

Daily Breeze

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THURSDAY
November 25, 2004

Let's talk TURKEY



TURKEY EMERGENCY?

Just thawed yet
unseasoned and popping!
At the National Turkey
Fest at 1-800-Butterball
to get answers to your
Turkey dinner questions.
The turkey will be open
at 4 p.m. today. Or e-
mail the Turkey Talk line at
TurkeyTalk@aol.com.



IS GETTING STRESS?

Mary's Thanksgiving
made "my state of
mind."
"Miracle
of Street" was at
of NBC.

anth: An American
holiday" was at 8 p.m.
LA Channel 5.

Charlie Brown
Thanksgiving" starts
at 7 p.m. on ABC with
"The Grinch Stole
Christmas" following at
8 p.m. on ABC.

WHEN IS KICKOFF?

Indianapolis Colts at
Detroit Lions 9:30 a.m.
on CBS.

Chicago Bears at Dallas
Cowboys 1:15 p.m. on Fox.

Outside

High Low
Filed 69 50
Weather 66 53
SAT 2:15 PM Weather AZZ

FindIt

Classified 88
Commodities C6,C8
Insurance B6
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Services A20-21
Sports C9
Travel B5
Advertising Sections:
Classified C5-10
News B6,7
Opinion A4



California students get a failing grade in fitness

HEALTH: Only about a fourth of more than 1.3 million children tested in six areas are able to meet all the standards.

By Ian Hanigan
SAN DIEGO

Before the turkey, yams and stuffing make an appetitive today, parents may want to consider talking the kids outside for a game of

touch football.

That's because nearly three-quarters of California's public school students aren't physically fit, according to results of a survey released Wednesday by the state Education Department.

More than 1.3 million students in grades five, seven and nine were assessed last spring with a test that measures fitness in six areas: aerobic capacity, body fat percentage, abdominal strength and coordi-

On the Web

The 2004 physical fitness results by county, district, schools and the state can be accessed by logging on to the California Department of Education Web site at www.cde.ca.gov.

ance, trunk strength and flexibility, upper body strength and endurance, and overall flexibility.

Of those tested, only 27 percent were deemed fit, meaning they met

benchmarks in all six areas. That's up from 25 percent last year, though the modest gain did little to overcome Jack O'Connell, the state's superintendent of public instruction. He called the percentage "unacceptable."

"We have a long way to go to eradicate the silent epidemic of childhood obesity and poor nutritional health," he said in a statement Wednesday.

Countywide, the numbers were

up slightly for a second consecutive year, though they remained by lag behind state averages. Only 21.4 percent of fifth-graders, 23.7 percent of seventh-graders and 19.3 percent of ninth-graders in Los Angeles County hit all six targets.

Locally, the El Segundo, Manhattan Beach, Palms Verdes, Torrance, Redondo Beach, Torrance and Westmont districts produced

FITNESS/18

Scientists design the turkey of tomorrow

BIOTECH: Team wants to rebuild the selectively bred fowl to provide plenty of white meat and a healthier bird.

By Paul Elias
THE ASSOCIATED PRESS

SAN FRANCISCO — Most of the turkeys gracing the nation's dinner tables today have been selectively bred for their white meat, but so many generations that simply walking can be a problem for many of the big-breasted birds, and making it not longer possible.

A small research team is hoping to come to the rescue, employing the latest in biotechnology to chart the genetic map of America's favorite Thanksgiving meal and eventually alleviate the breeding problems.

The idea is to identify specific genes that produce desirable traits such as extra muscle resistance, strong leg muscles and, of course, big breasts. That would do away with much of the guesswork involved in traditional breeding methods as farmers try to match birds that appear to have the sought-after qualities.

"Improved meat quality or disease resistance will probably be the first application resulting from this research," said Keri Reed, a University of Minnesota researcher leading the effort to map the turkey's genome.

Since the human genome was mapped in 2001, the genetic codes of all sorts of creatures have been published in record time and for much less money than the \$3 billion it cost to catalog human genes.

Still, it's slow going for the turkey. With just \$1 million in funding from the U.S. Department of Agriculture and two commercial poultry interests, Reed hopes to publish by year's end a guide to roughly 300 turkey genes, and have twice that many by next Thanksgiving. That's far short of the 25,000 genes each fowl has, estimated

TURKEY/19



Starts was granted a pardon by President Bush, but life can be hard for turkeys because of the effects of selective breeding.

Torrance man leads society that can trace family roots back to Mayflower



Thanksgiving is a cherished holiday for Torrance resident Calvin Cahoon, who has documents that trace his ancestry to the arrival of the Pilgrims aboard the Mayflower.

PILGRIMS' PROGRESS

By Doug Irving
SALT LAKE CITY

Calvin Cahoon never gave much thought to the Pilgrims, never looking beyond the state lines he read in school books or the black lines he cut out of paper. But then his aunt approached him with a box stuffed with birth records and wills, all written in the feathery cursive of long ago. "You're really surprised," she told him. "It's who your ancestors are!"

The mid records traced a path straight back through the generations. And there, at a branch in the family tree, Cahoon was surprised to find three Pilgrims who looked nothing like the "local" ghosts he had studied in school.

Cahoon is 56 years old, lives in Torrance and leads the local Society of Mayflower Descendants. Certain signs his relatives survived an ocean crossing survived the deadly cold of that first winter, and sat down one fall day to a feast of deer and wild bird to give thanks for it all.

"It's pretty special, I guess," Cahoon said. "But it's not like I went out and did anything. It just kind of happens to you."

Cahoon comes from a long line of fishermen and sea captains. He sells insurance in Hermosa Beach, but he has the steady build of a shipper, and a laugh that rumbles from his chest.

His formal title is governor of the Los Angeles colony of Mayflower descen-

Step is taken to pool police

LOS ANGELES: Councilmen propose city charter amendment to end the LAX force's independence. The goal is a merger with the LAPD.

By Ian Greger
LOS ANGELES

Four Los Angeles city councilmen on Wednesday took the first step toward merging the LAX Police Department with the LAPD, less than a week after they called for an investigation into the airport police agency following a damaging undercover television news report.

The councilmen — Jack Weiss, Dennis Zine, Tony Cardenas and Greg Smith — introduced an ordinance to change the city charter to eliminate the guaranteed independence of the 300-officer airport police department. It's uncertain whether the proposal will become a ballot measure asking Los Angeles voters whether the two police agencies should be merged, said Lisa Hansen, Weiss' deputy chief of staff.

Also Wednesday, Mayor James Hahn directed the airport and police commissions to develop and put in place a unified command of the LAX Police Department and the Los Angeles Police Department, which both operate at the airport.

"One of the most vital lessons of the 9/11 Commission Report is that there must be a clearly designated lead agency," Hahn wrote in a letter to the two commissions.

MERGERS/9

Ukraine faces strike threat in election dispute

POLITICS: Backers of candidate who was declared the loser claim runoff was rigged. Nationwide shutdown is urged.

By Natasha Litvin
THE ASSOCIATED PRESS

KIEV, Ukraine — Opposition leaders called Wednesday for a nationwide strike to shut down factories, schools and transportation after officials declared Ukraine's pro-Kosovo prime minister the winner of a presidential runoff election that many observers denounced as rigged.

The call by antiwar nationalist Viktor Yushchenko and his allies for an "all-Ukraine political strike" raised the prospect of a shutdown by ousting President Leonid Kuchma's government, which has used the opposition's actions to the detriment of

UKRAINE/18

PILGRIMS' PROGRESS

By Doug Irving

DAILY BREEZE

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But then his aunt approached him with a box stuffed with birth certificates and wills, all written in the feathery cursive of long ago. "You'd really be surprised," she told him, "at who your ancestors are."

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PILGRIMS: To local man, it's become more than buckled shoes and black hats

FROM PAGE A1

dents, a club that has about 330 members. The membership application has the name of a Pilgrim at the top, the applicant's name at the bottom, and space to fill in all the generations in between.

Cahoon keeps an acrylic painting in his kitchen of the Mayflower running before a sunrise, its three masts set against a sherbet sky. He has a kit to build a Mayflower in a bottle waiting on the workbench in his study.

He no longer imagines the Pilgrims in their buckled hats and frock collars. He sees them more as survivors, probably dirty and scared, leaving behind everything they had ever known.

They crossed the ocean packed into the hull of the Mayflower that would fit easily within the infield of a baseball diamond. There were 102 of them when they landed; half would die in the snow and ice of their first New England winter.

"It was hell," Cahoon says. "Oh yeah, it wasn't an easy trip. Reading some of the accounts of the journey, I mean, it was a rough ride. I don't complain when I have to sit on an airplane."

Cahoon can count 13 generations back in his family to a Mayflower passenger names Stephen Hopkins. He thinks Hopkins must have been a "buccaneering kind of guy."

Hopkins had traveled to Virginia before, and had even survived a shipwreck during an earlier voyage. He opened up a shop after landing in Plymouth and, according to some histories, ran into trouble for allowing drinking and shuffleboard on Sundays.

He wrote his will in the fine longhand of the day; it resides now on the Internet. He parceled out his land and his silverware, his bedding and his cows — calling each of them by name: Motley, Red Cole, Snykina.

In the cramped hull of the Mayflower, Hopkins must have bumped into another of

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— CALVIN CAHOON,
governor of the Los Angeles colony
of Mayflower descendants

Cahoon's ancestors, a girl named Elizabeth Tilley. She was 13 years old when she climbed aboard with her parents. They both died that first winter, leaving her an orphan in the New World.

Years later, Elizabeth married a young man who also had made the voyage on the Mayflower. John Howland was little more than a servant when he stepped onto the ship.

He lost his footing during a storm at sea and fell overboard, but managed to catch one of the ropes. He was hauled to safety at the end of a boat hook.

Elizabeth and John Howland named six daughters and four sons in their wills. Cahoon finds that he runs into their descendants at most meetings of the Mayflower societies.

Even President Bush can trace his genealogy back to the orphaned girl and the rescued servant.



KIM HAGGERTY ZYLUS/DAILY BREEZE

Torrance resident Calvin Cahoon enjoyed Thanksgiving even before he learned that he had ancestors who came to North America with other Pilgrims on the Mayflower in 1620.

"You can have a pride," Cahoon said. "But there are an awful lot of people out there who are descended. They just can't prove it."

About 34,000 people nationwide can prove unbroken descent from one of the Pilgrims, said Louise Egowin, an assistant librarian with the Mayflower Society. The society has existed for more than a century, with its headquarters in Plymouth, Mass.

Interest in the society has stayed strong in recent years, Egowin said, even as historians turned new attention to the full legacy of the Pilgrims and other European colonists. The society now has two full-time and two part-

time researchers to verify the genealogies of hopeful members.

The Los Angeles chapter ends all of its meetings with a pilgrim's pledge. They promise to "recall and cherish the sacrifices and struggles" their ancestors made, and to "profit by their Pilgrim example."

Thanksgiving has always been a big day for Cahoon, even before he learned his family had a role in its history. It's always been a time to eat too much, visit with family and talk about those who came before.

But this year, as governor of the local Mayflower colony, Cahoon thinks he might just pardon the turkey.