



FOOD FOR THOUGHT

Newsletter CAFE 50's - West L.A., 11623 Santa Monica Blvd. (310) 479-1955 June 2014

Did you know...(or do you care?)

- The liquid inside young coconuts can be used as a substitute for blood plasma.
- No piece of paper can be folded in half more than seven times.
- Donkeys kill more people annually than do plane crashes.
- Oak trees do not produce acorns until they are 50 years of age or older.
- Wrigley's gum was the first product to have a bar code.
- The king of hearts is the only king without a mustache.
- Walt Disney was afraid of mice.
- Pearls melt in vinegar.
- It is possible to lead a cow up stairs-but not down stairs.
- Venus is the only planet that rotates clockwise.

The Benefits of Walking on Sand

If you're heading for the beach this summer, you can improve your fitness and build up your calf muscles by taking a walk. A Belgian study found that walking on dry sand requires 2.1 to 2.7 times more exertion than walking on a hard surface. According to the Kerlan- Jobe Orthopedic Clinic in Los Angeles, walking on sand requires extra effort to position and roll the foot, leading to better coordination and more muscle mass.

I remember my Dad saying things to my brothers and me over the years. Things that really didn't make a lot of sense, until now. How many of these do you remember your Dad saying?

How many do YOU catch yourself saying?

- Don't ask me, ask your mother.
- You didn't beat me. I let you win.
- Don't worry. It's only blood.
- Now you listen to ME, Buster!
- A little dirt never hurt anyone—just wipe it off.
- I told you, keep your eye on the ball.
- If you forget, you'll be grounded till the end of the world.
- You call that a haircut?
- This will hurt me a lot more than it hurts you.
- Turn off those lights. Do you think I am made of money?
- Don't give me any of your lip, young lady.
- You call that noise "music"?
- We're not lost. I'm just not sure where we are.
- Shake it off. It's only pain.
- When I was your age, I treated MY father with respect.
- As long as you live under my roof, you'll live by my rules.
- I'll tell you why. Because I said so. That's why.
- So you think you're smart, do you?
- What's so funny? Wipe that smile off your face.
- I'm not sleeping, I was watching that channel.
- I'm not just talking to hear my own voice!
- Don't forget to check your oil.

When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around.

But when I got to be 21, I was astonished at how much the old man had learned in seven years. -Mark Twain

1950s : The Limbo

Did you know that when you participate in that favorite party dance, the limbo, you're actually enacting a sacred West Indian (Caribbean) funeral rite? In Trinidad, mourners at a traditional funeral approach a horizontal bamboo pole and attempt to walk forward while bending backwards from the waist; the object is to pass beneath the pole without knocking it off its supports. It's meant to symbolize the passage of the deceased ones' soul between this life and the afterlife. The journey is a difficult one- the pole is in perpetual danger of falling-and the dancer's prospects of entering heaven at the end of it are uncertain. In short, the dancer is in limbo, the space between heaven and hell. One by one, the clapping and chanting mourners follow each other under the pole, and the pole is gradually lowered, making limbo all the more trying.

In the 1950s, American tourists witnessed the ritual and demonstrated it for the folks back home. At the time, Trinidadian Boscoe Holder was one of the most famous limo artists, and he helped to popularize the dance through his performances. The limbo craze took off, first among teenagers and beatniks, then among their parents. Soon, Americans were kicking off their shoes and doing the limbo at dinner parties.

The limbo was showcased in the 1960 teen beach flick *Where the Boys are*, and for the next year and a half Americans were limbo crazy. Its popularity had just begun to wane when in 1963, Chubby Checker, the man who had everyone doing the twist, released a song called "limbo Rock." The record shot to number one, and it became the top song of the year. Checker's "how low can you go?" refrain was echoed everywhere. Taking up Checker's challenge, a fifteen-year-old Canadian girl went very low, hovering 6.8 inches from the ground.

- Mark A. Long "Bad Fads"

No longer required: the traditional necktie

Neckties may be the most popular Father's Day gift, but it will take more than that to rescue the neckwear industry from its current slump. The *Los Angeles Times* reports that the number of neckties sold in the United States fell 18 percent in 2009, to 29 million. The drop is more than double the 7.3 percent decline in 2008.

Industry analysts cite the trend toward casual dress, with top executives (including President Obama) more willing to be seen in public in blazers and dress shirts but without a necktie.

One of Cafe 50's Associations:



Fresh strawberries are sweetest and most flavorful when eaten at room temperature, preferably the same day that they're bought or picked. However, the berries can last for three days in the refrigerator if left unwashed and unhulled.



The Story of Father's Day

Father's Day, contrary to popular misconception, was not established as a holiday in order to help greeting card manufacturers sell more cards. In fact when a "father's day" was first proposed there were no Father's Day cards!

Mrs. John B. Dodd, of Washington, first proposed the idea of a "father's day" in 1909. Mrs. Dodd wanted a special day to honor her father, William Smart. William Smart, a Civil War veteran, was widowed when his wife (Mrs. Dodd's mother) died in childbirth with their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state. It was after Mrs. Dodd became an adult that she realized the strength and selflessness her father had shown in raising his children as a single parent.

The first Father's Day was observed on June 19, 1910 in Spokane Washington. At about the same time in various towns and cities across America other people were beginning to celebrate a "father's day." In 1924 President Calvin Coolidge supported the idea of a national Father's Day. Finally in 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day.

Father's Day has become a day to not only honor your father, but all men who act as a father figure. Stepfathers, uncles, grandfathers, and adult male friends are all honored on Father's Day.

News Flash: We added a Buffalo Burger to our Menu at Cafe 50's West L.A.. Now you can also "upgrade" any of your favorite Burgers with a Buffalo Patty!

What is the SAFEST time to see a friend who has the Flu?

Answer: Seven days after symptoms start to show.

Why? A person's flu can be contagious any time from a day before he shows symptoms, to three to seven days after flu-like symptoms (headache, stiffness, exhaustion, sore throat, runny or stuffy nose) appear.

Words of Caution: Stay away if it's only been a couple of days since your friend's nose started running. If you **MUST** be around someone who's sick, be sure to wash your hands frequently; it's your best defense against catching the flu virus.

There are 3 stages in a man's life:

"My Daddy can whip your Daddy."

"Aw, Dad, you don't know anything."

"My father used to say . . ." --Dwight McSmith

"It's only when you grow up, and step back from him, or leave him for your own career and your own home—it's only then that you can measure your father's greatness and fully appreciate it. Pride reinforces love." Margaret Truman

The Three Wishes

After a ship sank in the ocean, three men ended up stranded in a lifeboat. They floated around for days without food or water. One afternoon a bottle floated up to the boat. The men grabbed the bottle, and when they pulled the cork out of the bottle, a genie appeared.

"I'll grant you each a single wish" said the genie.

"I wish I was home." Said the first man. Then POOF, he was gone.

"I wish I was home too". Said the second man. POOF! He too was gone.

The third man looked around. "Gee, I'm kind of lonely," he said. "I wish my friends were here with me."

THROUGH THE LOOKING GLASS

BZZZZ, LET US IN, WE JUST WANT TO TALK: A beekeeper put a queen bee in the back of his Sport Utility Vehicle and then stopped to eat at a restaurant in Cocoa, Fla.

While he was inside, hundreds of bees swarmed the vehicle trying to get to the queen inside. A policeman had to drive the truck around until the bees dispersed.

BUT PRISON TIME KNOWS NO BORDERS: In 1985 a Canadian robbed a bank in Champlain, N.Y., of \$30,000, but was arrested when he tried to cross back into Canada with the money stuffed in his shirt. He was sentenced to seven years by a Toronto court, but argued that his prison term should be reduced to reflect the fact that the Canadian dollar is worth only 60 percent of the U.S. dollar. "Seven years Canadian is worth four years American," he told the court.

Request denied.

SLOW SPEED BUT GREAT GAS MILEAGE: A man got drunk and stole a lawnmower/tractor, which he drove from Steinvik, Norway, to a friend's house in nearby Koppang, a journey that, while short in distance, took him six hours.

The Answer is a Coin Flip Away

Flip a Coin Day is June 1st. A day when making decisions is as easy as flipping a coin. *This tradition dates back to Julius Caesar.* Caesar would take a coin and flip it to make decisions where the right choice was unclear. The correct answer was "heads", which of course carried his image on the coin.

He who laughs last... thinks slowest

FIRST DAY at WORK...

A young man hired by a supermarket reported for his first day of work.

The manager greeted him with a warm handshake and a smile, gave him a broom and said, "Your first job will be to sweep out the store."

"But I'm a college graduate," the young man replied indignantly.

"Oh, I'm sorry. I didn't know that," said the manager.

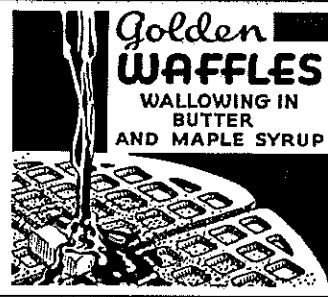
"Here, give me the broom...I'll show you how."

Feeling the Heat

A man in a Dublin nursing home went in for a quite serious operation. The surgery took some time and the man was returned to his room to recover. As he came out of the anesthetic he looked around his darkened room and noticed that the shades had been drawn, even though it was broad daylight.

When the surgeon walked into the room to check on his patient, the man demanded to know why all the blinds were pulled down.

"Well, the house across the street is on fire," the surgeon told him. "I was afraid that if you saw the flames when you woke up you might have concluded that the operation was not a success."



My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition. *-Indira Gandhi*

You never achieve success unless you like what you are doing. *-Dale Carnegie*

Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.

-Napoleon Hill

June is Adopt A Shelter Cat Month!

The American Society for the Prevention of Cruelty to Animals (ASPCA) is celebrating June as Adopt A Shelter Cat Month to educate people about the wonderful cats and kittens available for adoption at shelters. "Our goal during the month-long campaign is twofold," says Dr. Larry Hawk, ASPCA President & CEO. "We want to encourage all Americans to make pet adoption their first option and to educate people about improving their quality of life through the companionship of a cat."



Contact Our Local Animal Shelter at 11361 West Pico Blvd.

Cat Adoptions: 8am -5pm

Tuesday -Saturday

....or call (888) 452-7381

CAFE 50's JUNE CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1952: Charles de Gaulle named premier of France Try our Salmon Benedict!!! MAGIC: 11AM - 2PM DEANNA	2 1953: Queen Elizabeth crowned in Westminster Abby Hug Your Cat Day	3 1892 Sierra Club is founded in San Francisco	4 1952: Juan Peron is elected to a second term in Argentina	5 <u>Freedom of the Press Day</u>	6 1955: Bill Haley's "Rock around the Clock" hits #1 on the pop charts. 1933 first Drive-in Theater opens!!!!	7 Donald Duck is created, 1934 "Yakety Yak" released by the Coasters - 1958 MAGIC: 11AM - 2PM DEANNA
8 Apple Computer ships its first Apple II, 1977 <u>National Juggling Day</u> MAGIC: 11AM - 2PM MIKE	9 1956: President Eisenhower undergoes successful surgery. 1935 Alcoholics Anonymous was founded Burgers 50%OFF 6pm-10pm with purchase of a drink	10 1956: Senate panel accuses TV networks of monopoly. Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks	11 1955: Mercedes race car crashes into crowd at Le Mans killing 80. Ice cream is first advertised and sold in the U.S., 1788 Kids eat FREE! w/ Adult Meal.	12 1952: G.O.P. picks Ike & Nixon as nominees for the fall national election. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	13 1950: Only 20% of the pop., the South African National Assembly votes to divide the country, black and white. Fish & Chips Only \$8.97 (6pm - 10pm)	14 <u>Flag Day</u>  1952-President Truman dedicates the world's first nuclear sub, Nautilus. Try our: - Cornmeal Pancakes (Johnny Cakes)
15 1952: <u>Anne Frank: Diary of a Young Girl</u> is published in the U.S. <u>Father's Day</u> Don't let DAD pay !! MAGIC: 11AM - 2PM MICHA	16 1958: Supreme Court bans passport denials to suspected communists. Burgers 50%OFF 6pm-10pm (with purchase of a drink)	17 1953: Anti Communist riots in East Berlin against increased work quotas. Soviets crush crowds with tanks Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks	18 1953: Egyptian monarchy ends as army takes over. 1912 Federal Government establishes the 8 hour work day. Kids eat FREE! w/ Adult Meal.	19 1953: <u>Alleged atomic spies Ethel & Julius Rosenberg are electrocuted.</u> Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	20 In 1847 the donut was invented. Fresh Fish Dinner \$10.79 (6pm - 10pm)	21 1964 the Hula Hoop was patented <u>FREE ala mode!</u> 11am - 8pm MAGIC: 11AM - 2PM DAVID <u>SUMMER BEGINS!</u>
22 1953: <u>Armistice ending the Korean War was signed.</u> (36,574 Americans died). MAGIC: 11AM - 2PM NATHAN	23 Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	24 St. Jean Baptiste Day (Quebec, Canada) Buy one Sandwich, get one FREE! 6pm-10pm with purchase of 2 drinks	25 1950: North Korean forces invade South Korea Kids eat FREE! w/ Adult Meal. PAJAMA PARTY 6pm - 10pm	26 1950: The first North Korean fighter plane is shot down in the Korean War. Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	27 1953: Chevrolet Corvette is first US Sports Car. Cost: \$3,250 Fish & Chips Only \$8.97 (6pm - 10pm)	28 1956: Charles Dumas broke the 7 foot barrier in the high jump <u>TRY OUR AVOCADO BENEDICT!!</u> MAGIC: 11AM - 2PM MICHA
29 1956: Marilyn Monroe and Arthur Miller wed. MAGIC: 11AM - 2PM THAI	30 1962: Prayer in Public School ruled unconstitutional. Burgers 50%OFF 6pm-10pm with purchase of a drink	National Soul Food Month (Try our grits on Sat & Sun!)	-National Ice Tea Month -Turkey Lover's Month	Gay and Lesbian Pride Month. Lenny Bruce arrested in Los Angeles June 30 1956 for using obscenities on stage.	- International Volunteer Week - Adopt a Shelter Cat Month National Little League Baseball Week 10-16 	Marilyn Monroe was born June 1st in 1926!!! (She would be 88 years "young" today!!)

Father's Day tidbits:

- One father is more than 100 schoolmasters." -- *English Proverb*
- "To be a successful father . . . there's one absolute rule: when you have a kid, don't look at it for the first two years."
-- *Ernest Hemingway*
- "A man knows when he is growing old because he begins to look like his father." -- *Gabriel García Márquez*
- "If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right." -- *Bill Cosby*
- "Blessed indeed is the man who hears many gentle voices call him father!" -- *Lydia M. Child*
- "It is a wise father that knows his own child." -- *William Shakespeare*

NECKTIE TRIVIA...

The Necktie was "invented" in Croatia (also known as the Cravat). President Clinton liked his colorful, while Regis Philbin wants his to match his shirt. The Duke of Windsor (who is known for the 'Windsor Knot' had a vast collection, but Col. Sanders always wears the same black one. And many men won't wear them at all. Like them or not, neckties are the Father's Day gift. Americans spend millions each year to buy a staggering 29 million ties. That's roughly one tie for every third male over the age of 20 in the United States. ...Hey why not get Dad an iPod with his favorite tunes? (Just make sure YOU load it up with music BEFORE he gets it!)

Spoken by the 1964 Nobel Peace Prize winner
Dr. Martin Luther King, Jr.

"If a man is called to be a street sweeper, he should sweep streets like Michelangelo painted, or Beethoven played music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well."

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**CELEBRATE FATHER'S DAY ALL MONTH:
BRING YOUR DAD TO LUNCH!**

Sandwiches were invented by the Earl of Sandwich From the book, "Everything you know is Wrong"

England's John Montagu, the fourth Earl of Sandwich (1718-1792), is often described as the inventor of the meal that bears his name. A prime candidate for Gamblers Anonymous, he was so reluctant to leave the gaming table that he came up with a way to take his meals there. With a piece of meat stuck between two slices of bread, he could hold his cards with one hand and his lunch in the other.

The idea that he invented the sandwich is preposterous, though. Peasants in medieval Europe used to bring sandwiches of bread and cheese with them for lunch when they worked in the fields. Arabs had been stuffing pita bread with meat for centuries. And during Passover, the ancient Jews made sandwiches of nuts and fruit between matzo bread. One of the great things about being part of the nobility is that you get a lot of stuff you're not entitled to, including credit for inventing something everyone already knows about.

It's just as well that the earl became famous for the sandwich rather than for some of his other accomplishments. These included leading the government's prosecution of a former close friend, using his position as first lord of the Admiralty to take more than the acceptable amount of bribes and keeping most of the British fleet in European waters during the American Revolution, contributing to Britain's loss.

By the way, the Sandwich Islands (now the Hawaiian Islands) were named after him, not after the bread-and-meat combo.

-Remember, Tuesday nights from 6pm until 10pm is "Sandwich Night" at Cafe 50's! Buy one Sandwich and get one FREE with the purchase of two beverages! (When eating with a friend!) -Craig

In 1902, (ONLY 112 years ago), the average life expectancy in the US was 47. Only 14% of homes in the US had a bathtub. Only 8% of the homes had a telephone. (A three minute call from Denver to New York cost eleven dollars!) There were only 8,000 cars in the US and only 144 miles of paved road. The maximum speed limit in most cities was 10mph. Alabama, Mississippi, Iowa and Tennessee were each more heavily populated than California. (With only 1.4 million residents, California was only the 21st most populous state in the Union.) The tallest structure in the world was the Eiffel Tower. The average wage in the US was 22 cents an hour. The average US worker made between \$200 and \$400 per year. An accountant made \$2,000 and a dentist made \$2,500. More than 95% of all US births took place at home. 90% of all physicians had no college education. (Instead they attended medical schools, many of which were condemned in the press and by the government as "substandard".) Sugar cost 4 cents a pound. Eggs were 14 cents a dozen and coffee cost 15 cents a pound. Most women only washed their hair once a month and used borax or egg yolks for shampoo. The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii and Alaska hadn't been admitted to the Union yet. The population of Las Vegas, Nevada was only 30. Crossword puzzles, canned beer and iced tea hadn't been invented. There was no Mother's Day or Father's Day. One in ten US adults couldn't read or write. (Only 6 percent of all Americans had graduated from High school.) 18% of US households had at least one full time servant or domestic.

A man with a watch knows what time it is, A man with two watches is never sure. - Segal's Law