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<table>
<thead>
<tr>
<th>Special</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyebrow Waxing</td>
<td>$10</td>
</tr>
<tr>
<td>Gents’ Haircut</td>
<td>$15</td>
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<tr>
<td>Women’s Haircut</td>
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<td>Brazilian Waxing</td>
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**Robert Gilidden**  
INTERIM CAL POLY PRESIDENT

"My best advice for students looking forward is, know what you’re doing, keep focused, be self-disciplined and diligent, work first and then have fun, and always respect and treat other people well. I think the combination of those things makes for success in almost any field. The world works with teamwork today. People who learn to work well in teams — respecting those that they’re working with and doing their share of the load — are those who succeed in the world."

see Tips, page 3
Tips

Continued from page 2

Cornel Morton
VICE PRESIDENT OF STUDENT AFFAIRS

"Success is building and sustaining relationships — relationships that are born out of a genuine interest and staying open as an individual to learning more about others and using that information and those experiences to better understand your place in this world. In a nutshell, successful leaders have an instinct, I believe, that strives for them a genuine interest in working relationships that are productive."

see Tips, page 2

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College is about studying, meeting new people, discovering passions and even attending an occasional party. Between all of these different aspects of college life, many students forget how to stay healthy.

Saying healthy by eating right, getting enough exercise and sleeping enough is hard to do when homework, reading assignments and midterms pile up.

However, Erica Melling, a nutrition senior and peer health educator for the Health Enrichment Action Team (H.E.A.T), said it is difficult but possible to stay healthy as a college student.

"If you make getting enough exercise and eating right a priority there are so many avenues to make it happen," she said. "The biggest thing is to simply make it a priority."

Eating right could possibly be the biggest problem students face. Many pick foods that is convenient while also cost effective, Melling said. When money is low, quick runs to Carl's Jr. and McDonald's to order off the dollar menu seems like the best option.

These quick, high calorie meals just do not have the nutritional value of a home-cooked meal, but college students are not known for regulating their food choices, Melling said.

"The easiest rule of thumb for eating right is eating food that is minimal­ly processed; however, that comes with more preparation," Melling said.

Something that comes with the college experience is partying and many students choose to drink during events. Eating healthy is hard to do when homework, reading assignments and midterms pile up. However, Erica Melling, a nutrition senior and peer health educator for the Health Enrichment Action Team (H.E.A.T), said it is difficult but possible to stay healthy as a college student.

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Something that comes with the college experience is partying and many students choose to drink during events. Eating healthy is hard to do when homework, reading assignments and midterms pile up.
CSU system gets ‘thumbs-ups’ in public opinion poll

Amanda Sedo
AMANDASEDO.MD$>GMAJL.COM

The California State University (CSU) system has done a good or excellent job," according to a recent poll released by the Public Policy Institute of California (PPIC) on Nov. 17.

The PPIC, a private, non-profit foundation, interviewed 2,502 California adults via landline and cell phones, as stated in the report. The adults were asked about their opinions on state funding for public universities and the importance of higher education to California’s future as well as other subjects pertaining to higher education.

The report states that 62 percent of the population believes the CSU system is doing at least a good job. This has remained constant since 2007.

Erik Fallis, a media relations specialist for the CSU system, said this shows that Californians hold the CSU’s in high esteem.

"This is a really positive affirmation of what impact we have within California," he said. "This is a healthy margin of people who believe that we are doing a good job here ... because we are doing a good job."

According to the report, 57 percent of those polled said the state should increase spending for higher education even at the expense of other programs.

Fallis said findings like this could be beneficial for the CSU system when asking for a larger budget from the California legislature.

"All of the things provided in the report definitely strengthen our argument when we go to Sacramento to ask the governor to provide us with more funds," Fallis said.

However, students at Cal Poly like Aaron Zaidman, a wine and viticulture junior, said the poll was not representative of the student population, in which many believe the CSU system is not doing enough for their education.

"Higher education is important to cities, states and even the world," Zaidman said. "Throughout history, people became more prosperous with education."

Fallis said findings like this could be important to the CSU system and could help in the future when asking for increased funding.

"This is a really positive affirmation of what impact we have within California." — Erik Fallis

CSU media specialist

The only thing that poll shows me, is that California residents are unaware.

—Aaron Zaidman
Wine and viticulture junior
Wheelmen grab championship trophy again

Catherine Borgeson  
CATHERINEBORGEON.MDI^>MAL.COM

For the third consecutive year, the Cal Poly Wheelmen placed first overall at the Western Collegiate Cycling Conference Championships held Nov. 20 and Nov. 21 in San Diego, Calif.

The conference was divided into four different disciplines — Cross Country and Short Track (endurance races), Downhill (a gravity race) and Super D (a combined endurance and gravity race), where 20 Wheelmen, 15 men and five women, competed against 15 other schools.

Cal Poly won gold in all races except Short Track, in which they fell short to UC Berkeley.

Cal Poly Wheelmen have made a tradition of placing first at the Conference Championships. They held the championship title from 1998 to 2005, until UC Berkeley interrupted their eight-year winning streak in 2006. Cal Poly gained it back in 2008 and plans to keep it that way.

Wheelmen President and biomedical engineering junior Josh Marcum thought the conference was a success, in part because of Berkeley's defeat.

"They ruined our streak," Marcum said. "We were going for 10-in-a-row. But it's OK, we're starting over now. Seven more to go. It felt Berkeley was closer to us than they were in the past. It came down to the last race on the last day of the entire season — we beat them by 56 points out of 1200. Basically one race."

The Cal Poly Wheelmen were able to pull through despite the rain and 45 degree weather.

Approxd. engineering senior Sally Hermanes placed third overall in the women's A category, included first in the Women's A Downhill. The weather made the race a 'completely different ball game,' Hermansen said.

"It was miserable, raining and freezing cold," she said. "It made the riding pretty intense. You had to worry about slipping and sliding rather than just getting through the trail."

Not only did the conditions make it harder to race, but the weather took a physical toll on the bikes. The Wheelmen were having mechanical issues all weekend since wet sand and bikes don't mix well together.

Mechanical engineering senior Jacob Publicover placed second in the men's C category despite the element. "It was really wet and freezing while we were there so I think that commitment to go and stick it out is what really did it," Publicover said.

After his first race, Publicover's bike chain broke in part due to the poor conditions of the trail. He didn't think he would be able to race the next day. Publicover wasn't the only one dealing with mechanical problems.

Mechanical engineering senior Nik Goodell, who placed third overall in men's B did not think he would race Short Track on Sunday because of the state his bike was in at the end of the first day. He was already racing without brake pads because the gritty water wore them away.

And had it not been Larry Werner (father of Wheelman and general engineering junior Matthew Werner), Publicover, Goodell and other wheelmen would not have been able to.

Werner offered all 20 riders a chance to stay the night at his house near the course. He provided them with a warm place to sleep and a dry place for them to fix their bikes.

"Basically he (Werner) saved us," Publicover said. "Without him we probably wouldn't have done nearly as well because he had a bunch of bike tools and stuff like that and we were able to fix our bikes. I was able to fix my chain and get everything working again. When you ride your bike when it's wet and muddy, it's really bad for it so you have to do a lot of maintenance to keep it up to speed."

Werner even loaned his own helmet to a rider who forgot to bring one. Another Wheelman's bike was so badly damaged by the sand, Werner loaned him his own personal mountain bike for the Sunday morning race.

"It's my pleasure; they're a great group of people," Werner said.

Catherine Borgeson  
CATHERINEBORGEON.MDI^>MAL.COM

Tips
continued from page 3

Brett Bodemer  
COLLEGE OF LIBERAL ARTS LIBRARIAN

"Mostly I do what I like doing. I find that if I'm doing something that's really interesting to me, I can do a really good job on it and continue to do a really good job on it. I work hard at what I do; there is a football coach that said, 'Luck is the residue of hard work.' I definitely agree with that. If you've been working hard at something, it looks like you're lucky sometimes but actually you're just prepared for when the opportunity comes along."

see Tips, page 7
"Be focused. You need to have a goal. You'll not be able to seek your goal always the way you've charted it out. You have to be flexible to make the changes. But you should always be striving for some goal. That's the success. The other is, don't be afraid to seek help, to seek out people who already know. Always try to improve. Professional development — don't become static. Continue to polish your skills. Don't try to stress yourself on little things, just put those aside. Think about what is stressing you. If it is becoming an obstacle in your job, you really need to sort it out right away.

Wheelmen

continued from page 6

Horticulture senior Patrick Edzik of the men's 'B' came in first overall and accredits having a dry garage and a warm place to sleep in helping him place high in the conference.

"Racing happens whether it's raining or shining," Edzik said. "Unless I'm stuck in a part of the course where it could mean me surviving or not — generally that's the only thing that would stop me from racing as hard as I could regardless of conditions. It makes it harder to get up in the morning and get ready for a race when it's 45 degrees outside. It can be miserable but it's going to happen no matter what." Edzik puts in 15 to 20 hours a week when he is properly training. But since race season takes place during the academic year, he's lucky if he gets to ride for 10 hours, Edzik said.

"We have to balance school and riding," Edzik said. "In the prime time I would spend training. I'm racing. That's why we spend the whole summer training, so you can waste away during the winter and hope you have enough left to make it through the season."

But he's glad to ride as a Wheelmen.

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What do you plan to do differently this year?

“I’m graduating, so I plan on figuring out what I’m going to do with my life.”
— Marinda Graham, liberal studies senior

“Limit procrastination.”
— Nick Chen, business administration sophomore

“Having less work and less school so I’ll have less stress.”
— Jennifer Sachuk, journalism junior

“Limit procrastination.”
— Nick Chen, business administration sophomore

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4. Where should you go for emergency medical care?
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You have a lot of decisions to make...
California State University terminology change turns 'student fees' into 'tuition'

Amanda Sedo
AMANDASEDO.MD@GMAIL.COM

The California State University (CSU) "student university fees" will now be referred to as "tuition" after the California State University Board of Trustees approved the change in terminology in the week of Nov. 8.

According to a press release from the Chancellor's Office, fees are services not related to instruction.

"I guess that I don't really know why we use the term 'fee' anyway," O'Meara said. "Most colleges got by 'tuition.'"

"When the public university system was developed, the idea was for a tuition-free education, so the payment was originally coined a "fee." According to the press release, "The use of the word, 'fee' in place of 'tuition' references back to when (the CSU system) was founded as a tuition-free university system," Fallis said.

However, since 1868 things have changed in California and the CSU system has charged fees that are synonymous with tuition.

The increasing state debt and the failing economy meant it was necessary to raise fees to the point that fees were no longer small charges.

But this large payment charged to students' accounts amounted to what other universities were calling tuition.

"Fees were raised to support education which brought us away from just charging a fee and more toward tuition," Fallis said. "It's been decades and centuries since we've merely only had a fee by definition; a "fee," according to the press release.

"The use of the word, 'fee' in place of 'tuition' references back to when (the CSU system) was founded as a tuition-free university system," Fallis said. "It speaks like you don't know what you're paying for," Wilson said. "It sounds like an extra burden or payment that we are making."

The word "fee" has caused some problems for student military veterans trying to collect GI Bill payments for their education at CSUs. Erik Fallis, a CSU media relations specialist, said problems arise for students at CSUs when the new GI Bill came out in August 2009.

According to the website for the United States Department of Veteran's Affairs, the post-9/11 GI Bill stated that veterans would be reimbursed for the highest state tuition rate for an in-state school. Since the CSUs are tuition-free, the terminology glitch could cost veteran thousands of dollars toward their education.

"The terminology caused some confusion for students trying to get benefits under the GI Bill," Fallis said.

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Claire Wilson, a recreation, parks and tourism administration junior, said the word "fee" did not properly describe what the students were actually paying for.

"Tuition is associated with the price of classes and education whereas fees just kind of sound like you don't know what you're paying for," Wilson said. "It sounds like an extra burden or payment that we are making."

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Word on the Street
What do you plan to do differently this year?

"I don't think I need to change anything."
— Brian Gothberg, business administration sophomore

"Making more time for everything."
— Lena Hadad, biological sciences sophomore

"Not procrastinate on school work."
— Stacy Liu, English senior

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Freshman creates iPhone application dedicated to everything about Cal Poly

Amanda Sedo
AMANDASEDO.MS@GMAIL.COM

The new Cal Poly application for the iPhone and iPod Touch, created by aerospace engineering freshman William Sidell, hit the Apple App Store on Oct. 20.

The Cal Poly application features Cal Poly sports information, Mustang Daily articles, local maps and lyrics to the Cal Poly fight song, among other tools.

Sidell has been developing iPhone applications since the end of last school year and saw a need for the Cal Poly application, so he began working on it on a whim one weekend.

After two weekends of work, the Cal Poly Application was created.

The most valuable feature to Sidell is the Campus Dining information. The application shows which restaurants are open and closed, as well as the amount of meal dollars allocated for each meal of the day.

For freshmen that could be a pretty useful thing," said business administration junior Alyson Boehm.

The application is a great thing for Cal Poly students who are iPhone users with the ability to down load the application, Boehm said.

"As a freshman this year, there were various things I thought would be nice to have," Sidell said. "One of those things was the map." There are two maps available to the Cal Poly application user. One is the campus map, which pinpoints buildings and campus landmarks.

The other is of San Luis Obispo, which will pinpoint the iPhone’s location in comparison to the rest of the city.

So far, the rating for the application is at four out of five stars with thirteen ratings as of Dec. 8, according to the iTunes app store.

Nathan Mock, a current iPhone user and computer science junior, thought the application was a great idea but wanted to see a few additions.

"I would check it out if it had the (Cal Poly) portal," Mock said. "Also, if PASS was on there and I could register for classes, I would definitely use it."

Sidell is already thinking about ways he can make the application better and more convenient for Cal Poly students.

"I hope to integrate Blackboard someday," Sidell said. "I want people to be able to click on their class (on Blackboard) and have it map the location."

Sidell is also taking note of other suggestions students have made, including the addition of the hours for each mealtime for those who have dining plans.

Another suggestion from Boehm was to add an actual schedule of sporting events for the week as well as a schedule of major-related symposiums.

"I also think a link to the care center would be a good addition," Boehm said.

Despite all the things students want for the future update of the application, it all seem to be pleased with the thing already offered.

"I'm actually surprised that he's a freshman," Boehm said. "The application is such a good way to bring recognition to a relatively small school."

Another featured part of the application is the soundboard, which stores voice recordings of different phrases such as "Go Cal Poly" and "Go Mustangs."

"The idea is to use it at a game, to cheer on the team," Sidell said.

The application was developed as a simpler way to see what is going on throughout the Cal Poly campus, Sidell said.

He wanted students to be able to obtain the information they want in one easy-to-navigate place.

"I just wanted to do something for the Cal Poly community that is beneficial for the students," Sidell said.

The story was originally published on Nov. 2, 2010.
Until students are receiving GI bill payments or federal financial aid, the terminology will not affect them.

"It is only a change in terminology," Fallis said. "The money is not going to be spent any differently." O’Meara said the change really could not affect her.

"I don’t really think it matters to me," she said. "I guess it makes things less confusing."

Besides eliminating the confusion over the two different terms, the changes could also make students more aware of what exactly each payment is going toward, Wilson said.

"I guess if anything, students will just be more accepting of the costs," Wilson said. "Also, (tuition) is more of a positive word because ‘fee’ sounds more like an extra obligation."

The change will hopefully provide clarification for students, Fallis said.

"It was hard for students who were comparing out-of-state universities as well as University of California schools to the CSUs," he said. "It created some confusion."

The word “tuition” will slowly replace the older term “fee” on Cal Poly students’ “Money Matters” tab on their Cal Poly Portal. Students can also expect to see the changes in the terminology incorporated into e-mails and letters sent to them from Cal Poly as well.

This story was originally published on Nov. 16, 2010.
California community colleges plan to cut summer school programs in 2011

Cyndee Fontana
THE FRESNO BEE

Visalia's community college has called off summer school for 2011 in a money-saving tactic that is becoming more common around California. Many community colleges gutted summer classes as the state reduced funding for the 112-campus system.

But some campuses, including City College of San Francisco and Los Angeles City College, dumped an entire program. Now the College of the Sequoias in Visalia is the latest to adopt that strategy.

Bill Scruggins, superintendent/president at COS, said there were few options — and none of them good — to save $800,000 in the budget. Compared to staff layoffs or deeper class cuts in fall or spring, chopping the 200 summer classes was "the least damaging of the alternatives," he said.

Erik Skinner, executive vice chancellor of programs for California Community Colleges, called such decisions an example of "all the unpleasant, difficult choices that our districts face."

State community colleges, which serve about 2.9 million students, have struggled with deep budget cuts over the past few years.

Some exhausted their financial reserves and slashed classes while also trying to manage skyrocketing student demand.

Summer has been a prime place to cut. When the state Chancellor's Office surveyed districts and colleges on plans for summer 2010, nearly two-thirds of those responding said they were cutting programs by at least 50%.

There is no official count on the number of summer school cancellations for 2011.

Most local campuses — including Fresno City, Reedley, Madera and West Hills — are planning summer programs.

Local colleges have used different approaches to deal with financial strain, with some opting for more substantial cuts than others in fall and spring semesters.

West Hills saved money through employee furloughs while Fresno City College dropped a four-week summer session a few years ago (Colleges may offer classes in sessions of varying lengths, such as one to eight weeks.)

Tony Cantu, vice president of instruction at City College, said the campus continues to offer classes during the summer as an option for students trying to finish or transfer to a four-year university.

Scott Lay, president and CEO of the Community College League of California, said many campuses may not have finalized summer plans.

That's because the state of California is facing an estimated $26 billion deficit and mid-year cuts seem inevitable.

Community college campuses may have to adjust. And "whether it's better to eliminate a term or trim back year-round is a legitimate debate among our college presidents," Lay said.

"Eliminating a term may be more disruptive to students who are trying to maximize every term or need a class before transfer."

— Scott Lay
President & CEO, Community College League of California
more disruptive to students who are trying to maximize every term if need a class before transfer. However, colleges get much more savings … by shutting down entire buildings during the summer,” especially in hot climates, he said.

Summer cutbacks usually don’t affect full-time academic jobs because instructors are hired separately to teach in that term.

Some prominent colleges have opted for a complete summer break. In 2009, the nine-campus Los Angeles Community College District scrapped an entire summer session — more than 1,600 classes.

This year both City College and City College of San Francisco canceled summer sessions for financial reasons.

Alice Murillo, vice chancellor academic affairs for the San Francisco campus, said officials didn’t want to spend their reserves on those summer classes because “we knew more difficult years were coming.”

Both campuses are planning to offer modest 2011 summer programs.

Locally, the COS cancellation has drawn criticism from faculty and students.

Instructor Michael Chicconi said it jeopardized an automotive certificate program.

During the summer, students take a lecture and lab where they learn how to take apart and rebuild engines.

The lab is scheduled in the summer session because the in-progress engines are left out — making it tough to share space with other classes in fall or spring semesters.

Since then, he believes he’s found a solution.

This spring, Chicconi will provide the lecture portion of the class and students will take the lab at a local high school.

“I’m happy that it’s working,” Chicconi said. “I spent two weeks beating my head against a wall, trying to figure out how we could do this.”

Tom Weise, a communication instructor at COS, said summer school classes are valuable because they help keep college students on track.

“A lot of students have responsibilities outside the classroom and if they are forced to stop taking classes, they do not come back,” Weise said.

Student Surinder Mulani, 23, of Tulare said he planned to attend summer school.

Now, he will work at his family’s liquor store.

“IT’s just how everything goes,” he said, “there’s nothing I can do about it.”

Maria Espeiosa, 20, of Visalia said she is considering taking a class at Reedley College, but she would need transportation.

“It’s a big maybe.”
Write a letter to the editor!

Send your letter, in 250 words or less, to mustancedailyopinions@gmail.com. Or submit it at mustancedaily.com.

**Word on the Street**

What do you plan to do differently this year?

"Work out more consistently and make more time for school."
- Matt Faulkner, agricultural business senior

"Stick to 23 to 35 hours a week studying and take advantage of study sessions."
- Lauren Deutsch, earth sciences junior

"I'm going to try to run three times a week."
- Cassie Burrows, agricultural science junior

"To spend more time at the beach enjoying the San Luis Obispo outdoor activities."
- Kameron Wash, biochemistry junior

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COSAM funds new study sessions for 2010-2011

Russell Peterson
SPECIAL TO THE MUSTANG DAILY

Last quarter the College of Science and Mathematics put $200,000 into Student Academic Services to increase the number of study session opportunities available for Cal Poly students for the rest of the 2010-2011 year. The study sessions help new students get their bearings in college courses and teach them to study successfully.

"The College of Science and Math is the foundation of a polytechnic institution," said Philip Bailey, dean of the College of Science and Mathematics. "We feel a particular responsibility to get new students off to a good start and that means helping them learn how to study."

The study sessions help students learn how to reach their potential because they interact with peers and asking each other questions, instead of just sitting in their dorms memorizing material, said Don Rawlings, chair and professor of the mathematics department.

"People at different levels are able to help each other learn," Rawlings said. "We are really making an effort to make this an option for as many students as possible."

The push to expand the number of study groups created 118 new study groups last quarter coordinated by Student Academic Services.

At the same time last year, there were 81 groups, an increase of 45 percent, said study sessions coordinator William Sydnor.

Sydnor said the money donated by the College of Science and Mathematics will continue to fund study groups in winter and spring quarters.

"We did some studies and found there are some classes people tend to struggle with," Sydnor said.

But study groups are not exclusively for students who are struggling to earn good grades.

Study groups are for any student who feels they could use some additional help in adjusting to the demands of college courses, Bailey said.

"We want to cut down on 'D' and 'F' rates, but supplemental instruction is not just for students who are not doing well," Bailey said. "These study groups help students adjust to college and reach their potential in any class."

If the expansion of supplemental study sessions and the expanded number of participants continues, there will likely be 120 study sessions next quarter and 130 study sessions in winter quarters.

"People who didn't know about the study sessions before are starting to find out how helpful they are," Bailey said.

"The leader also need to possess the ability to work well with people," said mathematics senior Ryan Mildious, a Math 141 group leader.

"I try to make it so that it's an environment that they want to come to and ask each other questions about math," Mildious said. "It also helps them to see someone like me having a positive attitude about math and enjoying it."
Word on the Street

What do you plan to do differently this year?

"I'd like to better prioritize my life, schedules and classes." — Aaron Bogosian, political science sophomore

"Go to bed earlier." — Sarah Nyquist-Hilty, anthropology and geography instructor

"I'd like to manage my time a little better and make up earlier." — Anastasia DeFuentes, environmental engineering sophomore

"I'd like to talk to more people and get to know people I wouldn't talk to regularly." — Joseph Fife, architecture junior

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What do you plan to do differently this year?

"I want to learn how to paint."
— Megan Jensen, biological sciences junior

"I'd like to get involved in something that's related to my major."
— Patrick Corning, mechanical engineering junior

Study
continued from page 17

Sloppy instruction has a positive effect on students, Bailey said that the college would make it a permanent part of the College of Science and Mathematics' budget in the future.

"We have to remember our priorities and one of our priorities is to give every Cal Poly student the math and science classes they need," Bailey said.

"Another is we need to guide them to be successful in those classes so they can graduate and supplementary instruction can help us achieve this."

This story was originally published on Nov. 4, 2010.

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Word on the Street

What do you plan to do differently this year?

"Spend more time with family."
— Ruben Custodio, graphic communication junior

"Not procrastinate."
— Danielle Wong, political science freshman

"Study with people who know more than me."
— Fred de la Fuente, biomedical engineering graduate student

"“Make more time for the gym.”"
— Asian Brown, business administration junior

"Be more physically active."
— Tony May, agricultural systems management senior

"Spend more time in the library."
— Ashley Brunello, parks, recreation and tourism administration sophomore

“Spend more time with family,”
— Ruben Custodio, graphic communication junior

“Not procrastinate."
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— Tony May, agricultural systems management senior

“Spend more time in the library."
— Ashley Brunello, parks, recreation and tourism administration sophomore
Sex Column

Get more from your core

Karlee Prosek is a journalism junior and the Mustang Daily sex columnist.

Holidays then, family parties that, excuses everywhere — it's that post-holiday tradition of New Year's resolutions centered around hitting the gym and getting "back into shape." Not saying this is a bad resolution to make, it's just predictable.

However, as you try to work off what the holidays left behind, where you feel the burn may be more unpredictable than you'd think.

So grab your kicks and grab your iPod because we're taking the orgasm to the gym.

Certain exercises performed to

see Core, page 22

When future employers ask if you have any extra curricular activities, drinking games isn't what they mean.

Frank T. Tank

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Core
continued from page 21

build up muscle in the core require
the simultaneous tightening of
lower-abdominal and leg muscles,
which can induce an orgasmic sen­
tation, according to an article in Men's
Health.

"When a woman ex­
ercises, (she expe­"

riences) a release of endor­
phins and dopamine,
which are necessary for
orgasm," sex therapist
Victoria Zdrok said in
the article.

Zdrok said the re­
lease of endorphins
and dopamine com­
bines with tension in
the "lower extremities"
to make working on washboard abs
more desirable than dreadful.

This combination of hormones,
muscles and strategically felt rep­
tition has hit women working out
nationwide and has been dubbed the
"coregasm." Notice the emphasis on women
— I hate to break it to you guys, but
this is a girls-only club. We have a
tendency to complain about going to
the gym anyway, so maybe now we'll
actually want to go, and maybe we'll
come back happier.

"And when they're doing certain
exercises that are tapping into the
deep core or into the quads and in­
ner thighs, what they wind up
doing is almost automatically
squeezing pelvic muscles in ad­
tion," Zdrok said. "When they
squeeze hard enough, especially if
they're already fit, they can have what feels
like a mini-orgasm."

Once you have developed strong
core muscles — maybe had a few
coregasms along the way — they can
be used to enhance the sexual experi­
ence. This is a benefit men can enjoy
as well from working on their core
muscles.

Squeezing seems to be key —
the harder they squeeze,
the easier they come.

— Karlee Prazik
Sex Columnist

Happy New Year and
Welcome Back Students!

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MUSTANG DAILY
I'm giving up on girls for the year. Well, that's what I told myself about a hundred times over fall quarter. Coming off back-to-back years knowing that I'd be bolting the suite after graduating, I avoided long-term relationships throughout high school (or so went my excuse for my abysmal track record). So, I was ready to work my magic on the ladies of Cal Poly entering the school year.

Even the ratios were working in my favor. I picked the perfect major — the journalism department has about a 30 to 70 male/female split, and with those odds it looked like even I could make a pick-up line work. However, early setbacks delayed potential relationships.

The first night was predictably a mass scramble for potential matches in Cerro Vista. Out of respect for the blondes surrounded by eight guys who were "really interested" in why the females were majoring in microbiology, I declined to participate for the most part. Yet, I figured if I happened to walk into a one-on-one conversation, I might pull out some slick moves.

The night dwindled and I just happened to walk out of the main lobby with an attractive girl, so I introduced myself and started up a conversation. I tried not to overstay my welcome and end up in an awkward silent goodbye like some of the situations the engineers found themselves in (seriously, step up your game guys), so I caught her name and departed.

A quick Facebook stalk later (yes, I am ashamed) revealed why she had been slightly standoffish, as "In a Relationship" blared across her profile, sending a clear message to wishful suitors.

Now, they say just because there is a goalie does not mean you cannot score, but orchestrating a breakup in my first week of college did not sound like an appealing first way to make the first marks on my "blank slate."

**FROSH perspective**

J.J. Jenkins is a journalism freshman and Mustang Daily freshman columnist.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>• The MET Live in HD: Verdi's Don Carlo at the PAC @ 2 p.m.</td>
<td>• Winter Quarter Begins</td>
<td>• Mustang Daily Back to School Edition</td>
<td>• CP Basketball vs. Pacific in Mott Gym @ 7 p.m.</td>
<td>• W. Terrance Boletter Faculty Piano Recital at the PAC @ 8 p.m.</td>
<td>• Photojournalism: Santi Vissali exhibit at University Art Gallery (through Feb. 19)</td>
<td>• The MET Live in HD: Puccini's La Fanciulla del West at the PAC @ 10 a.m.</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>• Mustang Daily Job Fair Edition</td>
<td>• Men's Basketball vs CSU Fullerton in Mott Gym @ 7 p.m.</td>
<td>• Guitar Masters at the PAC @ 8 p.m.</td>
<td>• Wrestling vs Wyoming at Mott Gym @ 6:30 p.m.</td>
<td>• Colin Mochrie &amp; Brad Sherwood at the PAC @ 8 p.m.</td>
<td>• Men's Basketball vs. UC Irvine in Mott Gym @ 7 p.m.</td>
<td>• Mustang Daily Job Fair Edition</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>• Academic Holiday—Martin Luther King Jr.'s Birthday</td>
<td>• CP Basketball vs. UC Riverside in Mott Gym @ 7 p.m.</td>
<td>• Forbes Film Club: Racism: James Web at the PAC @ 8 p.m.</td>
<td>• Early Music Ensemble Concert at the PAC @ 8 p.m.</td>
<td>• Laidlaw Block Member at the PAC @ 8 p.m.</td>
<td>• Men's Basketball vs. UC Irvine in Mott Gym @ 7 p.m.</td>
<td>• Mustang Daily Job Fair Edition</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
</tbody>
</table>

**January**
Welcome back

Love,

Mustang Daily
Relationships
continued from page 23

However, I do have a few thoughts about having a relationship coming into college. Actually, just one: do not have a significant other. It sounds harsh, but having a long-distance boyfriend or girlfriend your freshman year is like going to a singles bar to people-watch. In any case, if you and your boy-
friend or girlfriend are actually soul mates, I'm sure you'll find a way to reunite post-college, but in the meantime you have to sample the buffet (courtesy of Paul Wesselmann, for those of you who were paying attention to his speech in Mott Gym during WOW). So I moved on and went on to meet plenty of people during the first few weeks of the quarter, and subconsciously noted who I would be interested in getting to know better. The only problem with going to a big college is that, for the most part, you do not just happen to run into your crush in hallways giving you a convenient excuse to set up a lunch date.

Therefore, I resorted, as we all do, to texting and Facebook chat. One of the many problems with wireless communication is the odd habits people have when they text or chat that send odd signals to the person on the receiving end. I believe it's time to set some ground rules so both sexes are on the same page when it comes to non-verbal communication. First and foremost, smiley and winkey faces send mixed signals. It's nice to know that you are happy, or whatever emotion a smiley face denotes, but the overuse of them starts to become flirty. For instance when I got a text that read, "Ya let's get lunch! ;)" it provided me two separate things to focus on. Clearly the person wanted to meet with me, which is good, but the winkey face at the end adds an extra layer that you do not necessarily want in the conversation.
This is because the main function of core muscles is to keep the trunk — abdominal, lower-back and hip — muscles stable, which in turn are valuable muscles when thrusting, according to another Men's Health article.

The article stated that "a thrusting pelvis requires flexion and extension of your lower-back muscles and hip flexors" and "(these) secondary muscles come into play to push the body up, forward or under."

Therefore, in order to be more in control when reaching for an O, it is advisable to strengthen the core muscles responsible for going front, back and side-to-side.

There are no more excuses to break your New Year's resolution to hit the gym after this. Not only can women potentially gain more than just fitness while working out, but their partner can come too — and the core strengthening exercises will transfer over to help in the bedroom as well.

The best coregasm-inducing exercises were tested and listed in a Men's Health article and include: hanging straight leg raises, hanging side crunches, single leg planks, arm pull-ups, straight leg crunches and the medicine ball blast.

The first two can even be done at home because they simply require you to hang (like from a door-suspended pull-up bar) or to be on your back — which is where you might find yourself wanting to be afterward.

A female trainer was quoted in the Men's Health article after reappraising the benefits from the previous exercise suggestions.

"Whenever I either do hanging leg raises or knee ups, I get the best 'coregasm' a girl could dream of," she said. "I'm guessing it happens due to activation of the Kegel muscles in conjunction with friction from moving your legs up and down."

So there you have it. No more 'I'm too tired' excuses, because strengthening core muscles could be the key to the best "workout" ever. Ditch your new Nike kicks and latest workout-friendly iPod, fresh from their original packaging — going to the Rec Center just became a whole lot more exciting.

However, proceed with caution after gaining this knowledge. Please try to leave the squirming in water bottles while on the workout mats.

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Relationships

continued from page 26

unnecessary tone of mystery.

If she was winking in real life after that sentence, then you would probably think lunch was not the only thing on her mind. Maybe I'm being too picky, but at the very least, try to stay below a 4-to-1 text-to-winkie ratio—or else I'm going to start thinking you wink more than Sarah Palin.

Smiley faces are sweet and usually don't provide as much confusion as the potentially scandalous wink, but four texts in a row with the symbol are going to start to make people wonder. The same goes for adding unnecessary "y"s when saying, "heyy." One will suffice, I assure you.

Eventually, September faded into October and into November, when I made a fatal freshman mistake called No-shave November. It might as well have been called No-action November.

I thought a lumberjack beard might up the charm factor from my baby face, but it turns out that I may have been misinformed.

Maybe coming from the Midwest gave me the false impression that beards were attractive, but California girls seem to prefer a Buster Posey over a Brian Wilson. Fear the beard definitely became my MO that month.

Now entering winter quarter, my face is as soft as ever and I plan to decline the Facebook event invitation for Manuary. So, if you are interested...I live in a recycling bin in the Graphic Arts building.

Feel free to find me on Facebook, ladies.

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2011

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the year is not the only thing that is changing
Expectations loom over women's basketball in conference play

Mustang Daily Staff Report

Cal Poly women's basketball is set to start their conference schedule and is hoping to repeat last year's regular season success.

The Mustangs finished conference play with an 11-5 record and second place finish in the Big West. Cal Poly matched Big West program records for victories, fewest losses and winning percentage (.688) during the 2009-10 campaign.

Cal Poly showed they were tough for any team, defeating each conference team at least once, including a 69-48 win over first place UC Davis and two wins over Big West Tournament Champions UC Riverside.

But the Mustangs were upset in their first game of the Big West Tournament by seeded UC Irvine in the semifinals losing by just a basket (54-51).

Expectations for Cal Poly were high again this season, as they were selected to finish second again in the Big West Conference as voted on by the media in the Big West Women's Preseason Basketball Poll.

However, Cal Poly will have a huge obstacle to overcome this time around, without Big West Player of the Year, Kristina Santiago, who is out for the season with a torn ACL.

Last season, homecourt advantage proved a big factor to the Mustangs, finishing the season undefeated in Mott Gym versus all conference opponents. Cal Poly will welcome being home this season after beginning with four games on the road in five different states and only having three games in San Luis Obispo.

Cal Poly will face Pacific and UC Davis, back to back in its first home games of the conference schedule. In Mont Gym last season, Cal Poly earned its largest victory of the season over Pacific in a one-sided 99-66 win. UC Davis, was selected to finish first in the Big West again this season.

The game versus Pacific is set to start Jan. 6 at 7 p.m. in Mont Gym, and the game against UC Davis will start at 4 p.m. on Jan. 8.

If guard Rachel Clancy can be anything like the player she was last season in conference play, she would be huge to her team. She averaged 11 points per game.

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Brett Favre reiterates that 2010 season will be it

Judd Zulgad
STAR TRIBUNE (MINNEAPOLIS)

MINNEAPOLIS — Sometime late next summer, Brett Favre is going to get the urge to play football. His body will feel better, training camps will be wrapping up and the temptation to do what he has done for each of the past 20 years will kick in. He might even get a call from a quarterback-starved team.

Favre swears he will ignore it all. "I'm done, I'm done," he said see Favre, page 33
Men’s basketball gears up for Big West play

Mustang Daily Staff Report
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In the Mustangs’ second year under head coach Joe Callero, they will look to improve on their 7-9 conference record and sixth place finish in Cal Poly’s conference schedule this season.

The Mustangs finished four wins better than they did in 2008, when they went 3-15 in conference, under former head coach Kevin Bromley. The team had a chance to grab an 8-8 record in conference play, but the Mustangs coughed up an eight-point lead with 48 seconds remaining to UC Irvine.

The Mustangs had a shot at redemption with a rematch against UC Irvine in the first round of the Big West Tournament. This time, the Mustangs won 73-69, marking their first postseason win in nearly three years.

In the next round, Long Beach State ended the Mustangs’ hope to advance further in the conference tournament, by defeating the Mustangs 79-69.

Although Cal Poly fell short of a Big West Championship, the Mustangs had some statistical success in conference play last season. The Mustangs ranked second in the Big West in scoring offense, free-throw percentage and first in the conference in 3-point field goals.

To start this season, however, the Mustangs have struggled to score. Cal Poly came out of the gates with a 76-60 win over Seattle in its season opener. But the next week, fell to Division II Cal State Monterey Bay, 50-47 and Montana State 73-57.

They rebounded at home the next week with a slim victory over Loyola Marymount and then fell to Sacramento State, before defeating Hawaii at home on a last second shot in what Callero said may have been the most exciting win since being coach of the Mustangs.

The Mustangs then embarked on what Callero said may have been the hardest road trip in program history. On one trip, the Mustangs played two NCAA Tournament teams from last year in California and San Diego State, and ventured down to historic Pauley Pavilion in a matchup against UCLA.

That experience against top-tier programs is what the Mustangs hope they can use to help them in the Big West this year. With the losses of guards Amaurys Fermin and Kyle Odister, that experience may be what the Mustangs may need in order to grab a high seed in the conference tournament this year.

Senior guard Shawn Lewis and junior forward David Hassan will do their best to help the team get there. Both were top-15 scorers in conference play last year. Lewis scored slightly less than 14 points per game (11th in the Big West) and Hanson, who scored just less than 13 points per game last year (14th in the Big West).

The Mustangs will also have center Will Donahue to add points in the paint. Donahue was out almost the entire year last season due to academic ineligibility.

With Donahue, Lewis and Hanson, the Mustangs may be able to take one step closer to their first Big West Championship in program history. They will just have to get past Pacific, Long Beach State and UC Santa Barbara, which took the conference crown last year.
Favre continued from page 31

Wednesday, speaking in a raspy voice that is a product of an illness that has bothered him for the past week.

Favre, 41, has said since the day he returned to Minnesota this past August that this season would be it for him. He has reiterated that point a few times . . . but it's always a bit hard to believe him.

Favre also retired after the 2007 and '08 seasons, only to return in time to keep alive an NFL record consecutive-games streak that presumably will reach 297 on Sunday when the Vikings play host to Buffalo.

Favre said he thought long and hard about returning this season after leading the Vikings to the NFC Championship Game in January. He has never admitted to any regrets despite the fact he's gone as planned for Vikings (4-7) or Favre. After having one of his best performances a year ago in leading the Vikings to the NFC title game, Favre has thrown an NFL-high 17 interceptions and his 71.0 passer rating is 38th out of the 33 quarterbacks that are listed.

It was a well-known fact that Favre now-former coach Brad Childress clashed, and so given Favre's history one must leave open the possibility that he could consider trying to depart on a more positive note.

Asked why he should be believed that he's done, Favre said: "I remember the same question the first part of the year and everyone said, 'Well ... and I said, 'Hey, you know, time will tell.' Like I said, I'm done. I've love to, as I said when I came back I'm here to win a Super Bowl, we had big expectations, it hasn't gone the way we hoped at the beginning, but again, my career speaks for itself. I think it's been a great career. I don't know how the remaining games will unfold but that's it."

There will be only four games left for Favre after Sunday and at some point he is going to have to face the reality that his career is finished. No one is really going to believe that to be true until the 2011 season begins and Favre isn't on the field.

For Favre the most important thing is going to be getting right with the fact that he actually has followed through on his words. So how will he get right with that?

"I wasn't expecting that question," he said. "It's kind of deep. I don't know. I know when I look back and maybe it's next year, people say, 'Will you watch games?' I'm sure I'll watch some, but for me everything that I could possibly accomplish I've accomplished, Which is amazing. You set goals, we all set goals. There were some I didn't even set that I reached. I was fortunate enough to be on a team that won the Super Bowl. It was a long time ago (the 1996 season). There's nothing left to prove or from a goal standpoint to accomplish."

Favre has said many times that he has no desire to coach at the NFL, or college level and that right now he has no interest in being an analyst on television. "I might be a reporter," he joked. "I have some tough questions." He admits he has enjoyed helping kids at Oak Grove High School near his home in Hatc­ hison, but added the set schedule of an assistant isn't for him.

"These guys, college and pros, they are here till midnight," he said. "I have no idea when I look back, think about it, the players leave at 3:30 or 4. You could draw up the greatest plays in the world, but if the knockhead doesn't know how to run them, I would rather be home. Who knows? Several years from now, maybe I decide otherwise. I think I will probably just go home and help out with those kids. Be able to go to and come as I please."

Favre's illness is just the latest malady he has dealt with this year. He was given practice off Wednesday — something that has become common of late — and was listed with ailments involving his ankle, right shoulder and neck (a new one) on the injury report. Last Sunday, ESPN reported that Favre thought he might be dealing with pneumo­nia, Wednesday, he joked that "now it's malaria," adding he "got bit by a mosquito last week."

Those types of jokes are going to be a bit harder to sell when Favre is no longer wearing an NFL uniform.

"I think the one thing that every guy I have talked to who is retired will say is it's not so much the games that you missed but the fellowship with the guys in the locker room, things you'd never think of," he said. "But at some point you've got to give your body a break as well. I came back and have given it my best. Hopefully we can finish this thing on a high note and that's it."
Wrestling gets ready for Pac-10 play, Boise State

Mustang Daily Staff Report

The Cal Poly wrestling team entered the season ranked in the top 20 of most major polls and has only solidified its position as one of the best teams in the nation during the first weeks.

The team competes in the Pac-10 in wrestling, creating conference dual meets with national implications. One such match takes place on Jan. 23 in Boise, Idaho against Boise State.

The Mustangs took third place as a team in the Pac-10 championships in 2010.

This year’s Boise State match will pose a difficult challenge.

Only Boris Novachkov captured an individual Pac-10 title for the Mustangs but Barrett Abel won a championship for UC Davis as well. Coincidentally, he defeated Cal Poly wrestler Nick Fisher to take first.

The Cal Poly wrestling team has never won a Pac-10 championship, falling just short in 2004 and 2006 by taking second place.

Against Boise State, the premier matchup appears to be in the 133-pound weight class as Andrew Hochstrasser of Boise State will clash with Filip Novachkov.

Abel, a senior transfer from UC Davis, finds himself in position to contend for a Pac-10 championship, but an upset victory over Adam Hall at 157-pounds could swing the match in the Mustangs favor. It only took Abel 11 seconds to pin an opponent at the Fullerton Invitational on his way to a championship in which he went 5-0 with four pins.

Kirk Smith of Boise State is the only wrestler on either squad to boast a top ranking after placing second at the NCAA Tournament in 2010, but Kelan Bragg, a junior from Tufts, Calif., has the chance to post the upset of the night, if not the year. In any case, denying Smith a pin or technical fall (a win by 15 points) will take away team points from the Broncos and keep the match close.

The Mustang’s other transfer, Anticus Disney, downed himself in position to contend for a Pac-10 championship, but an upset victory over Adam Hall at 157-pounds could swing the match in the Mustangs favor. It only took Abel 11 seconds to pin an opponent at the Fullerton Invitational on his way to a championship in which he went 5-0 with four pins.

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Club women's water polo team looks to continue national success

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The Cal Poly women’s water polo club said they are ready for a successful upcoming season. With a National Collegiate Club Championship winning streak for the past three years, six national titles, nine Pacific Coast Championship Titles, and a strong returning team, players said they can do it again.

Seniors Erika Bigbie, Kelley Gause and Sarah Ur have all been swimmers since their first years at Cal Poly and have helped the team lead the Collegiate Water Polo Association’s (CWPA) Pacific Coast Division.

“It’s great to be a part of a winning program and for a core group of us, there is an opportunity to win all four years,” Bigbie said.

Bigbie, a journalism senior, is the team president and an all-conference and All-American performer. Bigbie said the team’s goal is to constantly improve from the previous season. This goal, she said, is what motivates her to work harder.

“Our expectations were different for our first year compared to the past two seasons,” Bigbie said. “I think our team goal of a repeat brought us closer as a team. We bonded with the incoming freshmen faster because we knew from the beginning what we were working for.”

Civil engineering senior Gause plays driver as well as goal D, and was on the 2010 all-conference second team. For her, three consecutive national titles are the result of hard work, following the idea that “what you put in is what you get out.”

Biomedical engineering senior Ur is nationally recognized as the 2008 and 2010 CWPA National Player of the Year. She has been a first-team all-conference and first-team All-American player since her freshman year.

Ur has been working on her game since 7th grade, at 2.0 meter hole-in-one and 2-meter guard. The hardest, but most rewarding part, she said, is working as a team.

“It’s hard to organize, motivate and inspire such a large group of people when you’re a student-led organization,” Ur said.

The team puts in their time, spending more than 15 hours in the water every week, not including tournament time. Even on the off days every team member chooses to spend their free time with each other.

“Seeing these girls night after night, it’s hard not to fall in love with each and every one of them,” Gause said.

Bigbie said this is what makes the team so hard to beat.

“As a team we have grown closer through every season and every win,” Bigbie said. “Every year there is more pressure to repeat and I think our bond grows stronger because of it.”

With three years of experience at starters, the senior trio hopes to return strong for the 2011 season with all of the team’s starters returning. Forestry and natural resources senior Nuelle Wundergern, food science and nutrition junior Kate Warner, earth sciences sophomore Krissy Avis and economics sophomore Casey Clark.

“I’m hoping that with these girls and a few special new ones we’ll be able to make it to the national stage again to defend our titles,” Gause said.

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— Kelly Gause
Women’s water polo club player

DO
• Call for help – DIAL 911
• Stay with your friend until help arrives
• Turn your friend on their side
• Monitor their breathing carefully

DON’T
• Leave your friend alone
• Put them to bed to “sleep it off”
• Let them drive or ride a bike
• Give them food, medicine or drugs
• Help them run or walk it off
• Put your friend in a cold shower

KNOW THE SIGNS
• Have passed out and you cannot wake them up
• Are vomiting and/or choking
• Have irregular, shallow or slow breathing
• Are breathing less than 10 breaths per minute
• Have stopped breathing for 10 seconds or more
• Have cold, clammy, pale or bluish skin
• Are seizing or have had a seizure

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