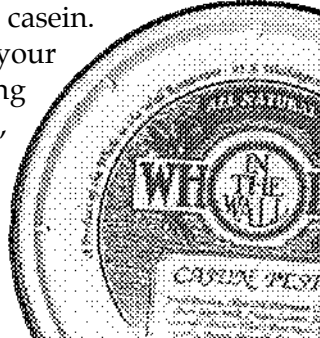


Tasty New Pesto Flavors

Coming this spring is a brand new pesto flavor that we are all excited about. It was dreamt up in the Whole in the Wall kitchen one Sunday afternoon. It's **Sun-dried Red Pepper Pesto** and we're sure you're going to love it. We are putting the finishing touches on the recipe and then we'll let you all know when it is available.

Here's great news for all you vegans and dairy-free folks ... our Lactose/ Cholesterol free Spinach Pesto is now **100% dairy free!** It no longer contains casein.

Plus we will continue to carry all your traditional pesto favorites including Original Basil, Sun-Dried Tomato, Cajun, Dairy Free Spinach, and Spinach Parmesan. Our standard 7 oz containers cost \$3.95 and are available at the Whole in the Wall Market and other fine stores.



In this issue ...

Eliot pressures the press, new pesto flavors, Whole in the Wall market, St. Patty's day & more

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

Business Office
(607) 722 - 0006

Take-out Orders
(607) 722 - 5138

Internet

www.tier.net/dining
www.tier.net/stonesoup
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The Whole Story

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Impeach the press: a retrospective

Editorial

Eliot Fiks, Owner

Presidents have been having extra curricular affairs from Jefferson on down. Leaders have had more than one sexual partner both socially acceptable and otherwise (harems, multiple wives, and mistresses) since mankind has had leaders. So far, nothing is new.

Something is rotten in the state of America, but it is not what meets the eye. A foul smelling stew has been concocted from which we each are asked to swallow a generous helping. The first ingredient is a Supreme Court that voted a sitting president can be tried in a civil suit. Short of murder or subverting the constitution, I can think of no such matter being significant

enough to disrupt the running of the country. Now every whacko or political mercenary with enough money can sue the president. That's just great. What were they thinking?

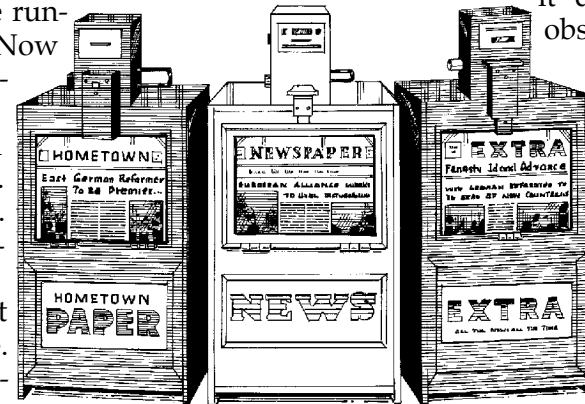
The next ingredient is a man on a crusade. A man on a holy cru-

sade ordained by god knows who, spending millions to accomplish god knows what. You know if you look long enough and hard enough you're bound to find a skeleton in a lot of people closets. And you thought the jails were overcrowded now. The man reminds me a lot of Humphrey Bogart in the Cain Mutiny. The captain (Mr. Bogart) would stop at nothing to uncover who ate the missing strawberries. And so the Starr of this movie charges forward. If a few laws were broken (illegal taping, grand jury leaks, the destruction of civil liberties [now conversations with your lawyer can be subpoenaed] and if a few eggs get cracked (bringing the whole country to its knees) it's all in the interest of justice. Is it ego? Is it delusions? The word

obsessive works for me.

Now we come to the main ingredient in this stew: the press. Without them this whole sordid affair would be no more than a tempest in a teapot. In the past (at least in my lifetime) the press has had a

(continued inside)



Now you can bring home the best!

Coming soon in a little corner of the Whole in the Wall Restaurant is Whole in the Wall Market. Already the pantry is perceptible... stacked with five different flavors of pesto, MRK coffee, green tea, homemade salad dressings at \$1.95 (8 oz.) and \$6.95 (quart). These house dressings are as follows: tofu garlic, yogurt sesame, seasoned oil and vinegar, french, and russian. The pantry includes delicious soups such as mushroom (\$9.95/quart), soup of the day (\$8.95/quart), and miso (\$8.95/quart). Vegetarian Chili (\$12.95/quart), Baba Ghanouj (\$2.95/8 oz., \$9.95/quart), and our wonderful herbal iced tea (\$3.95/quart) are also available.

Lastly, what is a pantry without homemade bread? We offer 1.5 lbs or or 3 lbs loaves of the following breads: plain whole wheat, raisin, sesame, poppy, jarlsburg cheese, and onion. apple-raisin-cinnamon, and chocolate chip. In order to assure your desired bread

selection, all orders must be preordered at the restaurant or by phone at least 24 hours in advance. Fresh frozen breads and bagels are always available.

The Whole in tl Wall Market al serves your t-shi needs. They come in a rainbow of standard colors (\$9.95), as well as our *new* psychedelic tie-dyed version (\$15.95).

Soon we hope to offer coffee mugs and more. Come check out the "soon to be Whole" market.



Acoustic music to make you smile

If you didn't make our St. Patty's day celebration, you can still enjoy great Celtic music every second Tuesday of the month at the Whole in the Wall. We feature live music by Celtic Melodies for the lunch time crowd, noon-3pm. Kurt Osgood plays the hammer dulcimer and others sometimes play banjo, piano, and fiddle. A real Irish treat!

Throughout the week, we offer soothing acoustic music to sweep your cares away. Our good friends Cheryl Holley, Ed Abram, and Carla Fleming take turns tickling the keys of our restaurant's piano.

Another great place to see acoustic music is the **Night Eagle Coffee House** in Oxford, NY. Located at 6 LaFayette Place, the Night Eagle hosts great musicians every weekend. It's a cozy little venue that manages to attract nationally touring musicians because of the club's legendary hospitality.

Upcoming Night Eagle shows in March include Dave Massengill (Fri. 3/19), Eric Andersen (Sat. 3/20), Jim's Big Ego (Fri. 3/26), Kevin Maul & John Kribs (Sat. 3/26) and Cathie Ryan (Sun. 3/28).

Call for reservations: 843-7378

(continued from cover)

good healthy dose of respect for the privacy of presidents' personal lives. It was well known that Kennedy was having an affair with Marilyn Monroe, etc. and yet the press uttered not a peep. Today however we live in a shameless time. A time when news exists purely for entertainment. A time when news is judged by its marketable value. Yellow journalism is back in season, only this time it has mutated into a far more repugnant creature than its ancestor. Not only that, it is rampant. All the news that's fit to print got printed long ago and even NPR travels with the herd.

You know a guy a lot of people in this country claim to think a lot of, said "Let he who is innocent cast the first stone." Come to think of it, there were some rumors going 'round about him and the woman that comment was in reference to. And if today's press had been around then and got a hold of that story, the whole course of human history might have changed.

What a bunch of fakers. Talk about feigned moral indignation. I guess none of them ever had an affair or lied. They're all so clean I can hardly stand the squeaking. I'd like to put some of them on public trial and see how they stand up.

Let's be honest. We live in a world full of lies. To pretend otherwise is the biggest lie of all. Lying about an affair is about as human and as natural as they come. I would have preferred that he pleaded the 5th or told them it was none of their damn business, but it is exactly the climate the press has created that contributed to his lying. Certainly we have been lied to by politicians concerning far more significant matters than this.

This is not news. This is a 3 ring circus, the Salem witch hunt part two, mass psychosis. Enough is enough! The polls show we're sick of it and we are. I say, impeach the press, from Dan Rather to the president of ABC. Take the people who are profiting from feeding this garbage to us and our children and ride them out of town on a rail. Replace them with some people who can be honest about the way the world really works. People who report the real news. Find us a press corps that searches for knowledge and truth – not blood and gore.

Fast Facts

WANTED: 1 Licensed Massage Therapist

Our good friend David Brink has gone on sabbatical. This leaves an opening at the Whole in the Wall for a licensed massage therapist. Our Thursday lunches simple won't be the same without him. So if you now any massage therapist who would like to apply for this position, please encourage them to call the restaurant.

Super Salsa

It's darn near legendary in these here parts. I'm talking about Leila's California-style salsa. This ain't the stuff from New York city. And it's only available on Mexican Wednesday nights. It's an appetizer always made fresh within hours of serving diners such as burritos, enchiladas, or our delicious chimichangas.

Cappuccino Challenge

Some of our customers report that we have the best cappuccino in town. Please let us know what you think.

Dinner and a Movie

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

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