

Joffrey II's Greatest Hits to be performed in Mercy High School

The nationally known Joffrey II Dancers will make their only Michigan appearance of the current season at 8 p.m. Thursday, April 10, when "Joffrey II's Greatest Hits" will be performed in the Mercy High School auditorium.

Joffrey II is sponsored in performance by Michigan Ballet Theatre, non-profit regional ballet company headquartered in the Detroit area, and is sponsoring the event as a fund-raiser.

Richard England is the director of the Joffrey II Dancers and was named to this position in May 1985. He has along and varied career in dance.

Studying first in his native Seattle, Wash., he continued his dance training at the Julliard School with Jose Limon and Agnes de Millie.

England danced professionally with the Metropolitan Opera Ballet, the National Ballet of Canada, American Ballet Theatre, and on Broadway. He was the founding director of American Ballet Theatre II from 1972 until he assumed the directorship of Joffrey II last year. He is assisted by Jeremy Blanton.

Joffrey II was founded in 1969 by artistic director Robert Joffrey. A classical company of young artists, its purpose is to provide the opportunity for emerging and talented dancers, choreographers, technical staff, and production personnel to pursue and grow in their careers.

Through their policy of touring widely each year, the Joffrey II Dancers have visited, since 1976, every state but Hawaii and have danced both in Canada and Hong Kong. This year alone their itinerary takes them to 39 cities in 10 states.

Current dancer membership in Joffrey II includes 16 men and women who not only tour extensively for 10 months each year, but who also pursue their own exhaustive schedule of classes and rehearsals.

Dancers from Farmington and Farmington Hills in the company are Carrie Adams, Meridith Beiting, Stephanie Lawton and Minday Marx.

Reserved seat tickets for the April 10 performance, \$16, \$14 and \$12, are available at all Ticket World outlets or directly from Michigan Ballet Theatre, 624-5590.



"Vivodanse" is performed by dancers Christina Schwark (at left), Mindy Marx and Jennifer Anderson.

Too many causes keep colds coming

If man can walk on the moon, why can't he cure the common cold? As it turns out, colds may not be so "common" after all.

There may be more than 200 viruses that cause what we refer to as a cold and this is why a cure or a vaccine to prevent colds is unlikely, according to John Jovanovich, M.D., of Henry Ford Hospital's Internal Medicine Department.

The best way to prevent catching a cold is to avoid contact with someone who already has one, according to Dr. Jovanovich. "When an afflicted person coughs or sneezes, virus-laden water droplets may be deposited on his hands or may become airborne." If you come into contact with these droplets, you stand a good chance of contracting the virus.

en soup. Yes, that's right, chicken soup.

According to Dr. Jovanovich, the hot steam from the broth thins nasal secretions and helps your body to expel them, making you more comfortable and helping your body to recover faster. If you buy cold medications, it's best to choose those that relieve individual symptoms. The alkali-one medications usually contain antihistamines, which usually are unnecessary and may make you drowsy.

Your symptoms may not necessarily signal a cold at all. If you have a headache, high fever, and are vomiting, it is

likely you have the flu, which is also caused by a virus. Fortunately, flu vaccines are available and may be used by nearly everyone.

THE VACCINE is helpful especially for people with chronic diseases such as high blood pressure (hypertension), heart disease, lung disease and diabetes and health care workers, according to Dr. Jovanovich. Flu vaccine should not be given to people who are allergic to people who are allergic to eggs.

Colds and flu have become almost routine illnesses, and usually self-treatment and letting the virus run its course are enough. However, in some cases you should seek medical attention. People with chronic disease and the elderly should seek medical consult with their doctor if afflicted with either illness.

If your symptoms are accompanied by a high fever, vomiting, or if you are coughing up large amounts of phlegm, you should seek medical attention. You should also see your doctor if a cold or bout of flu lasts longer than three to four days.

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