



FOOD FOR THOUGHT

Cafe 50's Newsletter - September 2014

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MEXICAN INDEPENDENCE DAY **SPECIALS!**

September 5th - September 29th

- **LOBSTER and SHRIMP QUESADILLA**
- **LOBSTER and SHRIMP BURRITO**
- **MAHI MAHI VERACRUZ**
w/ avocado & salsa
- **SWEET CORN TAMALES w/chilies & cheddar**
- **BLUE CORN TAMALES**
w/ Monterey Jack cheese
- **GRILLED CHICKEN Chipotle BURRITO**
- **SPICY JALAPENO BURGER**

**WAR IS GOD'S WAY OF TEACHING
AMERICANS GEOGRAPHY.**

- JON STUART, THE DAILY SHOW

The BEST TIME to do EVERYTHING

by M. Kaplan

BEST Time to Sleep Late : Saturday morning. Most people choose to sleep in on Sunday and use Saturday as the day for getting an early start on running errands. According to Kristy Kerin, consultant with Circadian Technologies, a Boston based company that researches sleep and productivity, you will feel a lot better if you choose Saturday as your day of rest. "It is human nature to sleep roughly one hour later than you did the day before," she says. "Biological clocks want to run twenty-five hours per day. So if you sleep an extra hour on Sunday, then you are going up against a two-hour differential on Monday morning. That's what accounts for the Monday-morning blues." Kerin suggests catching up with sleep on Saturday and rising at your normal weekday time on Sunday. Whatever the day, teenagers are notorious pressers of the snooze button, and the parental instinct is to drag them out of bed, insisting that they shouldn't doze through a beautiful day. Kerin believes that this is wrongheaded. "Teenagers usually have owl-like behavior. They stay up late at night, then need to rise ridiculously early in order to make it to school on time. So when they're sleeping in on weekends, they are simply making up for sleep deprivation during the course of the week. Let them sleep," she says, even if that does mean a rough morning on Monday. "They need the rest."

BEST Time to Buy Shoes: In the afternoon. "You want to wait until you've been walking around for a while and your feet have swelled a bit," says Dr. Bruce R. Saferin, a Toledo, Ohio-based podiatrist who serves on the board of the American Podiatric Medical Association. "Buy shoes on your way to work in the morning, and by the afternoon, you'll wonder why they're hurting your feet. In case the shoes you buy in the afternoon feel a little loose in the morning, don't worry, your feet will spread out once you start walking around."

- **News Flash:** Optimist Drowns in Half - Full Tub.
- Men are like Floor Tiles, - If you lay them right the first time, you can walk all over them forever.

- Club Sandwiches ... Not Seals

- Facts you DON'T need to know:**
1. If you yelled for eight years, seven months, and six days, you would have only produced enough sound energy to heat up one cup of coffee.
 2. On average, people fear spiders more than they do death.
 3. The strongest muscle in the body is the tongue.
 4. A crocodile cannot stick out its tongue.
 5. Banging your head against a wall uses up 150 calories and hour.

FUN FOOD FACTS!

- In 1983, the Supreme Court ruled that tomatoes were not fruits but vegetables.
- In the U.S., more tomatoes are eaten than any other single fruit or vegetables.
- The average American eats four and a half pounds of broccoli each year. Today we eat 900% more broccoli than we did 20 years ago.
- Pumpkins are fruits not vegetables.
- The average child will eat 1,500 peanut butter sandwiches by high school.
- The average American eats 25 pounds of rice each year.
- "Batalogy" is the study of blackberries. There are more than 1,000 known species.
- Lettuce was called 'green gold' in the 1920s because the land it grew on was worth less than the \$600 an acre earned by the Pajara Valley growers for their lettuce crop.
- California has been the #1 agricultural state for over 50 years.
... Visit the L.A. County Fair in Pomona, August 30th – Sept. 29th, (Wednesday - Sunday each week. Closed Mondays & Tuesdays)
It's the World Largest and Greatest County Fair!!! ...GO!!! - Craig

The Story behind Bob's Big Boy

He's got the hair of Ave Ventura, the pants of an Italian eatery tablecloth, and the smile of a psychopath. And he lures diners who don't want to admit that they take comfort in his standard-issue selection of breakfasts, burgers, and melts.

When an anonymous but rotund kid wandered into Bob's Pantry, a "Glendale California eatery (which founder Bob C. Wian opened in 1936), history was made. Now, more than 450 Big Boy restaurants dot the landscape, and Big Boy banks, dolls, and other memorabilia show up in kitsch collectable shops around the country. Frankly, it makes a lot of sense. If you want a truly representative fast-food mascot, which is more accurate – a clown or a tubby kid?

The Story behind Bologna

The spicy concoction created in the Italian town of Bologna has little in common with the mild, pinkish slices Americans stuff between pieces of Wonder Bread. Ranked only slightly above Spam in the hierarchy of embarrassing meat products, bologna's continuing popularity is proof that people love it, even if they won't admit it. Also, it's great fried, between pieces of white toast. Note: Anyone who pronounces it bah-LOH-nyah is a weenie!!!

What was Sputnik? On October 4, 1957 the Soviet Union launched Sputnik (whose name in Russian meant "little traveler"), man's first artificial satellite.

Weighing in at about 185 pounds, Sputnik was a little bigger than a basketball and traveled 18,000 miles per hour about the earth, emitting a steady *beep-beep-beep* radio signal. The launch was not only an unexpected technological achievement but a work of propaganda genius. Sputnik had an orbit over the earth's most populous areas and low enough that it could be seen at times with binoculars. Ham radio operators could pick up the distinctive message Sputnik sent to Earth. The signal lasted for 22 days until the transmitter batteries ran out. The paranoia that Sputnik created was intense. Would Russia now be able to drop bombs on the U.S.? ...Sputnik obliterated the American assumption of its nuclear superiority. Sputnik was the space equivalent of the Russian atomic bomb. This led to a rash of back yard bomb shelters.

A woman and her husband interrupted their vacation to go to the dentist. "I want a tooth pulled, and I don't want any pain killers because I'm in a big hurry," the woman said. "Just extract the tooth as quickly as possible, and we'll be on our way." The dentist was quite impressed. "You're certainly a courageous woman," he said. "Which tooth is it?" The woman turned to her husband and said, "Show him your tooth, dear."

FADS FROM THE 1950'S

DA Haircut

In the 1950's, the DA ("duck's ass") was the haircut of choice for cool guys. Formed by combing the hair back on the sides of the head and holding it there with a dab of grease (hence the term "greaser"), the look was the brainchild of Philadelphia barber Joe Cirella. He introduced it in 1940, and the style took off in the '50s when it was adopted by television, movie, and music stars. In fact, the DA became as popular as it did largely because it was worn by many of rock and roll's biggest idols. The parents of many young rock-and-rollers of that era frowned upon these performers and the effect their music was having on their excitable offspring, so legions of rebels without a cause delighted in slicking their hair back with a little Brylcreem and a plastic comb.

Eventually, several alternate versions of the DA were created in the United States and Great Britain, but the fad faded with the British invasion of the United States in the early 1960's. The era of the Beatles-inspired mop-top look was dawning...but that's another story!

Sideburns

The rebel. The juvenile delinquent. The bad boy with the bedroom eyes. Where would he be without his sideburns? James Dean and Elvis Presley, among others, got loads of mileage out of those strips of facial hair that grew down about an inch and a half below their ears.

Sideburns ascended to popularity in the 1950s as the crucial detail that rounded out the leather-jacket and the DA-haircut look. Eventually, when sideburns could be seen everywhere on less dangerous types and keeping them groomed seemed more trouble than it was worth, the fad faded out. Still, sideburns do make a comeback approximately every twenty years. -"BAD FADS" by Mark A. Long

• In future issues of our Cafe 50's newsletter I'll be writing about other 1950s fads such as 'Davy Crockett' coonskin hats, Hula Hoops and Phone-Booth Stuffing! -Craig

Commonly Confused Words: -Equable & Equitable

Equable means unvarying, agreeable, or steady.

Ireland's equable climate is due to its proximity to the sea.

Equitable means impartial, fair, or reasonable.

The club gave an equitable distribution of gifts to the charities.

-Enviably & Envious

Enviably means worthy of envy.

John Glenn has an enviably place in the history of space travel.

Envious means showing envy.

Some pilots are envious of John Glenn's mark on space travel.

-Defuse & Diffuse

Defuse means to remove a fuse (usually from an explosive).

Diffuse means to spread out.

The mouse's odor diffused throughout the entire house.

CAFE 50'S SEPTEMBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 LABOR DAY! (Enjoy your day OFF!) Breakfast Feature: We will be serving our BRUNCH Menu 8am - 3pm WE OPEN at 8AM Today!!!	2 Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	3 Kids eat FREE! With purchase of Adult meal	4 Buddy Holly's Birthday!(1936) Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	5 Fresh Fish Only \$10.79 (6pm - 10pm)	6 1952: President Ike announces \$4.5 million grant to Iran. FREE <u>Ala Mode!</u> (8am - 3pm)	7 1952: Maureen Connolly repeats as U.S. Open champ. Magician: MIKE 11am-2pm
8 B.D. -Barry White (1944) Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	9 1956: Elvis appeared on the Ed Sullivan TV Show (draws record ratings) Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	10 1957: Bombs rip Nashville school which admits black students. Kids eat FREE! With purchase of Adult meal	11 Patriot Day Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	12 1953: John F. Kennedy and Jackie get married in Newport, R. I. Only \$8.97 Chowder Only 3.99 (6pm - 10pm)	13 -Try our Special Breakfast Sausage -Stone Ground Grits!!! Magician: DEANNA 11am-2pm	14 First Mickey Mouse cartoon shown in New York (1928) -Try our Corn Meal Pancakes!!! Magician: MIKE
15 1957: Conrad Adenauer wins West German election in a landslide. Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	16 Mexican Independence Day	17 1954: India outlaws Bigamy Kids eat FREE! With purchase of Adult meal	18 Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	19 1951: Swiss Parliament AGAIN rejects women's right to vote.	20 1951: A Swedish court fines a sailor for kissing his girl in public!!! Magician: DAVID 11am-2pm	21 1952: Rocky Marciano KO's Joe Walcott. Takes heavy weight title. Magician: NATHAN 11am-2pm
22 Autumn starts 1955: Eisenhower suffers a mild heart attack.	23 Buy one Sandwich, with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	24 1955: Eddie Fisher Debbie Reynolds marry, <u>PAJAMA NIGHT!</u> 6 PM - 10 PM	25 Chocolate, Vanilla Strawberry Shakes \$2.98 6-10pm	26 Frisbee was patented (1958) Fresh Fish Only \$10.79 (6pm - 10pm)	27 Clam Chowder Only 3.99 (6pm - 10pm) Magician: Deanna 11am-2pm	28 Last Day for L.A. County Fair!!! Magician: NATHAN 11am-2pm
29 Burgers & Omelets 50%OFF 6pm-10pm with purchase of a drink	30 James Dean, age 24, killed in a car crash Buy one Sandwich with a friend- get one FREE! with purchase of 2 drinks 6pm-10pm	-Library Card sign-up Month!	Back to SCHOOL Month!	L.A. County Fair is OPEN August 29th	ALL AMERICAN BREAKFAST MONTH	- National Chicken Month!

Bird Legs

A young college student had stayed up all night studying for his zoology test the next day. As he entered the classroom, he saw ten stands with ten sets of legs on each stand. Each bird had a sack over its head; only the legs were showing.

He sat straight in the front row because he wanted to do the best job possible. The professor announced that the test would be to look at each of the birds' legs and give the common name, habitat, genus and species.

The student looked at each of the birds' legs. They all looked the same to him. He began to get upset. He had stayed up all night studying and now had to identify birds by their legs. The more he thought about it the madder he got.

Finally he could stand it no longer. He went up to the professor's desk and said, "What a stupid test! How could anyone tell the difference between birds by looking at their legs?" With that the student threw his test on the professor's desk and walked to the door.

The professor was surprised. The class was so big that he didn't know every student's name so as the student reached the door the professor called, "Mister, what's your name?"

The enraged student pulled up his pant legs and said, "You tell me professor! You tell me!"

"THE SHORTEST WAY TO DO MANY THINGS IS TO DO ONLY ONE THING AT A TIME."

~ Richard Cecil

Top Philosophy Questions *ANSWERED!*

1. How do I know anything really exists?
Kick it really hard.
2. If a tree falls in the woods, and there's no one there to hear it, does it make a sound?
Not if it lands on a bunch of pillows.
3. Can our minds exist separately from our bodies?
If they could, we'd just send our minds to class or work and sleep in every morning.
4. What is the meaning of life?
All evidence to date suggests chocolate.

The Pizza delivery boy...

After the college boy delivered the pizza to Bob's trailer, Bob asked, "What is the usual tip?"

"Well," replied the youth, "this is my first trip here, but the other guys say if I get a quarter out of you, I'll be doing great."

"Is that so?" snorted Bob. "Well, just to show them how wrong they are, here's twenty dollars."

"Thanks," replied the youth, "I'll put this towards my college fund!"

"What are you studying?" asked Bob.

The pizza boy smiled and said, "Applied psychology."

“Everything you pretend to know and are afraid someone will ask”

by Lynette Padwa, (Penguin books)

What's a Head Gasket? How can you “Blow” one?

Once upon a time, boys learned about automobile engines from their dads - sweating over a filthy engine block was an American male bonding ritual. Engines have gotten much more complex over the past twenty years, and fathers, according to divorce statistics, less available. And it's the rare girl who ever learned about automobile engines.

Consequently, more people nowadays are vulnerable to a favorite con of car mechanics: “You've blown a head gasket. It'll be really tough to take that baby off...I'll have to take apart the engine” This can mean a very expensive repair bill, so it's worth knowing exactly what the head gasket is and how to tell if you've blown one.

There are many gaskets in your car's engine. A gasket is placed between two pieces of metal to create a leak proof seal wherever a liquid-fuel, oil, water-must pass. The gasket is a thin, formed sheet made of rubber, cork, paper, or soft metal. Gaskets seal parts such as the valve cover, oil filter, and cylinder head. The gasket that seals the cylinder head is called the head gasket.

The cylinder head is a large piece of metal that fits over the engine block, the biggest component in your engine. Cylinders are drilled in the engine block, and the car's pistons move up and down inside the cylinders. This makes the car move. What make the pistons go up and down? A small explosion set off by a spark plug igniting fuel that is pumped into the cylinder. All of this takes place inside the engine block, and the cylinder head is the “lid” of the block. The head gasket fits in between the cylinder head and the engine block. If a head gasket gets too old or is defective, the little explosions taking place inside the cylinder can blow a hole in the gasket. The results are immediate: Instead of the explosion forcing the piston up and down, it'll just shoot out the hole in the gasket. If a large hole is blown, the sound of the exploding gas will be loud, and that particular piston won't work anymore, so your car will lose power. If it's a small hole, the noise will be less intense and the power loss may be minor. (The phrase “He's really blown a gasket” evolved because blown gaskets can cause the car to sound awful.) With time the leak will get bigger, and eventually you'll lose more power and will want to get the gasket replaced.

But a blown gasket generally won't result in damage to other parts of the engine, so as long as you can live with the power loss and the noise, you don't have to rush to replace the gasket!

Calling All ARTISTS:

On Sunday, October 12th Cafe 50's will be CO-SPONSORING the Brentwood Art Festival, located in downtown Brentwood on San Vicente Blvd. (Can you believe the city will close off San Vicente?) We are looking for Artist who would like to sell their treasures to the public during this years Art Festival. We can arrange Sponsorships for prospective Artist's Booths so that they can display and sell their Artistic Creations for Free! If YOU or someone you know has great Artwork for Sale, please contact Emiliana at (310) 473-3070.



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“There are two guys in the woods, and a bear comes ambling up. The first guy starts lacing up his tennis shoes, and the second guy says: ‘What are you doing? You can't outrun that bear!’ And the first guy says, ‘I don't need to outrun the bear. I just need to outrun you!’”

My dog is worried about the economy because Alpo is up to 99 cents a can. That's almost \$7 in dog money. —Joe Weinstein

I love deadlines. I like the whooshing sound they make as they fly by. — Douglas Adams

You can live to be a 100 if you give up all the things that make you want to live to be a 100. — Woody Allen

The brain is a wonderful organ. It starts working the moment you get up in the morning and does not stop until you get into the office. — Robert Frost

A verbal contract isn't worth the paper it's written on. — Samuel Goldwyn

It is of interest to note that while some dolphins are reported to have learned English – up to 50 words used in correct context – no human being has been reported to have learned dolphinese. — Carl Sagan

The trouble with the rat race is that even if you win, you're still a rat. — Lily Tomlin

Aluminum Foil Against Dental Fillings from “The Pocket Encyclopedia of Aggravation” by Laura Lee

You sit down to lunch at the office and carefully unwrap a ham sandwich from a sheet of aluminum foil. Unbeknownst to you, a small piece has remained in the sandwich and when you bite into your lunch the foil is pressed between your fillings. A sharp pain vibrates through your teeth, as if a sadistic dentist were trying to inspire a Pavlovian fear of ham on white. The pain is literally an eclectic shock. Dental fillings are made of mercury combined with either tin or silver. The aluminum foil acts as an anode, the filling as a cathode and your saliva is an electrolyte “salt bridge.” The result is a galvanic cell, which releases an electrical current of up to two volts. Believe it or not, at least one researcher says chewing on tinfoil is good for you. According to the Wireless Flash News Service, researcher Miklos Gombkoto of the Hungarian Dental University of Gyor did a month long study in which 20, presumably broke, Hungarian college students agreed to chew aluminum foil for 30 seconds, three times a day for \$75. Gombkoto reported that the electrical charge helped kill germs in the mouth that cause bad breath and tooth decay. ...Feel free to experiment on your own! (OUCH!)

-The Secret of patience is finding something else to do in the mean time.

One of the hardest things to learn in life is that when something you would like to say can't possibly do any good, it's usually best to say nothing. ...*(Isn't that what Thumpers Mother said???)*