

Burlington Reports

Paws and Claws Society, Inc., Thorofare, NJ



Issue 19, September 2016

Partners in Prevention *Not* Destruction, since 1993

For Fur-ther Information . . .

You can find more information on our web site at pacsnj.org!

- Find out "What's New" by following links on our home page or clicking "News"
- Read other issues of Burlington Reports by clicking on "Newsletter", or join our email list to be notified when new issues are ready for viewing
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- Hover over "Newsletter" on our navigation menu to find "Links for Further Reading" for more information on topics mentioned in *Burlington Reports*, or click on "Share with Squirt" to share a question or story in our Squirty's Words column
- Hover over "Furry Angels" to learn about pets currently available for adoption, read about pets who have found their Forever Homes, read or submit to the Funny Pages, read Letters From The Heart, download forms, and more
- Read about Paws and Claws Society's programs or see "Gems of Wisdom and Pearls of Knowledge: Humane Messages" at Compassion Central
- Find statistics and No Kill information on Tips From The Trenches
- Read articles about pet care (and even use the age calculator to find out your pet's age in human years) at Caretakers' Corner
- Look for "Share" buttons throughout our web site to share content via Facebook, Twitter, email, and other services



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Did You Know?

Animals have many sensory organs and/or sensory nerves that humans do not. We might say that animals have "extra sensory perception", compared to us.

Some examples include:



Whiskers - Also known by their scientific name *vibrissae*, from the Latin word, *vibrio* ("to vibrate"), whiskers are longer, thicker, and more rigid than the rest of the animal's hair. They are also embedded more deeply in the skin. Whiskers occasionally fall out and grow back, just like other hair. (You may sometimes find them on your floor.) While it is



natural for whiskers to fall out and grow back, it is never a good idea to pull them out or to cut them unless it is medically necessary. Your pet depends on their whiskers for important sensory information. The name *vibrissae* is due to the way the whiskers work: as air moves across their whiskers, cats and dogs sense that movement in the many nerves in their hair follicles where their whiskers are deeply rooted. A dog or cat is able to sense their proximity to objects and other animals even in the dark, based on the movement (or blockage of) air.

Henry's Pocket - Many animals have a "pocket" made from a fold of skin on their ears called a cutaneous marginal pouch. This is more commonly known as "Henry's Pocket" and it can be seen on cats, dogs, and even more prominently on bats. Its exact purpose isn't completely understood, but theories say that the flap serves as a baffle, enabling the animal to detect high-pitched sounds by filtering out lower pitches. This is useful in determining the direction of a sound and



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Junk Food Is As Bad For Our Pets As For Us

How many times have you heard that "people food" is bad for cats and dogs? It turns out that isn't necessarily true, as a blanket statement.



Nutritious, non-processed human foods may actually be better for our dogs and cats than most of the processed pet foods being sold, provided the food contains the proper balance of nutrients that your pet needs and doesn't contain any ingredients that are toxic to dogs or cats. (This list includes: grapes, raisins, chocolate, onions, garlic, chives, caffeine, macadamia nuts, xylitol, alcohol, yeast dough, fruit pits and seeds, green tomatoes, and raw potatoes. If in doubt, a quick Internet search is helpful.) It is important to understand your pet's nutritional needs before feeding human food.

Did you know that processed pet foods can contain grains that failed inspection, corn contaminated with high levels of pesticide, expired human food, uninspected seafood industry waste, leftover grease from restaurants, deceased livestock, and even *roadkill*? These things become part of pet food through the process of "rendering", which is converting waste (garbage) from the human food industry into raw materials to be used by the pet food industry.

In addition, many manufacturers also add fillers like wheat, rice or corn (most likely genetically modified and not even the grade used to make high fructose corn syrup for humans). Some other manufacturers, in response to consumers having

learned that those fillers aren't ideal for pet food, have begun using things like peas,

lentils, or chickpeas instead. The problem is that most of these fillers are too high on the glycemic index to be included in a daily diet for dogs and cats. (Over time, high glycemic foods can lead to obesity and even diabetes.)

An article on petsafe.net includes this helpful information to refer to when reading pet food labels:

What to look for in a dry/wet food:

- Natural preservatives (Vitamin C/E) or no preservatives
- Made in the U.S.A.
- Human-grade ingredients (although there are very few foods that can put this on their label and you won't find this on any packages of kibble)



Ingredients to avoid:

- Corn and wheat gluten
- Meat and grain meals and by-products
- BHA (Butylated Hydroxyanisole)
- BHT (Butylated Hydroxytoluene)
- Ethoxyquin
- Food Dyes (Blue 2, Red 40, Yellow 5 and 6, 4-MIE)
- PG (Propylene Glycol)
- Rendered fat

Many pet owners are trending toward a raw food diet as a species-appropriate diet for cats and dogs, who are carnivores and in nature do not consume the quantity of carbohydrates found in processed pet foods or in the human diet.

Understanding that a raw food diet can easily become costly, Dr. Becker of healthypets.mercola.com has shared a video about her recommendations of best to worst pet foods, and she also shares a

wealth of information that helps us to understand the digestive system and nutritional needs of cats and dogs. (See the link and video on our web site.)



When discussing cancer-causing processes used in the manufacturing of dry pet food, Dr. Becker says, "This is a little scary if you think about the fact that most pets on the planet are eating dry food for their entire lives, and the fact that the cancer rate is skyrocketing in companion animals. Feeding dogs and cats inappropriate ingredients for several generations has created significant metabolic and physiologic stress, and convenient pet foods have really been the root of the problems of most of the inflammatory processes and degenerative diseases that plague today's dogs and cats."



There are many recipes out there for making pet food at home. Here are a few recipes for pet treats that can be made with foods found right in your kitchen.

Keep in mind your individual pets' ability to tolerate various ingredients when deciding on recipes to try. Also be aware that treats which contain ingredients high in carbohydrates should be used sparingly. (See our web site for full links to these and more recipes.)

FOR DOGS:

Pumpkin & Peanut Butter Dog Biscuits

From willcookforfriends.com

Makes approximately 30-40 large, or 60-70 small

- 2 1/2 cups brown rice flour (can substitute whole wheat flour if you know



See "For Fur-Ther Information" on page one to learn about links for additional reading on topics mentioned in Burlington

Pet Treat Recipes

(Continued from page 2)

- your dog is okay with wheat)
- 1/2 cup unsweetened pumpkin puree (can substitute mashed sweet potato, thinned down with a little water)
- peanut butter (no sugar added)
- 2 large eggs
- Pinch of salt

Preheat oven to 350 F.

In a large bowl, whisk the eggs, pumpkin puree, and peanut butter until smooth.

Add the flour and salt and mix with a rubber spatula or your hands to form a stiff, dry dough. (If the dough is too dry to hold together, add a few drops of water, or a little more pumpkin puree, as needed).

Dust your counter or work surface with a little more flour and dump the dough out.

Knead the dough into a rough ball, and roll between 1/4-1/2 inch thick.

Use any cookie cutters you like to make the biscuits. Re-roll and cut any scraps. If you'd like, use the tines of a fork to poke indentations about half-way deep into each biscuit.

Place biscuits onto an un-lined baking sheet (they can be spaced as close as you like, since they won't spread at all) and bake for 20 minutes.

Remove the tray and flip each biscuit over. Return to the oven and bake for another 10-20 minutes, or until completely dry.

Let cool before treating your pup!

Pupsicles

From livingonadime.com

Freeze meat stock or leftover gravy in ice cube trays.

Offer one to your dog as a cool treat on a hot day.

(Many dogs also like unsweetened mashed fruit freezies or even just plain ice cubes.)

FOR CATS:

Mouseburger Bites For Cats

From simplypets.com

(Doesn't contain mouse)

- 3 oz Sausage or finely ground beef
- 2 T Oatmeal
- 1 Egg
- Catnip, finely chopped

Knead the ingredients together very thoroughly and form into a flat oval.

Broil under a medium heat for 5-7 minutes, turning frequently until the outside is crisp.

Wait until cool, then slice into bite sized chunks and feed to your cat.

Catnip Cat Treat Croutons

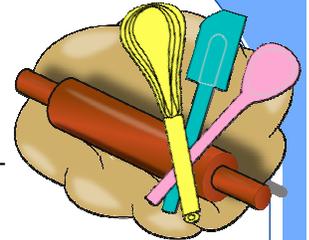
From thecookierookie.com

- 1 5 ounce bag or can tuna, drained
- 1 cup coconut flour (for a stickier, thicker consistency, you can use whole wheat flour or oat flour. Those flours might work better if you want to roll these into balls. If making the crouton shape, the coconut flour works just fine)
- 1 tablespoon extra light olive oil
- 1 tablespoon dried catnip
- 1 egg
- 1-2 tablespoons water (add more water if you want the dough a bit stickier)

Preheat oven to 350 degrees and line a baking sheet with parchment paper. Set aside.

Combine drained tuna, egg, coconut

flour, water, olive oil and catnip. Blend in a food processor until mixture is smooth and completely combined. The mixture is different than a normal dough. Its not very sticky and is a bit powdery.



Pinch or roll pieces of the dough into "croutons" and place on baking sheet.

Bake cookies for 12 - 15 minutes until they are dried on top and browned. It's okay for them to be slightly burned; you want them crunchy!

Allow to cool completely.

These will store in your fridge for about a week. Since they contain egg and tuna, you shouldn't keep them longer than that. Store in an airtight container.

FOR CATS OR DOGS:

Liver Snaps

From rodalorganiclife.com

This easy treat is good for both cats and dogs.

Sauté grass-fed beef liver or other liver in a little butter or olive oil over low heat until cooked through (no pink showing in the center).

Let it cool enough so you can handle it, and slice it thin (1/8-inch thick or less). Spread slices on a greased cookie sheet and bake at 200 degrees F, turning the slices over after two to three hours, until they are dry and crispy.

Store in an airtight container.



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9 Reasons Cats Like To Be Up High:



Well, you see,
there was a fly...



To make use of the
element of surprise.



To fit in with
your décor.



Trying to keep
up with a
squirrel.



Because
I can.



So I can look out over
my kingdom while I rest.



It's easier to keep my
eye on you from up here.



Catching up on
some reading.



Three words:
Dogs Can't Climb

9 Reasons Dogs Like To Go For Car Rides:



Chicks dig
my ride.



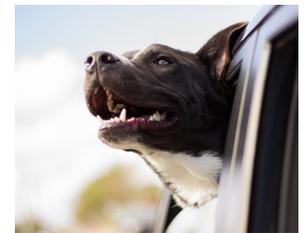
I'll get there before
that guy who's walking.



Arrwooooooo!



We're going to
Grandma's!



The fresh air
smells so good!



The fresh air
tastes so good!



My person loves
to see my silly
bliss-face.



Someone said
we're going to
get ice cream!



Because I . . . what?
Yes, I'm a dog.
Am so. Woof!

See more about pet safety while traveling in cars on page 10 and on our web site.



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Squirty's Words . . . From The Rainbow Bridge

Question: Hi Squirty! Do dogs and cats dream? If so, what do they dream about?

Answer: Hello there! Oh, yes, dogs and cats most certainly do dream.

Most dreaming occurs during REM sleep, the stage of sleep characterized by Rapid Eye Movement.

Like people, what we dream *about* varies. My dreams would not be the same as your cat's or your dog's, and theirs wouldn't be the same as those of your friends' pets. Our dreams (human and animal alike) tend to be made up of situations that are familiar to us based on our environment and experiences in our daily life. A person may dream about their job or riding the bus to school, but since your pets probably haven't ridden the bus and don't have jobs, they wouldn't dream about those things.

Research seems to suggest that most pet's dreams are about playing, hunting, chasing, being chased, stalking... you get the picture. That's why you might sometimes notice your dog's paws moving while he sleeps, as if he's running at top speed, or your cat may twitch as if she's sneaking up on someone or something.

While it's quite normal for cats and dogs to move their paws, have twitching of muscles or whiskers, or even vocalize while sleeping and dreaming, many dreams occur while the pet is lying perfectly still. In fact, as animals age, they usually "act out" their dreams less than they did when they were younger.

Like humans, cats and dogs can have sleep disorders, however, such as insomnia, narcolepsy, restless leg syndrome, nightmares, bed-wetting, or sleep apnea.

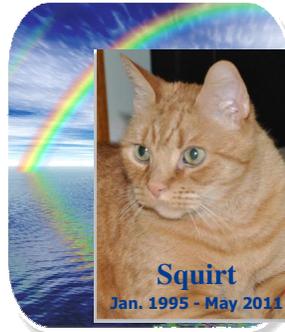
Rarely, an animal may actually "sleep walk" (movement while dreaming that is more extreme than normal paw- or whisker-twitching). This can be dangerous to your pet's safety and can indicate a serious health concern. If your pet exhibits extreme or violent movement while sleeping, or if you suspect any sleep disorder, he or she should be seen by your veterinarian. There are treatments available that can make a good night's sleep possible again.

If you find that *you're* the one who isn't getting a good night's sleep, perhaps it's because of the synchronization

of biorhythms that happens between pets and their humans over time. In the book *Ten Natural Ways to a Good Night's Sleep*, authors Nikos Linardakis and Carli Dixon advise against having your pets sleep in your bed with you. They say that a pet bed beside your bed will provide the boundaries necessary to avoid the disruption to your sleep cycle caused by the synchronizing of biorhythms (and the resulting synchronization of sleep / wake cycles).

Sweet dreams!

*Peace, Love, and Head-Butts,
Squirty*





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Burlington The Cat On Introducing New Kittens



Hello. Burlington here.

You know, they say if you eavesdrop, you may hear things you didn't want to hear. I wasn't technically eavesdropping, however.

I was napping in one of my usual spots, on the back of the couch, when I was awakened by the sound of Mom's voice as she made some phone calls. I gathered, based on what she said, that she was calling animal shelters who'd advertised that they had kittens and cats available for adoption.

I was disturbed after hearing her during the first two calls, but by the time she repeated the same thing a third time, I was sitting up, blatantly listening, surprised that she couldn't see the look of shock and betrayal in my eyes when she glanced over and made her kissy-face at me.

"Yes," she said, "There is an adult male cat in the household, and we're hoping to find a pair of littermates to adopt as well. We're looking for either two boys or a boy and a girl who are bonded to one another, who we can integrate into the household with the adult cat."

There was a pause while the other person spoke, then: "Yes, the adult male is pretty laid-back and tolerates other

animals well."

I jumped down off of the couch and went looking for Jersey. I had to talk to someone about this. I just couldn't sit here and listen to any more.

I found her upstairs in Matthew's room, lying on the throw rug next to his bed, her chin resting on her tennis ball. She does that sometimes when she's waiting for him to come home from school.

"What's wrong, Burlington?" she asked as soon as she saw me.

I relayed what I'd heard.

"She told them about you but not about me?" She looked hurt.

"Just the adult male cat. That was it."

She looked down at the rug for a moment and quietly said, seemingly more to herself than to me, "No mention of the dog?"

"Nope."

I realized I was pacing when I caught a glimpse of Jersey's eyes following me back and forth.

"I can't believe this," I said, turning to walk back over toward the rug, "I mean, I've been nothing if not accommodating. I managed to get along with the neighborhood strays and outdoor cats so I could have all

those patio meetings to spread the word about rescue and so many other important topics."

I sat down.

"I go with Mom to work some-

times, and I go with the family when they travel, and I encounter lots of different people," I continued, "and sometimes their pets as well. I told Mom and Dad about that kitten, Callista, needing help when she got her chin stuck in her collar..."

"And remember Polly?" Jersey said, referring to a little dog we once met while on a road trip.

"That's right," I said, "I endured you and Polly tumbling all over the car seat beside my carrier while we tried to catch up with her family to reunite them."

I went on, "I've adapted exceptionally well when Mom and Dad have helped friends out by taking care of their pets here, and even when they decided to foster the cat named Lucy."

I lifted my chin as I gestured to Jersey. "And I accepted sharing the house and family with you." I shook my head. "What more do they *want* from me?"

Jersey turned and looked at me





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Burlington The Cat (Continued)

with those big brown eyes of hers. Finally, she said, "Maybe there was some mistake."

"What mistake?" I asked, then shook my head again, "Mom and Dad are expecting us to welcome two kittens to our family, and they think we're going to be happy about it."

"Maybe it won't be so bad."

I shot her a look. "Clearly you've never been around kittens."

"No," she said, "Only a few grown-up cats."

"Kittens are like tiny bundles of dynamite with claws," I explained, "They're going to want to *play* with us."

Jersey cocked her head to one side. "That sounds kind of fun."

"They'll jump on you and bite you...they always want to play, even when you're tired..."

"Let's go see what we can find out before we get too upset," she said, and headed out into the hallway toward the stairs.

I got up and followed, but I wasn't holding out any hope that the

situation would be any better once we learned more.

By the time we got downstairs, Dad was home and Mom was talking to him.

"I made some phone calls for us," I heard her say, "to inquire about two kittens."

I looked at Jersey with my "See?" expression.

Dad looked confused. He turned to Mom and said, "For us?"

"No, for my brother," she answered, "I made some phone calls for *Russ*."

Oh. I looked at Jersey again. That was different.

Jersey gave me her "See?" expression.

"Midnight is getting older and isn't as playful as he used to be," Mom explained to Dad, "and Russ said the kids have been trying to dress him up and play with him and he doesn't like it, so he thought it would be good to adopt two kittens and integrate them into the household. Midnight seems to miss Ollie and Gus since they passed away, so it will hopefully be good for him, too."

I breathed a huge sigh of relief.

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Did You Know? (Continued)

(Continued from page 1)

even the specific location of the cause of a sound, which can aid in hunting.

Jacobson's Organ (or Vomeronasal Organ) - Some animals, including mammals such as cats, horses, cattle, and pigs, and even reptiles such as snakes, have what is called a vomeronasal organ (also known as Jacobson's Organ) in the roof of the mouth.

When using this organ, the animal exposes its front teeth by curling back its upper lip and inhales through the mouth while closing its nostrils. This distinctive facial expression is known in cats as *gaping*, "sneering", "snake mouth", or "flehming", and in larger animals as the flehmen response (also called the flehmen position, flehmen reaction, flehming, or flehmening).

The animal collects the scent in the mouth, then uses its tongue to shift it up to the vomeronasal organ, which is essentially a scent analyzer used primarily for analyzing pheromones (scent chemicals) from other animals, especially the ones found in urine. It is used mainly by males detecting females in heat, but can also be used for other purposes, such as locating food. You may have seen your cat exhibit this *gaping* when presented with a strong-scented food like fish.



See "For Fur-ther Information" on page one to learn about links for additional reading on topics mentioned in Burlington Reports!

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Did You Know? (Continued)

(Continued from page 7)



Claws / Nails - We know that cats use their claws for climbing, for defending themselves, and for grabbing and holding their prey, as evidenced by their play with toys.



We may wonder, however, what dogs use *their* toenails for. One thing that we know is that a dog's nails, when they touch the ground or floor, put pressure on nerves in their toes, giving the brain information having to do with the surface where the dog is walking or standing. In fact, a dog's nails aren't intended to actually touch the ground or floor if the surface is flat. Walking and running on varied surfaces works to file the nails down and keep them at an appropriate length, but pet dogs often don't have enough contact with these varied surfaces.

When a dog's nails do touch a floor or flat ground, the resulting nerve-message tells the brain, "I'm on a hill," which causes the dog to adopt a stance meant to keep from falling. Because the dog is not really on a hill, he must compensate for that stance with an unnatural position of his hind limbs which brings his paws closer together under his body. Over time, holding this stance too often and for too long can cause overuse of muscles and joints, leading to pain and difficulty in jumping, climbing, and getting up from a lying position. If the nails are very long, the simple act of striking the floor with each step is painful. That's



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Uncle Russ was the one who was going to adopt kittens. Our family would remain the same!

The following weekend, Uncle Russ and the kids came over for dinner and the family talked about the kitten search. Mom filled them in on all that she had learned by talking with the people from the shelters and they spent some time



after dinner looking through several photos of cats and kittens on Dad's laptop.

"It's been years since I've had a kitten," Uncle Russ said, "I appreciate your help with this because I'm not sure I would have known where to start."

He asked for advice on introducing them to Midnight and voiced concern over how to avoid any struggles for dominance.

"The cats will work out between the three of them what their hierarchy will be," Mom said, "but there are a few things you can do to try to reduce or prevent aggression between them as well as aggression directed at you and the kids."

Burlington The Cat (Continued)

"And you said I should look for two males or a male and a female, but not two females?" Uncle Russ asked.

Mom nodded. "This is not to say that two females can't ever live together peacefully or get along well with one another, because it does happen in many households, but the females are often more..."

"Bossy?" Uncle Russ offered.

I whispered to Jersey, "That's true. I knew some really bossy girls when I lived on the streets."

"I'm a girl and I'm not bossy," she whispered back.

"That's different. You're not a cat," I said.

Mom said, "You don't want two alpha female personalities in a perpetual power struggle. And of course, spaying and neutering reduces a lot of territorial behaviors like spraying and fighting."

"They'll be spayed or neutered before I bring them home," Uncle Russ said.

Mom nodded.

"Give each cat his own space," she said, "taking turns having the run of the house and spending time with you. Introduce them slowly to each other and let them have time to get used to each other's scents and

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Burlington The Cat (Continued)

(Continued from page 8)

presence in the house.

"I read an interesting article about aggression in cats," Mom said, clicking some links on the laptop until she found it. "Here it is."

Mom read aloud about several different types of aggression in cats and what can be done to counteract or even prevent them.

"Here's something I didn't know," she said, pointing at the screen, "It says that playing or roughhousing with kittens using your hands can inadvertently teach them that human hands are scary or threatening."

Uncle Russ *hmmm'd* as he read over her shoulder.



"So it seems to be a good policy to make sure kittens have only

positive and soothing experiences of human hands, like feeding, petting, or combing, and we should play with them with only their toys."

"I read some advice the other day," Uncle Russ said, "that said when

you're meeting a cat for the first time, you should offer the cat your fist, rather than your open hand."

He looked up and saw that I was listening from my spot on the arm of Dad's chair. He held his fist up toward me as if to demonstrate. I rubbed my cheeks against his knuckles and he scratched my ears, which of course elicited a purr from me.

"The reason," he said, "is that cats perceive an open hand much differently than people do. For people, an open hand can be a way to show others that we're not a threat. For our ancestors, it probably was a way to show that they had no weapons. A fist can give other people the impression that we want to fight. When cats want to fight, they hold up a paw with the fingers spread open and claws out. That gives them an entirely different message than the one we want to give them."



Mom looked at me and smiled. I was still purring.

"Well, I never thought of it that way," she said, "But it looks like Burlington agrees!"



Burlington is a fictional gray tabby cat who belongs to a family in the Northeast United States. "Mom" is Paige Turner, owner of a small book store. "Dad's" real name has not been mentioned to date. Their two children are Mallory and Matthew. The family also adopted a Chihuahua and named her Jersey. See our web site for other issues of Burlington Reports and read the ongoing adventures and learning experiences of Burlington and his family!

Did You Know? (Continued)

(Continued from page 8)

why it's so important to keep our dogs' nails trimmed.

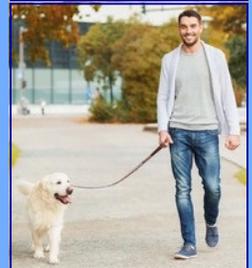
It is equally important to keep cats' nails trimmed as well. When a cat's or dog's nails grow too long, they can become stuck in carpeting or upholstered furniture, and can cause pain or injury. Very long nails can even grow back into the paw pads, which is not only painful but can lead to infection. There is also the risk of cuts leading to infection when a cat or dog scratches an itch with nails that are too long or too sharp, and of course all pet-parents know how it hurts when our skin gets scratched by our pets as they jump up on us.

You can help to keep the tips of the nails from becoming razor sharp by providing your cat

with plenty of scratching posts and other surfaces that they can safely use to scratch (and stretch their back and shoulder muscles) and by being sure to walk your dog on surfaces like sidewalks or



pavement (so long as they aren't too hot in the summer or too cold in the winter; remember, your dog's pads can be burned or frostbitten). Nothing replaces the need for regular clipping of the nails, however.



See our web site for links to instructions and helpful tips on clipping / trimming a dog's or cat's nails.



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Visit us online at www.pacsnj.org

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Safe Car Travel With A Pet Carrier

Show of hands ... how many pet parents put their pet carrier on the back seat of the car, facing forward, and loop the seat belt through the handle? If you raised your hand, you are likely in the majority, but have you seen the eye-opening 42-second video shared on Facebook? (See "Links For Further Reading" under the Newsletter menu on our web site to watch the video and for links to more pet car-travel safety videos and information.)

Using a weighted stuffed animal, this crash test shows the "pet" being ejected from the carrier:



Here's the view from the passenger's side:



The "pet" is not ejected when the carrier is placed on the floor behind the passenger's seat:

