

Walk a Dog, Lose Weight

Letting yourself go to the dogs may help you lose weight.

A University of Missouri-Columbia study says that having a dog can help people get more exercise and lose weight.

"Our goal was to look for ways to increase the average exercise regimen, and we found being responsible for a pet, such as committing to walk a loaner dog, encouraged people who did not own dogs to walk more often and for longer periods of time. Our first study group averaged a weight loss of 14 pounds during the one-year program," researcher Rebecca Johnson, an associate professor of nursing and director of the College of Veterinary Medicine's Research Center for Human-Animal Interaction, said in a prepared statement.

That 14 pounds of weight loss over a year is better than results reported by major weight-loss plans, Johnson noted.

The study included disadvantaged, disabled people who were encouraged to walk dogs on a regular schedule. The participants began by walking with the dogs 10 minutes per day, three times a week, and eventually walked the dogs up to 20 minutes per day, five times a week.

APRIL IS PREVENTION-OF-ANIMAL-CRUELTY MONTH

If you spotted an act of cruelty against an animal, would you know what to do?

That's a tough question for many people: Should you confront the alleged abuser? Wait until you can call the police? If you do, do you risk reprisal? Or perhaps you're not entirely sure if the treatment constitutes abuse.

To help educate the public, the American Society for the Prevention of Cruelty to Animals (ASPCA) has made April "Prevention of Animal Cruelty Month." People are urged to spend time this month to educate themselves and others about existing animal cruelty laws and to support pending legislation.

Thirty-three states and the District of Columbia have passed laws that make intentional cruelty a felony charge. Intentional abuse is just that – hitting, choking, kicking, deliberate starvation, etc. Unintentional abuse comes from ignorance; the abuser does not know how to care for the pet. In many states, unintentional abuse can lead to misdemeanor charges. To find out about animal cruelty statutes in Kentucky, please visit www.animallaw.info.

Animal abuse has received a lot more attention in recent years because it often signals abuse toward people. Children who abuse animals often abuse people later in life. By knowing how to spot abuse, you may be able to help people as well.

If you suspect someone is abusing a pet, don't confront that person directly. This is for your own safety, and the long-term interest of the pet. Call the police or your local animal control officer at 839-6410.

FOURTH ANNUAL CAUSE FOR PAWS
TO BENEFIT OWEN COUNTY FRIENDS OF ANIMALS
AND THE ANDERSON HUMANE SOCIETY

FRIDAY, APRIL 7TH AT THE BRICK ALLEY
325 ST. CLAIR STREET IN FRANKFORT

FIVE GREAT BANDS BEGINNING AT 8:00
GEL, SIGNAL FADED, EXIT 99,
THE GREATEST OF THESE, AND VELVET X

\$7 COVER CHARGE
ALL PROCEEDS BENEFIT ANIMAL RESCUES

A LITTLE GIRL WITH A BIG HEART

Ten year old Cheyenne Carter from Frankfort recently made a donation of over \$100 that she raised by requesting contributions to the Humane Society in lieu of birthday gifts. She, along with her parents, visited the shelter last weekend to present the money to us, along with two enormous bags of dog food...which made our canine pals very happy! Thank you Cheyenne!



SPOTLIGHT ON:



#242 Alley-Declawed and Sponsored
Domestic Short Hair

"Now you stop that snickering this very instant! What are you laughing at? FAT?!?!?! I'm not fat! I'm just...fluffy. There's just more of me to love. And get this...I'm declawed in the front, housebroken, and good with kids. Well, what more could you ask for? What are you waiting for? I'm ready to go home with you now!" Thank you to an anonymous donor, who sponsored a portion of Alley's adoption fee. Now she can go home at a reduced rate!

#210 Fred-Sponsored
German Shepherd Dog, Yellow Labrador Retriever Mix

"My name is Fred and I was brought to the shelter by my owner, who said he had to turn me in because I keep getting loose. So whoever adopts me is going to have to have a really secure yard so that I won't be out running around the neighborhood. And if you have kids, that's a definite plus cause I really like those little munchkins! I'm only about a year old and I'd really like a home of my own. Won't you come out and see me?" Thank you to an anonymous donor, who sponsored a portion of Fred's adoption fee. Now he can go home at a reduced rate!



#255 Missy-Sponsored
Domestic Short Hair-gray

"My name is Missy and I came to the shelter the way probably no other animal has. I volunteered! The animal control officer was out trying to pick up another animal and I jumped up in the back of the truck and started eating some dog food I found. I was really hungry, and that stuff was good. I'm only about six months old and I'll be looking for a new home if my owners don't come and get me by March 31st." Thank you to an anonymous donor, who sponsored a portion of Missy's adoption fee. Now she can go home at a reduced rate!

#220 Woody-Sponsored
Rat Terrier, Jack Russell Terrier

"Hello! Hello! Hello! How are you today? I'm just fine, now that I'm safe and sound at the shelter. I lost my way and wandered from home, and these nice people came and picked me up and I'm gonna stay here until my people come to get me. If they don't show up by March 18th, I'll be ready for a new home!" Thank you to Marie Hellard, who sponsored a portion of Woody's adoption fee. Now he can go home at a reduced rate!



**Anderson Humane Society
1410 Versailles Road
Lawrenceburg, KY 40342**

**Phone (502) 839-6410
E-Mail: ahs_40342@yahoo.com
web: www.andersonky.petfinder.com**

Sponsoring A Shelter Pet

Your support is invaluable to helping the Humane Society continue its work finding loving, permanent homes for adoptable animals throughout the country.



But sadly, for every animal that finds a caring, happy home, there are millions of other animals whose life stories end prematurely in shelters across America. Please take a moment to open your heart to one of our shelter pets and consider making a much needed gift that will help an animal find a home. Your sponsorship amount will be credited to the animal's adoption fee, lowering the adoption cost and hopefully allowing it to get adopted much sooner. When you sponsor one of these deserving dogs or cats you will be changing more than just one life...you will be changing thousands.

If you would like to sponsor a pet (sponsorships are usually \$15-\$20 per animal), please send your check to us at:
Anderson Humane Society
P.O. Box 448
Lawrenceburg, KY 40342

If you are a state employee, you can contribute to the Humane Society by having a deduction taken from your paycheck each pay period. The KECC is the annual workplace giving campaign for employees of the Commonwealth of Kentucky. You can choose from the ones they have listed on their website, or you can choose to donate to any organization you want to, besides what they have listed. The way you do this is by writing in under "Other" on the KECC form the name and address of the organization you would want your contribution to go to, and they will deduct it from your paycheck and send it to the charity of your choice. If you want to donate, go to www.kecc.org and then click on "Download A Pledge Card".

To donate to the Anderson Humane Society, fill in the following in "Other" on Step 2:
Anderson Humane Society
P.O. Box 448
Lawrenceburg, KY 40342