“Everybody likes cheese. ... The seven types that we produce give a wide variety to the palate.”

—Jerry Matts
Cal Poly Creamery manager

Cream of the crop

Kathrene Tiffin
MUSTANG DAILY

As the holidays approach, figuring out the perfect gift for relatives and friends can be difficult, but the Cal Poly Creamery makes it easy with its holiday gift cheese assortments.

“They are excellent presents for alumni and friends — made by students, packaged by students and sold by students,” dairy science professor Nana Farkye said.

Seven cheeses are offered including smoked cheddar, gouda, smoked gouda, chipotle jack and Mustang cheddar, as well as their award-winning laces, San Luis Obispo and reduced fat lace. The 12-ounce flavors are packaged into different assortments and can be purchased from their Web site www.calpolycheese.com.

see Cheese, page 2

After election, one ballot issue remains

Nicole Small
MUSTANG DAILY

A person’s name means a great deal to them. A name bears your heritage and it’s your personal identification.

Now imagine not being able to sign a document because of a disability.

People First of San Luis Obispo, a self-advocacy organization for people with disabilities, wants a person’s signature placed on a stamp to sign a document as a regular signature does on a voter’s ballot.

“It may affect more people than we think,” said People First Vice President Jody Barker.

Barker gave examples that this could be an issue for someone who had a stroke or got in a car accident and lost feeling in their hands.

“We’re trying to get this issue off the ground and make people aware and make people feel hopeful,” said Barker.

People unable to use their hands have their signature placed on a stamp to sign important personal documents.

Stamps are valid to sign bank, Social Security and medical paperwork, yet if used on absentee ballots, they are not considered a legal signature.

Those without stamps sign their name with a single letter.

The California Elections Code requires a witness to sign under the stamp or mark to validate identity.

According to signature stamp advocates, by having to compose a letter as their name is degrading and to have a witness over their shoulder creates a pressurized atmosphere. Under the Help America Vote Act of 2002, everyone is entitled to vote privately and independently.

People First wants people with disabilities to have the same privacy as any other voter.

The organization mailed a letter to the Secretary of State’s Office Oct. 11 asking to see Signature, page 2

see Sorority, page 2
Cheese
continued from page 1
The packages, which are all made and packed on campus, range in price from $22 to $50 and include three to seven flavors.

“Our price per pound, some people would say would be expensive, but as an artisan style cheese, we’re very competitive in that,” Creamery manager Jerry Mattas said. “(The students) are not using a lot of modern technology equipment to produce in mass volumes, so because of that additional labor that’s involved, you actually get a better choice.”

(“The students) learn how to pick up the milk and process and convert into cheese,” Farkye said. “(They also) go the next step into marketing the cheese.”

Since the Creamery opened in Web site for the holidays on Nov. 1, about 8,000 orders have been received. Mattas said.

The Creamery has been making dairy products since 1903. It sells to a large variety of people and has anywhere from a 5 to 7 percent growth increase every year, Mattas said.

“We have alumni that are very much aware of it. We have the friends of alumni who have received packages in the past and then decided this is a great Christmas gift,” he said.

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Although the students’ busiest months for selling are November and December, “they start going full­board in January — replenishing all the cheese that has been shipped,” Mattas said. “Eighty to 90 percent of the cheese that is produced between the months of January and May all get shipped out in December, so we only have a 10 percent holdover inventory for supplying Campus Market.”

A lengthy ripening process is required depending on the type of cheese.

“The ripening process is where the flavor compounds develop that are characteristic of that type of cheese,” Mattas said. “Cheddar takes six to nine months of aging to develop the pronounced cheddar compound,” which means they begin planning for their holiday rush in the beginning of the year.

Nine students in a variety of majors are currently employed by the Creamery.

“The Creamery’s doors are open to any Cal Poly student who would like to get a little hands­on training and knowledge of dairy processes/products as well as learn a little extra money,” Mattas said. “The main mission of the Creamery is to have student involvement. That’s why the doors are open to any Cal Poly student who would like to come in.”

The Creamery makes Cal Poly ice cream as well, which can be purchased throughout the year at Campus Market. The profits from the cheese go back to the Cal Poly Foundation and dairy science program.

“Everybody likes cheese,” Mattas said. “It can be used in a variety of food dishes as well as entries. The seven types that we produce give a wide variety to the palate.”

This last day to place an order is Dec. 1. Shipping dates are Dec. 12 and Dec. 19 “for last­minute individuals,” Mattas said. The Web site is open all year for weddings, birthdays and gifts, and orders can be made by visiting their Web site or calling 756­6735.

Signature
continued from page 1
for the stamp to be considered legal.
A letter was sent to another organization from the secretary of state’s staff that said the rule for the stamp was incomplete.
People First will meet with assemblyman Sam Blakeslee’s aid to discuss drafting a bill to allow the disabled to use a signature stamp.
Jennifer Dwyer, 31, a Cal Poly journalism graduate was born with cerebral palsy and is unable to move her lower body in favor of the stamp Dwyer works as a peer advocate for Tri­Counties Regional Center. Her company is a branch of a statewide system to assist people with disabilities physically and emotionally to help them live as independently as possible.

Although Dwyer doesn’t use the stamping method to sign her name, she believes the opinion should be made available.

“I don’t know what the future will hold for me or anyone else, but I do know this is a civil rights issue,” Dwyer said. “The letter of the law as it stands a disabled person must have a witness to make their own vote count, but the spirit of the law takes away self­sufficiency, independence and privacy.”

Julie Rodewald, the San Luis Obispo county clerk­recorder, said the office occasionally received signature stamps on absentee ballots and must send them back because a witness must sign the ballot as well.

The clerk’s office returns the stamp on the ballot. The witness must sign the ballot as well.

People First of SLO, call 782­8893.

Broke River News
continued from page 3
the campus leaders to find out what they thought of the Greek system, their image, and how she could make improvements when she became president this year.

“That was one of my goals this year, to get more people involved seeing what we do,” Okazaki said.

In addition to her involvement with Panhellenic, Okazaki is a full­time student, active member of social sorority Alpha Phi, and student manager at the Cal Poly Rec Center. But being extremely busy and involved is nothing new to the self­proclaimed “leadership junkie,” who was also president of her senior class in high school.

Heather Iwata, graduate assistant for Greek Life, works closely with Okazaki and believes her to be a guiding force in the Greek system.

“Jamie has always displayed initiative, led by example and followed through,” Iwata said. “She’s been a pillar of strength and leadership for everyone in Panhellenic, and I’m sure in her house too.”

Although her time as president of Panhellenic will be coming to a close in December when her term is over, Okazaki plans to work hard right up to the end to make sure the board reaches their full potential.

“My goal is to just keep us going strong, and keep my exec­board and all passionate while they end their service on Panhellenic board,” Okazaki said.

Okazaki doesn’t plan to slow down either. She plans on taking 22 units both winter and spring quarter in order to graduate in June 2007.

Okazaki is looking forward to changing her focus and working towards a career as an event planner for a professional sports team.

“I really enjoy serving people. I like seeing the happy customers or happy participants, so I really love working in customer service and just planning events for everyone to enjoy,” Okazaki said.

“I’m hoping to get an internship with a professional baseball team once I graduate from Cal Poly.”

BREAKING NEWS
UPDATED AT THE SPEED OF COLLEGE LIFE
www.mustangdaily.net

Mustang Daily NEWs
Tuesday, November 21, 2006

Mustang Daily NEWs
Tuesday, November 21, 2006
How we taste affects health as well as Thanksgiving menu

Lauran Neergaard
APPL 4 3ED I Press
WASHINGTON — Woe to those who have a cold on Thursday.
If you can't smell the roasting turkey, it just won't taste as good.
And if you think the brussels sprouts are bitter, well, blame how many taste buds you were born with, not the chef.
But never fear: Even after you've pleasantly stuffed from second helpings, there's a little spot deep in your brain that still gives a "Wow!" for pumpkin pie.

How we taste is pretty complicated, an interaction of the tongue, the nose, psychological cues and exposure to different foods.
But ultimately, we taste with our brains.
"Why do we learn to like foods? When they're paired with something our brains are programmed to see as good," says Dr. Linda Bartoshuk of the University of Florida, a specialist in the genetics of human taste.
Sorry, brains are programmed to want fat, probably as an evolutionary hangover from times of scarcity.
But what's necessary for survival isn't all the brain likes. University of Michigan researchers just uncovered that eating something tasty can spark brain cells that sense actual pleasure to start firing rapidly.

More provocative, how intensely people sense different flavors seems to affect how healthy they are.
Are you among the "supertasters," people who shun vegetables because they find them more bitter than the average person does? Supertasters may be more at risk of developing colon cancer as a result, says a recent University of Connecticut study.
It's research that sheds light on more than how we eat at food-rich holidays like Thanksgiving. If scientists can prove those connections, it would be empowering information for people struggling to eat better year-round.
"People pile a lot of guilt on themselves," says Connecticut's Dr. Valerie Duffy, who is leading research into the links between inborn "preference palates" and health.
"We know oral sensation varies," she adds. "Instead of making one dietary recommendation for all, can we individualize it for what people like to eat?" One in four people is what scientists call a supertaster, born with extra taste buds. "They live in a neon taste world," as Bartoshuk puts it.
They find some vegetables horribly bitter, and hate the texture. They get more burn from chili peppers, and perceive more sweetness than other people. Nor do they care for fat. They tend to be skinny because they're such picky eaters.

Scientists came up with the name because these people give an extreme "Yuck!" when given a certain bitter chemical widely used in taste research — a chemical that certain other people, dubbed nontasters, can't even detect.
Those nontasters make up another quarter of the population. They like veggies, but unfortunately prefer heart-clogging fat, too, along with sweets and alcohol.
Everybody else falls somewhere in-between.

The good news: You can train your taste buds. The variety of foods you ate as a child, and the emotional connections to certain foods, are more important than biology in determining food preferences, Bartoshuk says.
You might try to alter taste buds, too. Consider: Duffy thinks many supertasters generalize, thinking they don't like most vegetables just because broccoli made them pucker. She calls Thanksgiving a great day for supertasters to try to expand their horizons because the traditional menu is heavy on sweetened vegetables — and sugar trumps bitterness.
Pair a bite of sweet potatoes with the broccoli, and veggie-haters might find the greenery tastes OK after all, she suggests. Or try caramelizing the leeks.
And remember, taste dalls with age — so the brussels sprouts you hated at 20, you may like at 50. But taste starts before a food actually touches the tongue. Even more important than sniffing in aromas is chewing, which releases vapors up the back of the nose. You think you're tasting a flavor that really you're unconsciously smelling. It's called retronasal olfaction, and it sends flavor information along a different, more sensitive brain pathway than traditional sniffing does.

The brain, meanwhile, is busy with the smell. At the moment you sit down to Thanksgiving dinner, "At the moment you sit down and start to eat, that's when the firing's most intense and everything tastes delicious, more delicious than it's going to taste at any moment thereafter," he explains. "At the end, there are only a couple of things — like the dessert — that are going to make it fire again."

Question of the day:
What's your favorite part of Thanksgiving?

"Meeting family who live far away and come over on Thanksgiving."
-Henry Hu
electrical engineering
graduate student

"The food and seeing my granny."
-Wade Herndon
statistics
junior

"Cooking with my mom. I like to hang out with my family and cook a huge meal."
-Michelle Gilman
psychology
senior

"Football, because the Cowboys play on Thanksgiving every year."
-Logan Schaub
civil engineering
freshman

"The food. My mom makes Yorkshire pudding and it's to die for. I also like fall colors."
-Jackie Bierre
statistics
freshman

People have the same brain region, and Michigan psychologist Kent Berridge predicts it'll be in full swing at Thanksgiving dinner.
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Mission Grill

THURSDAY
ALL DAY HAPPY HOUR
1/2 off appetizers.
1/2 price bottles.
ALL DAY HAPPY HOUR

SUNDAY
BRUNCH 9AM-3PM
LIVE JAZZ 11-2

MONDAY
MONDAY NIGHT FOOTBALL

TUESDAY
LADIES NIGHT

WEDNESDAY
INDUSTRY NIGHT

(805) 547-5544
www.mustangdaily.net
MADD pushing new technology to eliminate drunk driving

Ann Sanner
ASSOCIATED PRESS

WASHINGTON — New technology like alcohol-detecting devices in cars may hold the key to eliminating drunk driving, according to a campaign launched Monday by Mothers Against Drunk Driving.

The organization, along with the U.S. Department of Transportation, is pushing for such devices as well as tougher enforcement measures around the country.

"If we can't stop drunk driving, we'll stop vehicles from driving drunk," said Gunn Birch, president of MADD, at a news conference. Birch said technology, along with tougher laws and enforcement, has put eliminating drunk driving "at our fingertips.'

The organization wants states to pass laws requiring breath-test interlock devices in vehicles for all those who have been convicted of drunken driving — even after the first offense. Only New Mexico has such a law for first offenders; 45 states and the District of Columbia allow the device for some offenders.

"Interlock devices require drivers to blow into an instrument that measures alcohol in the breath. The vehicle won't start unless the driver's blood alcohol concentration is below a certain level. Other interlocks may require drivers to breathe into the devices periodically."

"The main reason people continue to drive drunk today is because they can and because we let them," Birch said.

MADD estimates that 1.9 million lives could be saved each year if interlocks were installed in the vehicles of all convicted drunk drivers.

As part of the campaign, a panel of safety experts will explore other technology options to help prevent drunk driving. Some alternatives could measure blood alcohol concentration by sampling air in the vehicle or tracking hand or eye movements that might indicate drowsiness or drunken behavior.

"Advanced technology is being developed that in the future may allow quick, accurate and reliable detection of drinking drivers in the time it takes to start a vehicle," said Susan Ferguson, senior vice president of research at the Insurance Institute for Highway Safety, who will chair the panel.

"At each turn, nearly 13,000 people are killed by drunk drivers with a blood alcohol concentration of .08 or above and countless others are injured, according to MADD."

State

LOS ANGELES (AP) — An elderly man who killed 10 people and injured more than 70 others when he drove through an outdoor farmers market in San Jose last July, shrinking the force but staying longer on polling out. The Washington Post quoted senior defense officials as dubbing the three alternatives "Go big, go long and go home." The military study was commissioned by Defense Secretary Donald Rumsfeld and brings the U.S. military leaders struggling with how to conduct a war that is increasingly unpopular, both in the United States and in Iraq.

SAN FRANCISCO (AP) — WURL is a Limbo stockbroker is selling wealth-management specialist- ist U.S. Trust to Bank of America for $3.5 billion in cash, ending an ill-fated attempt to marry the discount stockbroker's do-it-yourself style with a service devoted to pampering multimillionaires.

With the sale announced Monday, Schwab will walk away from the nascent relationship with a profit. The San Francisco-based brokerage bought U.S. Trust six years ago for $2.7 billion in stock.

The deal, expected to be completed next spring, continues a trend of discounted expansion that has solidified Bank of America as the nation's second-largest financial services firm behind Citigroup Inc.

Wall Street seemed pleased Monday's deal, which shares rose 38 cents, or more than 2 percent, to $19.84 during after- noon trading on the NasdaqStock Market, while Bank of America shares fell 13 cents to $54.96 on the New York Stock Exchange.

Briefs

WASHINGTON (AP) — A Pentagon review of Iraq has come up with three options — injecting more troops into Iraq, shrinking the force but staying longer on polling out. The Washington Post quoted senior defense officials as dubbing the three alternatives "Go big, go long and go home." The military study was commissioned by Defense Secretary Donald Rumsfeld and brings the U.S. military leaders struggling with how to conduct a war that is increasingly unpopular, both in the United States and in Iraq.

BAGHDAD, Iraq (AP) — Iran has invited the Iraqi and Syrian presidents to attend a weekend summit with Mahmoud Ahmadinejad to hash out ways to cooperate in curbing the runaway violence that has taken Iraq to the verge of civil war and threatens to spread through the region, four key lawmakers told The Associated Press. A New York Times report that Sunni Jalal Talabani has accepted the invitation and will try to the Iranian capital Saturday, a close parliamentary associate said.

LONDON (AP) — Nasdaq Stock Market Inc. shrugged off a swift rejection of its $5.1 billion bid for the London Stock Exchange Monday, saying it will make its offer directly to stockholders after the SEB board agrees to negotiate a deal.

The London exchange, which has fought off a string of suitors, said Nasdaq substantially undersold the company with a cash offer of 1243 pence, or $23.56, per share for more than 70 percent of shares the Nasdaq doesn't already own. The offer values the LSE at 2.7 billion pounds, or $8.1 billion. 

CALCUTTA, India (AP) — An elderly man who killed 10 people and injured more than 70 others, drifted through two cars of a passenger train Monday in a remote area of eastern India, killing at least eight people and wounding about 60 others, officials and witnesses said.

Suspicion for the blast in West Bengal state quickly fell on two groups: communist rebels active in wide swaths of rural India or militants figures for an independent homeland in the neighboring state of Assam.

Fox affiliates choose not to air O.J. Simpson interview

David Bauder
ASSOCIATED PRESS

NEW YORK — Several Fox affiliates have chosen not to broadcast "If I Did It," the two-part special on the trial of O.J. Simpson, which will air on the final three nights of the November sweeps, when ratings are given an expected reluctance of advertisers to be associated with it.

"I would abide by the network's decision," wrote Jay Zollar, general manager of WLUK-FOX in Milwaukee, one of Fox's nine affiliates. The Pappas stations said they are watched closely to set local ratings on ringleaders of the Aryan Brotherhood prison gang when they are sentenced Tuesday on charges of murder, conspiracy and racketeering.


Wolfe said, however, that the government would likely pursue the restrictions "administratively," meaning they could be imposed by the Bureau of Prisons without a court hearing or judge's order.

Wisconsin, where we determined that this programming was not serving the local public interest," wrote Jay Zollar, general manager of WLUK-TV in Green Bay.

The Fox stations in most of the nation's biggest cities, including New York, Los Angeles and Chicago, are owned by Fox, so they would abide by the network's decision on what to air. 

In a wrongful death lawsuit filed by the Goldman family.

Judith Regan, publisher of "If I Did It," said she considered the book to be Simpson's confession. The telethon special will air on two of the final three nights of the November sweeps, when ratings are given an expected reluctance of advertisers to be associated with it. It has been a particularly tough fall for Fox, which has been struggling as its viewers catch on and is waiting for the January bows of "American Idol" and "Survivor: Island of the Idols."

The show is expected to draw high ratings among the curbs, but there's another question about how much Fox can take advantage of it given an expected reluctance of advertisers to be associated with it. The Fox network is the nation's biggest cities, including New York, Los Angeles and Chicago, are owned by Fox, so they would abide by the network's decision on what to air.
A homemade submarine packed with 3 tons of cocaine captured by the U.S. Coast Guard off Costa Rica's Pacific coast, is under guard in the Pacific port of Puntarenas, Costa Rica, Monday, Nov. 20, 2006.

Marianela Jiminez

SAN JOSE, Costa Rica — Tipped off by three plastic pipes mysteriously skimming the ocean's surface, authorities seized a homemade submarine packed with 3 tons of cocaine off Costa Rica's Pacific coast.

Four men traveled inside the 50-foot wood and fiberglass craft, breathing through the pipes. The craft sailed along at about 7 mph, just six feet beneath the surface, Security Minister Fernando Berrocal said Sunday.

The submarine was spotted Friday 103 miles off the coast near Cabo Blanco National Park on the Nicoya peninsula.

"This is the first time in the country's history that a craft with these characteristics has been caught near the national coasts," Berrocal said in a statement. U.S. Coast Guard, U.S. Drug Enforcement Administration agents, FBI and Colombian officials aided Costa Rican authorities in the operation, Berrocal said.

Two Colombians, a Guatemalan and a Sri Lankan were arrested and taken to the United States, since they were captured in international waters, Berrocal said.

Officials took the submarine to a Costa Rican Coast Guard station and were trying to determine its origins, the Security Ministry said. It was found with several tanks of gas, but Costa Rican authorities said the vessel, which had a ballast to keep out water, probably did not travel far.

So far this year, Costa Rican authorities have seized 18 tons of cocaine.

In March, the Colombian navy seized a 60-foot fiberglass submarine that likely was used to haul tons of cocaine out to speedboats in the Pacific Ocean for transportation to Central America and on to the United States. Three people were arrested and two speedboats seized during the operation, but no drugs were found.

Colombian authorities say smuggling cocaine by sea has become the top method of transport in recent years, as radar systems in the United States, as radar systems have made it difficult to smuggle drugs in small airplanes.
Thanksgiving turkey
by Emily Rancer

1 stick melted butter
1/2 tsp pepper
1 Tbs salt
2 tsp seasoned salt
1 tsp poultry seasoning
1 tsp garlic powder
1 tsp paprika
1/2 tsp ginger
1/4 tsp cayenne pepper
1/4 tsp basil
1 onion
3 celery sticks

Rinse the turkey and pat dry. Remove giblets. Brush the turkey with melted butter. Combine seasoning and rub in cavity and outside of bird. Add 1 cup water to pan (not on turkey). Into cavity, place 1 whole onion and three celery ribs. Do not fill cavity with stuffing. Put foil over bird and make a tent, but not too tight. Cook the turkey at 350 for 3-4 hours covered, then remove foil and cook 30 minutes at 300 (to brown it).
Allow bird to sit on counter after baked to make it easier to carve.

Corn pudding
by Rachelle Santucci

1 can whole corn kernels, undrained
1 can creamed corn
1 cup sour cream
1 box corn muffin mix
3/4 cup melted butter
2 eggs, beaten
1 tablespoon sugar

Preheat oven to 350 degrees. Mix all ingredients together in a large bowl. Pour into a greased 8 x 11 baking dish and bake for about 45 minutes.

For more Thanksgiving recipes visit www.allrecipes.com.
Here are some ideas to help make your day enjoyable

**Take a Turkey Day hike**
- **When?** Thursday from 10 a.m. to noon.
- **Where?** Arroyo Grande. The hike will take you through dunes, scrub and sand. You will see a Land Conservancy restoration site, monarch butterflies, Black Lake and many rare plants and possibly some red-tailed hawks, touhees and ducks. The hike will take place rain or shine.
- **For directions visit** www.special-places.org and click on the Event section or call the Land Conservancy at 544-9096 for more information.

**Don’t want to cook?**
Many supermarkets are offering pre-made Thanksgiving turkeys. Just place your order beforehand and your bird should be ready for pickup on Thanksgiving day.

**HERE are some ideas to help make your day enjoyable**

### Free places to eat:
- **Morro Bay’s Annual Thanksgiving Dinner**
  - Wednesday from 3 to 5 p.m. at the Morro Bay Community Center
  - The Morro Bay Police and the Rotary Club will host the annual free community Thanksgiving dinner. Call 772-6225 for details.

- **Pismo Beach’s Annual Thanksgiving Dinner**
  - Wednesday from 1 to 7 p.m. at the Pismo Beach Veteran’s Hall
  - The Pismo Beach Police Officer’s Association hosts the annual free community Thanksgiving dinner. More information is available at 773-7095.

- **Santa Maria Thanksgiving Feed**
  - Thursday at 11 a.m. at the Unity of Santa Maria Chapel
  - The women’s group at the Chapel will host its 17th annual free community Thanksgiving dinner. Call 937-3025 for details.

- **Free Thanksgiving Breakfast in Atascadero**
  - Thursday from 7 to 9 a.m. at the Prospector’s Grill
  - A free pancake breakfast will be served at the restaurant. Call 462-3473 for more information.

- **Restaurants in San Luis Obispo**
  - 1865 Monterey St., 544-1865
  - The special feast will include fresh roasted turkey with "Greg's famous turkey gravy," sausage stuffing, garlic mashed potatoes, roasted seasonal vegetables, homemade cranberry relish, green salad with choice of dressing, house dinner rolls, and apple or pumpkin pie.
  - $26.95 for adults, or $16.95 for children ages 10 and under.

  - Madonna Inn’s Gold Rush Steak House
    - 100 Madonna Rd., 784-2433
    - The special holiday dinner menu has a choice of slow roasted tom turkey stuffed with wild rice dressing and served with giblet gravy, baked honey-cured ham with fruit sauce, or moist Long Island duckling with wild rice dressing served a la orange. The aforementioned entrees are served with an antipasto sampler appetizer, dinner rolls, homemade soup or salad, mashed potatoes or candied yams, and whipped potatoes or candied yams. There is also a huge dessert selection.
    - $29.95 for adults and $16.95 for children ages 12 and under.

  - Apple Farm
    - 2015 Monterey St., 544-6100
    - A Thanksgiving holiday menu featuring your choice of traditional roast turkey and dressing, prime rib beef or honey-glazed ham! All meals include cornbread, soup or salad, mashed potatoes or roasted yams, vegetables, a slice of homemade pie and a non-alcoholic drink. Don’t forget the Apple Farm’s signature dessert, the hot apple dumpling.
    - $29.95 for adults and $14.95 for children ages 12 and under.

- **Vegetarian?**
  - New Frontiers sells Tofurkey. 896 Foothill Blvd., San Luis Obispo. 785-0194.

### What’s open
Many local restaurants will be open on Thanksgiving. Make your reservations ASAP to ensure a spot.

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### Want to party?
Don’t worry. Many bars around town will still be open that evening for you to begin celebrating your holiday as soon as you’ve finished dinner. Places such as Mother’s Tavern will be closed for dinner but opening at 6 p.m.
I did my second DJ set for a dance party on Saturday. Don't consider that an advertisement because truly I don't have skills like many others I know. I just tend to have extensive musical knowledge and a lot of self-perpetuated hype.

At the same time though, it really doesn't matter to most people. Because most people just want to hear the hits. And that's why "Girls" doesn't matter to most people. And that's why "Girls" doesn't matter to most people.

Now, here's the hard part. I'm not claiming that I'm the man behind the tables. Whether said songs are invented or those others are inconsequential, the point is the man behind the tables. And it's not about moving a single glass ceiling exists that would ensure any sort of venue would be remotely successful.

Because no matter how big the skill and power is recognized. It's not about moving a single bar of control. It's about the buildup that's shaking down the sides of the windows. And it's about the buildup that's shaking down the sides of the windows.
DATING COLUMN

Long-distance relationships result in turkey droppings

By Sarah Garvin

As it is seasonally appropriate, I shall take this time to impart to you a jewel of knowledge I acquired as a fresh- men here at Cal Poly, when I was still in my romance-relationships education commenced. As I recall, it was a fellow freshman who took upon himself to inform my roommate and me of what apparently was dormant common sense.

Let me introduce you to — if you haven't met already — the concept of "turkey droppings." I am understood as girls who left boyfriends back home (or whose boyfriends attended another college) return home the day they graduate, come to the painful realization that maintaining the long-distance relationship is too difficult, and before Thanksgiving break is over, they sever these connections.

I recently came back from Texas... the quarter, (rejoicing or) facing the recent separation. With the added stress of the approaching holiday season, these girls now find themselves in a state of emotional vulnerability.

And hunting season opens. The game plan changes in the opportunity before them: a whole batch of newly-available girls who are looking for comfort from the fresh pangs of the break-up and someone to all be the. They are looking for comfort. Hence, "turkey droppings": the result of many-a-failed long-distance relationship.

If your reaction is one of horror (like mine was, you're quite justified — to be called a "turkey"ing of any sort, of the poultry variety or otherwise, is just. Suddenly, I see how you could make it. Of course, you're quite aware that long-distance relationships aren't always cake-walks. But, you assure yourself, that won't happen to me! I'm not one of those girls who are going to get so far away from home during Thanksgiving a victim of that fated phobes.

So, you're in the midst of intense dating-col umn scrutiny.

The general consensus on the LDR isn't pleasant, and for good reason. The most commonly-known subgroups of LDRs demands unreasonable amounts of attention, and won't survive without a constant stream of phone calls, emails, text messages, voicemails, facebook, and other B.S.

We're all acquainted with the basic argument: "don't do the long-distance. It doesn't work. Maybe it's working now, but it won't last (so we told). The list of reasons why goes on and on, and by now, we've heard it all a thousand discouraging times.

Fret not, fellow long-distancers; even those of you who can't wait for the dang holidays to be over.

"I'm here to argue in your favor. For the first time in my life, I was appalled and offended, the group I so held dear gathered that day made me realize that I'm right.

For the long-distance, you may or may not be ready to handle all the components involved in maintaining one. LDRs just happen to be a kind of relationship that may require a little more of that understanding, readiness and willingness. Because of the strain of the geographic remove, the focus and energies that would go into time spent in each other's physical presence must shift to other important aspects — real communications.

I've heard it argued that one should assume they cannot be an LDR to once a day; there's no need to inform them what you've been doing, where and with whom you've been. The emotion is too far away from the person to want to share your partner's life with you, but to open your eyes to the connectedness, you need to take the initiative to understand the other person and to show them you care.

This comes down to one universal truth: the LDR is just as possible as a no-distance relationship. They're merely close cousins of the same genus, and both require trust, commitment, and love to sustain.

And the LDR may even be preferable for some colleagues. At this early-adulthood stage of life, with everything going on (class-es, work, some scrap of a social life), it's hard enough to focus on your own life, let alone someone else's. It may be more suitable for some not to have the pressure of a significant other always physically present.

DATING COLUMN

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Sarah Garvin is an English and psychology junior and Mustang Daily dating columnist.

Minutemen infringe on human rights

By Emily Rancer

I agree that your partner doesn't need a Podcast on your life, and neither do you need your need for your friends to visit your cell phones. But it doesn't make sense that a once-a-day pre-arrangement is enough to nourish a relationship that must span any distance, be it ten miles or 110. It seems only natural to want to share with your partner what's going on with you, if he or she isn't a round the clock. And that's probably the way you do this. You can have a steady flow of contact is key to ensuring both you and your partner feel a part of each other's lives, though you're living them miles apart.

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The Philadelphia slugger hit 58 home runs and drove in 1,49 runs this season.

Ronald Blum
Associated Press

Ryan Howard had a season that defied convention, one that made him the only second-year player voted Rookie of the Year and Most Valuable Player in consecutive years. "I heard sophomore jinx this, sophomore jinx that," he said after beating out 2005 NL MVP Albert Pujols for the award Monday. "I just prepared myself in spring training to go out and perform, stick with my game plan and have fun." After leading the major leagues in home runs and RBIs, Howard received 20 first-place votes and 12 second places for 388 points in balloting by a panel of the Baseball Writers' Association of America. Pujols got 12 firsts, 19 seconds and one third for 347 points.

Cal Ripken Jr. (1982 and 1983) is the only other player to follow a Rookie of the Year award with an MVP the following year. Two players won both in the same year. Fred Lynn (1975) and Ichiro Suzuki (2001). "It's definitely a relief. It's a good birthday present," said Howard, who turns 27 Sunday. Howard had 58 homers — the most in the majors since Barry Bonds hit 73 in 2001 and 149 RBIs while batting .313. He set Philadelphia records for home runs and RBIs, producing the highest totals in those categories in big league history for a second-year player. Twenty-three of Howard's homers put the Phillies ahead and tied games. The Phillies went 32-18 when he homered.

Howard didn't make it to the major leagues for good until July 1, 2005, when Jim Thome went on the disabled list. He batted .308 for the Phillies in 2005 with 22 homers and 63 RBIs in 321 at-bats.

"It's been a fun ride," Howard said. "You can't really just sit there and kind of dwell on what's gone on in the past and all that kind of stuff and what's going to happen as far as being traded or what my future was with the Phillies. The only thing I could have done was just go out and play and let everything else just kind of sort itself out." Howard won the All-Star Home Run Derby and hit three connected off the Yankees' Mike Mussina for the first home run to reach the third deck in Citizen's Bank Park, a drive estimated at 461 feet.

"I didn't think it was humbly possible to do something like that," Howard said. He may have been helped by Philadelphia's surprising second-half push. He hit .310 with 30 homers and 78 RBIs in the second half as the Phillies fell three wins short of the NL wild-card berth.

"People were talking about the trades that were made, how we were kind of written off," he said.

Pujols, who hit .331 with 49 homers and 137 RBIs, defeated Atlanta's Andruw Jones 376-351 in last year's voting after finishing second in 2002 and 2003. Stan Musial and Ted Williams, four times each, are the only players to finish second more often than Pujols, who matched three-time AL MVP Mickey Mantle with three second-place finishes.

Pujols was third in the NL in batting average behind Pittsburgh's Freddy Sanchez and Florida's Miguel Cabrera, and second in Howard and RBIs.

"To be able to be in that kind of company and just being able to compete with a guy like Albert is, I guess, a feat in itself and it's an honor because of what he's done," Howard said.

Howard, who lives in Wildwood, works out at the same facilities in the St. Louis area that Pujols uses during the offseason. The two occasional are there at the same time.

"Just kind of watching to see what he does and his technique and every­thing like that, trying to learn from watching him," Howard said. "It's a lot of fun to be in situations that I've had, he'd answer for me give me some advice here and there.

"Sometimes Berkman was third with 239 points, followed by the New York Mets' Carlos Beltran (211), Cabrera (170) and Washington's Alfonso Soriano (106)."

Both Poly swimming, diving teams lose at UC Santa Barbara

The Mustang women lost 157-136 and the men fell 170-123.

Both the Cal Poly men's and women's swimming and diving teams were handed losses Saturday at rival UC Santa Barbara. The Gauchos outscored the Mustangs 157-136 and the men were defeated 170-123.

Junior Stacy Sorenson took home the only two wins for the Mustangs, finishing first in both the 50 and 100-yard freestyle races. Sorenson bested her season record of 24.27 seconds in the 50 freestyle with a time of 24.15. She also improved her season best in the 100 freestyle to 1:00.8. Sorenson's personal season best in the 200-yard butterfly (2:03.13), Johnathan Richards in the 500-yard freestyle (4:45.46) and Don Sales in the 100-yard butterfly (54.43)."
If the Trojans win their final two games, they likely will leapfrog the Wolverines for the second place in the Bowl Championship Series standings released Sunday. But the Wolverines’ margin is so slim that it’ll be tough for them to get another shot at Ohio State in the national title game if the Trojans keep winning. Michigan’s BCS average was 0.926. The Trojans, who have two games left, are at 0.945.

“I’m not surprised,” Ohio State coach Jim Tressel said of Michigan retaining second place. “The pollsters had to be impressed with the way (Michigan) has played.”

Championships continued from page 12

For his part, Reid plans to enjoy some time off during Thanksgiving break. He will focus on his senior season later.

“I’m probably going to take some time off,” Reid said. “Kind of enjoy it for a while, take it as rest and get ready for the future. It’s kind of been the theme to run every race every season like it could be your last because it very well could be.”

With 94 points, Colorado won in team standings. The Mustangs scored 82 points.

The individual race was won by BYU senior Josh Rothalinsky in 22:03.

Cal Poly was 13th in 2003 and 19th in 2004. It was the Mustangs’ first appearance in the NCAA Championship as a team, although they have been represented by at least one individual eight times.

Tomlinson continued from page 12

thing like when you were in high school and you knew you could make plays for your team because you’re seeing things clearly and you felt like you were on top of your game. That’s the way I feel right now.”

Tomlinson had added remark-

able performance on Sunday night, scoring four more touchdowns to help the Chargers rally from a 17-

point deficit to win 27-24 as Denver’s points in a showdown for the AFC West lead.

At one point, Tomlinson thought he might be cursed in the Mile High City. Instead, he pushed his NFL lead to 22 touchdowns, in just six games of the single-

season record and just seven shy of breaking the NFL record of 28 set by


Tomlinson had been 9-5 and

never rushed for more than 75 yards

in five previous trips to Denver.

That changed when he ran for 105 yards and added 74 more on three
touchdowns that pulled that the Chargers within three points late in the third quarter.

Tomlinson kept the ball from his 100-yard touchdown, but said the sig-
nificance had yet to sink in.

“It’s a landmark. 100 touchdowns is simply digits—one, zero, zero,” he

said with a laugh.

Tomlinson has 102 career TDs in

80 games. That’s four fewer games than it took Hall of Famer Jim Brown and Emmitt Smith to score 100 touchdowns.

“I haven’t given much thought to it,” Tomlinson said. “Right now it hasn’t set in in what it means because it’s fresh. I’ve caught up in the moment. It’s like I’m going along for the ride.”

Tomlinson has scored an NFL-

record 19 touchdowns in six games and has topped 1,000 yards rushing for the sixth straight season.

“I’m focused on the present right now, and obviously the future ahead and I never really want to stop and look at what I’ve done or even look back,” he said. “I’ve got one more track mind going forward, and that’s to win and build something special, something that people can remember. When it’s all done, then I think I’ll look back on my place in history and say, ‘I think I did something good or great.’ We’ll see what happens.”

Note

Cancled by Southern California. Michigan was impressive enough in a 42-29 loss to the Buckeyes to retain its place in the Bowl Championship Series standings released Sunday. But the Wolverines’ margin is so slim that it’ll be tough for them to get another shot at Ohio State in the national title game if the Trojans keep winning. Michigan’s BCS average was 0.926. The Trojans, who have two games left, are at 0.945.

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The Mustangs were led by junior Phillip Reid, who took All-American honors with a 21st-place finish.

Tristan Aird

After a disappointing ninth-place finish at the NCAA West Regional Meet on Nov. 11, the Cal Poly men’s cross country team finished 13th in the nation Monday at the NCAA Championships hosted by Indiana State in Terre Haute, Ind.

“It says a lot about the team and how badly they wanted to rebound and prove to the whole country what they wanted to do and put together this race,” Cal Poly head coach Mark Conover said in a phone interview. “It’s a real testament to what Cal Poly cross country is all about.”

Cal Poly junior Phillip Reid secured All-American status with a 60th-place individual finish in 31 minutes, 24.2 seconds on the 10,000-meter course. Reid became the first male Mustang runner to take All-American honors since the school moved to the Division I level in 1994.

“It was kind of one of my goals at the beginning of the season to get All-American (status) and help the team finish as high as they could,” Reid said in a phone interview. “We had a really good race together, this race.”

Reid said his strategy was to "just kind of hang out for a while. I was probably in 50th or 60th,” Reid said. “I kind of in my head broke it up into three stages. I was probably in 50th or 60th.” Reid said. “I kind of in my head broke it up into three stages."

Reid was glad Cal Poly was able to improve upon its ranking of No. 19 in the Oct. 31 Division I coaches poll.

"Coach told us to run with commitment and that’s what we did,” Reid said. “We put in the hard work and it showed today. We placed six places higher than our highest team ranking.”

In team scoring, Reid was followed by freshman Joe Gatel (32:50) in 94th, senior Luke Llamas (32:52) in 96th, senior Jameson Mora (33:05) in 113th and sophomore Troy Sweer (33:11) in 127th. Other Cal Poly runners who did not score were freshman Evan Anderson (33:42) in 160th and sophomore Jeff Lease (35:41) in 209th.

"Our pack from 2-4 was about 80 seconds apart or something like that,” Reid said. “From a team standpoint, we ran a really solid race. Joe Gatel ran really well like he has for the past few races.”

Conover agreed.

“Joe’s a redshirt freshman, that’s a huge race for him,” Conover said. “Luke is going out as a fifth-year senior. Jameson and Troy held together and helped their spots reasonably well.”

Conover was pleased to see Reid fulfill his potential on the biggest stage yet.

“I think it’s pretty neat when a runner has a nice breakthrough,” Conover said. “Certainly we’ve seen his training improve. His belief in himself, his confidence. He had a perfect race plan. He passed 35 or 40 people and had a huge race for him,” Conover said. "Joe’s a redshirt freshman, that’s a huge race for him," Conover said. “Luke is going out as a fifth-year senior. Jameson and Troy held together and helped their spots reasonably well.”

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"I think the team just basically followed a solid race plan with Phillip’s big, strong front-running,” Conover said. “The next four were able to pack it in well enough and that led to the 10th-place finish.”

Sheila Sobicir Mustang Daily

Shown at the Big West Conference Championships on Oct. 28 — at which he took the title — Cal Poly junior cross country runner Phillip Reid finished 21st Monday at the NCAA Championships.

For the first 5K it was just to remain relaxed, stay with the pack, just kind of hang out for a while. The whole time it was just to pass people and prevent yourself from getting passed.”

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The Mustangs used a balanced attack and the men held a comfortable lead throughout against Division II Cal State Stanislaus.

Mustang Daily Staff Report

Both Cal Poly basketball teams improved to 2-2 with nonconference wins Monday night in Mott Gym.

The Mustangs’ Newman had 10 rebounds and seven steals and Jessica Eggleton added nine boards and five assists.

In the men’s game, which ended just before press time, Cal Poly defeated Division II Cal State Stanislaus (1-3) by a score of 91-72.

Junior power forward Dreshawn Vance led the Mustangs with 17 points.

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Poly women’s hoops team beats SJSU, 71-59; men top CSUS, 91-72

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The Mustang women’s team stayed undefeated at home with a 71-59 win over San Jose State (0-3).

Toni Newman and Sparkle Anderson scored 10 points each for the Mustangs, who had all 15 players get in the game and shared the basketball well with 19 assists.

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