

## Animal Kindness Weekend Ideas

### **Pet sanctuary calls on animal owners to do a good deed this weekend.**

This weekend, June 23-25, Best Friends Animal Society is asking people across the United States to perform acts of kindness on behalf of animals as part of its Animal Kindness Weekend.

If each of us in our own communities does one good thing for the animals on this one weekend, we can demonstrate how easy it is to change the world. One animal, one person at a time, we can reach goals like having no more homeless pets. Kindness is an achievable goal, said Animal Society President Michael Mountain.

Among the tips offered:

Take your elderly neighbors dog for a walk. Make a donation to a local rescue group. Eat a vegetarian dinner. Get your pets spayed or neutered, if they aren't already.

Utah-based Best Friends Animal Society operates one of the countrys largest sanctuary for homeless animals and works with its members other shelters and rescue groups nationwide to provide adoption, spay/neuter and educational programs.

For more information and ideas, visit <http://network.bestfriends.org/bestfriendsday>. Posted: June 23, 2006, 5:00 a.m. EST