



# FOOD FOR THOUGHT

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

## HALLOWEEN

### COSTUME CONTEST

Win...

- \$175.00 Giant SPA Gift Basket!!!
- Gift certificates \$\$\$
- FREE Meals
- Mystery Grab Bags!
- Toys, Games, Candy!

Costume Contest in 3 categories:

Kids, Teens, Adults!!!

Friday, October 31<sup>st</sup> 4 pm – 1am!



*Be Seen on Halloween!*  
*(Just stop by in costume and be judged!)*

**“TO DO IS TO BE” -Nietzsche**

**“TO BE IS TO DO” -Kant**

**“DO BE DO BE DO” -Sinatra**

#### HALLOWEEN Q. & A. HUMOR:

Q: What do you get when you divide the circumference of a Jack-o-lantern by its diameter? A: Pumpkin Pi.

Q: How do you make a witch stew? A: keep her waiting for hours.

Q: Why didn't the skeleton dance at the Halloween party?  
A: It had no body to dance with.

Q: Who does a ghoul fall in love with? A: His ghoul friend!

Q: What do you call serious rocks? A: Grave stones.

Q: Why don't witches like to ride their brooms when they're angry?  
A: They're afraid of flying off the handle.

Q: Why did the Vampire's lunch give her heartburn?  
A: It was a stake sandwich.

### The BEST TIME to do EVERYTHING

by M. Kaplan

**BEST Time to Get Your Car Repaired:** According to Ray “Clack” Magliozzi, co-host of National Public Radio’s Car Talk and co-owner of the Food News Garage in Boston, the best times of year are spring and fall. “In the spring, you want to get your car into shape so you can drive it all summer - the season when you tend to go farthest from home. A disastrous breakdown will be expensive and might ruin your vacation”, says Magliozzi. “In the fall, you want to make sure your car battery and charging system, belts and hoses, and antifreeze protection are all in good shape.”

Asked if early January, after the Christmas holidays, is a good time to find eager mechanics in need of cash, Magliozzi says that it makes sense on paper but could backfire in reality. “Because they need money, mechanics might try selling you stuff you don’t want and look for problems that aren’t there.”

Finally, Magliozzi says, the best time of day to take your car in is the early morning. “Most shops get their parts ordered and their days organized in the morning.” So by getting there early, you increase the likelihood that your car will be looked at immediately, parts will be in hand by lunchtime, and repairs can be completed later that afternoon. “Go in at two P.M., instead of nine A.M., and you’ll lose a whole day.”

**BEST Time to Go to the Doctor:** First thing in the morning. “We schedule four patients between eight o’clock and nine, three of the four will be here within the first hour, and the plan is that those three will be out before nine A.M.,” says Dr. Howard Glazer, president of Physicians Who Care, a patient-advocacy organization made up of doctors.

The Madison Heights, Michigan-based family practitioner says that the other efficient time for a doctor’s appointment is right after lunch- “It’s when we come back with a clean slate again” – and he warns that if you develop a history of being a no-show, it might not matter what time you schedule your appointment for. “When a patient develops a reputation for coming late or not coming at all, doctors double-book their time slots.”

#### HALLOWEEN HUMOR

“Mommy, Mommy, the kids all call me a Werewolf.”  
“Never mind, dear, now go and comb your face.”

Mother Vampire to Son:

“Hurry up and eat your breakfast before it clots.”

Bloodshed- where the Red Cross keeps the plasma.

**Headline:** Due to strike, grave-digging at cemetery will be done by skeleton crews



*I'll bet living in a nudist colony takes all the fun out of Halloween. -Author Unknown*

***A grandmother pretends she doesn't know who you are on Halloween***

- Erma Bombeck

## Real or Fake?

Can you tell which of these words and their definitions are real and which ones are fake?

1. Blype -- the skin that peels off after a sunburn.
2. Woot -- an exclamation of joy or excitement.
3. Futtock -- an upright curved timber forming the ribs of a wooden ship.
4. Slickery -- wet and icy.
5. Orrery -- a bird sanctuary.
6. Baffy -- a golf club with a wooden head and backward slanting face.

Answer Key:

1R; 2F; 3R; 4F; 5F; 6R

Two caterpillars were sunning themselves in a garden when they spotted a beautiful butterfly overhead. It fluttered, swooped, rose again and floated on air currents. One caterpillar turned to the other and said, "There's no way you'll ever get me up in one of those contraptions."

*Geoff Tibballs*

*Most new discoveries are suddenly seeing things that were always there.*

*Susan K. Langer (1895-1985)*

*Philosopher and Educator*

### On the Lighter Side...

- **Headache Cure:** If you have a lot of tension and you get a headache, do what it says on the aspirin bottle:

"Take two aspirin" and "Keep away from children."

- I read *recipes* the same way I read *science fiction*. I get to the end and think, "Well, that's not going to happen."

### Who Was Christopher Columbus?

Perhaps the most famous explorer was Christopher Columbus. Born in Genoa, Italy, in 1451 to a weaver, young Columbus first went to sea at the age of fourteen. As a young man, he settled in Portugal and married a woman of noble background. After his wife's death in 1485, Columbus and his young son Diego, moved to Spain.

Like all learned men of his time, Columbus knew the world was round. He theorized that since the earth was a sphere, a ship could eventually reach the Far East from the opposite direction. He thought to establish trade routes to Asia in this manner. The fifteenth-century Europeans were not aware of the South and North American continents during this timeframe. Mapmakers did not show an accurate picture and no one knew there was a Pacific Ocean.

For a decade, Columbus approached the Portuguese king and the Spanish monarchs to obtain a grant to explore possible trade routes to the west. After initially turning him down, King Ferdinand and Queen Isabella reconsidered once the Moors had been successfully expelled from Spain in 1492. Columbus promised to bring back gold, spices, and silks from the Far East, to spread Christianity and to lead an expedition to China. In return, Columbus asked for and got the hereditary title "admiral of the ocean seas" and became governor of all discovered lands.

On September 6, 1492, three ships got underway, sailing into uncharted seas, out of sight of land. The greatest obstacle to Columbus was the crew's beliefs and superstitions. They believed the earth was flat, that the sea was full of monsters, that there were places where the sea was at the boiling point, or there were endless whirlpools. The voyage lasted longer than Columbus expected. After days with no sight of land, the crew grew restless and Columbus had to use all manner of discipline to keep them in line. He offered a hefty reward to the first man to sight land. On October 12, a sailor aboard the Pinta sighted land in the present-day Bahamas. Columbus set foot on land he believed to be an island in Asia and named it San Salvador.

Columbus had four voyages in total to the new world. To read more about them go to: [www.mariner.org/age/columbus.html](http://www.mariner.org/age/columbus.html)

## FADS FROM THE 1950'S

### Phone-Booth Stuffing

Imagine this - A gang of college student converges on an empty telephone booth, and one by one, they stuff themselves inside until every square inch of space is occupied. This was no isolated prank- it was a serious contest. The team that could cram the most people into a phone booth would emerge victorious. At universities everywhere, students skipped class in order to plot strategy and set a record.

Despite rumors that it all started in 1959 on the West Coast of the United States, the fad actually originated in South Africa. There, twenty-five students wedged themselves into a booth and announced that they had set a world record. Students in England, Canada and the United States scrambled to do them one better. In England, some went on diets; at MIT, they attempted to use geometry and calculus to determine the most efficient stuffing method.

There was much heated debate about the "rules." Some sticklers insisted that participants keep all body parts inside the booth or face disqualification; others claimed that someone inside the booth was required to place a call for the stuffing to be valid.

In the United States, the fad died within a year, but it was reincarnated in the form of Volkswagen stuffing a few years later. **"BAD FADS" by Mark A. Long** Look for future FADS FROM THE 1950's in upcoming newsletters, such as *Panty Raids, Hula Hoops, Silly Putty and the Limbo.* - Craig

### Halloween Humor to make you GROAN!!!

Hans and Stein were playing in their yard in Zurich, Switzerland when one of the boys accidentally swallowed a coin and started choking.

Hans ran inside to get help, yelling "Mom! Dad! Come quick! There's a franc in Stein!

# Brentwood Art FAIR!

Co sponsored by Cafe 50's!!!

Sunday October 12<sup>th</sup> 10am – 6pm

PAINTING – SCULPTURE – JEWELRY – GLASS  
PHOTOGRAPHY – MIXED MEDIA... Over 100 Artists!!!

Music, Food, Fun, Kids Zone, Magicians, Balloon Animals

Where?: On San Vicente Blvd. near Barrington

For more Info visit us at: BrentwoodArtFestival.com

(Our Great Magician Micah will be performing!!!)

## Top 10 SCARIEST Movies..

If you're hosting a Halloween party, you may want to play some of these selections from film critic Stephen Wagner:

1. The Exorcist
2. The Haunting (1963)
3. Jacob's Ladder
4. Poltergeist
5. The Sixth Sense
6. Rosemary's Baby
7. The Omen
8. The Innocents
9. Psycho
10. The Shining

### QUICK QUIZ:

What "phobia" do you suffer from if you have an intense fear of Halloween?

- A) **Hallowphobia**
- B) **Octobophobia**
- C) **Goblinophobia**
- D) **Samhainophobia**
- E) **Necrophobia**

Give up? ...See Craig or Maria for the answer!

### Halloween Safety Tips

- Accompany your child while trick or treating, and bring a flashlight.
- Days before trick-or-treat night, talk with your children about how they should behave and what safety rules they must follow.
- When sending out kids who will be unaccompanied plan a route, set a curfew and know who they'll be with.
- Avoid masks, wigs, and other costume pieces that could interfere with vision, oversized shoes, high heels, long skirts or pants that could cause your child to fall.
- Add reflective tape or light colored material to dark costumes so motorists can easily see them.
- Make sure the entrance to your house is well lit, unobstructed and your dog is under control so trick-or-treaters are not startled.
- Choose a costume without masks, beards, or wigs, look for fabrics that are designed to resist burning, such as nylon or polyester, or look for the words "flame resistant" on the label.
- Talk to your children about potential candy hazards. i.e. Unwrapped, homemade or treats that look tampered with.

WHEN I DO GOOD I FEEL GOOD.

WHEN I DO BAD I FEEL BAD.

AND THAT'S MY RELIGION. — ABRAHAM LINCOLN

### BE SAFE! Simple Strategies for Death-Free Living

by Melissa Heckscher

#### WHAT IS THE SAFEST DRIVING LANE?

*The Middle Lane.*

Why? According to experts at the American Automobile Association (AAA), the middle lane is safest because it saves you from potential conflicts with merging or exiting traffic and still leaves the left lane to pass and be passed.

**Words of Caution:** Avoid driving in the right lane, where you have to watch out for a slew of potential hazards, including merging traffic, car doors opening, stalled vehicles, cyclists, pedestrians, and animals. In the left lane, stay alert for oncoming cars swerving out of their lanes.

#### WHAT IS THE SAFEST KIND OF HOME FIRE EXTINGUISHER?

*An ABC-Rated (Multipurpose) Extinguisher.*

Why? Using the wrong kind of fire extinguisher can actually spread rather than extinguish a fire. Extinguishers are rated in four categories – A, B, C, and ABC. The first three are specialized for use on fires involving, (A) combustible materials, (B) use on flammable liquid fires and (C) use on fires involving energized electrical equipment. Only ABC extinguishers work on all three types of fire.

**Words of Caution:** Keep your fire extinguisher in the kitchen, the room where most fires start.

### Are You a Genius?

In 1905, French psychologist, Alfred Binet, teamed up with physician Theodore Simon to develop the first intelligence test. They had both observed that some children did not advance mentally at what were judged to be normal rates as they aged and grew physically. By 1912, German psychologist William Stern termed the ratio of mental age divided by the chronological age as the "intelligence quotient" or IQ. Four years later, Lewis Terman, an American psychologist, proposed the following scale to classify IQ scores:

Above 140 -- genius or near genius

120-140 -- very superior intelligence

110-139 -- superior intelligence

90-109 -- normal or average intelligence

The average IQ is 100, with 80 percent of the population ranging between 80 and 120. Ten percent have an IQ below an 80; 10 percent fall above 120. Five percent have IQs above 125; 2 percent have IQs of 132 or higher, making them potential members of Mensa, an organization of persons with high IQs. One percent has an IQ above 136, making them eligible to join TOPS (Top One Percent Society). Those with IQs of 150 or higher can join the OATH (One in a Thousand) Society.

...O.K.... **NOW I feel STUPID!!** -Craig

A man plummeted out of a ninth story window. He was lying on the ground when a crowd started to gather round him. Then a uniformed police officer came on the scene and looked at the man with astonishment.

"What happened?" the police officer asked.

"I don't know," the stunned and confused man answered. "I just got here myself."

## Commonly Confused Words:

### Lessen & Lesson

Lessen means to diminish or become less.

*My broker says bond funds may lessen investment risk.*

Lesson is something to be learned.

*The new software helps teachers make detailed lesson plans.*

### Lightening & Lightning

Lightening means making lighter.

*John can never be accused of lightening the workload.*

Lightning is an atmospheric electrical discharge.

*If you are not careful, golf clubs can act like lightning rods.*

### Liqueur & Liquor

A liqueur (or cordial) is a sweet, strong, highly flavored alcoholic drink.

A liquor is an alcoholic beverage (such as whiskey) made by distillation rather than by fermentation (such as wine or beer).

Liquor is also a broth derived by cooking meats or vegetables for a long time.

### Time line October, 4<sup>th</sup> 1958

The first trans-Atlantic jet airliner commercial passenger service is inaugurated by British Overseas Airway Corp. The first New York to London trip takes 6hrs, 7minutes.

## Halloween History

Halloween dates back to an ancient fall festival celebrated by the Druids in Ireland, Great Britain, and Northern France. They would gather around a bonfire and don animal heads and skins, the precursor to our masks and costumes. After the invasion of Britain by the Romans in 43 A.C.E., the festival was merged with two Roman celebrations, Feralia -- a late October commemoration of the passing of the dead -- and the day to honor Pomona, the goddess of fruit and trees, whose symbol was the apple. This led to the tradition of bobbing for apples on Halloween. Jack o' lanterns were first carved out of beets and turnips in Ireland as representations of dead souls. When the Irish came to America, they couldn't find an adequate supply of turnips or beets, so they used pumpkins.

## CAFE 50'S OCTOBER CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TRY OUR PUMPKIN PIE SHAKE!</b>	<b>National Car Care Month</b> <i>(Time for a tune-up?)</i>  <b>National Youth Against Tobacco Month</b>	<b>Adopt a Shelter-Pet Month</b> <b>Eat Together Month</b>  1954: Chevrolet introduces first V-8 engines for 1955 cars.	1 1952: NBC-TV premiers "This is your Life"  Kids eat FREE! w/ Adult Meal.	2  Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	3 1953 Brooklyn Dodgers hammer Yankees 7-3  Clam Chowder Only \$3.99 (6pm - 10pm)	4 1950 Invading North Korean troops continue pushing south. Only the United Nations area of Pusan is still safe. (Craig's Mom worked for the USO in Pusan and was evacuated during the invasion.)
5 1953: Yankees win 5 <sup>th</sup> World Series in a row beating the Brooklyn Dodgers.  <i>Try our freshly made Grits from Tennessee.</i> Magic:H. D.: 11am-2pm	6 1956: Tests okayed for Sabin oral polio vaccine.  Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	7 Disney World Opened (1971)  Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	8 1990- East & West Germany united!!  Child Health Day  Kids eat FREE! w/ Adult Meal.	9 1958: Pope Pius XII dies.  Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	10  Clam Chowder Only \$3.99 (6pm - 10pm)	11 <b>FREE A la Mode TODAY!</b> ... on all slices of PIE and CAKE!!! 11am - 8pm -Pumpkin Pancakes!  Magic:Edsell 1am-2pm
12 -Pumpkin Pancakes! -Pumpkin Pancakes! -Pumpkin Pancakes! Magic:Nathan: 11am-2pm	13 <b>Columbus Day</b> <i>(Thanksgiving Day for our CANADIAN Neighbors!)</i> <b>We will Open at 8am today! Serving our Brunch Menu! (W.L.A.)</b>	14  Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	15 1958 Novelist Upton Sinclair celebrates his 80 <sup>th</sup> Birthday.  Kids eat FREE! w/ Adult Meal.	16 1953 Senator Joseph McCarthy investigates to find out if the now executed Rosenbergs had started a 'spy ring' Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	17 1983 the last hand-cranked phones in the US were replaced in Bryant Pond, Maine  Clam Chowder Only \$3.99 (6pm - 10pm)	18 1935 Luciano Pavorotti born  Magic:Deanna 11am-2pm
19 1959: Congress investigates rigged TV quiz shows. -Salmon Benedict! -Avocado Benedict! Magic:Micha: 11am-2pm	20 1947 test pilot Chuck Yeager breaks sound barrier. 1952: Britain sends troops to Kenya to battle the Mau-Mau. Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	21 <b>BD -Robert "Evel" Knievel (1938)</b> 1950: Chinese troops invade Tibet.  <b>Double Repeat Rewards Day!</b> Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	22 1933 <b>Albert Einstein arrives in US from Germany</b>  Kids eat FREE! w/ Adult Meal.	23 1957: Rock throwing mobs force 9 black students out of Little Rock school.  Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	24 United Nations Day  Fresh Fish Dinner (w/ salad) \$10.79 (6pm - 10pm)	25 1955 "The Return of the King" by J.R.R. Tolkien is published  Magic:Micha 11am-2pm
26 1951: At 77, Winston Churchill becomes British Prime Minister again.  Have you tried our Stone ground Grits at Cafe 50's in West LA?? Magic:Thai 11am-2pm	27 1959: Soviet's Lunik III spacecraft takes photos of dark side of moon. Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	28 1954:New Jersey installs automatic toll collectors on turnpike  Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	29 1871 The great Chicago fire leveled 3 1/2 square miles.  <b>PAJAMA PARTY!</b> 6pm - 10pm	30 1954: Swedish Parliament approves national health care.  Kids eat FREE! w/ Adult Meal.	31 <b>HAPPY HALLOWEEN!</b> <b>Enter our Costume Contest!</b> <b>Win Prizes!!!</b> 4pm - 1am!!!	1957- October 4 <sup>th</sup> , Russia launches Sputnik (the first manmade satellite in orbit)  - October 16 <sup>th</sup> is <b>National Boss Day</b>