

**For immediate release**

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**Top Ten New Year's Resolutions with Animals and People in Mind**

As 2010 begins, PAWS is making it easy for caring people to create a list of resolutions they can stick to. By choosing just a few of these top ten ideas, individuals will be resolving to improve animals' lives, as well as their own.

1. Spay or neuter your pet to prevent accidental litters. It's the most humane and effective way to end suffering caused by pet overpopulation. A fixed pet is also likely to be calmer and easier to train. Many veterinary clinics and area shelters offer discounted spay or neuter surgeries, including PAWS who provides services for qualified low-income individuals.
2. Buy cosmetics that have not been tested on animals. Many cruelty-free products are also chemical-free, which is better for you.
3. 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. Native plants also require less water and care, which means less cost to you.
4. 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.
5. Experiment with vegetarian foods. Skipping meat even one day a week makes a big difference in farm animals' lives, your health, and the environment.
6. Eat organic. Harsh chemicals used in growing food can be harmful to the environment and therefore, the wild animals who live in surrounding habitats. Eliminating chemicals from your family's diet is also a good thing.
7. When driving, especially at dusk and after dark, slow down and look for wildlife near the roadway. Your extra caution could save a human and a wild life.
8. 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 avert conflicts with wildlife, and will save you from a lot of trouble and expense.
9. Bring your cat indoors and/or create an escape-proof play enclosure for her outside. This will help protect your cat from outside dangers such as cars and poisons, as well as keep her from harming small wild life. You'll also have fewer veterinary bills and heartaches when your companion gets hurt or lost.
10. Sign up to volunteer at your local shelter or wildlife rehabilitation center. It's a great way to meet others who care about animals like you do.

For more ideas on helping animals, today and every day of the year, visit [paws.org](http://paws.org).

A champion for animals, PAWS is a nationally recognized leader in rehabilitating injured and orphaned wildlife, sheltering and adopting homeless pets, and educating people to make a better world for animals and humans.

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