

# MUSTANG DAILY

Volume Number LXX • Issue Number 61 • December 11-15



Design By Jessica Greenwalt

# 2006

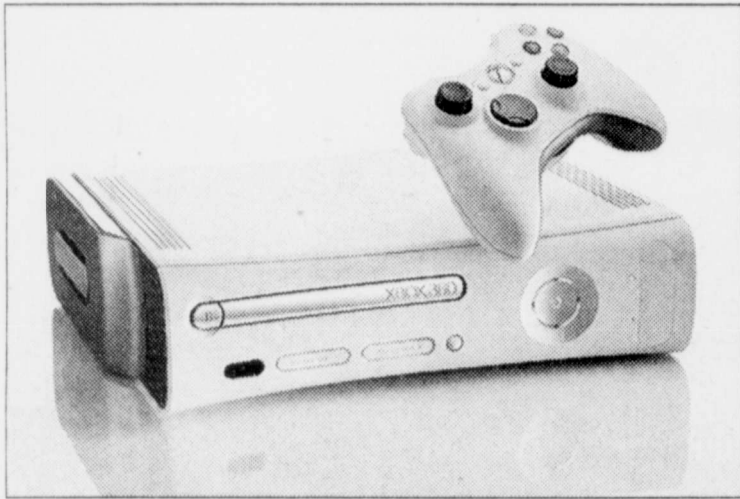
WINTER HOLIDAY EDITION



# What's on your wish list this holiday season?

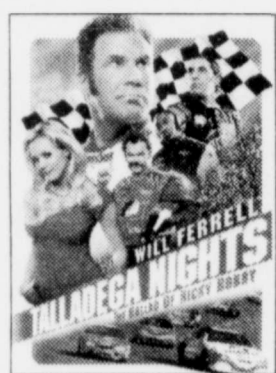
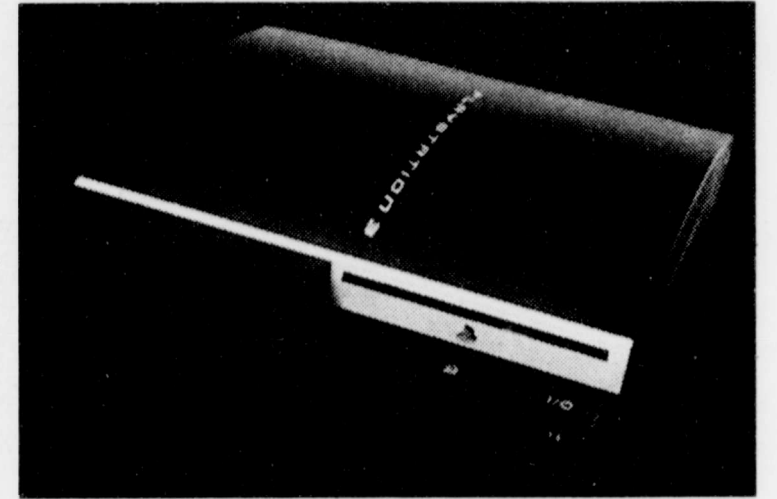
Have you made your list and checked it twice? Cal Poly students have, and from books and music to the latest technology, here's what ranks high on Cal Poly students' lists.

Christina Casci  
MUSTANG DAILY



## Microsoft's Xbox 360 or Playstation 3

These are both the hot new gaming systems out. With great graphics and multiple capabilities, they make current and prospective gamers very happy. The Xbox 360 will probably be easier to get this year because there is a little time between its release date and the holidays, but they will go fast anyway. Decide which to get depending on the person's preference. "Xbox 360 is a fusion of hardware, software and services. Without the software and services to power it, even the most powerful hardware becomes inconsequential," according to ign.com, a large internet gaming site run by Fox Interactive Media, Inc.



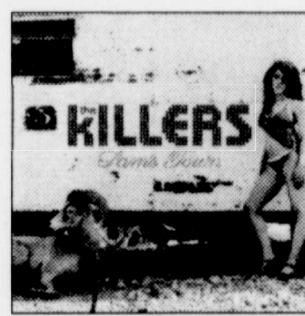
## "Talladega Nights: The Ballad of Ricky Bobby"

Ah, Ricky Bobby. The movie everybody hyped-up. Described as "one of the funniest movies I have ever seen," by almost every person who saw it, Talladega Nights is worth watching. It is full of quotable lines that you will be repeating for an entire month after watching it. Anybody that saw it wants to own it so they can watch it over and over again.



## "Beerfest"

The movie everyone wants because they heard it was hilarious. From the Broken Lizard crew, "Beerfest" is vulgar but automatically funny. Numerous Cal Poly students called it "so funny" and "fantastic." This is the perfect gift for a college student because it is just one of those movies that people have to laugh at out of the sheer ridiculousness. But you wouldn't expect much else from the people who made "Super Troopers," would you?



## The Killers - "Sam's Town"

The new Killers album is incredibly popular and people all over campus are putting it on their wish lists. With two singles out so far, "Bones" and "When You Were Young," the album is sure to be a huge success. With many more mature songs than their last album, "Sam's Town" lives up to the acclaim it's getting. Anybody you get this for will love it.



## Snow Patrol - "Eyes Open"

Though this may not be the newest thing on the list, it is the most popular. The album rocketed to the top of the charts after "Chasing Cars" was on the "Grey's Anatomy" Season 2 Finale. It is on the list of many Cal Poly students, as well as being on amazon.com's bestsellers list. This is a great album to listen to while doing homework or hanging out with people. It's very versatile and really fun to listen to.

see List, page 5

**THANK YOU  
CAL POLY  
WE APPRECIATE YOU!  
ENJOY!**

Breakfast Coming Soon!!



## OPEN LATE

Foothill Hours  
Sun-Wed 10-2AM  
Th-Sat 10-3AM

## 2 LOCATIONS

791 Foothill  
7121 Broad St.



## FINAL SPECIAL

Regular Burrito (Chicken, Beef, Pork), Soda & Chips  
Burrito Includes: Rice, Beans, Cheese, Cilantro, Onions,  
Pico de Gallo, Salsa, Sour Cream & Guacamole.

**\$4.50**

Save \$4.00 offer valid from 12/11 - 12/17



## MUSTANG DEAL

Mucho Grande Burrito (Chicken, Beef, Pork) & Soda  
Burrito Includes: Rice, Beans, Cheese, Cilantro, Onions,  
Pico de Gallo, Salsa, Sour Cream & Guacamole.

**\$5.50**

Save \$4.00 offer valid from 12/11 - 12/17



## CAL POLY NACHOS

Nachos with Chicken, Beef or Pork & Soda  
Nachos Includes: Beans, Cheese, Cilantro, Onions,  
Pico de Gallo, Salsa, Sour Cream & Guacamole.

**\$4.75**

Save \$2.50 offer valid from 12/11 - 12/17



## Take Time Out from Your Books and Rent a Movie from

**STUDIO VIDEO**  
At Foothill Plaza  
543-0707

**NEW**  
Release 2 Day \$2.80  
Regular 5 Day \$1.87



**Free 5 day movie**  
When renting two 2day movies \$5.60

Void with other offers.  
Expires 12.31.06

**STUDIO**  
543-0707

**20% off all Clothing**  
**XMAS SALE!**  
Get your friends  
**AZ-HI-AZ-I-AM**  
for Christmas!!

**AZHI-AZIAM**.com  
805.544.3302  
(Next to Konas) 973 E. Foothill Blvd., SLO



# Winter graduates face life after college

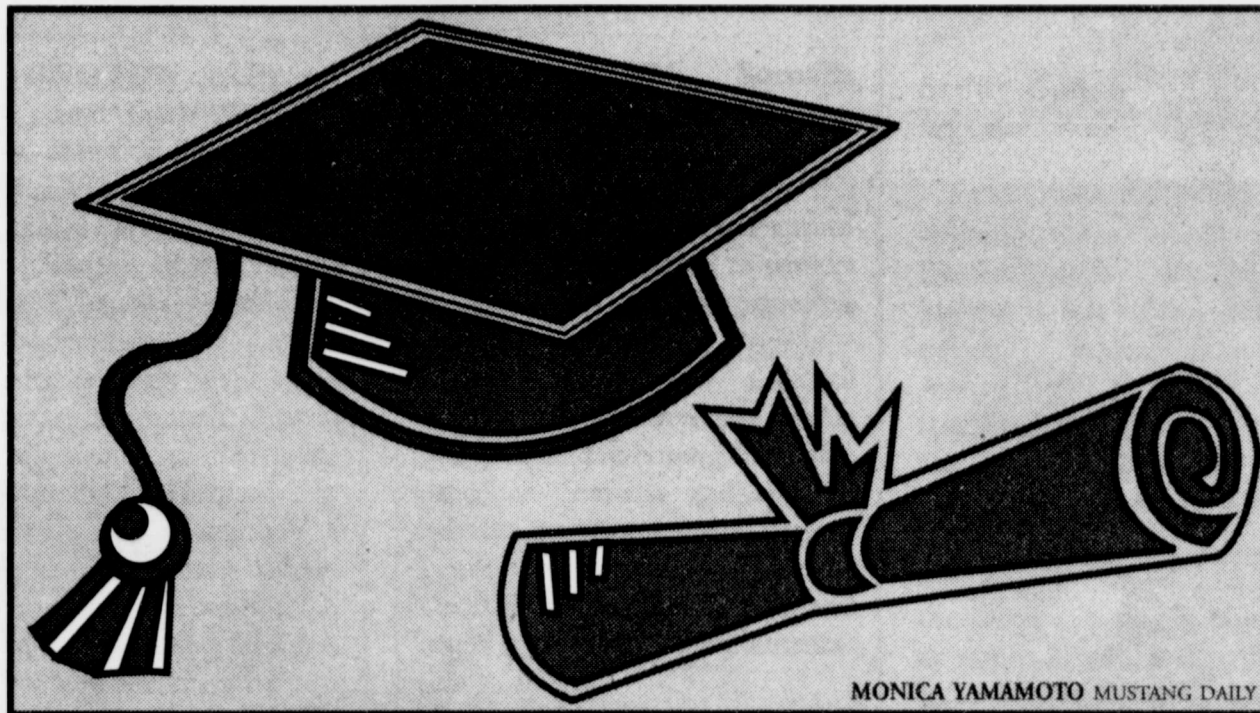
Kelly Cope  
MUSTANG DAILY

Graduation from college is a major event. Graduation evaluations, countless meetings with advisors, checking, double-checking, triple-checking, even quadruple-checking units taken, all for a piece of paper that says you did it. You jumped through all the hoops Cal Poly threw at you, and now you're ready for a solid, 9-to-5 job.

I am graduating in five days. It's kind of neat to know that I'm part of a relatively small group of students who will finish school midyear instead of in June. It's almost like we're a special secret society. When I've mentioned it to my classmates, their reactions have ranged from excited admiration to jealousy, and with the latter came a sudden desire to throw things at me — I'll admit it, I didn't expect that. And then comes the inevitable question: "what are you going to do after you graduate?" Thank goodness I have an answer — there's nothing worse than not knowing what your future plans are when your future is a week away.

I applied to Cal Poly as a long shot, just to see if I could get in. Four and a half years later, I'm finishing my degree — with a French minor, no less — and I'm amazed to think that my life would have taken a completely different path had I not chosen to go to Cal Poly.

As high school juniors and seniors, we know that the decision to go to college is a major one, and some of us stress out over it, big-time, but I was relatively calm about my decision. I got into four out of the five colleges that I applied to, and after visiting Cal



Poly, I was hooked. It just felt like my home away from home, moreso than any other college I had visited so far. Four years later, I don't regret my decision at all. I never did. That has to say something about the university. As challenging as a Cal Poly education is, the students and environment make it feel like home — at least for me.

My sister is considering applying, and I couldn't be happier. I am careful to not force her into a decision, just as my parents were with me and are with her, but there is a little part of me that secretly hopes that she is able to enjoy her education here as much as I did mine.

During the quarter, I've been very tempted to walk around on campus with my head held a little higher, but I've been humbled by the amount of work I've had to finish before I could. "You won't have any reason to be

proud if you don't finish that article!" I would tell myself. Cal Poly really does put students through the wringer once they declare that they want to graduate. Now that I'm done with the work, I find myself feeling a little awkward, like there's something else I should be doing. It'll wear off. I've felt like this before, and it took about a week for me to fully relax after the quarter ended.

I've whined and complained about how much extra work — and money, for that matter — I've had to put in this quarter just because I'm graduating, but the truth is, I could have it much worse. I have an engineering major for a roommate, and he's up almost every night until at least midnight working on just four or five problems. I'd probably shoot myself if I had to sit and stare at the same page of problems for six hours. But that's another story.

It's hard for me to believe that I'm considered a competent, mature candidate for a full-time job now. Some would argue that real-world experience is more valuable than a college degree when applying for a job, but I feel like I needed the degree to give me a boost of self-confidence. I would have felt unworthy and unprepared for a job in my field of interest if I hadn't gone to college.

So, now I go home to find a job. I like to think that I have an advantage in applying for a job in January as opposed to June, since many employers are hiring at the beginning of the year, but I'm also scared. Most people, in general, don't look forward to living with their parents after graduation, and I am no exception. Thoughts like, "what if it takes me months to find a job?" and "what if I'm forced to take a job I hate somewhere else because I can't stand living at home?" fly through my head almost daily. But, I have to at least try. You never know what can happen until you try.

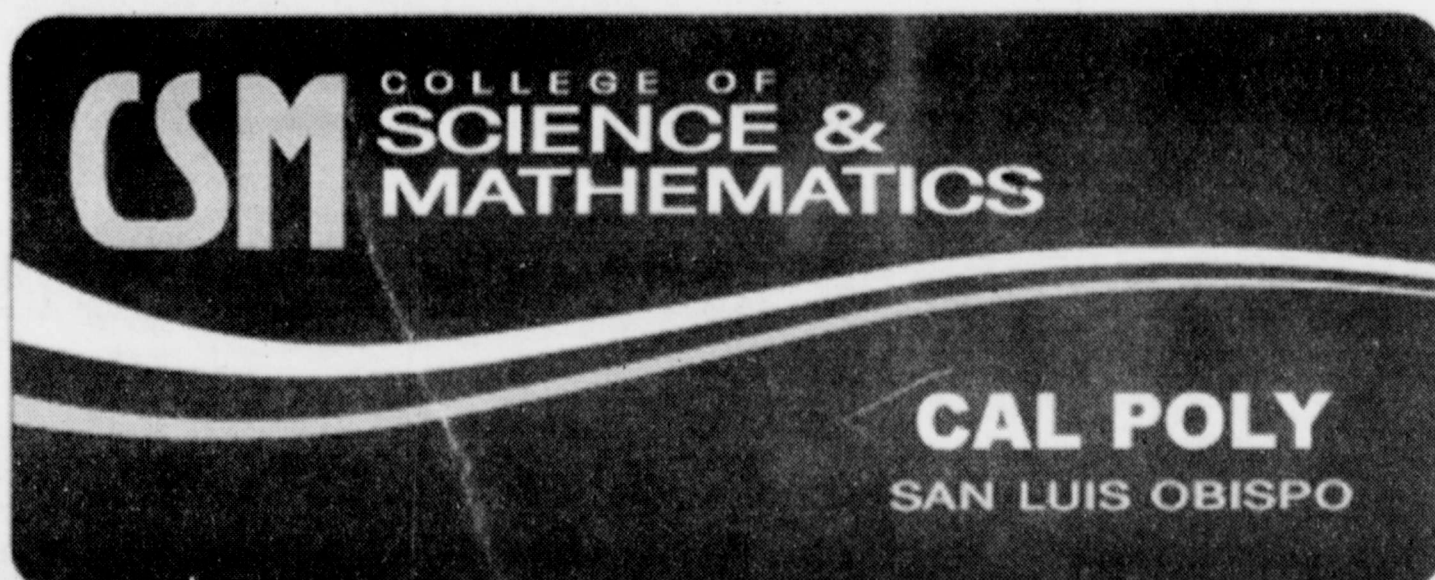
Life is hard, but I'm also looking forward to making my own money. I have been very well taken care of throughout my college education — my parents have paid for everything. I don't expect being on my own to be easy, but it's also exciting to know that I will be completely self-sufficient, and I won't have to make any calls home when I need more money.

I have always admired people who are well-adjusted and content with where they are at in life, no matter what comes their way. I aspire to be one of those people someday, and I consider graduation from college the first step in that direction. It's the first accomplishment in my life that I've truly felt

see Graduation, page 5

## Congratulations To All Cal Poly Graduates

*The Faculty & Staff*  
*College of Science & Mathematics*





A B C D E	A B C D E	A B C D E	A B C D E
1 (1) (2) (3) (4) (5)	1 (1) (2) (3) (4) (5)	21 (1) (2) (3) (4) (5)	31 (1) (2) (3) (4) (5)
A B C D E	A B C D E	A B C D E	A B C D E
2 (1) (2) (3) (4) (5)	12 (1) (2) (3) (4) (5)	22 (1) (2) (3) (4) (5)	32 (1) (2) (3) (4) (5)

# Good Luck on Finals!



**Student & Family  
Holiday Discount**

**25% off**

Wireless internet  
345 Marsh Street, SLO  
805-543-6443



## Holiday Sale!

Fashion Denim  
Boots  
Coats

Don't forget about  
**YOU** this  
Holiday  
Season!

**\$29.99**

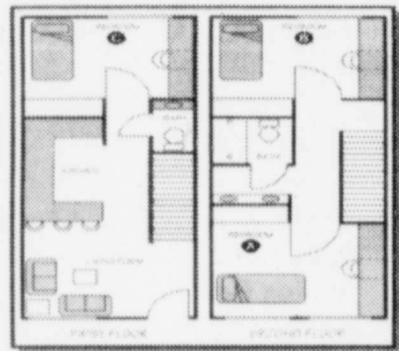


**Crazy Jays**

767 Higuera St. • Downtown San Luis Obispo • 805-541-3146

## Valencia

Townhouse Apartments for Students



**FLOOR PLAN**

Great Amenities...


- Private Bedrooms in 3-Bedroom Apts.
- Recreation Center/Fitness Center
- TV Lounge with 70" Big Screen TV & VCR
- Computer Lab with FREE Internet Access
- Game Room with Billiards & Ping Pong
- Heated Pool
- Close to Shopping Center
- On City Bus Route
- GPA Discounts for Superior Grades
- 24 Hour Staff
- Easy Credit Card Payments

**(805) 543-1450**  
www.ValenciaApartments.com

555 Ramona Drive  
San Luis Obispo CA 93405


# Landis Automotive

Servicing all ACURA & HONDA Models Exclusively




**HONDA**

Accord  
Civic  
Hybrid  
CRV  
Odyssey  
Pilot  
Element  
Ridgeline




**ACURA**

RL  
TL  
CL  
RSX  
NSX  
MDX



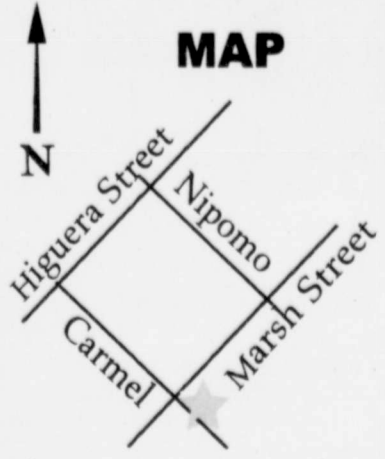
**"Voted #1 By Cal Poly Students"**




**544-9198**



**MENTION THIS AS FOR A 10% DISCOUNT**

**MAP**



SERVING HONDA PRODUCTS EXCLUSIVELY FOR 30 YEARS

**435 Marsh Street, Downtown San Luis Obispo**



# Graduation

continued from page 3

proud of. Graduating from high school was fine — most people do that — but when I walk out of the

Rec Center on Saturday, I will have something that many people don't: a college degree.

I don't mean to sound elitist. It's just that I have accomplished something huge, and I should get

recognition for it. Normally, I'm a very modest person, so it feels a little strange to be announcing it to everyone — honestly, I'm a little uncomfortable when I see people's reactions to it; I'm not used to

being the center of attention. But, it is big. I am my paternal grandparents' first grandchild to graduate from college. That's something to be proud of. And I intend to make my family even more proud when

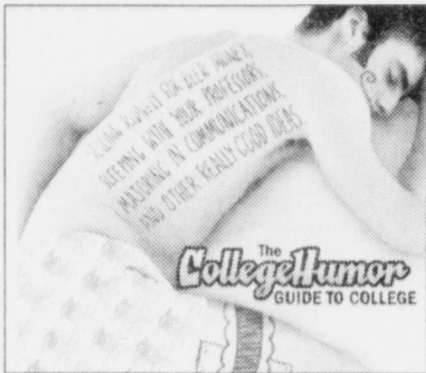
I find myself a great job and start making my own life. As the song says, "This could be the start of something...big!" This is definitely the start of something big, and I intend to enjoy it.

# List

continued from page 2

"The CollegeHumor Guide to College: Selling Kidneys for Beer Money, Sleeping with Your Professors, Majoring in Communications, and Other Really Good Ideas from the writers of CollegeHumor.com"

This may not be the most well-known book right now, but it will get there. This is one of the funniest books a college student could read. Reviews on Amazon.com called it "laugh out loud hilarious," and "a must read for anyone who is going to college, in college, or went to college." The Web site CollegeHumor.com is full of videos, pictures and other random things.



## Apple's Video iPod

Though many people already have them, this is the season for all those without the increasingly popular iPod to get theirs. The 30GB iPod is big enough for your music and a couple videos. However, if you have an endless amount of music and don't mind the extra \$100, go for the 80GB one. The battery life lasts up to 14 hours on the 30GB and up to 20 hours on the 80GB option.

COURTESY PHOTOS

Taste the Best Beer in Town

5 beers for \$5

Give the Gift of Beer!

Mention This Ad When You Arrive

Brewing Classes

Beer to Go

Gift Certificates

Gift Glassware

Established 1998

**BREWING**

SAN LUIS OBISPO • CALIFORNIA

1422 Monterey • 783-BREW

HAVE A LOT OF STRESS FROM ALL THOSE TESTS?

Come pamper yourself at...

**Day Nails & Spa**

**HOLIDAY SPECIAL PRICES**

Full Set	\$20
Manicure	12
Spa pedicure	20
Spa pedicure & manicure	30

FOR THE MONTH OF DECEMBER

Mon - Sat: 1209 Marsh St., San Luis Obispo, CA 93401

9:30am - 7pm 805.783.2863

**Beverly's**  
your idea store  
"At your service since 1968"

Beverly's is thrilled to be the **best art, craft, and fabric store** in San Luis Obispo, and we thank the students for their support!

**15% off**  
regular priced items  
for Cal Poly Students  
(must show ID)

**25% off**  
your entire purchase on  
regular priced items  
(must present coupon)

876 Higuera St. (Next to Ross) (805) 543-7845

**GOING OUT OF BUSINESS SALE**

**Stiger's Optical Images**

**CLOSING**  
**Dec. 31**

**30-75% Off**

*Designer Frames & Sunglasses By:*

Dolce & Gabbana  
Versace  
Prada  
Gucci  
Dior  
Jucy Coutoure  
and more!

781 Higuera St.  
DOWNTOWN  
SLO, CA 93401  
805-544-3364



Dear Santa,  
This year, I don't want a pony. Just bring online  
exclusives, podcasts, slideshows, multimedia,  
polls and news broken with a fist of justice.  
Love, Kristen Marschall

'Sup K-money,  
Yo. Jus' check out **mustangdaily.net**.  
It'll spin yo head 'round till you start  
droppin' it like it's hot. Yea. Justice, baby.  
Lates, S-flex.



## North Pole: Alaska town flooded with letters to Santa

Rachel D'Oro  
ASSOCIATED PRESS

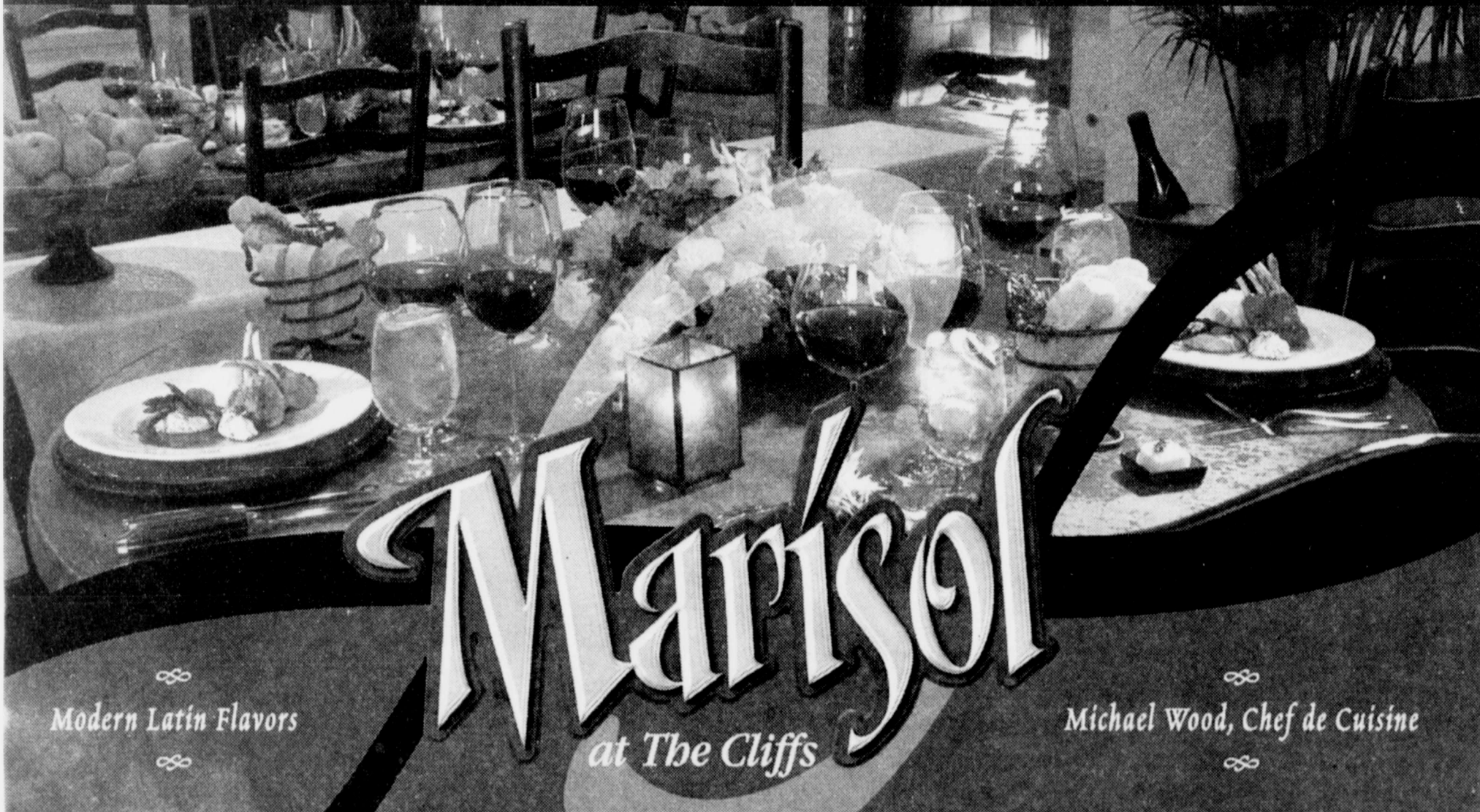
ANCHORAGE, Alaska — It's a name that needs no address. Everyone one knows Santa Claus lives at the North Pole.

So letters sent to the roly-poly icon always find their way to the small town of North Pole deep in Alaska's interior, including those simply addressed to Santa. Last year 120,000 letters arrived from 26 countries, not counting the thousands with no return address. Those that do have return addresses usually get a reply and a North Pole postmark in a holiday effort that has delighted children all over the world for more than five decades.

Letters trickle in year round at the community of 1,600, where light poles are curved and striped like candy canes and streets have names like Santa Claus Lane and Kris Kringle Drive. Then, around Thanksgiving, they start pouring in by the thousands each day as Christmas approaches. Even stampless letters get through, a rare exception for the U.S. Postal Service.

"This is special because it has Santa's name on it," said Debra see Letters, page 7

*The Cliffs Resort in Shell Beach Debuts its New Restaurant*



Breakfast, Lunch & Dinner Daily, Sunday Champagne Brunch  
For Reservation: 805.773.5056 xtn. 650 • Complimentary Valet Parking



# NEED CASH? WE PAY MORE!

## TEXTBOOK BUYBACK

### December 11-18, 2006 • 3 Locations!

**In Front of El Corral Bookstore**

December 11-15 • 7:45am - 6:00pm

December 16 • 8:00am - 4:00pm

December 18 • 9:00am - 4:00pm

**Dexter Lawn Tent**

December 11-15 • 8:30am - 4:30pm

**Mt. Bishop Road Drive Through**

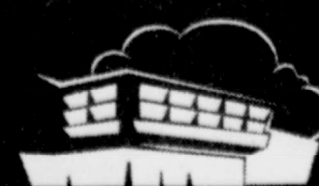
December 11-15 • 9:00am - 5:00pm



\*See store for details.

## 10% BONUS

Deposit your buyback cash into  
Campus Express & receive an extra 10%  
Cal Poly ID Required for Buyback



**EL CORRAL  
BOOKSTORE**

A NONPROFIT ORGANIZATION SERVING CAL POLY SINCE 1933  
[www.elcorralbookstore.com](http://www.elcorralbookstore.com)



## Letters

continued from page 6

Cornelius, a supervisor at the main post office in the nearby city of Fairbanks. This is where the Santa letters are processed during the holiday rush.

"It's what makes Christmas magic for children," Cornelius said. "Why not make that available for them?"

Gabby Gaborik is among several dozen volunteers who believe in the Santa cause, opening crates full of letters, as many as 12,000 a day come crunch time. With 6,000 now arriving daily, volunteers are hustling to send off preprinted replies

to children who sent return addresses.

"We try to keep the big guy mystical, so we sign off as Santa's elves and helpers," Gaborik said. "Anyone can be an elf."

In his 10 years as an elf, Gaborik has seen every kind of request. There are the children who want the latest toys and gizmos they see on TV. There are the children who ask for miracles, orphans wanting their mother back for Christmas or a father back from Iraq, even though he died there. Many letter writers point out how good they've been. Some enclose a dollar bill to cover postage.

Gaborik still marvels at a missive

that arrived three years with a Michigan postmark and no postage stamp. It was addressed to Santa Claus and had no return address either on the envelope or the letter. Inside was a thousand-dollar money order and an anonymous note that said: "If you are who you say you are, you'll put this to good use."

Volunteers bought postage stamps for the effort.

"I believe Santa Claus has qualities that represent the good in

everybody, and people reach out to that," Gaborik said. "Santa Claus represents their validation as a good person, when everything today is so quick, so hard, so bang, bang, bang."

He fished a random letter out of a pile. This one ran the gamut. The writer, Ashley, wants only one thing, an iPod Nano, but then asks, "What list am I on, the naughty or nice list? If I'm on the naughty, what could I do to get of (sic)?" Then comes the hook: "And how

many cookies do you think you can eat on Christmas night?"

Ah, but no matter how cookies in the lure, Santa and his helpers never make any promises in writing.

Ideally, parents and other adults write their own Santa replies, put them in a stamped, self-addressed envelope and tuck them into a larger envelope addressed to the Fairbanks post office.

see Letters, page 8

**FUN Stocking Stuffers**  
**FUN GIFTS For The Whole Family**

**MOAISUE**  
**Party Supplies**  
**Costume Accessories**  
**Fun Stuff and Gifts**

**OPEN**  
**Tuesday-Friday 11-6**  
**Saturday 10-4**

**10% OFF**  
**With Student ID**

**In back of Spike's in the NEW Creamery!**

**570 Higuera St #190**  
**(805) 543-MOAI • (805) 543-6624**

**since 1983 CAR AUDIO CENTER**

**HAPPY HOLIDAYS**  
**Get a 20% Discount on \$200 or more**

**GPS Navigation** **Custom Sub-Woofer Enclosures**

**Alarms with:**  
• Remote Start  
• Keyless Entry

**iPod Interfacing**

**Pioneer KICKER JBL Infinity SATELLITE RADIO SONY XpLdGt VIPER**

**CAR AUDIO • CAR SECURITY • VIDEO**

**EXPERT SALES AND INSTALLATION SINCE 1983**

**544-5700**

**LIFETIME GUARANTEE ON INSTALLATION FINANCING ON APPROVED CREDIT**

**2310 BROAD STREET SAN LUIS OBISPO**

**HIGH STREET DELI**

**Thank You**  
**Cal Poly for voting us...**  
**BEST SANDWICH**

**Try Our**  
**\$4.20 SPECIAL**

**From 4:20pm - 5:00pm**  
**Excludes extras**

**350 High Street • 541-4738**

**MONEY FOR COLLEGE NOW**

**Because Aunt Joan needed more Botox®.**

**She got a facelift, you got the tuition bill.**  
Not to worry: a Campus Door student loan can cover up to 100% of your education costs, with online approval in less than a minute. All without the painful side effects.

**campusdoor.com**

**CAMPUSDOOR**  
GREAT FUTURES START HERE™

Botox® is a registered trademark of Allergan, Inc.  
Like this poster? Download your own printable PDF version at [campusdoor.com/posters](http://campusdoor.com/posters)

All loans are subject to credit approval. Programs, rates, terms and conditions are subject to change without notice. Other restrictions apply. Trade/Service marks are the property of Campus Door Inc. and/or its affiliates. Lender is Lehman Brothers Bank, FSB. ©2006 Campus Door Inc. All Rights Reserved. Equal Opportunity Lender.



## Letters

continued from page 7

Either way, replies get a North Pole postal cancellation mark, complete with a half-moon drawing of Santa's face. The Fairbanks post office also stamps the postmark on thousands of Christmas cards and packages diverted through Alaska from outside the state each year. Postal officials recommend getting all items to them by Tuesday (Dec. 12).

Eielson Air Force Base near Fairbanks also runs a Santa letter project. Santa's Mailbag was started in 1954 by base weather forecasters and has continued ever

since.

Last year, more than 4,000 letters were received and followed up with replies from base volunteers. Many of the letters came from children of military families stationed in the Lower 48 and abroad, but civilian children also are welcome to write, said Staff Sgt. Melody Goode.

Letters arriving by mid-December have a better chance of a reply before Christmas. Late letters, however, will still get a letter "signed by Santa," Goode said.

"It says something like 'Thanks for writing. Santa's been real busy,' anything the kiddies might want to hear," she said.

## Local law enforcement New Year's resolution: less DUIs

**Fourteen law enforcement agencies from around the county will team up this holiday season in an effort to curb drunk driving.**

Tyler Wise

MUSTANG DAILY

Law enforcement agencies all over San Luis Obispo County are teaming up to increase highway patrols and establish various sobriety checkpoints in a campaign to curb driving under the influence this holiday season.

In one of the state's most aggressive campaigns of the year, "Avoid the 14" symbolizes a joint effort of 14 county law enforcement agencies from Arroyo Grande to Paso Robles, to put a stop to drunk driving, according to a press release.

The group will also include university police officers from both Questa College and Cal Poly.

"Most of our activity will be limited near campus," said Cal Poly University Police Chief Bill Watton. "But we will be manning some of the various checkpoints throughout San Luis Obispo."

At this time, the locations of the sobriety checkpoints have not been disclosed and will only be available 24 hours in advance before they are set in place, county representa-

tive Kimberly Mott said.

The campaign, which began on Nov. 24 and ends Jan. 2, also calls for public help in reporting drunk drivers, county representative Kimberly Mott said.

"Law enforcement can only do so much," said the California Office of Traffic Safety Director Christopher J. Murphy in a press release. "Knowing that other motorists are to going to report drunk drivers is a significant deterrent and all of our efforts are aimed at preventing a drunk driver from getting behind the wheel in the first place. One phone call can really save a life."

2005 marks the seventh consecutive year in which alcohol-related fatalities have increased in California, compared to a nationwide decrease of 0.2 percent between 2004 and 2005.

"Fatalities are clearly on the rise in California, and compared to other counties, there is a significantly larger percent of alcohol-related fatalities in San Luis Obispo County," Mott said.

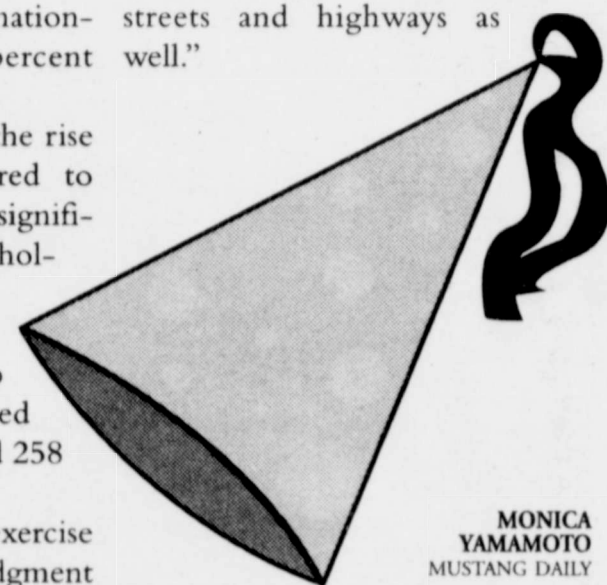
In 2005, San Luis Obispo reported 528 alcohol-involved collisions with 19 deaths and 258 injuries.

"We want motorists to exercise common sense and good judgment

when calling 911 to report a suspected drunk driver," said Captain Lisa Solomon of the Paso Robles Police Department in a press release. "Under no circumstance should the public make an attempt to stop a vehicle or interact with a suspected drunk driver. If you suspect a drunk driver on the roadway, immediately call 911, and leave the enforcement action in the hands of trained professionals."

County law enforcement agencies are especially requesting that students help out in the campaign.

"It is an important task for citizens, but especially for students," Mott said. "We ask that students please refrain from driving under the influence, but report any suspicious driving on the city streets and highways as well."

MONICA  
YAMAMOTO  
MUSTANG DAILY

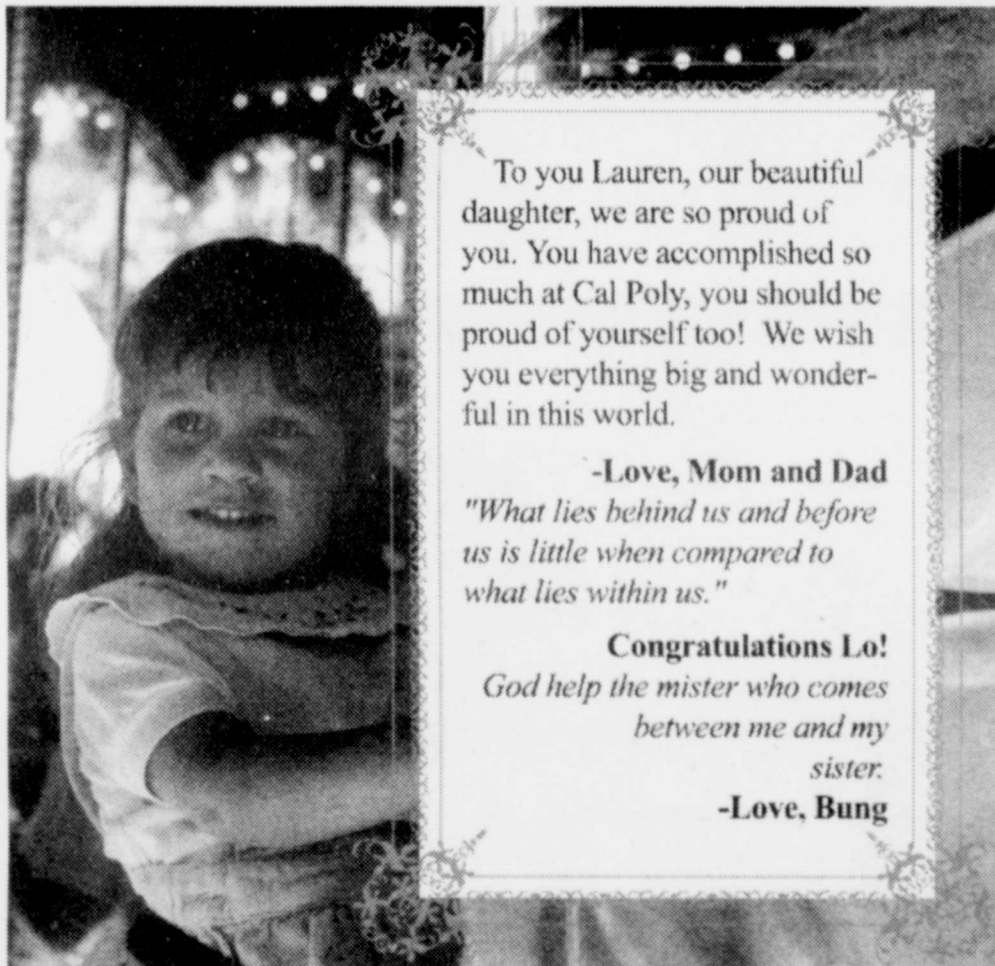
## GRAND OPENING!



Sushiya

JAPANESE RESTAURANT

**Come in NOW and get 10% off  
with your student ID!**



To you Lauren, our beautiful daughter, we are so proud of you. You have accomplished so much at Cal Poly, you should be proud of yourself too! We wish you everything big and wonderful in this world.

-Love, Mom and Dad

*"What lies behind us and before us is little when compared to what lies within us."*

Congratulations Lo!

*God help the mister who comes between me and my sister.*

-Love, Bung

**SUPERCUTS®**  
**SUPERCUTS®**  
**SUPERCUTS®**

Three Locations in SLO County

San Luis Obispo  
(in the Madonna Plaza)

549-8588

Arroyo Grande 473-8954 (in the Wal Mart center)  
Paso Robles 227-0101 (in the Wal Mart center)  
Open 7 days a week No appointment necessary

## GO EXTREME!

- SKIING
- SNOWBOARDING
- BACKPACKING
- CLIMBING
- HIKING

WE RENT  
SNOWBOARDS AND SKIS

WE REPAIR AND TUNE  
SNOWBOARDS AND SKIS

Custom Boot Fitting for  
100% Comfort When Skiing

667 Marsh Street • SLO • 805-543-1676

Hours: Mon-Sat 10-6 • Thurs 10-8 • Sun 11-4



Locally owned and  
operated for 25 years



Bizarre
Holiday Briefs

MENTOR, Ohio — An electrical fire that filled a department store with thick smoke didn't deter holiday shoppers...

No one was injured in the fire at Dillards South at Great Lakes Mall on Wednesday, but some bargain hunters were inconvenienced.

"It was amazing," said Mentor fire Battalion Chief Joe Busher. "Even though there was heavy smoke in there, they all wanted to stay and shop."

The fire burned circuits of a high-voltage electrical panel near a women's dressing, firefighters said. It took them eight minutes to put it out.

CHESTERFIELD TOWNSHIP, Mich. — A man who police say tried to pass a counterfeit check at a Wal-Mart chose the wrong store at the wrong time.

That didn't stop Calvin E. Flukes Jr., 21, from pulling into the parking lot next to 40 marked squad cars, police said.

The cashier called over a manager, who alerted one of the 80 officers who happened to be in the store.

"He was immediately apprehended," Chesterfield Township police Lt. David Marker told the Detroit Free Press.

Flukes was arraigned Wednesday on one count of uttering and publishing. He was being held in the Macomb County Jail on \$2,000 bail.

He could face up to 14 years in prison if convicted, The Detroit News reported.

FORT WALTON BEACH, Fla. — Paula Barstow's singing Santa stopped singing after holiday vandals pulled out his power cord and ran over his head.

"I hear all the time that Jesus has been taken out of everything and now he's been taken out of his manger," church elder Linda Shealy told the Northwest Florida Daily News.

Barstow said Santa was in his usual spot on her driveway Tuesday night. She awoke Wednesday and found him mowed down.

"They had to come all the way in and just run him over, back and forth," said Barstow, who cried as she described the damage.

Santa "was a neat old guy," she said. He also waved and shouted "Merry Christmas."

Her husband, George, helped assemble the Nativity scene.

"People should be taught not to steal (anything), but don't take the baby Jesus for crying out loud," he said.

su | do | ku
© Puzzles by Pappocom

9x9 grid with numbers: 5 1 4 3, 4 6 9, 9 3 5, 6 8 4, 2 8, 5 3 4, 2 1 6, 7 9 5, 1 6 2 9

EASY #2

9x9 grid with numbers: 8 5 6 1, 4 3, 9 2 3, 7 4 9, 8 7 6, 2 6 7, 6 9 2, 7 5, 1 3 9 6

MEDIUM #1

9x9 grid with numbers: 4 6 2, 1 6 3 8, 2 5, 5 8, 7 4 1 5, 5 1, 8 4, 6 9 1 7, 3 9 7

MEDIUM #2

9x9 grid with numbers: 6 1 3, 7 2 9, 5 1 8, 4 3, 9 6, 5 1, 3 2 4, 6 9 7, 7 1 2

HARD #4

9x9 grid with numbers: 3 7 5, 7 9 1, 1 2, 5 4 3, 3 8, 2 6 9, 5 9, 6 1 5, 6 1 2

HARD #12

Debonair Eyes advertisement featuring a woman wearing sunglasses, 20% OFF All Sunglasses For the Holidays, Eyewear with Attitude, Deborah Kurpjuweit, Debonair Eyes address and phone numbers.

HIGHER GROUNDZ Coffee Shop & Deli advertisement featuring a list of services (specialty menu, wireless internet, etc.), a 'Buy 1 food item, get 2nd free' offer, and a 'Buy 1 drink, get 2nd free' offer.



## SLO has a merry little Christmas downtown

**Santa's got a new home in front of the mission in downtown San Luis Obispo. Locals are invited to visit jolly Saint Nick until Christmas Day.**

**Josh Krane**  
MUSTANG DAILY

Santa Claus arrived at Mission Plaza in a stylish convertible on Nov. 24 to set up shop until Christmas Eve.

He was greeted with a festival at Santa's House that kicked off the Christmas season. The 50-piece San Luis Obispo County Band performed concert music and local shops Uptown Espresso and Sweet Shoppe provided refreshments.

Country radio station 98.1 KJUG and Downtown Brown, a bear mascot for the Downtown Association, also dropped by the festivities.

Approximately 3,500 children visit Santa every year at the house, said Kristen Dennis, promotions director for San Luis Obispo's Downtown Association. The small red house, which sits in the center of the plaza near the mission, is entering its 15th year in San Luis Obispo. It is the only permanent home for Santa in the city.

Dennis said visiting Santa's House is a good way to get into the local Christmas spirit.

"It just seems right to have Santa downtown because (people) can visit Santa and then have lunch and go shopping," she said. "It's just a well-rounded experience."

People of all ages are welcome to visit Santa this winter and are even allowed to bring their pets along. Dennis recalled that in 2005, someone brought their horse.

"Santa had to come out of the

house to greet the horse. People want to get pictures with their pets," she said with a laugh.

Visitors can also bring a wish list to their visit with Santa and it will be posted on the walls of Santa's House. Dennis said by Christmas Day, the house is covered with lists.

"It's so cute because kids ask for the funniest things. Some just want a scarf but others are like, 'I want a Playstation 2, I want a flatscreen TV'. It's funny," Dennis said.

The house will be open from 5 to 8 p.m. on Thursdays, 2 to 5 p.m. on Fridays and 11 a.m. to 5 p.m. on weekends. The house — and a carousel behind it — will be open the whole week leading up to Christmas Day.

Pictures with Santa are \$5. Each person who visits Santa receives a toy, candy cane and coloring book.

In addition to Santa's House, the Downtown Association also hosted the 31st Annual Holiday Parade on Dec. 1. The event, which featured floats, marching bands and other exhibitions from local groups, draws thousands of spectators each year along Higuera Street.

Dennis, a Cal Poly alumna, said the parade has something for everyone.

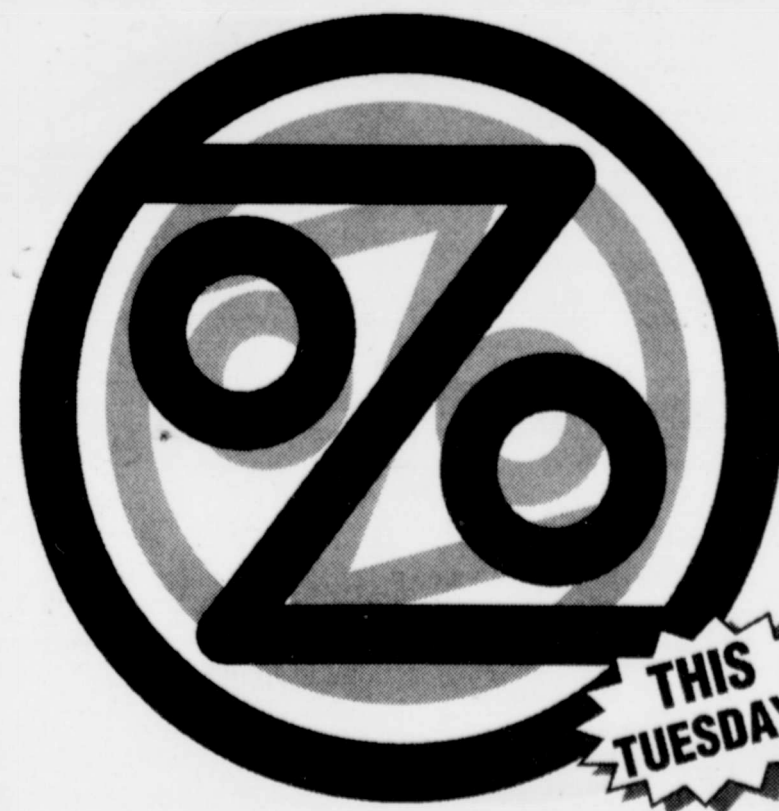
"When I was a student at Cal Poly, I didn't know about (the holiday parade). I wish I did because it's really cool to see and experience," Dennis said.

On Dec. 9, the Downtown Association showed a screening of the movie, "Polar Express" in the Downtown Centre Cinemas starting at 10 a.m.

Admission was free to children who brought canned food items. All proceeds from the event were donated to the SLO County Food Bank.

**Otter Productions Presents The Grad Live Series**

# OZOMATLI



**Plus Special Guest Los Abandoned**  
**Tuesday, December 12**  
**At The Graduate in SLO**

18 and over please. Doors at 7pm. Advance tickets available through Central Coast VALLITIX outlets including Boo Boo Records in San Luis Obispo and Grover Beach, the California Mid-State Fair Box Office in Paso Robles, the Mustang Ticket Office on the Cal Poly campus, and the UCSB Ticket Office on the UCSB campus. Charge by phone at (888) 825-5484. Order on line at [www.vallitix.com](http://www.vallitix.com). Full bar service available for 21 & over. Produced by Otter Productions, Inc. Visit us at [www.otterproductionsinc.com](http://www.otterproductionsinc.com)

CDs  
DVDs  
Video Games  
Digital Cameras

**Geek Squad**

255 Madonna Rd  
San Luis Obispo  
805-783-1619

Can't find what you're looking for?



Paint your own pottery at  
**Red Hot Pottery!**

10% off your pottery with student I.D.

We are open: M-TR 11am-8pm, FRI 11am-10pm, SAT 10am-10pm, SUN 12am-7pm  
Phone: (805) 545-7687 Address: 940 Chorro St, San Luis Obispo, CA 93401

[www.redhotpottery.com](http://www.redhotpottery.com)



# The Art Cafe & Bakery

Open 7am - 7pm  
7 days a week

- Free Wireless Internet
- Curried Chicken Sandwich  
Oprah's favorite!
- Organic Vegetables & Free Range Meats

Buy 1 whole sandwich  
& get 1 sandwich HALF  
off of equal or lesser  
value  
Must show student ID

548-8570 - 570 Higuera #105

*Apothecary*  
Skincare Boutique

Facials ~ Skincare Products ~ Full Body Waxing

\$5 Off Full Body Waxing

Gift Certificates Available

712.4307

1318 Garden St., SLO

www.ApothecarySkinBoutique.com

\$20.00 Off  
Facial Treatments  
For Students Struggling  
w/ Acne.

NOW OPEN

Curio

Woman's Resale Clothing & Accessories

Current Styles | Vintage Pieces | Leather Purses  
Shoes | Belts | Jewelry

In The Creamery

570 Higuera St. Suite 180 | 544-1204

Open Tues - Sat and late on Thursday

T-Mobile  
authorized dealer

verizonwireless  
Authorized Service Provider

Univer-Cell

CHECK OUT OUR LARGE  
SELECTION OF ACCESSORIES!

FREE DATA CARD  
WITH NEW 2 YEAR  
ACTIVATION\*

1/2 OFF ACCESSORIES

\$99.99 !!

W/ NEW 2 YR ACTIVATION  
AFTER \$50 MAIL IN REBATE

LG CHOCOLATE

EXPIRES DEC. 31ST,  
2006 LIMIT ONE PER  
CUSTOMER, HEADSETS  
& DATA PRODUCTS  
RECEIVE 10% OFF

\$149.99 !!

W/ NEW 2 YR ACTIVATION  
AFTER \$50 MAIL IN REBATE

LG ENV

544-4748

17 N. CHORRO ST. STE B  
SAN LUIS OBISPO, CA 93405

(NEXT TO JAMBA JUICE & STARBUCKS)

FASTFRAME  
EXPERT PICTURE FRAMING

Accent Your Holidays  
with custom framing

- fine art & photographs
- prints & limited editions
- diplomas & certificates

15%  
staff & student discounts

Design & Craftsmanship  
your total satisfaction guarantee

541-3455  
1115 Santa Rosa  
free parking in front of store

Faces Ala-Mode

- Hair
- Skin
- Makeup
- Waxing

Buy a gift certificate  
for one of these  
services & get the  
second half off  
Restrictions Apply

1601 Osos Street  
San Luis Obispo  
805.544.5729

www.facesandalamode.com

open Monday-Saturday, evening appointments available

"Ring" in the  
Holidays  
at Studio 718

Handcrafted  
jewelry &  
accessories

STUDIO  
718

805-547-0718  
718 Higuera St. SLO

Contemporary  
Silver



## President Bush's dog Barney is back with holiday video extravaganza

WASHINGTON (AP) — Just in time for the holidays, America's best-known Scottish terrier is back with a new video on the White

House Web site.

It's "Barney's Holiday Extravaganza," a production that follows Barney around the White House

as he plans a holiday show, runs into trouble developing a plot and then wrangles over his budget with Treasury Secretary Henry Paulson

and Budget Director Rob Portman.

The supporting cast includes President Bush, his wife, Laura, entertainer Dolly Parton, three-time Super Bowl champion and "Dancing with the Stars" winner Emmitt Smith, political strategist Karl Rove, Education Secretary Margaret Spellings, Press Secretary Tony Snow and others.

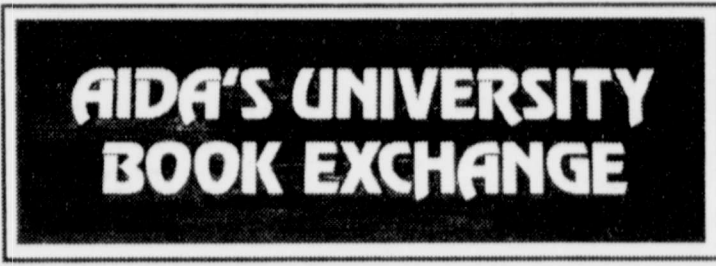
Miss Beazley, the Bushes' other Scottish terrier, and the first cat, Willie, also make appearances.

To see the video, visit [www.whitehouse.gov/holiday/2006/barney-cam.html](http://www.whitehouse.gov/holiday/2006/barney-cam.html).



ASSOCIATED PRESS

First lady Laura Bush is seen on BarneyCam at the White House "Barney's Holiday Extravaganza."



# Strapped for Cash?

## SELL YOUR BOOKS

**Best  
Buyback Price  
Guaranteed**

**Highest Buyback & Lowest Prices Always**

973 Foothill Blvd. Suite One • San Luis Obispo, California • 805-541-5854

Foothill  
 Santa Rosa (HWY 1)  
 Cabo San Luis  
 AIDA's



This is the picture of a man to remember...a man who will do great things, is spilling over with potential, and who has captured my heart with his wit and charm. I'll always support you Scott. I'm so proud of you. I know you will succeed in whatever you set out to accomplish. You've got the force and the some...Congratulations baby! I love you!

~Love Mangoly

P.S. Congrats Neffingikoc! You are one of a kind Bryan...you and your comfy furlike floor rug! When I think of you I think of Family Guy. Keep smiling, it's a good look on you. Future philosopher to be remembered Neffingikoc...

"Can we finally retire now?" haha ...Congratulations Scott we're very proud of you

~Love Mom and Da

You survived radiation and darkness, pitchers of beer and margaritas, stressed out shenanigans and physics defying tests, high times and Jewish times...all for a little piece of paper and ink. Congratulations! ~Bryan

"I got some sheep, you want some wheat?" ~Assaf "It's four shades darker." ~Ariel

Scott, don't forget the shower. Congrats man. ~Aaron

Scott dude, late, you are the man. Level 60 physics major. You soloed college in epic fashion on your green skeletal warhorse. Never forget to tip off your commitment to the high life. ~Mike

# PIZZA

# Solo

# PIZZA Solo

## Lunch & Dinner Special

## Only \$7 with Cal Poly ID

**Solo pizza, half salad, drink  
Limited Time Only**

**891 Higuera Street Located in  
Downtown Center - 805.544.8786**

# Holiday SALE!

Great gifts for everyone on your list

LAW'S HOBBY CENTER

## 40% off

any one item

Not valid with any other offer or Sale items. One coupon per customer. Expires 12/31/2006



Visit our upstairs gallery where  
you will find one of a kind,  
unique gifts!

855 Marsh St. • 544-5518



Enjoy afternoon tea & lunch  
in a 100 yr. old Victorian home

➤

Hours For December

Tuesday-Saturday  
10am-5pm

Sunday Brunch & Lunch  
11am-3pm

Closed Monday

➤

Reservations encouraged as our cozy  
tearooms fill up quickly:

(805) 595-1848  
508 Higuera Street  
San Luis Obispo, CA 93401



Tired of hearing your family argue about current events?

[www.mustangdaily.net](http://www.mustangdaily.net) Your peaceful source for news over break.

# MICHAEL'S OPTICAL

**25% Off** \* Frames with purchase of Lenses.

\*With this ad. Offer good until 1.31.07.  
Not good with any other offers or insurance.

San Luis Obispo • 543-5770  
719 Higuera (Broad & Higuera)

Atascadero • 466-5770  
8300 El Camino Real (Longs)

Paso Robles • 238-5770  
719 Higuera (Broad & Higuera)



Our certified mechanics will keep your car's maintenance up-to-date.

Trust the Midas touch.™

- Student Discount
- Shuttle Service
- Locally Owned & Operated
- WiFi Access

**Midas Touch™ MUSTANG DAILY**  
**LUBE, OIL & FILTER**  
**\$21<sup>95</sup>**  
Up to 5 qts. 5W30 or 10W30 oil  
New oil filter  
Lube chassis fittings check fluid levels  
Discount off regular price. Most cars, light trucks, SUV's. Diesel vehicles extra. Other grades and synthetics available at extra cost. Coupon must be presented at time of purchase. Not good with any other offer. At participating shops only. Void if copied or transferred and where prohibited by law. Any other use constitutes fraud.

**Midas Touch™ MUSTANG DAILY**  
**LIFETIME BRAKE SHOES OR PADS**  
**\$89<sup>95</sup> PER AXLE INSTALLED**  
45-point brake inspection  
Road test  
Top off brake fluid  
Semi-metallic or NAO organic pads  
Many cars, light trucks and SUV's. There may be substantial extra cost for additional parts and labor.  
\*\*Lifetime guarantee valid for as long as you own your car. See manager for limited guarantee terms and details.

3583 S. Higuera Street, San Luis Obispo • 805-541-1855

Did you know that Midas can:

- Perform brake service
- Change your oil
- Perform Factory Scheduled Maintenance
- Replace your faulty muffler
- Install high-performance exhaust
- Align your car
- Rotate and balance your tires
- Replace your catalytic converter
- Perform general repairs
- Replace your tires
- Perform fluid flushes (Power steering, transmission, brake & anti-freeze)

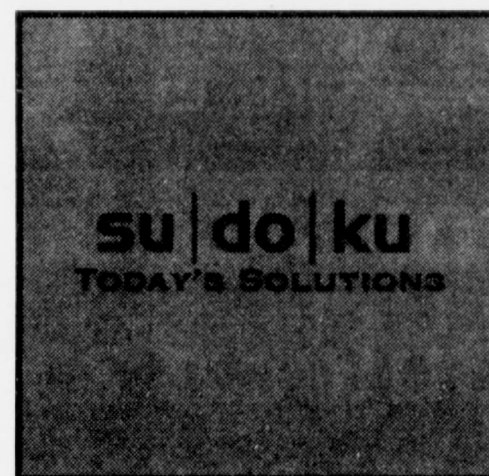
David Turton | Owner  
Santa Maria, Arroyo Grande & San Luis Obispo

**BRIDGESTONE Firestone**

NOW OPEN SATURDAYS

M-F 7:30am - 5:30pm • Sat 8am-4pm

5	1	2	4	9	7	3	6	8
3	8	4	6	5	2	1	9	7
9	6	7	1	3	8	2	4	5
7	3	6	8	2	4	9	5	1
4	2	5	9	7	1	6	8	3
1	9	8	5	6	3	4	7	2
2	4	9	7	1	5	8	3	6
6	7	3	2	8	9	5	1	4
8	5	1	3	4	6	7	2	9



8	3	5	9	4	6	1	2	7
7	2	4	1	8	3	6	9	5
9	1	6	2	5	7	8	3	4
6	5	7	8	3	4	2	1	9
1	8	9	5	7	2	4	6	3
2	4	3	6	9	1	7	5	8
5	6	8	4	1	9	3	7	2
3	9	2	7	6	8	5	4	1
4	7	1	3	2	5	9	8	6

5	6	8	1	9	4	7	3	2
7	4	1	8	3	2	5	6	9
2	9	3	6	5	7	1	8	4
4	1	6	2	7	9	3	5	8
9	8	7	3	1	5	2	4	6
3	2	5	4	8	6	9	7	1
1	3	2	7	4	8	6	9	5
6	5	4	9	2	3	8	1	7
8	7	9	5	6	1	4	2	3

5	9	7	1	8	4	6	3	2
1	6	4	2	9	3	8	7	5
2	8	3	5	6	7	4	9	1
6	1	5	8	2	9	7	4	3
9	7	8	4	3	1	2	5	6
4	3	2	6	7	5	1	8	9
7	2	1	3	5	8	9	6	4
8	5	6	9	4	2	3	1	7
3	4	9	7	1	6	5	2	8

1	3	8	9	7	5	2	6	4
2	7	5	4	8	6	9	3	1
4	6	9	1	2	3	7	8	5
9	5	4	7	6	2	3	1	8
7	1	6	3	9	8	5	4	2
3	8	2	5	4	1	6	9	7
8	4	3	2	5	9	1	7	6
6	2	1	8	3	7	4	5	9
5	9	7	6	1	4	8	2	3

Looking for student housing  
and just can't find any?

Want to be able to  
pick your roommates?

Talk to your parents about investing in a home  
or condo in SLO. It can be cheaper than renting  
and can pay for your college tuition!

Susie Brans  
(805)550-8833

**Aurignac**  
& ASSOCIATES

Stuff your own bear!

**20% off\***

\*With student I.D.

Beary Cute Bears  
1126 Morro St.  
544-6711

[www.bearycutebears.com](http://www.bearycutebears.com)



**Tush**  
Waxing and Skin Care Boutique

- NOW OPEN -

Featuring Skin Care, Airbrush Tanning, Make-up, Waxing and More

Grand Opening Specials Include:

\$25 Airbrush Tanning

\$100 Full Set Lush Lash Extensions

as well as Discounted Rates

on Waxing and Makeup

Private Parties starting as \$100/hr

Call for an Appointment  
(805) 541-0161



Located in Foothill Plaza Suite 105

**J.J. Branks**  
**Soap-pétit**

Soaps Lotions Candles Jewelry

Crabtree & Evelyn, Shea Butter Soaps, Tyler Candles,  
Men's Body Care, Sugar Scrubs, & Body Oils

**FREE**

\$5.00 Trader Joe's Gift Card  
with every \$50 purchase

1129-B Garden Street SLO 805-545-9900



## COMMENTARY

# Stuff stockings with these video games

Andy Medici

THE PITT NEWS (U. OF PITTSBURGH)

As the holiday season kicks into high gear and two new consoles battle it out for world supremacy, it might seem impossible to unravel and separate the good games from the bad.

So instead of studying for finals, take a look at some of the new games that will make your holiday experience a much less frustrating one.

From some new looks at old franchises to completely original creations, this December will be filled with not only holiday cheer, but a large assortment of electronic entertainment.

## "Star Trek: Legacy"

Platform: PC, Xbox 360

Genre: Real-time strategy

The newest in a long-standing (and hopefully not part of the long-disappointing) line of Star Trek games, "Star Trek: Legacy" in particular promises its fans enough content to allow them to avoid women for days at a time.

The game spans a time ranging from the beginning of the Star Trek universe as explored in the show "Enterprise" to the bald-headed explorations of Patrick Stewart (Jean-Luc Picard) in "Star Trek: The Next Generation."

The player can eventually control ships from four different factions: The United Federation of Planets, the Klingons, the Romulans and the infamous half-person, half-machine and 100 percent evil Borg.

Players can control all different types of ships: In the Federation, these range from models such as the Constitution class ship to the Galaxy class ship. For the Borg, this ranges from the "Cube" to the much more innovative "Tactical Cube" — that looks much like the aforementioned cube, only covered in aluminum foil.

The graphics look a bit like the massively multiplayer online role-playing game "Eve." There are neat-looking planets and some good-looking particle effects. The makers of the game, Bethesda Softworks, claim that "Star Trek: Legacy" will offer an immersion of the sort fans have not seen before. They promise lasers, phasers and much more that will cause explosions galore.

For many, this will be the best chance they will get at being able to partially disrupt an inverse taction field using a partially hydrogenated monosodium glutamate beam emitted from the coils of the main deflector relay system on board the sub-secondary processor array. And who can argue with that? Not I, and certainly not you.

And while many of you might have been disappointed in Star Trek games such as "Star Trek: Armada," "Star Trek: Armada II," "Star Trek: Shattered Universe," "Star Trek: Encounters," "Star Trek: Klingon Academy," "Star Trek: Deep Space Nine: Dominion Wars," "Star Trek: Starfleet Academy," "Star Trek: New Worlds," "Star Trek: Voyager Elite Force" and "Star Trek: Away Team," you might actually be able to get your hopes up just a little bit for this one.

## "Blazing Angels: Squadrons of WWII"

Platform: Xbox, Xbox 360, PS3

Genre: Flight Simulator

For the nine of you who bought the PlayStation 3 and did NOT immediately sell it for immense profit, "Blazing Angels: Squadrons of WWII" is everything you didn't want in this new system. Sure, the graphics are clean and pretty cool — you get to fly around Europe and it looks a lot like Europe — but that's pretty much it.

The new PS3 controller (it's exactly the same as the old ones!) allows the player to control the tilts and turns of the plane in flight. If only there was something that would allow a player to do just that, only in an easier way — right, a joystick.

In essence, the player gets to fly around Europe completing objectives, bombing this and fighting that, while he keeps their team around him. This is the squadron they are referring to in the game title. How original.

In fact, this game isn't what you would call the latest innovation in gaming experience. What is the opposite of innovation? Oh, right:

## "Blazing Angels: Squadrons of WWII"

Platform: Nintendo Wii

Genre: Adventure

In this anticipated Wii release from Konami, your job as the player is to hunt down Elebits: Creatures that look like a crack-addicted cross between the animals from "Where the Wild Things Are" and some of the weirder stuff from "The Wizard of Oz."

Apparently, Elebits are creatures that produce light and energy, and they have decided to no longer work for humanity, which means no one's electronics work. A child has decided to restore power in his house by shooting the Elebits with some sort of beam gun and forcing them to work again.

Basically, "Elebits" combines the worst aspects of cleaning your room with the incredibly questionable ethics of European imperial colonialism.

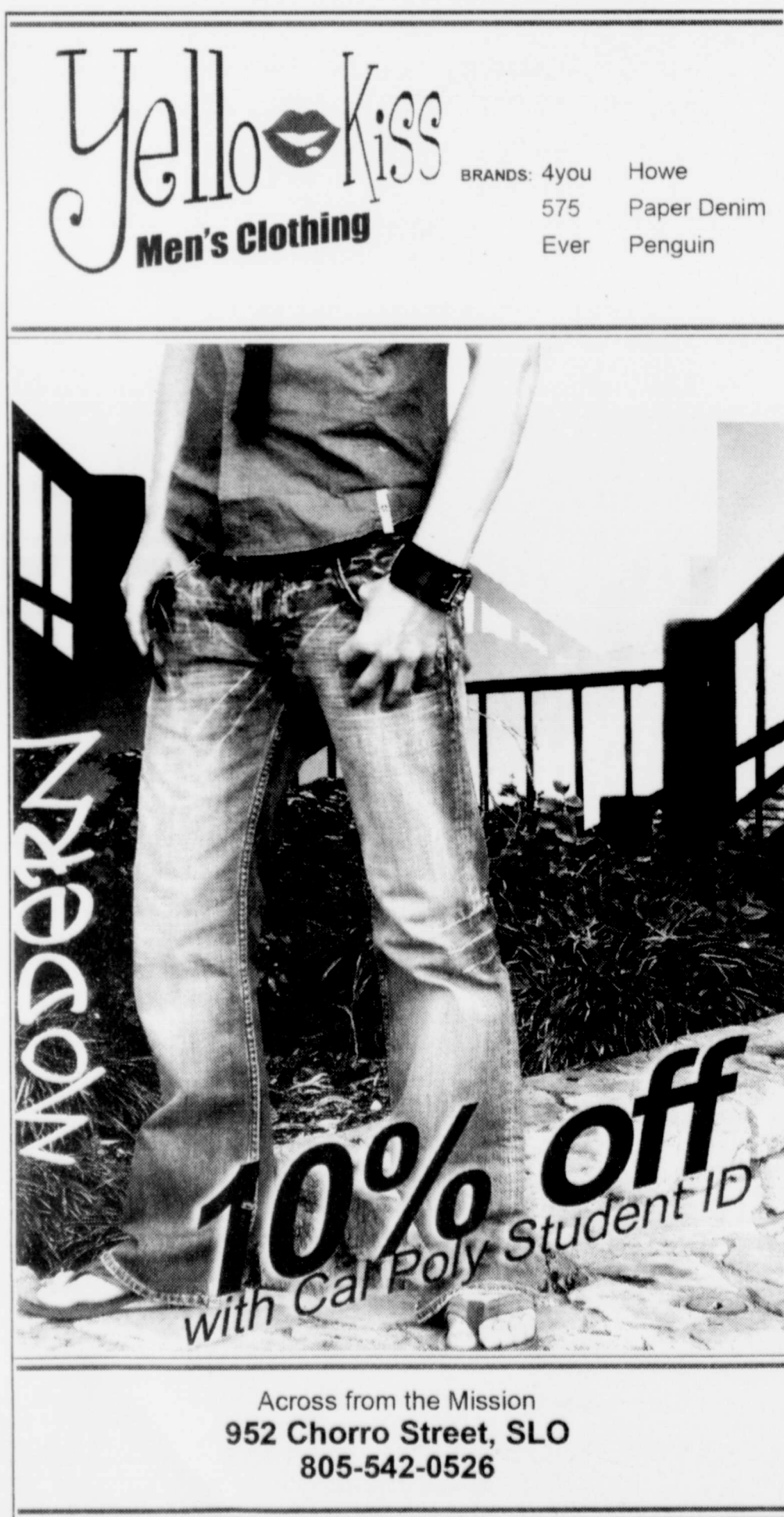
The game has a few more than 20 levels that correspond to different areas of the house, and players use the gun to open doors, look under trash on the floor and everywhere else: Those Elebits can be hiding anywhere. As they are found and shot with the gun, the total energy in the room increases, turning on lights and restoring technology to mankind.

The graphics are kind of cartoony, but that's to be expected from a game of this type. What is disappointing is that there isn't much movement required from the Wii controller. There is little slashing and much more work of a delicate nature that requires players to be careful in their movements.

But all in all, the intriguing game is definitely worth a second look. So try it out, you might find that you like it just Elebit.

## Other games to watch for:

This month will be a busy season for games for all the platforms. "State of War: Warmonger" will come out Dec. 8, while "Far Cry Vengeance" for the Nintendo Wii was just released. Movie-themed games such as "The Ant Bully" and "Ice Age: The Meltdown" will appear on the Wii as well. Watch for "Star Wars: Lethal Alliance" on the Nintendo DS and "Blitz: Overtime" on the PSP.



**Yellow Kiss**  
Men's Clothing

BRANDS: 4you    Howe  
575    Paper Denim  
Ever    Penguin

**10% off**  
with Cal Poly Student ID

Across from the Mission  
952 Chorro Street, SLO  
805-542-0526



# Thai-rific

## RESTAURANT

SLO County's Premiere Thai Restaurant, since 1985

Year after year voted...

### "Best Thai Restaurant in SLO"

❖ TRADITIONAL & DISTINCT ❖  
All delicious and served as in the Thai home

curries • house specialties • soups • noodles  
rice dishes • BBQ • seafood • vegetarian

### FAVORITE LUNCH SPECIALS

Free Parking

Thai Cuisine on the Central Coast at its Finest

208 Higuera Street  
San Luis Obispo  
(805) 541-THAI

7965 El Camino Real  
Atascadero  
(805) 462-THAI



# Limit snacks, divide workouts to avoid holiday weight gain

Eric Davis  
THE COLLEGIAN (KANSAS STATE U.)

As the semester ends and students begin to de-program from all the stress of finals week, fitness and exercise often get pushed to the back burner.

However, there are ways everyone can stay fit and slim over the holidays.

Rob Jewett, a certified personal trainer, has several ideas to battle the bulge over the break:

**1. Determine your fitness level.** It is not a good idea to try to do too much, Jewett said. For example, if you don't usually work out, start small with body-weight exercises and light jogging. If you are more experienced, try some weight training or push-ups.

**2. Don't set unrealistic workout or diet goals.** With the hustle and bustle of the holiday season, it is difficult to block off large amounts of time to work out. Workout time can accumulate, meaning three 10-minute workouts are equal to one 30-minute workout, he said.

It is unrealistic to assume you will not eat when there is delicious holiday food available. Rather than eat-

ing chips and dip, snacks that are available throughout the year, eat more seasonal snacks that are not available year-round, Jewett said.

**3. Identify areas in which you can be more active.** Parking farther away at the store, taking a few extra laps at the mall and drinking more water are great ways to maintain fitness. Usually when students go home, they eat more fast food than they do at school, Jewett said. Look for healthier menu items or avoid those types of restaurants altogether.

**4. Don't skip meals.** Many people skip lunch or breakfast in order to save room for dinner. This actually has the opposite effect, as the body slows the metabolism to preserve food, making you less hungry later in the day, Jewett said.

**5. Control drinking and snacking.** The holidays are great times to see old high school friends and family. Most of these reunions take place in social settings where alcohol is involved.

For those who like mixed drinks, Jewett suggested drinking diet soda rather than regular.

# Rock & Roll HAIR

**FREE Haircut w/color**  
**20% off Chi flat iron**

**10% off all haircare products**  
(Matrix, American Crew, Ice and more)

Mon-Fri 10am-7pm  
Saturday 10am-5pm

Call today!  
**544-7202**

973 E. Foothill Blvd. Suite 107  
Walking distance from Cal Poly

## DECEMBER DEAL @ STYLES

December 10-16, 2006

*Happy Holidays!*



Clothing Shoes Accessories Gift cards

Get a

# FREE TEE

with every \$50 pre-tax purchase

\*no coupon necessary, see store for details.

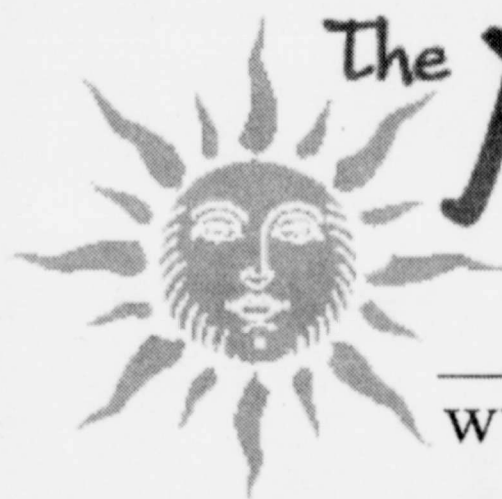
*A free tee makes a perfect gift!*

# STYLES FOR LESS

WWW.STYLESFORLESS.COM

SAN LUIS OBISPO

3910 Broad St. (805) 545-7977



# The Natural Cafe

[www.thenaturalcafe.com](http://www.thenaturalcafe.com)

Appetizers • Salads • Sandwiches • Pasta • Vegetarian Entrees  
Chicken Entrees • Fish Entrees • Shakes • Smoothies • Desserts

# FREE FOOD

Purchase one entrée at the regular price & receive the second entrée of equal or lesser value FREE.

San Luis Obispo location only. Not valid on holidays. Present coupon when ordering. Limit 1 FREE entrée per coupon.

Expires 12/31/06

698 Higuera St. • San Luis Obispo • Downtown

805-546-9200



# Broken iPod?

**fixit yourself.**

(we make it easy!)

**iFixit**

Mac + iPod Parts & Upgrades

+ Free online step-by-step Fixit Guides!

+ Thousands of iPod and Mac Parts!

+ Don't trash your broken iPod-  
save \$\$\$ and fixit yourself.

**www.iFixit.com**

Use this coupon code for \$5 off your next purchase!

**MUSTANG9393**



**THE DUO OF JUSTICE:**  
A different kind of gift 'rap.

**Start spreading the  
news that the  
ball drops here!**



New Year's Eve

**Manhattan**

**Madness**

**\$5 Cover Charge  
\$5 Long Islands**

1119 Garden St. SLO CA 93410  
805-543-1843

*25% off for Graduates  
and Parents!*



- Engagement / Wedding Sets
- Unique Artistic Custom Designs
- Watches, Batteries, Repair
- Platinum, Gold, Silver
- Jewelry Repair
- Free Cleaning



805-546-8000

1108 Broad Street, Downtown San Luis Obispo



# Favorite holiday recipes

## Potato Latkes By Emily Rancer

6 Russet potatoes  
1 onion  
1/4 cup flour  
2 tsp baking powder  
1 tsp salt  
1/4 tsp. black pepper  
1 Tbs oil  
3 eggs  
oil for frying



COURTESY PHOTO

In a food processor, grate potatoes (with skin) and onion. In a separate bowl, mix the rest of the ingredients together. Combine with potatoes and onions.

Heat oil in a frying pan. Form palm-size balls of potato mixture and squeeze out excess juice. Place into pan and cook until golden brown. Flip and fry other side until golden brown. Makes about 20 latkes.

## White Chocolate Peppermint Bark By Jennifer Hall

2 lbs. white chocolate  
1/2 lb. crushed peppermint (peppermint candy or candy canes)



COURTESY PHOTO

Break white chocolate into small pieces. Melt chocolate in microwavable container stirring every 15 seconds. When chocolate is melted, stir in peppermint pieces.

Cover a cookie sheet with wax paper and pour chocolate and peppermint mix in until it is approximately 1/4 inch thick. Let cool at room temperature.

When hard, break into bite-size pieces.

**Splash CAFE**

Brighten your holidays & graduation with a visit to Splash Cafe!

CLAM CHOWDER CHAMPS!!  
14 YEARS AWARD-WINNING!

We Have Two Locations:  
Pismo Beach: 197 Pomeroy 805.773.4653  
San Luis Obispo: 1491 Monterey Street 805.544.7567

Gotta get gifts?

Then YOU Gotta getta gund at

**Campus MARKET**

located behind Ag Science.

Gotta Getta GUND  
The World's Most Hug

holiday headquarters!

Plu\$ & EXPRESS Welcome

**Global Wireless**

Where ever you go we keep you connected

**Free Music Essential Kit\***  
\*With new two year agreement

Chocolate Phone \$79.99

Samsung Phone \$79.99

verizon wireless  
Authorized Service Provider

T-Mobile  
authorized dealer

595 Marsh St.  
San Luis Obispo, CA 93401  
805-594-1326



# Last-minute holiday gifts they will love

Nicole Small  
MUSTANG DAILY

When you were little, you probably gave your parents gifts like a still wet, glue-glittered plate that no one could eat off of — and your parents loved it.

But now that you're older, it's usually more difficult to find a present that makes the same smash hit. Now that we're students living on a tight budget, another stress factor is keeping gifts as inexpensive as possible. This year, you can avoid going into debt around the holiday season like many seem to do.

If you are lacking that childhood creativity and running low on shopping time, here are some low-cost, yet very good, present ideas.

We've split them into three categories: local, homemade and no time. Local items are located at stores in and around downtown San Luis Obispo, homemade are for those who have time and no time is, well, self-explanatory.

## Mom

1. Local: You don't have to spend a fortune at Kay Jewelers this win-

ter. Downtown San Luis Obispo is home to many great jewelry stores with items that students can afford. Hands Gallery at 777 Higuera St.

2. Homemade items: Take a favorite picture of you and your mother (or any picture) and buy a frame at Ross, located at 868 Higuera St. For a hint of creativity, write a message or poem on the back of it. Every time she looks at it, she will think of you.

3. No time: Visit [www.thingsremembered.com](http://www.thingsremembered.com) and check out their selection of lockets that cost \$29.99. You can personalize them for around \$6 and get shipped to your home.

## Dad

1. Local: For the meat-loving dads, head to The Old Country Deli at 600 Marsh St. They make 35 varieties of sausage and a pound of it will cost around \$7. Meat can easily be transported this time of year.

2. Homemade: Why not make a calendar? Dad can put it up at the office or keep it at home, giving him 12 months of fun memories — a great alternative to a pair of socks. FedEx Kinko's at 1127 Chorro St. can get your calendar back to you in 24 hours for the price of \$19.99.

3. No time: Is your Dad always in a hurry in the morning? At [www.sharperimage.com](http://www.sharperimage.com), you can

find a coffee maker that drips coffee right into a travel mug for \$24.95 plus shipping.

## Girls

1. Local: Therapy at 733 Higuera St. has cashmere scarves for \$24. Who doesn't want a cashmere scarf?

2. Homemade: Make a mini scrapbook. Aaron Brothers, at 647 Higuera St., sells Kolo mini photo albums for \$8 with six pages of acid-free paper inside.

Place a photo on each page and then write about that memory on the back.

3. No time: Although San Luis Obispo does have an Urban Outfitters, check out [www.urbanoutfitters.com](http://www.urbanoutfitters.com) for a larger selection of sales items. A great gift would be a pearl watch, which is now only \$19.99.

## Guys

1. Local: Cheap Thrills, located at 563 Higuera St. sells vinyl records

and CDs for around \$13 and up. Also, the store can special order items.

2. Handmade: Don't laugh, guys are crafty too. Make a CD of your favorite hangout tunes.

3. No time: For that real close bud, check out [www.lids.com](http://www.lids.com) to buy him a hat he can't find anywhere else.

## Anyone

1. Local: Pick up a bottle of wine made at local wineries. They usually cost \$12 and up. You can get local labels from grocery stores as well.

2. Homemade: Do a shadow box frame, filled with tickets from a concert, fun photos of trips or pretty much anything. Shadow boxes come in all shapes and sizes.

Right now at Aaron Brothers on Higuera Street, shadow boxes are on sale starting at \$10 and range

from 5 inch by 7 inch to 16 inch by 20 inch.

3. No time: Visit [www.urbanoutfitters.com](http://www.urbanoutfitters.com) and purchase a pinhole camera for \$24 plus shipping.



December 2006						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

PHOTO ILLUSTRATION

Homemade calendars like this one are an easy gift that anyone will appreciate.



COURTESY PHOTO

Personalized CDs always make great gifts that remind that special someone of their memories with you.

Naughty or nice...  
Do I have to decide right now?

805-783-2890  
1137 Garden St.  
San Luis Obispo, CA 93401

**California Blonde**  
SLO's most unique gift shop

PIZZERIA  
**CUGINI'S**  
TRATTORIA

NEED A STUDY BREAK?  
Grab A Slice At Cugini's

Buy one slice get second 1/2 off  
WITH YOUR STUDENT ID & FREE SODA REFILLS  
December 11-17

Marigold Shopping Center  
3810 Broad St. Suite 3, SLO, CA 93401  
Phone Number  
(805) 784-9999

**Do your Cal Poly shopping on-line or in-store!**

**Cal Poly Merchandise**  
Gifts for your student,  
plus Parent & family merchandise.

**Books**  
The Art of Robert Reynolds: Quiet Journey  
Author Signing at Cal Poly Downtown Dec. 14 & 19, 5pm - 7:30pm

**Alumni**  
Diploma frames,  
fine gifts & clothing.

**Computers**  
iPods & accessories. Low educational prices on software  
titles from Adobe, Macromedia, Microsoft, and more!

**Gift Cards**

**EL CORRAL BOOKSTORE**  
[www.elcorralbookstore.com](http://www.elcorralbookstore.com)



# Excess caffeine endangers student health

**Students studying at all hours of the night for their classes are turning to caffeine and energy pills that may be dangerous to their health.**

**Jessica Farkas**

SAGEBRUSH (U. NEVADA-RENO)

With finals and research paper deadlines quickly approaching, more students are trading their doctor-recommended eight hours of sleep for some newer techniques, which professionals say are more dangerous.

But when only 11 percent of students are getting adequate sleep, according to a Brown University study, many are disregarding the risks and warning labels that coat the containers of caffeine and energy pills.

According to Heidi Riggenbach, head lab tech and biochemist at Barton Memorial Hospital in Tahoe, Nev., a cup of coffee contains about 110 milligrams of caffeine, while one caffeine pill contains almost double that.

"People think that because these caffeine pills are so readily available they must be safe," Riggenbach said. "But they really mess with your system."

Riggenbach said that if taken in improper amounts, caffeine could be harmful to a person's health and body. She said caffeine is highly addictive, especially when taken in large amounts.

Riggenbach warned that caffeine can cause headaches, dehydration

and even depression.

For health ecology major Tommy Hoyle, these kinds of side effects helps him refrain from taking these uppers, but he said he knows several students who do use caffeine to help studying.

"I don't think it's uncommon at all," Hoyle, 22, said.

"Everyone is so stressed right now about how they're going to finish everything. You do what you got to do."

Kris Gunckel, manager of GNC in Reno, Nev., said that about half of his customers that ask for some type of energy boosting supplement are college students.

He said that many students ask for these pills as a means of higher energy while working out or to increase metabolism in order to lose weight, but said it could be possible that students are actually using them to stay awake at night.

"Either way, if they are taken

properly and in the right dosage, the energy pills we provide are not unsafe," he said.

Gunckel said that students who do choose to take caffeine pills need to remember to drink excessive amounts of water because of how much sweat caffeine consumption

pills are available in her store for a reason.

"There are some caffeine pills out there that have the equivalent of 30 cans of soda," she said. "I try to tell people to stay away from the caffeine pills in general — they can make you really jittery and moody."

But highly caffeinated pills such as No-Doze and Vivran are available at local retailers, including the ASUN Bookstore and the DC Store on campus.

And when caffeine pills aren't cutting it anymore, some college students tend to follow a newer trend to stay awake. The use of prescription medications like Adderall and Ritalin has become increasingly popular among college students.

According to a recent test conducted by the National Center on Addiction and Substance Abuse, as many as 20 percent of college students depend on these pills to help keep both themselves and their grades up.

Britney Christen, a 21-year-old art major, said she isn't surprised by

these statistics.

"We're under so much stress as college students, especially right now with finals," she said. "Sleep is a precious commodity that most of us can't afford."

But according to electroencephalogram technician Barbara Kafeman, students can't afford not to devote time to sleeping.

Kafeman monitors the brains of sleep-deprived people to learn exactly how the brain is affected.

"The brain electrically malfunctions when people are sleep deprived not only because it needs rest, but because you are depriving it of oxygen and glucose," she said. "We're basically a bunch of walking batteries and when those electrical charges malfunction in the brain, it can cause huge problems."

Kafeman said that she has seen serious problems resulting from sleep deprivation.

"I've dealt with many people who have either lost consciousness or had seizures as a result of it," she said. "You're stressing out your central nervous system and really — to put it in layman's terms — pissing off the brain."

**You're stressing out your central nervous system and really — to put it in layman's terms — pissing off the brain.**

—Barbara Kafeman  
Electroencephalogram technician

creates. He also said that energy pills are not safe to consume for long periods of time.

Sandy Thomas, manager of Vitamin World, agreed, saying that only safe, natural and herbal energy

Who wouldn't want this for a gift?

Give the gift of Woodstock's.  
It's the perfect present  
for friends, family & co-workers.

Gift Certificates are available in  
denominations from \$1 to \$1,000,000!

Ask any employee for more info.

Voted Cal Poly's Favorite Pizza!  
— Mustang Daily Readers' Poll



**Having a  
Holiday  
Party?**

Have it in our  
semi-private dining  
area, perfect for  
groups, or we'll  
deliver to your place!

Dine-In Take-Out Groups Catering

**We Deliver!**

Lunch Dinner **(Late)**

1000 Higuera St • 541-4420 • Check our menu, deals & more at: [www.woodstocksslo.com](http://www.woodstocksslo.com)

Award-Winning Pizza • Fresh Salads • WildeBread® • Wings

Frosted CinnaBread® • Peanut Butter & Chocolate Pie®

Bottomless Sodas • Ice Cold Brews on Tap • Video Games

Multiple TV's, Including an HD BIG Screen, w/Sports Always On

**FREE WiFi Available!!!!**

**WOODSTOCK'S**  
**PIZZA**

**Gift Certificates Available!**

**tIGERLILY**

a full service salon

hair - skin - fingers - toes - massage

670 Higuera, Suite D  
Downtown SLO  
541-9911

1453 Grand Ave  
Grover Beach  
574-1900

10%

off Product\*



**epicuren**

\*Mention this ad



**Ooh-la-Lash**  
Lovely Lasting Lashes

"We'll Come to You"

Nancy J. Van Tassel  
Licensed Beauty Specialist

805.286.8282



# Happy Holidays

**FREE**  
Hair Cut  
with color service

**GIFT**  
certificates  
available here



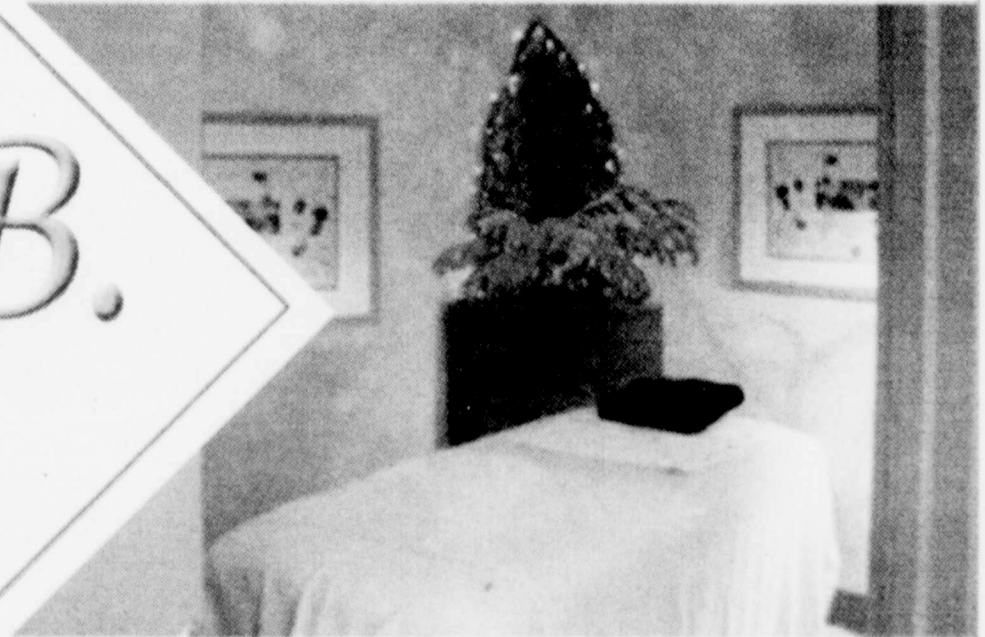
**30% OFF**  
Products  
limit to three items

**\$5 OFF**  
Hair Cut  
men and women

## RETAIL SERVICES



*T. H. B.*  
Total Head & Body  
*Salon*



Arbonne | Sexy Hair Line | Joico  
Back to Basics | Tigi's | Bed Head  
Catwalk | Kenra | Paul Sherri  
Biolage | Hapunna | Spiker

Facials | Massage | Body Waxing  
Hair Cutting | Specific Event Styles  
Coloring | Lowlighting | Highlighting  
Thermal Permanent Straightening

Call for an appointment  
**805.544.4101**

**OPEN**  
7 Days  
a week

**3000 Broad St. Space 107**  
San Luis Obispo, CA 93405  
Next to Staples in the Brickyard

