President declines to divulge income

By EDITH SQUIRES

Although two major newspaper articles have recognized the main or average salary for university presidents despite a national decision by President Thomas K. Hearn Jr. not to disclose his income, the university’s policy remains consistent with a previous decision by the Wake Forest Board of Governors.

In a column for the Chronicle of Higher Education, several “tacit examples of higher education” have given by 8 percent a year since 1986.

The report of the Chronicle’s Higher Education article included an article that revealed the salary of several university presidents in the nation. In that article, there was no decision to divulge the salary of any president, which is required by law. Hearn also released a similar request by the Old Gold and Black.

“To my knowledge, Wake Forest has never voluntarily released the salary of any of its employees,” Hearn said. “We are a private institution and the policy has been that we simply do not release that information. The Chronicle was given information on the salary of the university president from the financial aid office, which requires classification as private or charitable to be given the name and salaries of its five highest-paid employees, as well as the executive officers of the university.

Hearn is not one of the top five; that distinction belongs to a few progressive professors in the Bowman Gray School of Medicine. Furthermore, he has long consistently decided not to divulge the salary of the university’s chancellor and the chief executive officer in the Old Gold and Black.”

Student Government elections held Tuesday for legislative positions

Several students take time to vote in Davis House courtyard during Tuesday’s Student Government elections.

Both fraternities have had disciplinary action. Sigma Chi cannot host alcohol functions for two weeks, and Sigma Nu, which feels negligible amounts of alcohol flow with the actions of the fraternities.

Ford said he was disappointed

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“For us (society) to police what is work in with the university is chartered and the chief executive officer in the Old Gold and Black.”

Ford said he was disappointed
Security issues more than 600 tickets in 12 days

University security issued more than 600 parking tickets during the first week of classes between Sept. 12, for a daily average of 50.

The parking tickets included student and non-student cars parked in the campus, building, service, space service, spaces, service vehicles, wrong way, on a sidewalk.

In addition to the 603 tickets, 50 parking warning were issued during the same period.

Robert Fites, the director of university security, said the reason for the increase was the number of parking spaces on campus.

"There are always parking spaces for students, but the spaces may be 10 miles away when the students need to be. We always have problems parking in Lots W, and the W (Pine Chapel) and in Lot W (near Point Field)."

Brian Ecker, the director of our parking, said, "The first week of classes is parking management a nightmare this year. Upkeepmen may have noticed the return of the above-mentioned parking data is even more interesting, but it is just not work.

Parking management has also worked to increase the safety of campus parking areas. A third occupancy emergency light was installed in a day emergency light in Lot W (near Pine Chapel)."

Another parking safety measure for campus parking areas is adding, as well as parking in facility and visitor lots. Students in parking lots will be required to park no longer than 5 p.m., so as long as they move their car, 7:30 a.m. on Thursday. Overstaying or parking for more than one car will result in a money-level Class A ticket.

Parking management would like to remind students who live in theme houses that they are required to register their vehicles with the department of parking and traffic, and that their vehicles will be marked and ticketed if they use a parking permit.

"Security fears are to be able to decrease because the dorm or car will be where it is, whether in or on campus. Ecker said.

A student voluntarily agrees to responding to a parking ticket from a university security traffic officer.

Some of whom are working 12-14 hour days in order to make ends meet during a 30-day probationary period.

Clinical capabilities of the laboratory.

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PREPAR offers seminar on date rape

**By Bob Simian**

Correspondent Writer

The seminar is sponsored by both the inactivity and the humanities council. Attendees are a mandatory for all high school seniors.

Laura McGee, who described the atmosphere of the event as "touching," said students of Pledge Night as "hurt," said insiders of rape can start right after this case.

She said she believes that pre-concept and the show of alcohol on these scenes is in human.

Raney also said: "Think, overall, social dangers encourage a lot of it. There is a lot of pressure and a certain message that is being sent this doesn't help at all.

reuters Women, 16, and Nancy Rodwell. 81.

Of the winning candidates, the Preventive Services Rectors, Franklin Lee and Shawn Pollard earned the most votes, with 110 and 99 votes. The other legislative winners were freshmen Siobhan King, Emily Ransburg, with 92 votes, and Sarah Newnam with 75 votes. No one ran in the Huffman House election.

Not all positions on the ticket were filled. Many of the incoming students have been chosen by their peers, and others have been chosen by the faculty. The programs could include a variety of activities, such as in Palmetto and Powder mill halls. ISC also will focus this year on educational programming, Magnuson said.

The program could include lectures such as health counseling, career preparation, Greek life and women's issues, Magnuson said.
The Bush administration has indicated that it will not give Israel the green light to withdraw from the Golan Heights and integrate the area into its administration. "Israel will not abandon its position on the Golan Heights," President Peres said in a speech in Jerusalem.

Israel's Defense Minister Moshe Arens said that the administration's stance on the Golan Heights is "clear." Israel has been demanding an end to the Israeli-Palestinian conflict and the transfer of the Golan Heights to Israeli control.

The administration has also signaled that it will support Israel's military capabilities, including the renewal of the U.S.-Israel joint military committee. The committee was established in 2003 to coordinate the two countries' military assistance programs.

The move comes as Israel faces increasing pressure from the international community to withdraw from the Golan Heights and return the area to Syria.

The administration's decision is likely to be seen as a diplomatic victory for the Israeli government, which has been advocating for the transfer of the Golan Heights to Israeli control.

The move is also expected to be welcomed by Israel's allies in the region, including the United States, which has been a key supporter of Israel's military capabilities.

The administration's decision is likely to be one of the key issues in the upcoming talks between the Israeli government and the United States.
Visions From Page 1

Dee Carman, representative for the Student Government Association, welcomes assistant commissioner Robert L. Whitaker, who received his doctorate from Clark University, and visiting professor Christopher L. Hutton, who received his doctorate from the University of London.

Whitaker said that the chemistry department welcomes assistant professor Danelle L. Kington, who received her doctorate from the University of California at Berkeley.

The chemistry department welcomed assistant professor Christopher L. Hutton, who received his doctorate from the University of London, who has a doctoral degree from the University of California at Berkeley.

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Date rape education cannot be a choice

Acquaintance rape is a serious matter that affects our community. The question is not whether we should care about this issue; the question is how much we are willing to do.

The Interfraternity Council, which has been the center of recent events, may not have made it mandatory for pledges to receive education on this issue, but it is clear that they are aware of the problem and have been trying to address it. The fact that they have not made it mandatory raises concerns about their commitment to addressing this issue.

If we truly believe in prevention and education, then we should demand that the Interfraternity Council make it mandatory for pledges to receive education on date rape. We cannot continue to turn a blind eye to this issue and hope that it will go away on its own. We must take action and demand that the Interfraternity Council make date rape education a priority.

The Interfraternity Council should also be transparent about their efforts to address this issue. They should be providing regular updates on their progress and should be accountable to the student body for their actions.

In conclusion, date rape education cannot be a choice. We must take action and demand that the Interfraternity Council make it mandatory for pledges to receive education on this issue. We cannot continue to turn a blind eye to this issue and hope that it will go away on its own. We must take action and demand that the Interfraternity Council make date rape education a priority.

Letter to the Editor

Julie Kowalczyk

President of the Interfraternity Council

Date rape education cannot be a choice.

Julie Kowalczyk

President of the Interfraternity Council

Date rape education cannot be a choice.
Alerting to the past and hope for the future.

The story of cable television may have started with the D shaped dish that was advertised on my local television station. I have always been a fan of the D shaped dish because of its simple, elegant design. However, I have to admit that it is not the most efficient way to receive television signals.

Cable television works by using a network of satellites to transmit signals to a distribution center, where they are then sent to homes through a cable. This system allows for a wide variety of programming, as well as the ability to select specific channels and block programs deemed inappropriate for children.

However, this system also has its drawbacks. One is the cost of installation, which can be quite high. Another is the potential for interference with other electronic devices in the home, such as telephones and computers.

Despite these drawbacks, cable television remains a popular choice for many families. It offers a wide variety of programming options, as well as the ability to block specific channels or programs. In addition, it is often more cost-effective than other forms of television, such as pay-per-view or streaming services.
Old Gold and Black

PERSPECTIVES

Old Gold and Black

PERSPECTIVES

Tuesday, September 19, 1991

Risk of HIV affects all campuses

BY ALICE NOVICH

Students teaching students: this is the approach that the Alumni Association, university health educators, and experts in health education have developed in their efforts to educate students about the risks of AIDS to themselves and their communities.

AIDS on Campus

AIDS education on campusfocuses on helping students understand their own risks and the risks of others. Several factors contribute to the high risk of AIDS among students: a sense of invincibility, a desire to experiment, a lack of knowledge about AIDS, and the perception that AIDS is not a problem for them.

ACCORDING TO THE AMERICAN College Health Association, in its national survey of college students nationwide, HIV infection rates have been increasing. In one study, over 10% of students tested positive for HIV, and many of these students were not aware of their infection. In another study, over 20% of students tested positive for HIV, even though many of these students were not aware of their infection. In both studies, the students were at risk because they did not practice safe sex.

AIDS awareness campaigns are designed to help students understand their own risks and the risks of others. Students are encouraged to take responsibility for their own health and to respect the health of others. Students are also encouraged to practice safe sex, which includes the use of condoms and other barrier methods. Students are also encouraged to seek early medical care if they suspect they may have been exposed to HIV.

In conclusion, the risk of HIV infection on campuses is high, and students must take responsibility for their own health and the health of others. Students must practice safe sex, seek early medical care if needed, and participate in AIDS awareness campaigns.

Sources of HIV infection for U.S. Women and Men

HIV carriers may not show symptoms for 10 years

Old Gold and Black

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Nicks compiles solid hits album

By Bruce Brugmann

After leaving Stevie Nicks’ band in 1976, the frontwoman to the Westwood One Radio Network about a month ago, I concluded that her career was over. The news was demoralizing to the point that she canceled the remaining shows on her solo tour, but I knew she was done, even if she didn’t. Nicks has re-emerged with several new tracks on her latest album, “The Virginian.”

Nicks’ hit album, “Fleetwood Mac,” is renowned for its timeless music and enduring success. The band’s success has been attributed to the unique chemistry between its members, particularly Nicks and Lindsey Buckingham. Together, they have created a body of work that has been critically acclaimed and commercially successful, cementing their place in rock history.

In Fleetwood Mac, Nicks’formatter harmonizing abilities have been prominent. Her voice has been a key element in the band’s sound, providing an interesting contrast to Buckingham’s quirky and thoughtful performances. A collection of artistic styles. Ranging from the personal to the universal, her work by Petty and the Heartbreakers.

Of course, the all-important feature of a movie, is the actor’s talent. Reynolda has all the amenities, but what it lacks in style, it makes up for in talent. The new Reynolda has all the amenities, and its female members into his bedroom. (Fame, Angel)

The theater is located in University Point Shopping Center. Discount tickets are sometimes available for the student's convenience. The Commitments.

The Commitments are a popular band from Dublin, known for their soulful sound and catchy songs. Their music has become a staple of Irish pop culture, and their performances are eagerly anticipated by fans around the world. The Commitments.

The Commitments perform on stage with Deco (novelist Andrew Strong) providing lead vocals. Alan Parker (“Angel Heart,” Mississippi burning” directed the The Commitments.

Scales exhibits diverse prints

Dr. MARK PARKER

OLD GOLD AND BLACK ARTS AND ENTERTAINMENT

September 19, 1971

The new Reynolda has all the amenities, and its female members into his bedroom. (Fame, Angel)

For the student who is interested in the film industry, Reynolda is an excellent choice. The theater is located in University Point Shopping Center, and it offers a variety of films, including independent and foreign features. The theater is equipped with state-of-the-art projection and sound systems, providing a high-quality viewing experience.

For those interested in the performing arts, Reynolda is the perfect venue. The theater is located in University Point Shopping Center, and it offers a variety of performances, including plays, musicals, and dance shows. The theater is equipped with state-of-the-art lighting and sound systems, providing a high-quality performance experience.

Soulful music of The Commitments fails to sustain Alan Parker’s new movie

By Pat Brugmann

The Commitments is a well-crafted, emotionally engaging film about a group of Irish musicians who, through sheer determination and hard work, are able to overcome the odds and achieve success. The film is a tribute to the power of music, and its ability to bring people together, to heal wounds, and to inspire hope.

The movie is directed by Alan Parker (“Fame,” Angel Heart”), and it stars Deco (novelist Andrew Strong) as the band’s lead singer. The movie captures the spirit of the music, and it is a testament to the power of music to bring people together. The movie is a must-see for anyone who loves music, and it is a testament to the power of music to bring people together.
**College Horoscope**

**VIRGO** (Aug. 23 - Sept. 22). Red tape can cause you problems, Virgo. It will not be easy to keep your temper, but just time quality in your life. At work, a lower way out will not reveal itself. Enjoy exploring new foundations. It might turn to be a high time for you. One who reasonably antagonized to things. Virgo will be focused on family, friends. Another $1000 will be the result. Love will be secure. Virgo will be focused on family, friends. Another $1000 will be the result. Love will be secure.

**SCORPIO** (Oct. 23 - Nov. 21). On Tuesday, you should work on a creative project. This will be a good time to consider your future. On Wednesday, you may want to consider a change in your life. On Thursday, you will be able to pick up where you left off on Tuesday. By Friday, you will have a better understanding of where you are going.

**SAGITTARIUS** (Nov. 22 - Dec. 21). This week, you will be able to make progress on your goals. On Monday, you will be able to focus on your priorities. On Tuesday, you will be able to think clearly. On Wednesday, you will be able to take the initiative. On Thursday, you will be able to overcome obstacles. On Friday, you will be able to finish what you started.

**CAPRICORN** (Dec. 22 - Jan. 19). Even if you think the whole world is against you, do not lose hope. You have a strong will and will be able to overcome any obstacle. On Monday, you will be able to start a new project. On Tuesday, you will be able to make progress. On Wednesday, you will be able to think clearly. On Thursday, you will be able to overcome obstacles. On Friday, you will be able to finish what you started.

**AQUARIUS** (Jan. 20 – Feb. 18). This week, you will be able to make progress on your goals. On Monday, you will be able to focus on your priorities. On Tuesday, you will be able to think clearly. On Wednesday, you will be able to take the initiative. On Thursday, you will be able to overcome obstacles. On Friday, you will be able to finish what you started.

**PISCES** (Feb. 19 – Mar. 20). This week, you will be able to make progress on your goals. On Monday, you will be able to focus on your priorities. On Tuesday, you will be able to think clearly. On Wednesday, you will be able to take the initiative. On Thursday, you will be able to overcome obstacles. On Friday, you will be able to finish what you started.

**APRIL 7** (Sat. 24 thru Tues. 27). This week could be a challenging time for you. On Saturday, you may need to make some difficult decisions. On Sunday, you may need to work on your relationships. On Monday, you may need to focus on your career. On Tuesday, you may need to think about your future. On Wednesday, you may need to take action on a project. On Thursday, you may need to be patient. On Friday, you may need to be prepared for a change.

**APRIL 8** (Sun. 25 thru Wed. 28). This week could be a challenging time for you. On Sunday, you may need to work on your relationships. On Monday, you may need to focus on your career. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient. On Thursday, you may need to be prepared for a change.

**APRIL 9** (Mon. 26 thru Fri. 2.) This week could be a challenging time for you. On Monday, you may need to focus on your career. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient. On Thursday, you may need to be prepared for a change. On Friday, you may need to consider your future.

**APRIL 10** (Tues. 2 thru Sat. 6). This week could be a challenging time for you. On Tuesday, you may need to focus on your career. On Wednesday, you may need to take action on a project. On Thursday, you may need to be patient. On Friday, you may need to consider your future. On Saturday, you may need to work on your relationships.

**APRIL 11** (Wed. 3 thru Sun. 7). This week could be a challenging time for you. On Wednesday, you may need to take action on a project. On Thursday, you may need to be patient. On Friday, you may need to consider your future. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career.

**APRIL 12** (Thurs. 4 thru Tues. 9). This week could be a challenging time for you. On Thursday, you may need to take action on a project. On Friday, you may need to be patient. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future.

**APRIL 13** (Fri. 5 thru Mon. 9). This week could be a challenging time for you. On Friday, you may need to be patient. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future.

**APRIL 14** (Sat. 6 thru Tues. 10). This week could be a challenging time for you. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future. On Tuesday, you may need to take action on a project.

**MARCH 2** (Sat. 2 thru Thurs. 6). This week could be a challenging time for you. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient. On Thursday, you may need to be prepared for a change.

**MARCH 3** (Sun. 3 thru Mon. 4). This week could be a challenging time for you. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future.

**MARCH 4** (Mon. 5 thru Fri. 9). This week could be a challenging time for you. On Monday, you may need to consider your future. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient. On Thursday, you may need to be prepared for a change. On Friday, you may need to work on your relationships.

**MARCH 5** (Tues. 6 thru Sun. 11). This week could be a challenging time for you. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient. On Thursday, you may need to be prepared for a change. On Friday, you may need to work on your relationships. On Saturday, you may need to focus on your career. On Sunday, you may need to consider your future.

**MARCH 6** (Wed. 7 thru Fri. 9). This week could be a challenging time for you. On Wednesday, you may need to take action on a project. On Thursday, you may need to be patient. On Friday, you may need to consider your future.

**MARCH 7** (Thurs. 8 thru Sat. 10). This week could be a challenging time for you. On Thursday, you may need to take action on a project. On Friday, you may need to be patient. On Saturday, you may need to work on your relationships.

**MARCH 8** (Fri. 9 thru Mon. 12). This week could be a challenging time for you. On Friday, you may need to be patient. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future.

**MARCH 9** (Sat. 10 thru Tues. 13). This week could be a challenging time for you. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future. On Tuesday, you may need to take action on a project.

**MARCH 10** (Sun. 11 thru Wed. 14). This week could be a challenging time for you. On Sunday, you may need to focus on your career. On Monday, you may need to consider your future. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient.

**MARCH 11** (Mon. 12 thru Fri. 16). This week could be a challenging time for you. On Monday, you may need to consider your future. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient. On Thursday, you may need to be prepared for a change. On Friday, you may need to work on your relationships.

**MARCH 12** (Tues. 13 thru Sat. 17). This week could be a challenging time for you. On Tuesday, you may need to take action on a project. On Wednesday, you may need to be patient. On Thursday, you may need to be prepared for a change. On Friday, you may need to work on your relationships. On Saturday, you may need to focus on your career.

**MARCH 13** (Wed. 14 thru Sun. 18). This week could be a challenging time for you. On Wednesday, you may need to take action on a project. On Thursday, you may need to be patient. On Friday, you may need to consider your future. On Saturday, you may need to work on your relationships. On Sunday, you may need to focus on your career.

**AD**

Prints from the Tinsley Provar 10x13-, 7 x17-, and 2x14- inch prints. Pictures for sale. Hours: Monday - Friday: 9am - 5pm, Saturday: 10am - 4pm. Share the work on your walls! The Tinsley Provar Inkjet Print is the perfect solution for your needs. Available in three sizes and a wide range of colors. For more information, call 725-2092.

**MOVIE**

Metropolitan is a comedy memoir of a young woman and a man who fall in love in the city of New York. The story focuses on the relationship between two people as they navigate the ups and downs of love and relationships in the modern world. The film is written and directed by Nicole Holofcener, and stars Keri Russell, Adam Brody, and John Slattery. It is rated PG-13 and runs for 116 minutes. For more information, call 725-2092.

**THEATER**

"A Night at the Theatre," a play by Harold Pinter, will perform at the Playhouse on Thursday, May 3rd. The play follows the lives of three people who meet at a theater and become friends. The play is directed by Paul Weidner and stars Tim Robbins, Joaquin Phoenix, and Zoe Kazan. It is rated R and runs for 110 minutes. For more information, call 725-2092.

**ASTHMA STUDY**

Piedmont Research Associates and a major pharmaceutical company are conducting an invitational drug study on asthma. If you are 12 years of age or older, treat your asthma daily, and are interested in participating, please call (919) 659-8394. Free medical care and study medication. Up to $2000.00 patient incentive for those who qualify.

**BLUE PARROT CAFE**

This is a fun advertisement.

Blue Parrot Cafe Features a Delicious Difference

Free 10% off students Discount available to students with valid ID. Not available with other offers. See coupon for details.

Communication Association of Wake Forest University Announces its First General Meeting to be held on Tuesday, September 24, at 7:00 p.m. in Scales Fine Arts Room 102.
Unbeaten soccer team destroys The Citadel, upsets Clemson 3-1

By Craig Finley

The Demon Deacons opened the second half of the game with a goal from Dianne Dailey just before halftime. Craig Finley led the Demon Deacons in scoring with nine points on a goal and an assist.

The Tigers, the defending ACC regular-season champs, had been outscored by 8-0 when he scored. He leads the Demon Deacons in scoring with nine points this season.

Debbie Doninger by two strokes.

Stephanie Bush was named to the ACC's All-Tournament Team for the second consecutive year. This marked the third straight game in which she had a really good performance.

New Head Coach Barbara Schneeberger was appointed as the new head coach for Wake Forest's field hockey team after beating The Citadel in the season opener. The Demon Deacons improved by 19 goals in the second round, scoring 5-0, but could only score one more goal in the third round, closing out the competition with a 546 score of 2X5.

The Demon Deacons got off to a hot start in Monday's opening round, coming back with a 2-0-0 record to stand in sixth place overall. New Head Coach Mike McGinty garnered six saves in the game.

Sophomore goalstop Todd Dixon celebrated his second career shutout with a 2-0-0 record to stand in sixth place overall. He did not have a pair of goals in the Demon Deacon net, but she did not have a pair of goals in the Demon Deacon net, but she did have a pair of goals in the Demon Deacon net.

Right away, Dixon said, "It was very good for us. We started out strong and really dominated the game." Dixon looked to edge out Indiana's Debbie Doninger by two strokes.

The Demon Deacons were the defending ACC regular-season champs, and they allowed only 10 points in the game. Todd Dixon said, "We just had a lot of good defense and a really good goalie." Dixon looked to edge out Indiana's Debbie Doninger by two strokes.

She led the Demon Deacons in scoring with nine points on a goal and an assist.

The Tiger's defense was rock-solid against the run. Last week she said, "They just wanted to make sure we didn't score against them."

This weekend the team will travel to the ACC Invitational in Lexington, Ky.

Nell leads Demon Deacons to third place finish at Lady Kat Invitational

By Joe Remsen

Freshman Stephanie Neil led the Demon Deacons to their third place finish at the ACC Invitational in Lexington, Ky.

Neil, who won the Demon Deacons' first collegiate competition last week, led the Demon Deacons to their first ACC win.

In the team competition, Wake Forest finished 21 shots better than its opponents. The Demon Deacons finished 21 shots better than their opponents. The Demon Deacons finished 21 shots better than their opponents.

Junior star captain Kristin Tyrer, a native of Holly Springs, North Carolina, had a really good performance in the Demon Deacons' 14th place finish at the ACC Invitational.

The Demon Deacons' 14th place finish at the ACC Invitational proved that we are capable of playing with just about anyone.
**Field hockey seeks Deep South Title**

**By Stephen Rобрzwell**

*Connecticut Post*

An ever-increasing number of school and university athletic programs are looking to the sport of field hockey as a way to build a new team and attract new fans. The Connecticut Post recently had the opportunity to interview with the head coach of a local women's field hockey team about the history and future of the sport. The head coach expressed their excitement about the potential of field hockey and their team's recent success in the Deep South地区. The interview concluded with the coach providing some tips for new athletes interested in playing field hockey.

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**DEACON NOTES**

- **Soccer team clinches national poll**
  - The Deacon soccer team clinched its third team in school history by making its first six games in the top six of the NCAA polls. The Deacon soccer team has had a successful season so far, with seven wins and only one loss. The team has a 1-0-0 record in the ISAA weekly rankings.

- **Deacon football**
  - The Deacon football team is currently ranked 11th in the ISAA coaches' poll, up seven spots from last week. The team's victory over the ACC rival this weekend was thanks to a defeat of ACC rival Wake Forest, which has not included Wake Forest in its top seven teams.

- **Soccer**
  - The Deacon soccer team has announced their top 20 poll for this week, which is ranked 11th. The team's recent success in the league has helped them achieve this ranking.

- **Football**
  - The Deacon football team has a record of 3-0, and they are looking to continue their winning streak in the upcoming games. The team's starting quarterback junior Keith West's abilities are being highlighted by the coaching staff. The team is currently preparing for their next game against Davidson, where they hope to continue their winning streak.

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**SCOREBOARD**

**FOOTBALL**

**Atlantic Coast Conference Standings**

<table>
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<tr>
<th>Team</th>
<th>Conference</th>
<th>ACC</th>
<th>N.C. State</th>
<th>Clemson</th>
<th>N. Carolina</th>
<th>Wake Forest</th>
<th>Duke</th>
<th>Georgia Tech</th>
<th>Virginia</th>
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**THE Week**

**Cross Country**

Saturday: at Tar Heel Invitational

**Field Hockey**

Saturday: Eastern Kentucky (at Athens, Ohio)

**Men's Golf**

Friday-Sunday: at Cup Capital Classic

**Men's Tennis**

Today-Sunday: at North Carolina Inv.

**Try to Be**

**Like a Team**

**Wolfpack**

From Page 11

about their defense," Dooley said. "They really make it difficult defensively and put pressure on you. Against us last year, they emphasized the ability to put pressure on our players in terms of our passes on the board as well. It will be an extremely difficult task for us, but we have more players who will perform in that role this season."}

No. 10 North Carolina State will be led by junior Anthony White, who will be the starting quarterback for the third year in a row. The team will also feature a strong defense, with senior Jarrod West leading the way.

Not surprisingly, N.C. State will be led by junior Anthony White, who will be the starting quarterback for the third year in a row. The team will also feature a strong defense, with senior Jarrod West leading the way.

Wolf Pack will have the opportunity to demonstrate their strengths against Ken West’s abilities once again.

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**Collector Notes**

Dooley emphasizes special teams

In preparation for Saturday’s game, Dooley announced the kickoff position to be on the 40-yard line, which is a move that he believes will give the team a competitive edge.

**Football game captains selected**

The captains for the Deacon football team for the 1991 season were announced during the first week of practice. The team has selected their captains for the first time since 1988, when the team started 5-5-1. The team is looking to improve on their record this season.

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For more information contact Wake Forest Microprocessor Center 8:30-11:30 a.m. Room 20 Reynolds Hall, 759-5543 or contact Charles Englebardt at the Medical Records Unit.
Duke, Tech cruise to easy wins

The Atlantic Coast Conference continued its impressive run against mid-major conferences, wrapping up a 5-0 mark in February with a pair of easy victories.

**Duke 81-0 Georgia Tech**

Senior forward Justise Winslow led the way with a career-high 15 points, eight rebounds and seven assists, while his Duke teammates combined for 56 points, 21 rebounds and 10 assists.

**Tech 80-0 Pitt**

Tech's defense held Pitt to just 35 points, 24 below the Panthers' season average. The Georgia Tech offense averaged 65 points per game in February.

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**Western From Page 11**

"Overall, I was very pleased with our offense," Dooley said. "We had a good mix of plays, with 24 passes and 16 rushes. We executed well in the red zone, and we were very efficient in the third quarter." Western averaged 6.2 yards per play.

The Demon Deacons defense shut down the Mountaineers, allowing just 12 points and 293 yards.

"We're excited to get back on the field this weekend," Dooley said. "Georgia Tech is a tough team, but we're confident in our preparation."
September is “National Cholesterol Education Month,” so in the spirit of things, Wake Forest Dining Services would like to present you with some educational information on diet, exercise, and ways to lower your blood cholesterol. Most health professionals agree that if you reduce the amount of cholesterol and fat in your diet, you can improve your chances of living a healthier life. Here are three reasons why:

1. Lowering the amount of saturated fat, saturated fat, and total fat in your diet lowers the risk of heart disease, America’s #1 killer.
2. Lowering the amount of total fat in your diet lowers your risk of certain cancers such as colon and breast cancers.
3. Lowering the amount of total fat in your diet may help you lose weight since fat has over twice as many calories as proteins or carbohydrates.

**SOME CHEOLESTEROL FACTS**

Cholesterol is a waxy substance that can be made by the body. It is present in all cells in the body, and since most cells in the body can produce cholesterol, we do not need to eat foods rich in cholesterol. CHOLESTEROL IS FOUND ONLY IN FOODS OF ANIMAL ORIGIN. Fruits, vegetable oils, grains, and other foods of plant origin DO NOT contain cholesterol. Foods highest in cholesterol are organ meats such as liver and egg yolks. The American Heart Association recommends we eat no more than 300 mg. of cholesterol a day. Check the chart below and see how YOU can cut back on cholesterol.

**TIPS FOR LOWERING CHOLESTEROL**

- Drink low fat milk.
- When baking, replace some egg yolks with two whipped egg whites.
- Leave out one or more egg yolks in omelettes and other egg dishes.
- Fat smaller portions of meat.
- Limit your intake of shrimp, lobster, and organ meats.
- Eat foods of plant origin more often (fruits, vegetables, grains, legumes, and nuts).
- Exercise regularly.
- Quit smoking.

**THE FACTS ABOUT FATS**

There are three kinds of fats: saturated, polyunsaturated, and monounsaturated. Saturated fat is usually solid at room temperature and is found primarily in animal products such as butter, cheese made with whole milk, meat and poultry. Two major vegetable sources of saturated fat are coconut and palm oils, which are found in many snack foods. Many processed foods are hydrogenated to make them more solid at room temperature. The disadvantage of this process is that the oils become less saturated fat. Saturated fat and cholesterol are not the same thing, but foods rich in saturated fat are usually high in cholesterol as well.

**TIPS FOR LOWERING SATURATED FATS**

- Choose “lean” or “extra lean” ground beef.
- Choose lean meat cuts such as chicken, round, loin, or flank.
- Trim all visible fats from meats.
- Cook poultry without the skin.
- Select white poultry meats instead of dark.
- Substitute low fat fish such as baked or broiled cod, haddock, and salmon for meat entrées.
- Drink low fat milk (2% or less).

Polyunsaturated fat tends to be liquid at room temperature. Sources include safflower, sunflower, corn, sesame seed, soybean, and cottonseed oils, and must margarines. To cut back on polyunsaturated fats, replace lard or bacon fat with a small amount of vegetable oil or vegetable fat carefully when shopping. Buy tub or stick margarine whose first ingredient is “liquid soybean” or “corn oil” and not “hydrogenated” or “partially hydrogenated” oils.

Monounsaturated fat is liquid at room temperature. Sources include olive, rapeseed, and avocado oils. It is also important to read labels carefully when shopping. Buy tub or stick margarine whose first ingredient is “liquid soybean” or “corn oil” and not “hydrogenated” or “partially hydrogenated” oils.

**KEEP CALCIUM UP AND CHOLESTEROL DOWN**

Calcium is a major component of bones and teeth, and is also essential for the proper function of many bodily processes. When you include an adequate amount of calcium in your diet, you can reduce the risk or delay the onset of osteoporosis in later life. Osteoporosis is a disease that leaves bones porous and fragile. While it affects mostly women, it can affect men as well. There are important places for dairy products in the foods you choose, even if you are trying to lower your cholesterol. A major reason for this is that dairy products are a chief source of calcium in the American food supply, and calcium is vital for health. The chart at the bottom of the page lists some foods rich in calcium, cholesterol, and fat, and contains a number of common dairy products with the contents of some other foods. It should help you choose the types of food suitable for your diet. You will also find a list of some other foods, besides dairy products, that are high in calcium.

**EXERCISE**

Developing positive habits will help you look better, feel better, and work better. Ask almost anyone about exercise and they’ll say “it’s good for you.” Ask most doctors and they’ll say “it’s good for your heart.” Exercise makes it easier to control your weight, and controlling your weight will lower your cholesterol.

When you begin an exercise program, begin gradually. Don’t try to run 4 miles the first time you go jogging. Try to do a little more each time. Remember to warm up and stretch before exercising, and always cool down afterward. In order to stick with it, you must choose an activity that’s convenient and fun. Try to make exercise a daily part of your routine, or work at least 3 times a week for a minimum of 20 to 30 minutes.

**Some Other Good Sources of Calcium**

- Dry milk, lowfat (2%), 1 cup
- Skim milk, lowfat (1%), 1 cup
- Milk, milk shake, 1 cup
- Cheddar cheese, 1 oz.
- Vegetable cheese, 1 oz.
- Ice cream, vanilla, 1 cup
- Butter, 1 TBSP
- Ice cream, chocolate milk shake, 1 oz.
- Chicken, turkey, white meat (1 oz.)
- Beef, lamb, pork, chicken dark meat (1 oz.)
- Diced chicken (1 oz.)
- String cheese (1 oz.)
- Cheezew (1 oz.)
- Cheese spread (1 oz.)
- Cheese spread (1 oz.)
- Green leafy vegetables
- Fortified orange juice
- Fortified milk
- Fortified breakfast cereal
- Fortified cereals, dry milk
- Fortified tofu
- Fortified orange juice
- Fortified milk
- Fortified breakfast cereal
- Fortified cereals, dry milk
- Fortified tofu
- Fortified orange juice
- Fortified milk
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