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

—Jerry Mauus
Cal Poly Creamery manager

Cream of the crop

Seven types of Cal Poly cheese are available for the holiday season, but must be ordered from the creamery by Dec. 1.

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,” said dairy science professor Nana Farkye.

Seven cheeses are offered including smoked cheddar, gouda, smoked gouda, chipotle jack and Mustang cheese. The 12-ounce flavors are packaged into different assortments and can be purchased from their Web site www.calpolycheese.com.

see Cheese, page 2

Panhellenic president on a mission to shatter sorority stereotypes

Amy Dierdorff
MUSTANG DAILY

Jamie Okazaki wants you to know that she isn’t a stereotypical sorority girl. As the president of the Cal Poly chapter of the Panhellenic Association, the national board governing all seven recognized sororities on campus, she’s dedicated to changing the way Cal Poly views the greek system.

“With Panhellenic, I love being involved because when I was a freshman, I remember seeing the stereotype sororities have: recreation management senior Okazaki said, “I want to help improve the relationship between the greek community and the school, improve our image to teachers, faculty, staff members, to the police department and to the fire department as well.”

Okazaki’s passions include creating awareness about the greek community’s involvement in the community and the greek system.

As the leader of Panhellenic, Okazaki heads the 11-member board and facilitates their meetings.

“My role is to truly be the most unbiased member, so I disassociate from my own sorority in order to fairly represent all the seven sororities on campus and give them a voice,” Okazaki said.

Last year, before Okazaki became president, she served as secretary of Panhellenic and began pursuing.

see Sorority, 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 the same 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 hopefully the law will be changed.”

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 pressured 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.

see Signature, page 2
Cheese

continued from page 1

The packages, which are all made and packed on campus, range in price from $22 to $30 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 6 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.

Although the students' busiest months for selling are November and December, "they start going full-board 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 hands-on 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."

The last day to place an order is Dec. 1. Shipping dates are Dec. 12 and Dec. 19 "for last-minute 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 756-6735.

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 to be considered legal.

People First will meet with assemblyman Sm James' and discontinue the 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 Tri-Counties 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 option should be made available.

"I don't know what the future will hold for me or anyone else, but if I do know this is a civil rights issue. 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 self-sufficiency, independence and privacy."

Julie Rodewald, the San Luis Obispo county clerk-recorder, said the office occasionally makes 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 ballots to let the person have the opportunity to have their ballot be counted. The witness can be any one.

If a signature stamp voting bill makes it through Rodewald said there would be little effect on the office because not many people use the stamping method, but at the same time the voting process would be less troublesome.

"It would be positive for the office (the San Luis Obispo County Clerk-Recorder) and to the voters who use the stamp," Rodewald said.

Oregon, Maine and Connecticut have made signature stamps legal. The states require people to register the stamp at the local election office in advance to compare the stamp on the ballot.

Every Tuesday morning the chapter meets at 3055 Duncan Lane, Suite D to discuss issues and events. To find out more about People First of SLO, call 782-8893.

Sorority

continued from page 3

ing 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 full-time 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 self-proclaimed "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 execution of board, and still 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."
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 Hendon, 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 Bierie, statistics freshman

How we taste affects health as well as Thanksgiving menu

Lauran Neergaard - Associated Press

WASHINGTON — Wow 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?" people who have a cold ask.

"Because you were born with a certain "preference palate" and inborn "sensitivity," says Connecticut's Dr. Valerie Duffy, who is leading a study in the inborn "preference palates" and inborn "sensitivities" of people who like foods.

"We know oral sensation varies," she adds. "Instead of making one recommendation for all, we can individualize it for what people like to eat.

"One in four people is what scientists call a 'supertaster,'" says Connecticut's Dr. Valerie Duffy, who is leading a study in the inborn "preference palates" and inborn "sensitivities" of people who like foods.

"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 non-tasters, can't even detect.

"Those non-tasters make up another quarter of the population. They like veggies, but unfortunately prefer heart-busting fast food, 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 genetics in determining food preferences, Bartoshuk says.

You may trick taste buds, too. Consider Duffy: thinks many supertasters generalise, thinking they don't like most vegetables just because broccoli made them puke. She calls Thanksgiving a great day for supertasters to try to expand their horizons because the traditional menu is heavy on sweet-tasting vegetables — and sugar trumps bitterness.

People have the same brain region, and Michigan psychologist Kent Berridge predicts it'll be in full swing at 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."
MADD pushing new technology to eliminate drunken driving

Ann Sanner
ASSOCIATE PRESS
WASHINGTON — New technology like alcohol-detecting devices in cars may hold the key to eliminating drunken 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 drunks from driving, we’ll stop vehicles from driving drunk," said Glenn Birch, president of MADD, at a news conference. Birch said technology, along with tougher laws and enforcement, has put eliminating drunken 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 preset 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 drunken drivers.

As part of the campaign, a panel of safety experts will explore other technology options to help prevent drunken 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 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 least 50,000 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 was sentenced Monday to be killed by a judge who said he believed the crime deserved imprisonment but the defendant was too ill.

George Russell Weller, 89, was convicted Oct. 20 of 10 counts of vehicular manslaughter with gross negligence in a case that ignited debate over the licensing of elderly drivers. Weller, confined to a sickbed, was not present.

Weller was 86 when he plowed his 1992 Buick Le Sabre into the crowded farmers market case "If I Did It," said she considered the deal as political and military leaders struggle with how to conduct a war that is increasingly unpopular, both in the United States and in occupied Iraq.

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 strategy study was commissioned from Peter Pace, chairman of the Joint Chiefs of Staff, and comes as political and military leaders struggle with how to conduct a war that is increasingly unpopular, both in the United States and in occupied Iraq.

SANTA ANA (AP) — Prosecutors have dropped a bid to place severe lifestyle restrictions 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 likely will pursue the restrictions "administratively," meaning they could be imposed by the Bureau of Prisons without a court hearing or judge’s order.

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

David Bauder
ASSOCIATE PRESS
NEW YORK — Several Fox affiliates have chosen not to broadcast "If I Did It," the two-part special where O.J. Simpson talks in hypothetical terms about his role in the 1994 killings of Nicole Brown Simpson and her friend Ronald Goldman.

Lin Broadcasting and Pappas Broadcasting, which own a combined nine Fox affiliates, have said they won’t air the Fox special and are considering pulling out. The Fox special is scheduled to premiere Tuesday on Fox-affiliated stations.

The telecast will precede Simpson’s trial, which is scheduled to begin in March. The former football star and announcer was acquitted to be Simpson’s confession.

The telecast special will air on Fox over two of the three nights of the November sweeps, when ratings are important for the networks to set local advertising rates. It has been a particularly tough fall for Fox, which has seen none of its new shows advertisers to be associated with it.

Simpson profit from the project. The former football star and announcer was acquitted in 1995 of murder and "24."
Homemade submarine seized in Costa Rica

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.

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 nips, 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 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.
**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.

**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.

**What’s open**

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

**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 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 in 17th annual free Thanksgiving Feed for the community. 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:**

- **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.

**Information compiled by Mustang Daily staff writer Sara Hamilton**
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” screaming the lyrics and dancing to a bar and sip a beer while watching a skilled DJ after a parade of tequila shots on a Saturday night.

Don’t take this as a hate on popular music. I’m just asking for something a bit better than some kid with ADD who forget to take his Ritalin managing a computer playlist loaded with top 10 hits and classic bangers.

Whether said songs are better than other songs is inconsequential, the point is the man behind the tables (if they do actually exist at your bar of choice) tends to be relying more on sound business choices as compared to artistic integrity.

To be honest, most of the best turntable experts haven’t made it out of the house party locally. A huge glass ceiling exists that keeps DJs focusing on inventive mixing. However, they aren’t quite as open to inventive mixing from a skilled DJ after a parade of tequila shots on a Saturday night.

As I said, in no way feel held down. I suck at DJ’ing. I’m just a musical obsessive. I feel let down about music. I’m just asking for real clubs in big towns do take these opportunities most locals get to spin at a big venue, they still hit the brick wall of drunken requests and demands the hits. In fact, many would go so far as to ask for what’s played in the clubs. The truth is the real clubs in big towns do take these chances.

The skill and power is recognized. It’s not about moving a single galong from the car to the dance floor accompanied by a potential hook-up. Instead, it’s about power for Thanksgiving. However, local and skill and build. It’s about the buildup that’s shaking down the sides of the windows. And it’s building and building and growing. And the ultimate sexual release comes when the build reaches a fever pitch and explodes leaving a trail of sweat and squirming bodies along the landscape.

As I said, I in no way feel held down. I suck at DJ’ing. I’m just a musical obsessive. I feel let down though. Because with more creative openness, the weekends could turn a lot easier into even more of what people want: a wild, crazed, animalistic romp through extravagance and heavy intoxication.

This town is supposed to be an art town. DJ’ing is an art form, a guaranteed art form. As college students, it’s the easiest art form to embrace. Because it is an art form built around youth, and wildness and a freedom from being held down. It’s an art form about letting loose.

So, the next time you hit the streets for your night out, really let loose. Grasp the floor. Let the DJ take control. I guarantee the night will be amazing.

Show tip: Sorry, no tip. It’s time for Thanksgiving. However, local band the Bloody Heads just released a new EP that might interest you and give you some warm thoughts of SLO while you are at home with the family.

Graham Culbertson is a journalism junior and general manager for KCPR.
MINUTEMEN INFRAIN ON HUMAN RIGHTS

DATING COLUMN

MUSTANG DAILY

AL DAILY

EDITORIAL

The voice of Cal Poly

Tuesday, November 21, 2006

Editor in chief: Emily Ranzer
Managing editor: Jennifer Hall

www.mustangdaily.net

DATING COLUMN

Long-distance relationships result in turkey droppings

A s it is seasonally appropriated, I shall take this time aside to impart to you a jewel of knowledge I acquired as a fresh- napper at Cal Poly, when my recent experience with my romantic-relationship education commenced. As I recall, it was a fellow freshman who took upon himself to inform me of my roommate’s and me of what apparently was dormatory common sense. Let me introduce you to — if you haven’t met already — the concept of “turkey droppings.”

I understood as girls who left guys behind (or whose boyfriends attended another college) return home for the holiday season, they come to the painful realization that maintaining the long-distance relationship is too difficult, before Thanksgiving break is over, they sever these connections. Just because I came back to finish out the quarter, rejoining (or rejoining) from the recent separation. "Thanksgiving" was presented. With the added stressor of the approaching holiday season, these girls now find themselves in a state of emotional vulnerability.

And hunting season opens. The greater the separation, the greater 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 some to all they want for Christmas. Hence, “turkey droppings”: the result of many-a-failed-long-distance relationship.

If your reaction is one of horror, you’re quite justified.oodles of screaming, screaming, screaming. Of course, you’re quite aware that long-distance relationships aren’t cakewalks. But, you assure yourself, that won’t happen to me! I’m not going to come back from Thanksgiving a victim of that fated phenomenon.

Ah yes, the long-distance relationship (henceforth, LDR). On the east plains and dense jungles of the college ecosystem, the LDR is a common creature that has long been the subject of intense dating-column scrutiny.

The general consensus on the LDR isn’t pleasant, and for good reason. The most commonly-known subspecies of LDR demands unreasonable, unreasonable amounts of attention, and won’t survive without a constant stream of phone calls, emails, text messages, voicemails, facetime, X-paint, etc.

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

First, not, long-distances; both parties fully understand and are ready and willing 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 — read communica-

I’ve heard it argued that one should always be in the country, an LDR to once a day; there’s no need to inform them what you’ve been up to, doing, and where with whom you’ve been. The emotion of...
The Philadelphia slugger hit 58 homers and drove in 149 runs this season.

Ronald Blum
Associated Press

Ryan Howard had a season that defied convention, one that made him the only second baseman 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 seconds 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 and Jim Thome.

Howard, 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 and Jim Thome.

"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 a record 73 in 2001 — and 149 RBIs while batting .313. He set Phillies 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 was put on the disabled list. He batted .288 in 2005 with 22 homers and 63 RBIs in 121 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 was close connected off the Yankee's Mike Mussina for the first home run to reach the third deck in the three-year history of Citizens Bank Park, a drive estimated at 461 feet.

"I didn't think it was humanly possible to do something like that," Howard said.

He may have been helped by Philadelphia's surprising second-half push. He hit .355 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 Andrew Jones 376-351 in last year's voting after finishing second in 2002 and 2003. Stan Musial and Ted Williams, four-muscle 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 to Howard in home runs 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, N.J., works out at the same facility in the St. Louis area that Pujols uses during the offseason. The two occasional­ly 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 very, very difficult. I've been more than happy with how I've played, I'd have to say, and feel like I've done some things well in some areas."

Third baseman Chase Utley was third with 230 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 Mustangs 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 2-1.

Both Poly's women's team 157-136 and the men were defeated 170-123.

Junior Stacy Sorenson took home second and third in the 400-yard medley relay.

Poly women's team 157-136 and the men fell 170-123.

Cal Poly's first-year swimmer, freshman Kristina Vasquez, had a first-round bye and defeated UC Davis' Omar Vasquez in the championship match to Josh Zupicic of Stanford, 3-0.

Cal Poly's women's team 157-136 and the men fell 170-123.

Cal Poly won the meet with a score of 169-146.

Cal Poly's first-year swimmer, freshman Kristina Vasquez, had a first-round bye and defeated UC Davis' Omar Vasquez in the championship match to Josh Zupicic of Stanford, 3-0.

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The Michigan-Ohio State II could get canceled by Southern California. Michigan was impressive enough in a 42-3 loss to the Buckeyes to retain its place in the Bowl Championship Series standings released Sunday, but the Wolverines' margin is so slim it will 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 .926. The Trojans, who have two games left, were at .939.

"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."
Poly men's cross country team takes 13th at NCAAs

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

Tristan Aird
ASSOCIATED PRESS

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 21st-place finish at the NCAA Championships. 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," Reid said. "I kind of in my head broke it up into three stages.

"I think that 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 13th-place finish.

"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 kept the spots reasonable well."

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

"It's fantastic 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 phenomenal run."

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 Swier (33:11) in 127th. Other Cal Poly runners who did not score were freshman Evan Anderson (33:42) in 160th and sophomore Jeff Leise (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.

"It was kind of one of my goals throughout against Division II Cal State Stanislaus.

THE MUSTANG DAILY

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

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

须ANG DAILY STAFF REPORT

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

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 18 assists.

Kyla Howell and Megan Harrison added nine and eight points, respectively, for Cal Poly. The Mustangs' Newman had 10 rebounds and seven steals and Jessica Eggleston 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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