

Allergy Season Brings Sneezing, Wheezing

BY GREG KALISS
ASSISTANT FEATURES EDITOR

It's the perfect setup for popping the big question: guy and girl sitting on the bench in front of Davie Poplar. The guy reaches into his pocket, opens his mouth and ... sneezes.

Yep. It's allergy season again. Spring pollen is wreaking havoc on allergy sufferers across the campus, which doesn't surprise Dr. Paul Biggers, director of the ENT Allergy Clinic at UNC Hospitals. He said this time of year was the worst for allergies; he also said this year had been particularly bad because of the recently abated dry spell, which kept pollen in the air.

"Our pollen counts have been very high," Biggers said.

Marcus Ward, a sophomore from Greensboro, could probably attest to that fact. He said he had been bombarded with a barrage of symptoms, including coughing, a stuffed-up nose, red eyes, wheezing

and even fatigue. "It kind of wears you down," he said.

Tim Hodgkins, a freshman from Charlotte, said this year was a particularly bad one for him for a different reason. "It was bad in the fact that I mistakenly didn't take my allergy shots for a long time," Hodgkins said. "I thought I outgrew it."

But when his allergies acted up, he said, he realized he should start in on his shots again. Then, UPS lost them in the mail, meaning he had to wait an extra two weeks for them. "So, for two weeks, I was, like, dying," Hodgkins said.

Apart from the strange circumstances of this year, Hodgkins agreed that this time of year was a bad one for allergy sufferers. "This has always been the worst time," he said. He said there generally seemed to be a three-week period during April that was the peak of allergy activity.

Hodgkins and Ward certainly aren't alone in their battle with their overly sensitive immune systems. According to information from the National Institute of All-

ergy and Infectious Diseases, as many as 50 million Americans might be affected by allergic diseases, including asthma.

The NIAID also said pollen allergy, commonly called hay fever, affected about 19 million Americans and prompted 8 million visits to physicians each year. So those sniffing and sneezing are in good company.

Ward said the hay fever hit him worst in the morning and late at night. "In the middle of the day, I don't go through any problems unless the wind blows," Ward said. "That's about it."

For Hodgkins, the symptoms strike worst at night as well. He said that he was usually fine during the day but that at night he often had shortness of breath. "It gets really bad at nighttime," Hodgkins said. "I can't sleep. For some reason, that's when it gets bad."

Those fighting a losing battle with pollen needn't lose all hope. Biggers said the over-the-counter medicines available worked pretty well. He said antihistamines

were effective but could cause drowsiness. However, a new class was just introduced that doesn't have that problem.

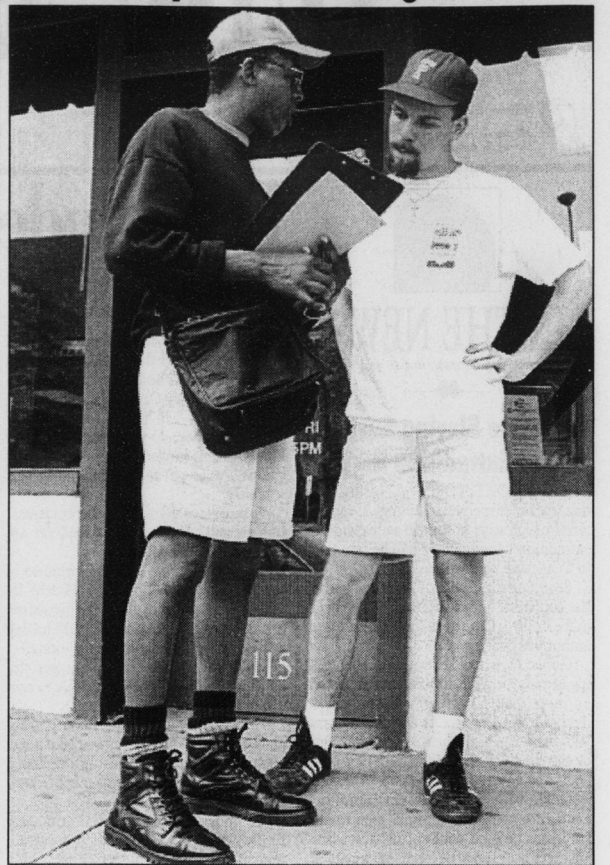
He said the other over-the-counter remedies available, including decongestants and special allergy nasal sprays, also could help. For those who really suffer from allergies, however, Biggers said more drastic action might be necessary.

"If you have allergies all year round, you probably ought to be tested, and possibly desensitized," Biggers said. "Shots do work."

Hodgkins said he agreed that shots were more effective than the over-the-counter stuff he used. "You can definitely tell the difference," he said.

Biggers also said some nonmedicinal techniques could be used to minimize allergy problems. He said filtering air in cars and in the home and using things like dust covers for mattresses, foam pillows, and either water-trap or extra filter vacuum cleaners all could also make the air a bit easier to breathe.

Spare Some Change?



DTH/ERIK PEREL

Prem, giving people citations for "smiling without a permit," asks for donations for Food for Life on Monday. Food for Life is a charitable organization that provides meals to disadvantaged people.

ARREST

FROM PAGE 1

committed the rape had entered an occupied dwelling during hours of darkness against the occupant's will. The kidnapping charges apply because

the man moved the woman living in the apartment from one place in the apartment to another without her permission, Cousins said.

She said, "He is being charged with kidnapping because he held the woman against her will."

WILLIAMSON

FROM PAGE 1

man and the police, and Williamson was shot in the leg.

The state intends to seek the death penalty in this case because of the aggravating circumstances. "The defendant created a risk of death," Fox said.

Williamson then explained the areas of concern for the defense and requested three motions.

Williamson asked the court to consider a motion to suppress items obtained in the search of Williamson's Rock Creek apartment in Carrboro on Jan. 26.

"A number of items were seized, boxes and boxes," Williamson told the judge. "Not physical evidence, but letters to him from family and friends that have nothing to do with the circumstances of this case."

Williamson said the defense had spent several hours going through the items and had barely scratched the surface.

"My concern is to have them sift through the information that they may not be entitled to, and it would be a violation of the Fourth Amendment and right of privacy,"

Williamson said in court. "I want them to sit on that until the motion to suppress is heard."

Fox questioned the motion and argued that some of the evidence could be extremely relevant and that he couldn't determine its relevance unless he saw the items. Battle allowed the suppression of evidence but decided that Fox should be allowed to look at the material.

Battle then asked for an examination of Williamson at Dorothea Dix Hospital to determine the defendant's capacity to perceive and his legal responsibility.

Osborn asked whether the defense team could attend the meetings, and Battle said that as long as the doctors didn't object, he didn't object.

The report from the examination will only be given to the judge and to the defense and not to the district attorney because a plea of not guilty by reason of insanity could be entered. Once Williamson enters a plea at the June 19 arraignment, the district attorney will receive the report.

Williamson also asked the prosecution to try to keep interviews by law enforcement officers to the press at a minimum.

POLICY

FROM PAGE 1

director of composition in the English department. Shimada paid Williams' ex-wife \$10,000 and wrote a letter apologizing for breaking up her family.

"I think it is up to the professor, who is usually older, to be the voice of reason in such cases," Elliott said.

The policy states, "... faculty members

or other instructional staff shall not initiate, pursue or be involved in any amorous or sexual relationships with any student whom they are in a position to evaluate or supervise ..."

UNC is only one of many colleges that have adopted more cautious policies on student-faculty relations in the past three years, Elliott said. She said faculty and staff supported the policy, suggesting that those who opposed it did not understand it fully.

Campus Calendar

TUESDAY

NOON Distinguished policy lecturer Kingsley Haynes, director of the Institute of Public Policy at George Mason University, will hold a seminar on "Using Envelope Analysis for Pollution Monitoring" in 470 Hamilton Hall. Bring a brown bag lunch.

12:30 p.m. Win a free Green Games T-shirt! Answer three questions about recycling on campus correctly and you will receive a free shirt. Meet in the Pit.

Sangam dance will be held in the Pit for Earth Week.

1 p.m. Asian Students Association peer counselors available for walk-in assistance until 5 p.m. in 105 Nash Hall.

3 p.m. Career Clinic: Develop an action plan for selecting a major or choosing a career in the University Counseling Center in 106 Nash Hall.

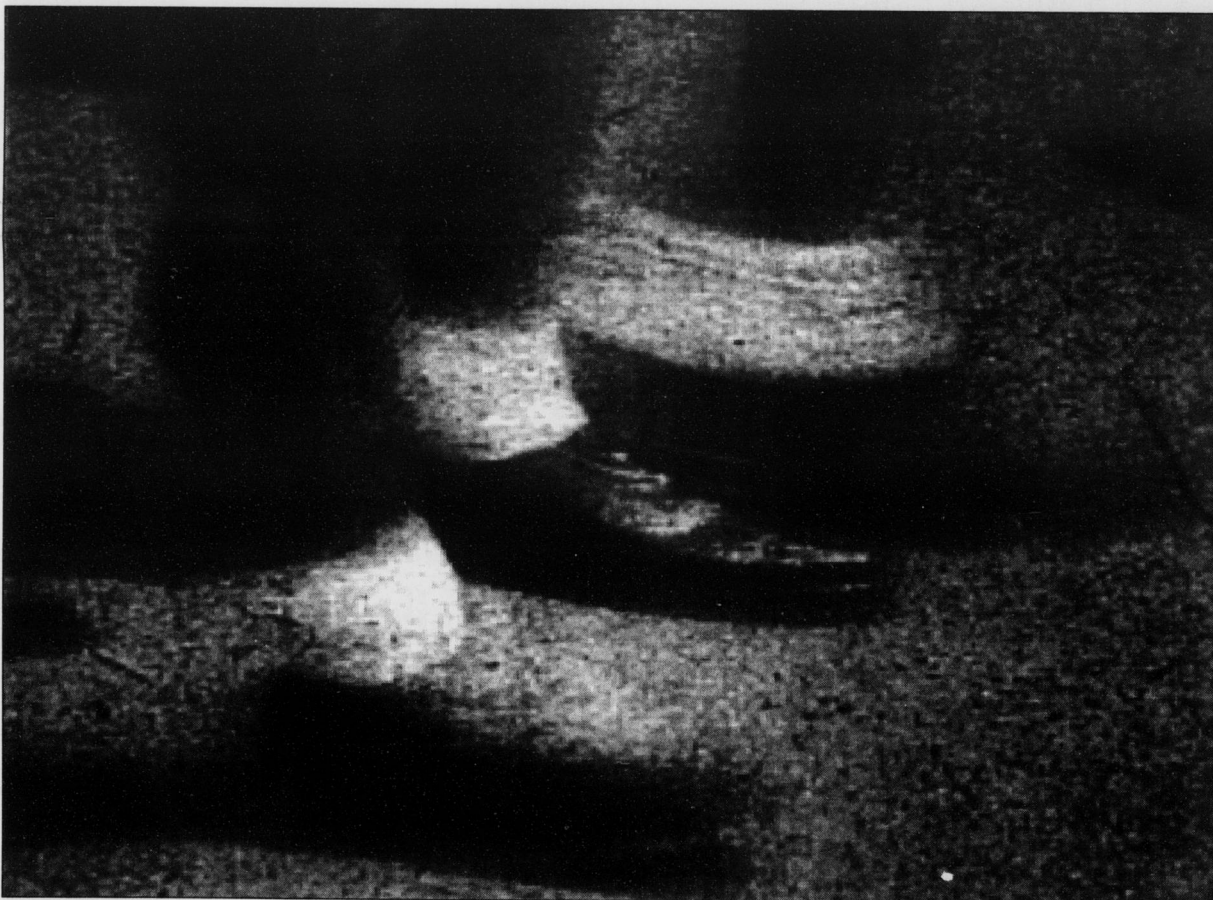
3:30 p.m. Lesbian Support Group: An affirma-

tive environment to discuss and receive support around relevant issues in 210 Nash Hall in the University Counseling Center. Call 962-2175 for more information.

7 p.m. CHiSPA will have its last meeting of the semester in Union 208. Come watch a movie with us and talk about an end-of-the-year party!

For the Record

Wednesday's front-page article, "Chancellor Presides Over His Last Awards Ceremony," omitted the participation of Edith Wiggins, interim vice chancellor for student affairs, in the Chancellor's Awards ceremony. The DTH regrets the error.



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