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**Hours**  
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[www.tier.net/dining](http://www.tier.net/dining)  
[www.tier.net/stonesoup](http://www.tier.net/stonesoup)  
[www.wholeinthewall.com](http://www.wholeinthewall.com)

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**In this issue ...**  
 Eliot's editorial, gift giving ideas, holiday hours, healthy bits of news, Y2K, & more!

The **Whole Story**  
 Published by the Whole in the Wall Restaurant  
 Winter 1999 Quarterly Newsletter Volume 3 No. 4

Savor the Moment

**Editorial**  
**Eliot Fiks, Senior Partner**  
 Ever go through a day and suddenly become aware that you have no idea where you've been, just can't remember? I have. It's scary really. It's like I've been on autopilot, a machine doing its job and fulfilling obligations.

As a kid, life was full too but in a different way. At the end of the day there were always stories to tell (good and bad) about who I'd met, what I'd learned, and what I'd seen. Back then it took forever till my birthday came but when I was out on the street playing touch football with the neighborhood kids, just as the game got good my mom was calling me in for supper.

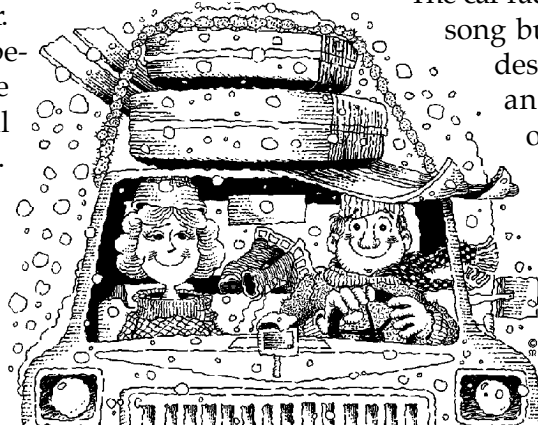
Two very different experiences of time. Now we think of killing time, bill time, time to go to work. We're pissed that the car in front didn't go through the light fast enough because we have just enough time to... We view time as a tool and a commodity

rather than the gift and the blessing that it truly is.

Even our leisure time is a race for accomplishment: How many cool cities can we see in one vacation. We still haven't learned the old adage of quality not quantity. We're always rushing on to the next thing, never savoring the moment. It's good to look forward to things but perhaps equally important to look present. They say the years rush buy as you get older but maybe it is we who are doing the rushing. Maybe the secret of slowing time involves more awareness of what really matters and less cluttering with the things that don't.

Does any of the following sound familiar? The car radio is playing your favorite song but you've arrived at your destination so you shut it off and get out. The movie is over and you still feel involved in it but everyone else is leaving so you do too. You could have sat back, watched the credits roll, and contemplated but you didn't. You see the most beauti-

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# Share the best with your friends

The fact that you are reading the *Whole Story*, *Whole in the Wall's* quarterly newsletter means that you appreciate Binghamton's best kept dining secret. This holiday season you may want to consider sharing this secret with friends.

How about giving a *Whole in the Wall* gift certificate? (available in any denomination.) There isn't one sane person we know that wouldn't love the gift of *Whole in the Wall* food!

And if the person is already a fan of the *Whole in the Wall*, you can pick-up a stylish t-shirt that proclaims where he or she loves to eat. Available in sizes medium, large, and x-large. The price is only \$9.95. Also available in psychedelic tie-dye for \$15.95.

Another option is to pick-up a few containers of *Whole in the Wall* pesto and a free copy of our pesto recipe ideas. For the aspiring chef or the no-time-to-spare, person-on-the-go, pesto is a terrific gift idea. It's also one of

the few presents you'll find for under 5 bucks! Our standard 6.5 oz containers cost \$4.99, and are available in 6 delicious flavors: Original Basil, Spinach Parmesan, Dairy Free, Cajun, Sun-Dried Tomato, and Sweet Red Pepper.

If you really want to show people that you have class... how about a pesto and pasta gift bag? It comes with two containers of pesto and a bag of imported Italian pasta. You choose the pesto flavors and we do the rest! Wrapped in a handsome gift bag, you can pick one up for only \$15.95. Or 3 containers of pesto with pasta for \$19.95.

And last but not least there are the *Whole in the Wall* Stocking Stuffers. Single-pot servings of MRK coffee for \$1.99; boxes of "great for you" green tea for \$2.45, or MRK's *Whole in the Wall* specialty coffee for \$4.50 per half pound and \$4.95 per half pound of caffeine-free.

Hopefully these gift ideas have eased your shopping woes.

# Some healthy bits of information

## Going Bananas?

High blood pressure can be controlled by eating two bananas per day, according to researchers in Maripal, India. The BBC News reports that blood pressure fell 10% in volunteers who made this adjustment to their diets. This certainly is an interesting finding and bananas sure can't hurt, but don't throw away your prescribed medication without telling your doctor.

## Young and blue

Blueberries can keep you looking young and reverse some effects of aging according to research by the US department of Agriculture. Specifically age-related loss of balance and coordination, as well as memory loss, was improved by a diet rich in blueberry extract. The same effects can be derived from fresh, dried, heated, or frozen blueberries.

## Life saving chocolate

Scientists from the American Chemical Society announced that the average chocolate bar contains the same amount of antioxidants as a day's supply of fruit and vegetables. They also report that chocolate contains flavonoids which inhibit oxidation of LDL cholesterol. It still contains fat and calories, but maybe chocolate isn't so bad after all.

Continued from Cover

ful view of the sunset as you're driving. There's no set time you have to be at any set place and yet you don't stop and get out of the car and enjoy. We wolf down, we rarely savor. The place to get lost is in the moment, not the din and the grind and the rat race. Logically, one would think that having seen the dark side as adults, we would appreciate the moments of light even more. I guess the world just turns too fast for most of us to notice.

We say that the holidays are "for the kids." Maybe we need to become more like the kids. Maybe we can learn something from the children that we've long ago forgotten: To enjoy each moment and remember, the journey is its own reward.

# Don't Fear Y2K-bug

Eliot says that come the year 2000, *Whole in the Wall* restaurant will still be cranking out mushroom soup that rocks. Plus they'll continue to cook up the best pesto in the universe. And they will also be making their famous raspberry chocolate chip brownie sundaes that are better than you know what. (wink). So you can all rest easy. Your home computer might be acting funny next month, but the *Whole in the Wall* will be serving up the same delicious food you've come to expect for more than a decade.

# Start First Night right!

Before you start your Binghamton First Night celebration, how about swinging by the *Whole in the Wall* for a bite to eat? We'll be open from 11am until 6pm on December 31. There will be specially created menu for children and it's a great opportunity for couples or whole families to gather before the big event in downtown Binghamton.

As an added treat, you can enjoy the sweet sounds of Ed Abram playing piano from 3 pm until 6 pm. Don't you think your last meal of the millennium should be at your favorite restaurant: *Whole in the Wall*?

## Fast Facts

### Closed for Holidays

We would like to spend the holidays with our friends and families. Therefore, we will close at 5 p.m. Dec. 24 and be closed Dec. 25. We will be open Dec. 28 through Dec. 31. (Closing at 6pm on Dec. 31) Then we will be closed from January 1 through January 10. We sincerely regret any inconveniences this may cause our loyal customers. We hope your holidays are merry and bright.

### Fine wines & beer

Did you know that you can bring your favorite bottle of wine or beer to the *Whole in the Wall*? And if you come by early on New Years Eve, you're welcome to bring your own bottle of champagne! We'll be happy to provide the cork screw, ice bucket, and wine glasses.

### Dinner & a movie

Our Vestal Avenue neighbor, The Art Theater is featuring great winter films. Plus they've been hosting the occasional concert. It's a great South Side Binghamton secret. Check their schedule for movies, concerts, dates, and times. (724-7900)

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