Battle of the bookstores

By Otto Mac Bead
Summer Staff Writer

A new off-campus textbook store is offering Cal Poly's El Corral bookstores some competition. Aida's University Book Exchange on Foothill Boulevard opened May 28 and began carrying textbooks which are used for classes at Cal Poly and Cuesta College. Aida's is also buying back textbooks year-round.

This opens up security issues, because backpack thefts increase at the end of every quarter when a used textbook buying agent operates at Cal Poly. As both sides of the textbook war square off, the competition promises to be fierce.

Off-campus textbook stores are common in college towns, and San Luis Obispo has seen previous attempts at off-campus stores fail, but Aida's owner Larry Hensley isn't worried about competing with El Corral.

"Their profit margin is so high, it's pretty easy to beat their prices," said Hensley. "I try to price and buy books as if I had competition across the street, that way if I ever do have any competition I'll be ready."

Hensley tries to carry most of the textbooks in use each quarter at Cal Poly.

"I call each department and find out what they've required," said Hensley. "Most departments will give out that information, but if they won't I just go to El Corral at the last minute and check to see what they've got coming in."

Hensley was managing a big off-campus textbook store in the Los Angeles area before relocating to San Luis Obispo. He said that most college towns already have off-campus competition.

When he found that San Luis Obispo didn't have the chance to start his own business, "I came up on a vacation last April."

"Hensley, I just couldn't believe it! I looked at the El Corral prices and I couldn't believe how high they were. El Corral is probably the highest priced textbook store I've ever seen in California."

"That's absolutely false," said El Corral's Associate Director Nick Routh. "We regularly compare prices at least once a year—with other campus bookstores in the California State University system as well as bookstores in other systems. We've consistently been right in the middle."

Even so, many Cal Poly students have noticed substantial savings by shopping at Aida's. But El Corral's Routh questions the consistency of Aida's pricing.

"They haven't been here long and so they haven't established a truck record in town," said Routh. "We've been here long enough to know their stock is limited. They might have good prices at times and on certain titles but they're not consistent. We'll have to see how they do in the long term."

"We've also heard that on book buy-backs they sometimes issue checks instead of cash and that they sometimes issue vouchers that can only be used in their store," added Routh. "What appears to be happening at Aida's is that they offer certain prices on certain books. For instance, they might offer 60 percent of the new book price on a used title, but if two students go in, the first might get 60 percent, but the next student might only get 25 or 30 percent. They have quotas. It's an interesting phenomenon; it doesn't seem to be a consistent policy."

But Aida's owner, Hensley, says that while he has issued checks for used books, he's never issued store vouchers and he doesn't have quotas.

"I'll beat [El Corral's] price on every new and used textbook I have," said Hensley. "If they're lower I mean it as a mistake."

"I guarantee the lowest prices on any book I carry."

Aida's also claims to offer the most for used textbooks and some students say they have indeed received more money from Aida's than they would have from the Cal Poly used textbook agent.

"Girl, I just graduated from Aida's and the price was amazing."

The little paperbacks they sell for $4 to $8 I have for $1.50 to $2."

Poly police sponsors personal/workplace safety seminar

By Vro Reeh
Summer Staff Writer

Tell me, I'll forget. Show me, I may remember. Involve me, I'll understand.

This is the philosophy Cal Poly's Public Safety and the community-based training company Mountainstar will use in their July safety workshops held on campus.

This summer's personal and workplace safety courses are modeled after the award-winning program Scared Safe. The classes are formatted with lecture, demonstration, and role playing methods to inform attendees about the warning signs and strategies for dealing with violence.

"The behavioral training goals are that we are to avoid potentially dangerous situations and respond appropriately to dangerous situations," said Patricia Constance, Mountainstar coordinator.

"Scared Safe was first introduced to San Luis Obispo in 1983 by Cal Poly Police Investigator Raymond G. Barrett. The university, as well as Cuesta College, San Luis Obispo Police Department, and the San Luis Obispo County Sheriff's office crime prevention unit volunteered staff and equipment for the safety sessions. Scared Safe is conducted at Cuesta College, but Cal Poly will hold workshops this summer in room 220 in the University Union. Advanced registration is required.

"The usual three and a half hour indoor/outdoor sessions will be shorter and conducted in one room," Constance said. "The safety program simulates seven to nine scenarios depending on the community's informational needs and instructional resources. Survivors of the particular crime being simulated, as well as law enforcement personnel, will become participants."

"...avoid potentially dangerous situations and respond..." -Patricia Constance

An estimated 500,000 people were ordered to evacuate six Florida counties. Some 50,000 were urged to get off Hatteras and Ocracoke islands on North Carolina's Outer Banks. Officials urged the evacuation of parts of two South Carolina counties with 380,000 residents. No immediate estimates were available for people warned to leave coastal areas of the northeastern Caribbean, fallen trees blocked roads and roofs were torn off houses.

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Looking for a fun and friendly place to shop for your college needs? Try visiting San Luis Obispo’s two animal shelters and adopt a pet.

Numerous dogs and cats both young and old, small and large are available at Animal Services, off of Highway 1 on Kansas Avenue, and Woods Humane Society, on Broad Street. Students who are very tuned into the needs of animals, said Kathy LeMoine, administrative service officer at animal services. “Quite a few students adopt pets.”

About the only problem with Cal Poly students adopting pets is when they leave campus and the quarter is over. Many students move back home, but their pets normally do not go with them.

“While Cal Poly ends its year we get a fair amount of animals brought back to us,” said Heather Robinson, community outreach coordinator for Woods Humane Society. “When kids move back home they will often have their parents that they have a pet so they aren’t able to keep the animal.”

LeMoine agreed that certain times of the year show an abundance of animals. “We do have a problem with students abandoning their pets,” LeMoine said. “Every December and June we have an incredible increase in the amount of stray dogs we pick up.”

Animal Services employs three animal control officers who patrol the county and pick up stray animals.

“Students are very mobile,” said Teri Cianelli, and animal control officer at animal services. “A lot of times when students go home they just turn their animals loose.”

Even though some students do desert their animals, Cianelli said that the majority of students care for their animals.

“Most students are helpful and responsible,” Cianelli said.

Robinson admitted that it is the few irresponsible students who give other students a bad name.

“We have many student volunteers and I believe that most students genuinely care and are responsible with animals,” Robinson said.

LeMoine said that students need to recognize the responsibilities that come with owning a pet.

“Kids need to recognize that owning an animal is a 10 to 15 year commitment,” LeMoine said.

Fees for adopting a pet at Animal Services include a $15 adoption fee, a $10 rabies shot fee, a $20 altercation fee for males and a $10 licensing fee. Woods Humane Society’s fees are $65 for dogs and $49 for cats.

Currently, the November 5th mayoral election doesn’t seem as though it will offer San Luis Obispo voters much choice.

Allen K. Settle still runs unopposed for what would be his second, two-year term as Mayor of San Luis Obispo.

Settle feels that being the only contender for the 1996 mayoral position won’t make his re-election campaign any easier.

“I will have to do the same work as always, even without a challenger,” Settle said. “As mayor you must have a sense of urgency to drive to the solutions, two years is not too long to get this all done.”

Being the Mayor of San Luis Obispo is not his only concern — this mayor is also a professor of Political Science at Cal Poly.

“As mayor there are a course of goals and objectives I want to see completed,” Settle said. “Being a professor I’m able to relate to students and at the same time with the community.”

Students on campus agree that it is important to involve them in city politics.

“I feel like a lot of students here are very engaged in their community,” Lori Ford, a matsers candidate in psychology said. “At least he [Settle] might get a lot of input from the students.”

Justin Dagna, a bio-chemistry major, said, “I think Cal Poly is enough of the population of the town that we are interested in the town’s eyes.” Dagna said, “I don’t particularly like him as mayor. I think there are some better candidates out there.”

Students on campus agree that it is important to involve them in city politics.

He said he would like to see more computer related industries come to San Luis Obispo, increasing the source of jobs available to SLO residents, but wants to keep the community active and involved in city issues.

“I’m very big on the issue of neighborhood preservation,” Settle said.

He favors the protection of local open spaces and suggests a way to handle relation­ships between local and state govern­ments.

**BOOKS: Many students feel textbooks at El Corral are overpriced**

From page 1 Company, a division of Nebraska Books, one of the three biggest used book companies.

“They buy for us and they buy for themselves,” said El Corral’s Routh. “Typically they pay 50% of the new book price for a text that will be used only for the following quarter. Books they buy for themselves might pay 25 to 35%.

We also purchase additional textbooks from Used Books. Seldom do we get enough used textbooks during the buy-back. Those books come from other campuses.”

El Corral generally sells books for 75% of the new book price giving them a 50% profit on the price they pay for a used book.

The new book mark-up is only 25% on average.

Still, many students feel textbooks are overpriced and that El Corral is taking an unfair advan­tage. Trevor Harris, an Industrial Technology senior recently purchased a textbook from Aida’s and voiced his dissatisfaction.

“I buy my texts here for three reasons,” said Harris. “For one, it’s not the Foundation line or organiza­tion that operates El Corral; two, I want to support local businesses; and three because the prices are better.”

Harris figures he saved about $5 on his $40 new book purchase.

“Stop being academic bookstores overpriced has been around on every campus since the beginning of time,” said Routh. “The students think they’re getting ripped off. But it’s the product. They see a mass market book selling in a Barnes and Noble for $15,” then they see a similar looking textbook priced at $100, but it’s simply supply and demand. Textbook manufacturers have to cover more costs because fewer books are printed than mass market books. Plus there are often support materials that have to be printed. Our goal is to offer all new text books at a 25% mark up.

“We have an obligation to stock all books for all classes,” added Routh. “We have a library that can cherry pick which books he sells. He doesn’t have the same loyalty and responsibility to the students and university to make sure there are enough books for each class. We might have to overstock and then do returns while he can order fewer books to do a 100% sell-through. We’re cer­tainly not going to order less books because he’s here. We have an obligation and commitment to stock all the books needed in stock.”

“For summer school I carried about 1000 units of what was needed,” said Hensley, “but I’m trying to build to 100%. It takes time.”

And Aida’s claims to offer every title they do carry for a lower price than El Corral. But at this point they don’t carry books because they don’t mind print­ing the dates and putting their cam­pus copoy center, though Hensley is hoping to change that. They do, however, have test materials similar to scannatous and bluebooks, but do not deliver anything similar to El Corral on those items.

Routh has also been disappo­inted with some of the practices.

“They have flyers all over campus—on doors and bulletin boards.”

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THURSDAY, JULY 11, 1996

SAFETY: Scared Safe offers four programs

From page 1

Nags Head to the mainland. "We have about 24 hours of safe travel time before we risk the loss of the evacuation route," said Ray Sturza, a spokesman for Dare County, which includes Manteo.

Kevin and Terry Kamanga of Woodbridge, Va., loaded belongings into their station wagon at Nags Head for the trip home.

"We're two-for-two. We've been to North Carolina twice," Kamanga said. "Paxi ran us out last year, and now Bertha this year."

At Hunting Island State Park near Beaufort, S.C., cafe worker Wendy Sumner said some tourists were still hanging around, even heading out on boats.

"Locals are taking this seriously," Ms. Sumner said. "But these out-of-towners, they keep saying to just keep them informed. I don't know what they are thinking about, but I'm going to get out of here just as soon as I can."

"All of the models keep saying it's going north, and it ain't going north yet," Florida Gov. Lawton Chiles said.

A hurricane warning, meaning hurricane-force wind of 74 mph or more or dangerously high tide was expected within 24 hours, was posted from the Cape Canaveral area north to the Virginia state line.

"It will demonstrate how to handle several situations ranging from being approached by a bear to a 'gang bang.'" Constance said.

In addition to personal and workplace safety a special workshop on safety weapons will be held on July 19. Cal Poly's Chief of Police, Tom Mitchell will demonstrate how to use items in the environment as barriers, as well as mace, pepper spray and gun use.

"It's attending London Study..." Woolpert said. "It's a good opportunity for students and faculty to get acquainted."

Poly students learn in London

By Traci Reuch
Summer Staff Writer

This is the true story of 105 Cal Poly students picked to go to London to find out what it's like to stop living the SLO life and start getting real.

No, it's not another MTV series with twenty-something roommates living in a funky loft in front of television cameras.

It's attending London University, living in Britain's yukpy downtown, Kennington and becoming friends with fellow Cal Poly students and faculty.

Just prior to the '96 commencement, London Study participants flew back to the United States after spending their 10-week Spring quarter in what business senior Shannon Bardsley called "an experience of a lifetime."

"Living in London was a real acculturation," Bardsley said.

She shared an apartment with five other students while attending classes three days a week.

"Humanities was a lot of fun," Bardsley said. "We would go on field trips every Tuesday. Going to the British Museum really reiterated what we learned in class."

Cal Poly's "learn by doing" philosophy is strongly reflected in the London experience. The classroom isn't the only place where students learn about subjects like political science and musical theater.

The program offers tours of Parliament, the National Theater, productions by the Royal Shakespeare Company and English National Opera. Bardsley said she saw six plays, two musicals, and two operas.

Journalism senior Susannah Linwood said she went to the theater often.

"I had a Shakespeare class and then I would go see the performances we talked about," Linwood said. "The classes tried to incorporate the culture and it's good to take advantage of that."

Linwood said she did some "touristy" things but because it wasn't her first time in London she spent time with her English cousins who also attend London University.

"It was a different experience than before," she said.

Cal Poly has offered London Study since 1984. It is one of the many programs that the university contracts with the American Institute of Foreign Studies. Classes are instructed by Cal Poly faculty who must be interviewed and accepted to teach abroad.

Students must be in good academic standing to particpate.

"We accept eligible students with an overall 2.5 grade point average or better," said Janis Woolpert, administrative operations analyst for the College of Liberal Arts.

"However, we also accept students with a lower GPA if they have good merit," Woolpert said. Scholarships are available for those who need help with the approximate $6,000 tab.

Enrollment depends on the economy, political situation and other factors. About 100 to 150 students take part in the London Study quarter.

"It's a good opportunity for students and faculty to get acquainted," Woolpert said.

Cal Poly students take their classes, most of which are general education, with other study abroad participants.

"It's hard to compare the English because we didn't come into contact with them that much," Bardsley said. "I think generally though that they don't like Americans that much. I remember getting off the plane in the states and thinking 'thank God I can speak without being called a damn Yankee.'"

The 20-year-old also said she realized that Europeans are more educated about outside cultures than Americans.

"There were some heated arguments at the pubs because the English think that we were just ignorant Americans," Bardsley said.

Both Bardsley and Linwood spent their spring break in Greece and traveled to other countries on their long weekends and after the instructional period.

Linwood said she spent three weeks in Greece and the rest of Europe and England. "It was an experience of a lifetime," she said.

Bardsley called "an experience of a lifetime.""It was a different experience than before," she said.
COMMENTS

By Randy Gehlen

Why did Halstead make such a big issue of it? Secondly, given the content most investment vehicles will fall short of this goal. The solution? Stocks.

During the 68-year period starting in 1926 and ending in 1994, large company stocks had an average annual return of 10.10 percent, and small company stocks averaged 12.22 percent. In fact, over the last 50 years stocks have produced returns that average 11 percent annually. As you can see, a 10 percent return is achievable by investing in equities. Investing in stocks does not come without some risk to your money. The price fluctuation of stocks is probably the scarcest element in this type of investment. We all remember the large stock market tumble of Black Tuesday in 1987, not to mention the stock market crash of 1929. It is memories like these that keep us from over the long term. When saving for retirement using equities, it is important to ride out those price fluctuations knowing that the stock market will not only make up for any losses but continue to reach new highs. It is like a child walking up a hill playing with a yo-yo. The yo-yo movements are the market fluctuations, going up and down. The child is the market itself, slowly but surely climbing higher and higher. There is one very key thing that should be taken care of before you invest in the stock market. It is wise to first have these six to eight months worth of savings built up in a savings or money market account or fund. This money is for emergencies and is your "buffer" from being forced to withdraw from the market during down turns. It also establishes a pattern for regular saving habits.

Be the answer to the burning question "where can I earn 10 percent?" is "in the stock market." With discipline and perseverance you speak for themselves. The 68-year period example used earlier includes the declines in the stock market in both 29 and 87, yet the returns over the long term remain high.

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Veggie lovers’ cookbook, recipes for food and life

By Tanel Rook
Summer Staff Writer

Everyone has probably heard the old adage, “you are what you eat.” But for one recent Cal Poly graduate, this saying provided the foundation for his first book.

“Moving into Balance,” written by Craig Robert Lane, is a holistic dietary resource guide and whole foods cookbook that teaches people how to understand the effects of foods.

“Initially this book was to be a short pamphlet and cookbook to help people learn that whole grains, vegetables, fruits, and products from these three are Cal Poly Graduate Craig Lane’s new book offers advice for healthy cooking and living.

moving into balance

moving into balance

seasonal influences, and determining which foods are best suited for different body types.

Borrowing from ancient Chinese philosophy, Lane incorporates the fengshui theory of balance into his approach.

“Those who want to become more in balance or healthy must then begin to learn about those aspects of their lives that are out of balance,” Lane said. “The first and most common aspect is diet. The food we eat directly affects the thought processes, our energy levels, and every activity of the body.

Lane received his second degree in nutritional science in winter 1996. He was one of three whose Senior Project business plan flourished into Natural Flavors, an organic foods restaurant in downtown San Luis Obispo.

Serving exclusively vegan meals, Natural Flavors supports only farmers who grow their food organically.

After graduating from Cal Poly, Lane moved to Massachusetts where he currently studies macrobiotics at the Kushi Institute.

His interest in nutrition developed after suffering a broken neck in 1986 when he lost control of his Audi. The car, going 55 mph, flipped over and threw Lane into a field.

Despite unencouraging advice in the hospital, Lane found the strength to recover. His story along with others is explained in his book.

“After returning to college a month after getting out of the halo brace,” Lane said, “I was attracted to a Hatha Yoga class.”

In “Moving Into Balance,” Lane writes how yoga and meditation better understanding of the self and accelerates one’s own evolution.

The cast of Chameleon Production’s “West Side Story” played two held-over performances last weekend at the Cal Poly Theater. Photo courtesy Chameleon

Theatre Review

Back by popular demand, Chameleon productions’ version of the 1957 musical “West Side Story” reopened last weekend for two final performances at the Cal Poly Theater.

Friday night’s performance resembled the original production by way of the Romeo and Juliet theme carried out through the lead roles of Tony (Daniel Conner) and Maria (Sarah Vanan), but failed to relay the soul- raw atmosphere that makes this musical so gripping.

The cast of characters included a group of riffraff teens fighting for territory and honor, and supporting characters created to stoke the rivalry between two street gangs.

The story revolves around Tony, a former member of a street gang who chose love over war, and Maria, the woman with whom Tony has fallen in love with.

John Travolta, also known as the comeback kid for his role in last year’s blockbuster Pulp Fiction, has out done himself once again in this summer’s emotionally entertaining motion picture Phenomenon.

Travolta plays George Malones, a mechanic in a small, shadily town, whose biggest concern is how to stop a rabbit from entering his lettuce patch.

On the eve of his 37th birthday though, he is struck by an enor- mos glowing white light that knocks him clear off his feet.

In an instant, he is a mass of energy and human spirit with genius capabilities that continue to intensify as the plot develops.

Suddenly he can gather and retain information at an incriba ble rate and read two to three books per day. George begins to notice that he possesses certain powers that are sometimes uncom modous, like predicting earthquakes by feeling ultra-low frequency waves while standing on a fault line. He also learns how to speak Portuguese in 20 minutes from a language translation book.

Travolta’s character is ex tra zied by his peers and constantly wonders if this flash of light was something extraordinary.

People around town question George on what happened to him the night of his birthday, but he hasn’t the faintest idea, meanwhile he continues absorbing information.

“Phenomenon” is, in many subliminal ways, a spiritual Disney movie “Powder.” Although “Powder” had an array of special effects and a “Phenomenon” possessed an almost unbelievable plot and an incredible cast.

Veteran actor Robert Duvall plays the town doctor while Whitaker plays Nate Pope, George’s closest friend. Kya Seegwic plays Lina, who eventually becomes romantically involved with George.

Phenomenon opened on July 5 and has already made $24.5 million, believng that the actor hits Independence Day and Mission Impossible.

Wine Classic offers good times for all tastes

Wine lovers from all over San Luis Obispo and Santa Barbara counties are drinking the week away at the 12th Annual KCBX Central Coast Wine Classic.

The festival, which began Tuesday at the Cal Poly Art Center with a toast to several artists and wines, will cater to an estimated 5,700 people.

It will entertain participants with food, dancing, countless bottles of wine and a crash course in wine-ed.

Wines from numerous Central Coast vineyards are available to sample and purchase along with artwork from 47 artists. The art work and wine will be sold by auction throughout the week.

The two star-crossed lovers convinced the audience that they were in love, but were less convincing as kids living on the streets.

The musical follows the struggle between the gang, and Tony and Maria’s attempts to snuff out tension between the Jets and the Puerto Rican counterpart from the other side of the tracks.

The Sharks, played by an assortment of characters from street-gangs to tough-guys, fought more than just a gang from the other neighborhood. They were fighting the racism and prejudice of the 1950s. Director Dana Bheshan used that familiar theme to add a present-day flair to his classic production.

The supporting characters success fully conveyed the many themes in the musical. Two char ac ters contributed to the develop ing struggle between the two gangs: a dirty cop named Officer Krupke (Dennis Murray) and a struggling soda-shop owner named Nilsan. Along with the bat ting teens, these two were able to animate the songs lyrics on stage.

The choreography directed by Jason Sumabat and Shannon Simmons, was well executed by the performers but left them panting from the exhausting fight and dance scenes. While the actors were able to keep in step with the music and concentrate on their lines, many of them found themselves juggling with New York, Puerto Rican and gang accents.

See WEST SIDE page 6

Travolta a hit in new paranormal thriller

Wine Classic continues until Sunday, July 14 although many of the events are booked. For more information call KCBX at 781-3026.

See WEST SIDE page 6

Mela Rose

by Mike Friedm

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The supporting characters successfully conveyed the many themes in the musical. Two characters contributed to the developing struggle between the two gangs: a dirty cop named Officer Krupke (Dennis Murray) and a struggling soda-shop owner named Nilsan. Along with the batting teens, these two were able to animate the songs lyrics on stage.

The choreography directed by Jason Sumabat and Shannon Simmons, was well executed by the performers but left them panting from the exhausting fight and dance scenes. While the actors were able to keep in step with the music and concentrate on their lines, many of them found themselves juggling with New York, Puerto Rican and gang accents.

See WEST SIDE page 6

Wine Classic offers good times for all tastes

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See WEST SIDE page 6
Mouth-Watering Quality Shockingly Low Prices!

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Why Woodstock's does it:

1. We actually have no interest in money, pizza's just so darn fun to make.
2. It's our way of giving thanks to a city that has given us so much.
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We work closely with Public Safety. We're concerned about the increase of backpack thefts during end-of-the-quarter book buy-back periods. According to Cal Poly Police, the increase is substantial. With Aida's offering to buy back books on your own round basis, Ruth fears unattended backpack thefts will be common.

"We just hope he'll approach this on a more professional basis," said Ruth. "So far we haven't seen much professionalism. One concern is backpack thefts. Every quarter during buy-back times, backpack thefts rise considerably. We work closely with Public Safety the Cal Poly Police to try to curtail the thefts and catch those responsible. So we're hopin', first of all, that his store doesn't cause increased thefts, and secondly that he'll be working with Public Safety."

BOOKS: Aida's has flyers floating about campus to help them prepare.
"Although the sessions were helpful I think it's better to sit down one on one with someone," said Barnes. "If you have the opportunity do go it. It's a culture shock, but it definitely opens up your eyes."

WEST SIDE: Recent play not up to expectations

The A's: Are averaging 1.56 homers per game from page 8
Baltimore and Seattle, both of which have played fewer games than Oakland, are on pace for 255-homer seasons.
Oakland is averaging 1.56 homers per game, and has had significantly more than that in many games. The A's tied a major league record by hitting 18 homers in a four-game span in late June.
The record homer pace cannot be blamed on Las Vegas' empty Cashman Field, where the A's played their first six home games in April because of construction at the Oakland Coliseum.
The A's hit nine homers in those six games, a pace of 1.5 per game. And McGwire wasn't around for any of those games.
And though the renovations to the Oakland Coliseum have made that park more friendly for hitters, it still remains significantly tougher to hit a ball out in Oakland than in many other AL ballparks.
The main reason for the homer barrage has been McGwire. Since missing the first 18 games of the season he has not only led the power surge but has made every one around him in the lineup more dangerous.
McGwire, who is hitting .332, leads the majors with a .496 on-base percentage and a .789 slugging percentage. He has 66 walks and has been on base in all but two of the games he's played.
The A's, who also lead the American League in double plays, won eight of 11 before the All-Star break to move out of the AL West basement, a spot they've inhabited most of this season.
"As I've mentioned, I've been extremely well in the past three weeks, and if we can keep that up then we'll do just fine," said Howe, who welcomed the break as a rest for his beleaguered starting rotation. "We're playing very well, and you'd like to keep going. But I really believe the pitching staff needed the time off. The bullpen, too."

LONDON: Students travelled all over Europe
From page 3
and a half weeks in Europe after the quarter.
"I went to France, Germany, Switzerland, Italy, and Spain," she said.
Before students and faculty take off for their trip they must attend three sessions on campus.

"Many times people will have their good home, LeMoine said."

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"If I thought a student was selling back suspicious books I wouldn't buy from them," said Hensley. "I've also been in contact with Public Safety and they said they'd send lists of any stolen items, but so far I haven't get any-thing from them."

"Ultimately, an off-campus store can be good for students," said Hensley, "as long as it's operated professionally. It's a good backup for the student in the rare case when we run out of stock, and it keeps us looking at our prices to make sure we're competi-tive."

PETS: Woods has a two-week return policy
From page 2
as it so they bring it back," LeMoine said.
Woods Humane Society has a two-week return policy.
"Many times people will have other pets at home and they just don't get along with the new ani-mal," Robinson said. "They can return the pet and get their money back."
The main purpose of Animal Services is to find the animals a good home, LeMoine said.

"We want the animals to be in the best environment possible for them," LeMoine said. "Obviously, if you have a one bedroom apartment you do not want to adopt a Great Dane."
Cianelli agreed that the ani-mal's welfare comes first.
"I hate to admit it but I would rather see a dog put to sleep, which is a humane way to die, than see a dog live ten years with an irresponsible owner," Cianelli said.
BOOK REVIEW: The paperback supplies suggestions for cravings, weight loss and gain and keeping a balanced diet

From page 5

"After learning of yoga, I branched into other ancient teachings - Tai Chi, Meditation, Taoism, Ayurveda, and Traditional Chinese Medicine," he said. Lane's light blue paperback supplies suggestions for cravings, weight loss and gain and balanced eating all with the intention of facilitating small, easy changes. Lane said that most of all, his book translates macrobiotics, ayurveda, and Chinese food theories into basic, understandable English.

In the second part of his book, he includes some cooking fundamentals such as cookware, measurements and different methods of cooking. He also offers recipes for meals that don't have meat or dairy products.

"I am not suggesting that animal foods in moderation are unhealthful, but the American Dietetic Association's statement (vegetarians have lower rates of heart disease and some forms of cancer that non-vegetarians) implies that the food we eat affects our bodies in ways that have been clinically proven," Lane said. So how can those who want more balanced eating adopt grain products such as rolled oats or other edibles like Tofu hot dogs or Rice Dream Ice Cream?

"As you read the recipes, remain objective and focus on understanding the basic overall system," Lane said. "Allow your imagination to reorganize this information, enabling you to invent your own favorite whole-food meals."
The Central Coast Roadrunners secured first place in the premier league with two wins at home last weekend against the Tucson Amigos, 4-0, and the Willamette Valley Firebirds, 5-1. / Summer photos by Sohana Hibshu

By Michael Koufman
Summer Staff Writer

First season ‘Runners take first place

Oakland A’s set to break MLB home run record

Oakland — The Oakland Athletics, who lead the majors with 137 homers at the All-Star break, have lived up to the hype on Jason Giambi’s shirt: Winning depends on where you put your priorities. It’s usually best to put them over the fence.”

The A’s home barrage, which has made them one of three AL teams on pace to break the record of 240 homers set by the 1981 New York Yankees, has fueled a surprisingly strong first half by the rebuilding team.

The Athletics are just two games behind the San Diego Padres and tied with the California Angels for third place in the AL West. That’s far better than expected for the 1996 A’s, who were picked by some analysts to lose 100 games.

Oakland still is trying to fill holes left by starter Todd Stottlemyre, closer Dennis Eckersley and left fielder Rickey Henderson, all Pettibone before the season to save money.

And the move to a young, inexperienced pitching staff has left the A’s with a team ERA of 5.28 at the break.

But the A’s have played solid defense and have overcome many of their pitching woes with homers. Mark McGwire has 28, Albert Belle has 21 and Berroa has 19 and Giambi has 16. Mark McGwire has 28, Albert Belle has 21 and Giambi has 16. But the A’s have played solid defense and have overcome many of their pitching woes with...