

Features

Ahhh-chooo!

Sneezing: with speeds up to 103.6 miles per hour

by Kelly Pierce
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It's that time of year when most everyone is out playing in the snow. You see snowball fights, snow men and ice forts. You hear people laughing and yelling and ... ahhh-chooo!

Were you standing within 12 feet of that sneezing person? Do you know that in all likelihood you were showered with a thousand

ty. The Black Death of the Middle Ages, which was a flu epidemic of the 1900's, was blamed on free floating sneeze particles.

Therefore, we suggest the best way to sneeze is to cover the nose and mouth while aiming your head downward, so that the particles will stick to the floor instead of floating around and spreading germs.

A sneeze can be caused by irritating substances such as a speck of dust or pollen, a hair, or a grain of pepper. Even bright lights, chills

is relayed along the nerves to the chest muscles. These muscles then contract and squeeze the lungs.

The muscles which connect the mouth and the nasal passage to the esophagus; known as the pharyngeal muscles, contract and prevent most of the air expelled by the lungs from entering the mouth. This air is then forced to the exit through the nose and the mouth, resulting in a sneeze.

Holding your nose, not breathing and any other actions taken to hold back a sneeze can be highly dangerous to one's health. Stifling a sneeze could cause a nosebleed or even fractured bones in and around the nose.

It can also cause sinus infections from bacteria being sent up the sinuses instead of being expelled. A small bone in the inner ear could also be dislocated, causing damage or loss of hearing.

According to old wives tales, to avoid or stop sneezing one can: press your upper lip, stand on your head, put a clothes pin on your



nose, rub your face with lard, say the alphabet backwards, sniff garlic or horseradish or put yourself on ice. When a sneezing attack

comes on, you might want to try anything to make it go away. If for no other reason than so you can go out and enjoy the winter fun.

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moisture-wrapped particles up to the speed of 103.6 miles per hour? Now, don't you think you should tell that person to cover their mouth next time?

When one sneezes and does not cover the nose and mouth, they could be spreading bacteria to everyone in the immediate vicini-

or sexual arousal may bring about a sneeze attack.

Sneezing is as uncontrollable as a heart beat, but just as complex. A sneeze occurs when the excitatory muscles reach a particular part of the nasal lining. This stimulus travels along the sensory nerves to the brain stem, where it

Helpful hints to beat the tax form blues

by Janet Bradshaw
Staff Writer

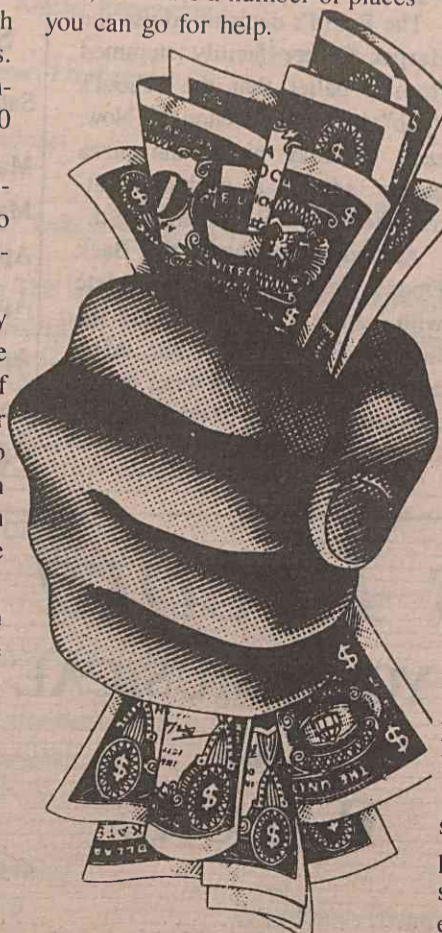
Each year people are faced with the chore of filling out tax forms. This year the chore must be completed and post marked by 12:00 midnight on April 17th.

Assistant Professor of Accounting Deborah Caldwell was able to offer some helpful tips for preparing taxes.

According to her, tax forms may be picked up in the Elon College library or in most post offices. If you are single and make under 10,000 you will probably need to check up a 1040EZ federal form. You'll also need a tax return from the state in which you were employed this year.

The information you need in preparing your taxes should come to you through the mail. The W2 form, provided by your employer, that lists your earnings. If you own any investments, such as a checking account with a great deal of built up interest, you will receive the 1099-INT. The 1099-DIV is sent to people who own and receive income from any shares of stock.

After you've picked up the forms and have all the necessary information, there are a number of places you can go for help.



Students in Advanced Tax Accounting 422 will be available three

days in March to assist people with income taxes. Today, from 4:30 to 7:30 p.m. they will be in Long Student Center. They will also be available tomorrow from 1:30 to 5:30 p.m. and Saturday from 10:00 to 2:00 p.m. at Holly Hill Mall in Burlington.

If you're still confused, call the I.R.S. toll free at 1-800-424-1040.

The group is called VITA - Volunteer Income Tax Assistance program. They offer free assistance to older, handicapped, and low-income taxpayers as well as students who file form 1040EZ, form 1040A, or a basic form 1040.

These students have I.R.S. training and are well equipped to help you with any questions you may have. "Of course," Caldwell pointed out, "if you are that confused, you can always go to a paid professional, such as an accounting firm."

Taxpayers who visit a VITA site should bring this year's tax package, wage and earnings statements (form W-2) from all employers, interest statements from banks (form 1099), a copy of last year's tax return if available, and

other relevant information about income and expenses. Assistance will also be offered for North Carolina Tax Returns.

Caldwell said she would be more than happy to assist anyone with problems that might arise while do-

ing taxes. Her office is located in Alamance 305B and she can be located by phone at 538-2109. "If all else fails," said Caldwell, "call the I.R.S."

Their toll free number is 1-800-424-1040.



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Gotta Do**

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