

"Once you start relying on a machine to do what you used to do, you begin to lose your ability to do it."



The Perfect Gift

Editorial

Eliot Fiks, Senior Partner

While you're out there searching for the perfect gift, consider this: perhaps nothing is special anymore because we can have anything we want any time we want. I remember when I was a kid, my sister and I would look forward to that special day in March when they would play *The Wizard of Oz* on television. If we could get away with it, we'd turn out the lights (bad for your eyes, you know!) and it was a special magical time. Now we buy the kids a video, they play it 100 times and it's no big deal. It's still a great movie, but some magic has been lost.

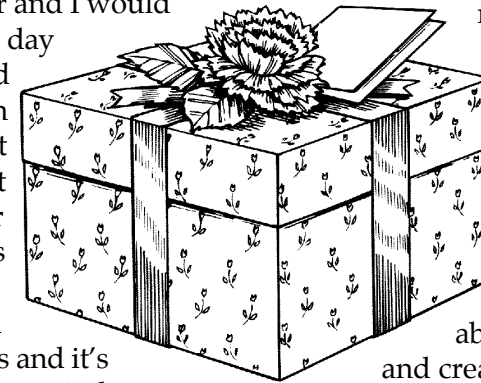
We're always searching for bigger and better but there is something to be said for imperfection. Do you know why drum machines sound like drum machines and not people? Their tempo is perfect! Of course now they're

starting to program drum machines with imperfections to sound more human but don't get me started.

Our machines have rendered us helpless and unhealthy. Once you start relying on a machine to do what you used to do, you begin to lose your ability to do it. We can no longer write legibly because we use word processors. We can't spell because of spellcheck. We can't do arithmetic because we use calculators. We can't cook because we either buy fast food or use pre-made or pre-mixed everything. I'm afraid if we don't stop gabbing so much on cell phones we may just lose our ability to think independently and creatively.

We're all becoming overweight and lethargic because of our motor vehicles and our remotes. We do everything we can to make our lives painless and easy. Then we spend more time and money to lose the weight we've acquired and rebuild the mus-

Continued Inside



\$2.00 Off Any Entree

\$1.00 Off Any Light Fare Item

Coupon Expires February 28, 2003

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This holiday season shop locally


We may not have the selection of Sears, Target, or Walmart - but you're sure to find something for everyone on your holiday shopping list at the *Whole In The Wall*. And 100% of the money you spend gets funnelled back into the local community through our payroll, food and supply purchases, and savings. The chain stores can't make that guarantee!

Below is a sample of what we have to offer:

 **Pesto Holiday Gift Pack** for those out of town gift needs. Have our delicious pesto sauces shipped to your family, friends, and loved ones. 4-pack \$19.95 (plus \$8 S/H) 12-pack 59.95 (plus \$10 S/H) Choose your own assortment from our 6 different flavors: Original Basil, Spinach Parmesan, Dairy Free, Picante, Sun-Dried Tomato, Sweet Red Pepper. Gift wrap available upon request. Visa/MC/Discover accepted. Call for information or ordering: (607)722-0006.

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

 **Whole in the Wall t-shirt** lets everyone know you or your loved one have good taste! Available in sizes small, medium, large, and x-large. The price is only \$9.95. Also available in psychedelic tie-dye for \$16.95.

 **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. Flavors listed under Pesto Gift Pack.

Hopefully these gift ideas will give you some additional time to enjoy the holidays instead of worrying about what presents to buy. Have a wonderful holiday season!

Some good (tasting) foods are also good for you

You NEED chocolate

Research shows that 40% of women and 15% of men experience chocolate cravings. But this does not necessarily mean there's a problem. Chocolate has several health benefits including containing antioxidants. Anti-oxident rich diets have proven to reduce the risk of cancer and cardiovascular disease. Keep the cravings under control and chocolate can be healthy!

Tea superiority complex

Contrary to popular belief - Green, Black, and Oolong teas (NOT most herbal teas) have the majority of the legendary healing powers. Green tea and its siblings contain antioxidants and catechin. (Herbal teas made of flowers, don't contain these compounds.) These compounds have been linked to reduced risk of heart disease, stroke, and cancer. So drink up!

Tasty tomato products

Tomato sauce contains naturally occurring lycopene. Lycopene has been shown to possibly reduce the risk of heart attacks. Tomatoes are also an excellent source of vitamins A and C. So bring on the pasta, pizza, and Italian casseroles - they're good for you. (Just take it easy on the cheese!)

Additional information can be found at www.lifespan.org

Perfect Gift (continued from cover)

cles we've lost because of it.

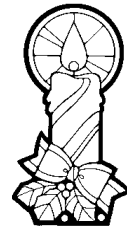
Machines can be great and they have their place. The problem is that it is human nature to be like kids in candy stores when it comes to our new toys. They have their place, we need to put them in their place. I say forget the personal trainer. Pack away your ab-reducer. Instead, walk to work and buy a

fork and spoon that's half the size of the one you have now. I guarantee you'll lose the weight and trim the muscles for free!

While you're at it read a book, play in the snow, spend quality time with loved ones, do a good deed. Call me crazy but it might just be the perfect gift for you and the people you love. Happy Holidays!

Closed for the Holidays

We would like to allow our entire staff to enjoy some time off with their families and friends for the holidays. Therefore, **we will be closed Tuesday, December 24 and Wednesday, December 25. And we will be closed Tuesday, December 31 through Saturday, December 4.** We will reopen on Tuesday, Dec. 6. We sincerely regret any inconveniences this may cause our loyal customers. We hope you will have a safe and happy holiday season!



December

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------|--------------|----------|--------|----------|
| 23 | 24 Closed | 25 Closed | 26 | 27 | 28 |

January

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------|-------------|-------------|-------------|-------------|
| 30 | 31 Closed | 1 Closed | 2 Closed | 3 Closed | 4 Closed |

Fast Facts

Catering To Your Every Need

Whole in the Wall offers a complete catering menu featuring 18 types of lasagna, 6 different quiches, and other delicious entrees. As you'd expect, we use only the finest ingredients and our selections are made to order. Give us a call when planning your next big event.

Pesto Spread Recipe

Makes great hors d'oeuvres served on crackers or freshly sliced baguette.

Mix 8 oz. cream cheese (regular or low-fat) with 1/2 cup of your favorite *Whole in the Wall Pesto*.

If you make a batch with Sun-Dried Tomato and another with Spinach Parmesan it creates a festive combination of red & green

How about free rent?

We are looking for a tenant to renovate the upstairs of our building in exchange for a period of free rent. The place is in rough shape, but an ambitious entrepreneur could easily turn it into a prime business location. Where else are you going to find an offer of free rent? Interested parties should call: 722-0006 (Eliot)

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