sounds of **Dianne Criswell**. She performs classical cello from 6 pm until 9 pm, Saturday.

Every second Tuesday of the month from noon until 3 pm, you can hear traditional, acoustic Celtic music. The sounds of Ireland are delivered by **RJ Seigers and Curt Osgood**. This talented duo packed the house when they played at the *Whole in the Wall* for St. Patrick's Day. We all look forward to their return on July 14.

Healthy News Bites



- Shellfish are possibly the perfect food. Shrimp, lobster, and oysters are low in fat, high in protein and rich in vitamins and minerals. But sadly you don't receive the same benefits when you smother them in butter!!!

- More information has shown that chocolate can be good for you. Cocoa is rich in the essential mineral copper. And chocolate contains cancer-fighting antioxidants and phenol.

- Attention dieters! Fat may *not* be the real enemy. Studies are showing that limiting calories is even more important than limiting your fat intake. So when you're reading those nutritional labels, be sure to glance at the calorie count. You may be surprised to find that low fat doesn't mean low in calories. As if dieters didn't already have enough to worry about!

Boston or Bust

Whole in the Wall showcased its pesto products at the first annual Natural Gourmet Food Show in Boston, last month. This one-of-a-kind show brought together two dynamic markets: specialty food and natural food. We made some important contacts and sold barrels of pesto! (Thanks Mike F.)

European Cafe in Binghamton?

You don't need to fly to Venice to enjoy a cappuccino at an outdoor cafe. The *Whole in the Wall Restaurant* recently completed construction on our own outdoor cafe. Thanks to the recently widened sidewalk we were able to elevate a good sized area and install an intricate antique railing. Soon an awning will be added. I'm sure you'll agree, it's the perfect place to stop for a quick lunch on a sunny afternoon or a leisurely coffee or cappuccino. And with the money you saved on airfare to Italy you can treat a friend to lunch!

Our Daily Bread

Did you know that the *Whole in the Wall Restaurant* doubles as a delicious bakery? That's right. Every morning we put hand-made batches of Whole in the Wall dough into our ovens to bake an assortment of whole wheat bagels and breads. We then provide yummy toppings such as butter, soy margarine, cream cheese, peanut butter, and jam. If you don't have time to eat right away, we also provide fresh frozen breads & bagels which you can thaw and eat later. When was the last time you had a fresh loaf of hand-made bread?

Korean? Mexican?...

Korean night is over now that our chef has graduated from BU. We are thinking about featuring something like it again. What would *you* like to see next? One night per week we could begin serving Korean specials again or we could serve Mexican, Thai, or Italian specials. It's up to you, just let us know. And once the special starts up again, be sure to stop by. These unique menus won't stay around forever. We'll always be trying new things.

Tid Bits

Coffee & Tea

This is just a quick reminder that you can purchase MRK coffee and tea at the *Whole in the Wall*. Now you can enjoy our great drinks at home.

Movies

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

Phat Fridays

Listen to guitar whiz, Michael Hayes from noon to 3 pm on Fridays. And ask our waitstaff for your *free* Big Tease!

Renovations

Please pardon the mess! As we reported last time, the *Whole in the Wall* recently purchased the building we've been renting all these years. Soon we'll be painting the outside and replacing the roof. We appreciate your patience & patronage during our renovations.

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