Student art on exhibit at library



3rd place: Three-dimensional art by Merrill Stulberg

Panels: Keith Fleck took first place for this three-dimensional piece.

Area Arts Commission 16th annual student art awards were recently judged by artist/instructor Barb Brownson at the Coatick Activities Center in Farmington Hills.

ter in Farmington Hills.
View the winning entries through the month of April at the downtown Farmington Library. The art works will alse be on display in the Costick Center during the Festival of the Arts week April 30 to May 7.
There will be many oxhibits, concerts and activities during the excitation of the Arts week April 30 to May 7.
Highlights include Artist in Residence awards program Sunday, April 30; Ridgewriters readings and library writing awards Monday, May 1; student visits and chamber music evening concert Tuesday, May 2; Battle of the Books on Wednesday, May 3; student visits and chamber concert on Thursday, May 4; Seniors Celebrate the Arts day on Friday, May 5; library reading games on Saturday, May 6; and a Community Band Concert 3 p.m. Sunday, May 7; For event information, call 473-1816.



I have been receiving many questions about feeding cats a vegetarian diet.
With guidance from veterinary nutritionists, the Association of America Feed Controls, officials have developed nutrient profiles. It is the recommended minimum and maximum percentage of nutrients for the following cat life stages, eittenhood, pregnancy, nursing kittens and adulthood.
Protolin: Cats, unlike dogs or people, must eat animal tissue based food to meet their protein requirements. A vegetarian diet for a cat is a definite on. Protein consists primarily

blocks of tissue. Although a cat's body can manufacture non-essential amino acids on its own, it can't produce essential amino acids, so your cat's diet must provide these essentials. Fat: This is the densest nutrient, delivering about twice as many calories per gram as protein or carbohydrates. Fat transports soluble vitamins through the body. Animal fat also contains essential fatty acids, which your cat's body can't produce on its own.

Vitamins and Minerals: These are critical for cat's energy conversion, enzyme function and bone development. High quality commercial cat foods contain ample amounts of both, so few actually nece vitamin and mineral supplements in their diets.

Cats need varied

diet for healthy life

no. Protein consists primarily of amino acids, the building

their thets.

Water: Water is an absolutely essential nutrient

and must be part of every cat's dict.

My cat likes to eat my houseplants. Are there any vegetables that I can give my cat to maybe satisfy his need to eat my plants?

I have a mais cat named Teddy Bear who loves to eat houseplants as well as any cut flowers that come into the house. After he eats them, he throws up.

I have discovered that he likes to eat frozen peas. I let him have about 6 frozen peas a day and that seems to solve the problem of eating my plants.

Bev Cornell is a former Farmington Hills resident and retired veterinary aide and licensed wildlife rehabilitator. She will answer pet questions through her e-mail: bristol_dog@email.msn.com

BORDERS BOOKSTORE APRIL CALENDAR

Thursday, April 6 - 7 p.m.
Complementary/Alternative Medicine: Informal presentation on topical health issues. Dr. Michael Seidman, M.D., speaks on the trend towards alternative and complimentary medicine. Learn about alternative ways of staying healthy. Seidman is an car, nose, and throat specialist with Henry Ford Health System, and he has a National Institutes of Health grant to study a National Institutes of Health grant to study antioxidants/aging and hearing loss. Event co-sponsored by Henry Ford Medical Center in West Bloomfield.

■ Wednesday, April 12 - 7:30

P.m. Beience and Judalam: Borders and Ellu v' Ellu, the adult Jewish learning project of the Michigan Conservative movement, invites you to check out this new monthly learning series, designed for young adults with a professional or personal interest in science, medicine, and Judalem. Learn with Rabbi Lee Buckman of the Jewish

Academy of Metro Detroit. Topic to be discussed: 'Organ Donations - All Take and No Give?'

Thursday, April 13 - 7 p.m.
Postry by Ron Gries: Retired Bloomfield Hills resident Ron Gries discusses and signs copies of his new book of poetry. From Death to Life, 'which illuminates the 4 year journey he took with his wife while she battled cancer. Ron writes about the precious nature of life, the sadness of death, the totality of grief, the wonder of healing, and the overriding power of faith.

Monday, April 17 - 7 p.m.
Fibromyalgia: Henry Ford Medical Center of West Bloominatalment in Borders' Health Talks. Listen as fibromyalgia expert Dr. Lydia Lasichak, rheumatologist, dispels myths and illuminates facts about a misunderskod condition.

Monday, April 17 - 7 p.m.
Gardening Talk: Genetically Modified Organisms: Master Gardener Peggy Malnati presents an informative talk on

genetically modified organisms and how they are impacting both home gardens and the commercial food industry. An advocate for organic gardening, Peggy will cover issues as building disease and pest resistance into crops and genetically engineered "steel" plants and their potential negative impact on health.

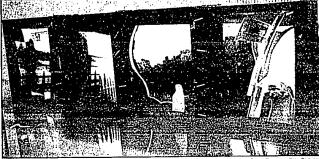
B Tuesday, April 18 – 7 p.m.
Lennore's Natural Cuisine:
Learn how to create nutritious meals as Lenore Baum, author of "Lenore's Natural Cuisinediscusses and signs copies of her

discusses and signs copies of her

discusses and signs copies of her new book.

E Thursday, April 27
Writing Worksdop; 7:30 p.m. Be a part of this popular group of budding writers. Designed to help develop your writing skills and creativity. All ages are wellome to participate in this monthly encounter with words.

Borders Books & Music Cafe is located at 30995 Orchard Lake Road, south of 14 Mile. Call 737-0110 for more information.





SIAT PROTEST BILL BRAM.
Viowing: Donna Goldsmith stopped by the Farmington Library to look at a ring in
the display designed by her daughter Dana Lyons. Dana is a junior at Mercy High
School.

Starry Night Gala is festival kick-off April 29

The third annual Festival of the Arts Gala with silent and live auctions presented by The Farmington Community Arts Council is slated for Saturday, April 29 at the William Costick Activities Center in Farmington Hills.

The event will be staged from 6:30-11 p.m. Cost is \$20 per per-son, or \$35 per couple and includes a gourmet dinner buf-

fet.
Guest artists will be The Matt ture.
For Michaels Trio,
The Farmington Community

Black tie optional

Arts Council mission is to preneeds, foster communication and promote activities of art and cul-

For information, call 478-3256.



Guest Speaker:



NANCY SZERLAG

Sunday, April 9: 11:00 a.m.
Lavish Brunch in the Gardens
with Nancy Szerlac, Gardening
Columnist for The Detroit
News and Master Gardner &
Composter. Your contribution
of \$40.00 will benefit the
Children's Center. For tickets
call 248-643-6360, press 0.

Sunday, April 9: 1:00 p.m. Nancy Szerlag talks about herbs...how to grow them and creative ways to use in cooking. Free admission.

Sunday, April 16: 1:00 p.m. Nancy Szerlag presents a season of color in the garden using annuals and perennials. Free admission.

NORTH GRAND COURT

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