



Winter 2008-09

Volume 11, No. 2

Free



**Restaurant CLOSED, DEC. 28-JAN. 5
Re-Opening, Tuesday, JANUARY 6, 2009.**

"There is no deeper connection in this life than between mother and child ... It is the string that connects past, present, and future."

In Memory Of Julie Fiks ... By Her Son Eliot Fiks ▼

■ *My Mother, like the rest of us, was an imperfect creature. Her life was not the easiest of lives. It began in Vienna. She was the child of a prestigious lawyer and a spirited mother. Her teenage years found her on track to become a renowned dancer.*

Adolph Hitler had other plans for her. But her father was a man of both foresight and means, and almost single-handedly, he saved a large portion of our family.

By boat they escaped to Cuba and a few years later the States. There was a price. Gone were the dreams of becoming a dancer. Instead she woke up early to work in a factory. A few years later her father died. The Nazis had been cheated of death, but cancer had not. The family was left in dire straits and it wasn't easy to get by.

At the time my father entered the picture, my grandfather Lazar was still alive, though sick, and practicing law from his home. My father needed visas to bring his own parents out of Germany, and the lawyer's fetching daughter caught his eye.

After the war my parents wed. Theirs was not a marriage made in heaven. Sparks often flew, and sometimes they burst into flame. High strung would describe my Mother well. Of course she had her reasons. By my high school years, weekends

at our house resembled scenes from a tragic comedy. I often wondered what was wrong with OUR family. Only later did I realize that ours was just the movie within earshot.

After college, as I became a man, I was able to forgive my parents for my perceived war wounds. It was then I began to appreciate my parents for the truly amazing people they are. My parents, and especially my Mom, supported me through thick and thin. They believed in me on every road I have traveled in this life, no matter how narrow the path, dim the lights, or faded the signs. I have always chosen my own way, and they have always been right there behind me, often in spite of their own reservations.

I am my parents son. Cut from their cloth, carved from their flesh, their blood coursing through my veins. They made me what I am, a piece of them resides in me, and I am deeply proud of that. Now don't get me wrong. My Mother NEVER stopped being a pain in my tuchus. Of course she saved my tuchus on more than one occasion, so I guess she earned the right. And she NEVER stopped being my Mother.

~ Continued on Page 2 ~



**Since 1980 on
Binghamton's Southside!**

In Memory Of Julie Fiks ... By Her Son Eliot Fiks ▼

Continued from Page 1

On Sunday my Mother spoke to me. She had just expended superhuman strength to walk the few feet from her bed to the commode. She was too weak to hold up her own head. She knew I had been keeping vigil and hadn't gotten much sleep the first night, getting up to give her medication and help her. So on this morning after the second night, her body riddled with cancer, barely able to walk, slipping in and out of lucidity. and in excruciating pain, she asked me if I had gotten any sleep the night before. The Energizer Bunny had NOTHING on MY Mother.

My Mother always lived her own way. And she died her own way: at home, in her bed. She took her last breath with her hand in mine, and I am deeply honored and grateful for that. There is no deeper connection in this life than between mother and child. The marrow of that connection is perfect, though the flesh and blood may not be. It is the string that connects past, present, and future. I have lost a hero, an ally, a trusted friend. Such a loss creates a hole in one's heart that can never be filled. And yet I will cherish the many gifts she granted me for all my days.

I love you Ma ... You're with Babi now.

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.

\$SAVE on Gift Certificates ▼

■ For a limited time, because of the difficult economic times for everyone, we are offering special deals on purchasing **Whole In The Wall Gift Certificates** this holiday season ...

- Buy a **\$10 gift certificate** for \$9 (save 10%).
- Buy a **\$25 gift certificate** for \$21.25 (save 15%).
- Buy a **\$50 gift certificate** for \$40 (save 20%).
- Buy **2 - \$25 gift certificates** for \$40 and save the same - 20%.

Reminders ...

■ Remember, on the **second Tuesday of each month** (except in March), there's **Celtic Music** from 12-3 at **Whole In The Wall**. Please mark your calendar for:

- **January 13** • **February 10**

■ Make your reservation now (722.5138) for **Valentine's Day** on Saturday, **February 14**, at **Whole In The Wall** ... serving 11:30-9:00.

■ In March for **St. Patrick's Day**, **Whole In The Wall** will host our **annual celebration** on Tuesday, **March 17**, from 11:30 AM to 9:00 PM ... featuring Fabulous Irish Food, traditional Celtic music, and wonderfully decadent desserts!

MARCH						
\$	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mark your calendar today!

NEW, Pesto T-Shirts ...

■ **Whole In The Wall Pesto T-Shirts**, \$15.95, and available in variety of sizes.

Join Our E-Mail Database ...

■ When you join, you will receive weekly updates on **Whole In The Wall** (specials, events and other updates). Please register your e-mail address online at: www.wholeinthewall.com.

Pesto News ▼

Pesto 4-Pack Make Great Hostess Gifts!

■ Whole In The Wall Pesto in 4-Pack are value priced at **\$19.95** and available in the restaurant from our pantry. Single Pesto container (5.5 oz.) are also available at \$5.95 each or 2-Pack for \$10.95.

Handmade at Whole In The Wall's restaurant kitchen, there are seven flavors of **all natural, premium pestos**:

- Basil • Spinach Parmesan • Sun-Dried Tomato
- Sweet Red Pepper • Chipotle (Tex-Mex style)
- Dairy Free • Garlic Spike (seasonal)

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

Pesto orders can be made **online** at www.wholeinthewall.com or by calling the restaurant office at 607.722.0006.

Whole in the Wall Pestos ... *•Piquant Sauce for Pastas •Filling for Quiches, Frittatas, Lasagnas, Stuffing & More!*

Visit Our Pantry ...

■ Our Pantry is fully stocked with all of your favorite Whole In The Wall items:

- **Homemade Soup** (1/2 quart & quart sizes available)
- **Marinara Sauce** (1/2 quart & quart sizes available)
- **Baba Ghanouj • Garlic Balls**
- **Pesto Cream Cheese**

Also available: **Homemade Desserts & Pies.** Call the restaurant office at 607.722.0006.

Our 28th Anniversary! ▼
December 6, 2008!



Nutritious News Bites!

Dark Chocolate, Very Heart Friendly!

...May Be the Best Friend Your Heart Will Ever Find

▼ If you eat a small portion of dark chocolate each day, you reduce your risk of getting a heart attack or stroke, say U.S. scientists in a new study in the *Journal of The American College of Nutrition*.

The researchers found that dark chocolate is high in flavonoids. Flavonoids come from plants and are found in pure chocolate such as in cocoa or dark chocolate (baker's chochoate). Flavonoids improve the function of blood vessels and prevent the build up of plaque on artery walls. It was pointed out that commercial chocolate sold as milk chocolate has very little, if any, pure cocoa present in the commercial product. Choose wisely when you purchase.

Pesto Recipe Ideas ▼

Fast & Easy Gourmet Pasta

- 10 oz. Cooked Pasta
- 4 Tblsp.* Whole in the Wall Pesto (any kind)
- Fresh Tomatoes or Grated Parmesan Cheese

Pesto should be at room temperature (defrost in microwave or let sit on the counter for about 1 hour). Cook pasta as you would normally (radiatori, spirals & rotini, excellent pastas to use with pesto). When pasta is cooked & drained, toss pesto with steaming hot pasta. Add fresh tomatoes or parmesan, if desired. * We use slightly more when using Spinach Parmesan Pesto.

Pesto Garlic Bread

- 1 Large Loaf of Italian Bread
- 3-4 Cloves of Garlic
- Whole in the Wall Pesto (any kind)
- Garlic Powder & Pepper

Preheat oven to 375°. Split the loaf of bread lengthwise & spread each half generously with Pesto, minced garlic & spices. Bake for about 5-10 minutes until bread is lightly toasted. Sprinkle with grated parmesan & serve.

Sign Up for Our E-Newsletter ▼

If you prefer to **ONLY** receive this publication as an E-NEWSLETTER (by E-Mail), please E-MAIL us today at: wholeinthewall@hotmail.com

Important Dates ▼

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

- **DECEMBER 6: Whole In The Wall's 28th Anniversary!**
- **DECEMBER 24 (Wed.): Closing at 4 PM;** open for lunch.
- **DECEMBER 25 (Thu.): Restaurant CLOSED** for Christmas.
- **DEC. 30-JAN. 5 (Tue.-Mon.): Restaurant CLOSED.**
- **JANUARY 6 (Tue.): Restaurant REOPENS.**

(▼ BOXED IN AREAS on Calendar = RESTAURANT CLOSED.)

DECEMBER 2008							JANUARY 2009							FEBRUARY 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6				1	2	3			1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31							

◆ Ticket for **WHOLE Saving\$!**

◆ **Anniversary** ◆
Dinner Special
\$2.50 OFF



Any One Dinner Entree! #43 S. Washington
 Light Fare Excluded Binghamton, NY
 (Valid thru 1/31/2009.) **607.722.5138**

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.