

For immediate release

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Top Ten New Year's Resolutions with Animals in Mind

As the New Year begins, the Progressive Animal Welfare Society (PAWS) a local animal welfare organization in Lynnwood, Washington, is making it easy for caring individuals to create a list of resolutions they can stick to. By choosing just a few of these top ten ideas, citizens will be resolving to help create a more humane world, and feel good all year long.

- Spay or neuter your pet to help prevent accidental litters, and help your friend live a healthier, longer life. Many veterinary clinics and area shelters offer discounted spay or neuter surgeries, including PAWS who provides services for qualified low-income individuals.
- If your pet is already fixed, buy a "We Love Our Pets" Washington State specialty license plate. The proceeds from the sale of the plates fund spay and neuter surgeries state-wide, helping to reduce the number of unwanted puppies and kittens entering shelters.
- Make your yard wildlife-friendly by planting native plants. You can enjoy the beauty of the wildlife who visit, while they benefit from natural sources of food and shelter.
- Take time to walk with your dog, or play with your cat, rabbit or other indoor companion animal, every day. This will give both of you the post-holiday stress-relief and exercise you need.
- Experiment with vegetarian cooking. Skipping meat even one day a week makes a big difference in farm animals' lives, your health, and the environment.
- Eat organic. Harsh chemicals used in growing food can be harmful to the environment and therefore, the wild animals that live in surrounding habitats.
- When driving, especially at dusk and after dark, slow down and look for wildlife near the roadway. Your extra caution could save a wild life.
- Put caps on your chimney and seal up any entrances to your house (to attics, basements, crawl spaces, etc.) before a wild animal decides to move in. Prevention is the most humane way to prevent conflicts with wildlife, and will save you from a lot of trouble.
- Bring your cat indoors and/or create an escape-proof play enclosure for her outside. This will help protect your cat from the outside dangers like cars and poisons, as well as keep her from harming wildlife. Approximately 13 percent of the injured wild animals received at PAWS have been attacked by domestic cats.
- Sign up to volunteer at your local shelter or wildlife rehabilitation center.

For more ideas on helping animals, today and every day of the year, visit paws.org.

A Northwest leader in protecting animals since 1967, PAWS shelters homeless dogs and cats, rehabilitates injured and orphaned wildlife, and empowers people to demonstrate compassion and respect for animals in their daily lives.