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We have a new feature: quotes about pets from celebrities. Do you recognize the celebrity?

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Reduce Euthanasia and Spay or Neuter

# REASON for Burke

## voice of REASON:

Spring 2025

What are community cats? Community cats include feral cats who were born in the wild with little or no human contact. Community cats also include stray cats who were once pets but are lost or abandoned. Whether feral or stray, community cats live outdoors without a known owner. These cats scrounge for food, seek shelter, and run scared from predators. And, without vet care or surgery, they breed endlessly and die horrible deaths.



In the winter newsletter, we learned that cats are prolific breeders, and we know that spaying and neutering our own pets is the most humane solution to pet overpopulation. But what can you do to help tackle the community cat problem?

The most common answer is to simply not feed them, but we all know 1) how utterly impossible that is when a hungry cat appears on your doorstep, and 2) if YOU don't feed them, somebody will, and the problem persists.

How can you help the cats?

### Support TNR programs

A trap-neuter-release (TNR) program is the gold standard. It involves humanely trapping community cats, spaying or neutering them, vaccinating them, tipping their ear, then returning them to their original territory. Don't let the acronym mislead you; these programs don't just target males for neutering!

Studies show this is one of the most impactful ways to reduce feral cat populations in both rural and urban areas. In one study, "a population of 175 community cats...declined by 99.4% over a 16-year period" with no cats euthanized except for untreatable illness and injury.

(continued on page 2)



state of REASON:  
homeless animals?  
crowded shelters?

Don't complain.  
DO something!

- If you can't TNR: Adopt
- If you can't Adopt: Foster
- If you can't Foster: Sponsor
- If you can't Sponsor: Volunteer
- If you can't Volunteer: Donate
- If you can't Donate: Educate

Be part of the solution!



### Foster and adopt

Foster and adopt community cats, especially kittens or socialized adults who can transition to indoor life. Generally, feral kittens should be exposed to human interaction between 2 and 8 weeks of age. After that, it becomes harder to “tame” them.

If a feral mother ever brings you a litter of kittens, that’s a great opportunity to break the feral cycle! PLEASE talk to local rescue groups or staff at Animal Services before intervening with ferals, though; you want to get them used to humans without spooking the mother or jeopardizing their health and safety.

[Open Volunteer Application](#)

Click above or type in browser:  
[reason-burkenc.org/volunteer/](http://reason-burkenc.org/volunteer/)



Total Spays/Neuters Supported by REASON (as of March 1, 2025)

**6,071**

### Create shelters/feeding stations

The internet is flooded with ideas on how to protect community cats from the elements and provide nutrition. In addition, these provisions work well with TNR programs as cats are easier to trap when their gathering places are more predictable.

### Advocate for local ordinances

In Burke County, cat colonies should be registered with Burke County Animal Services. Please check your local ordinances for your community. These ordinances not only help track data, but there may be support available for residents who are trying to do right by these cats.

### Volunteer and donate

If you can’t find an advocacy group, start your own group!! The passion is there, the need is evident, but volunteers are scarce and money is lacking. While it may feel like an uphill battle, remember that spaying or neutering just ONE community cat can prevent a number of litters!

A quick internet search will bring up local resources in your community where you can volunteer or donate.

### Educate yourself and others

These community cats are living beings operating on instinct to survive; they deserve compassion and they need help.

While overpopulation can introduce a number of nuisances, we must remember that animal cruelty and neglect are not only against the law; they are inhumane. And we are better than that.

There are several programs in Burke County that are working to tackle this problem: REASON is just one of them.

Do your research, ask questions, spread accurate information, and help each other.

This is not a problem that will just go away, and it is going to take all of us working together to overcome. But we CAN overcome it.

## points to ponder: celebrity quotes



*If everyone took personal responsibility for their animals, we wouldn't have a lot of the animal problems that we do. I'm a big spay-and-neuter supporter. Don't have babies if you're not going to take care of those babies.*

*We don't need more. We just need to take care of the ones we have. Take responsibility and breathe kindness.* — **Betty White, actress**



**To find out if you qualify for pet neuter or spay surgery assistance, contact REASON at 828.403.3675.**



**Follow us on Facebook**

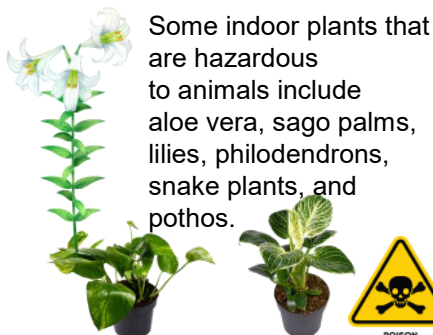
Reason - Reduce Euthanasia and Spay or Neuter

Visit us on the web at:  
[reason-burkenc.org](http://reason-burkenc.org)

## toxic plants for pets

Pets are curious, and they love sticking their noses and tails into places we wouldn't normally look.

Do you know what could poison them in and around your home?



Some indoor plants that are hazardous to animals include aloe vera, sago palms, lilies, philodendrons, snake plants, and pothos.

When playing outdoors, keep an eye out for azaleas, hydrangeas, holly, oleander, and any plant bulbs that have been dug up.

You should also be aware of nuts, berries, and seeds.

If you fear that your dog or cat has ingested a poisonous plant or they are showing any signs of toxicity like vomiting, lethargy, diarrhea, or skin irritation, be sure to call your local vet.

**ASPCA Poison Hotline:**  
Call 1-888-426-4435 (24 hrs/365 days)

## benefits of the great outdoors!

Tail wagging, nose sniffing, butt wiggles surfacing - it is time to go outside!

Is your pup excited to go outside every day?

Do they stand by the door impatiently while you get ready for an adventure?



Most dogs love the outdoors - and there are many reasons why! Every fluffy canine can benefit from outdoor activity because

exercise allows our dogs to stay fit, healthy, and happy. This could be by walking, hiking, chasing a toy, swimming, or playing with another furry friend.

Our canine companions are intelligent and need mental stimulation, socialization, and vitamin D to remain healthy and happy.

Has your dog ever taken a big nap after playing outdoors? This is another positive influence of outdoor activity: increased sleep quality.

If your dog chews things or seems a bit down, a little outdoor activity can boost their mental health and eliminate boredom, irritability, restlessness, and even depression.

Let's not forget the benefits of taking our dogs outdoors for ourselves. We need the same things our dogs need: Vitamin D, socialization, and exercise! Grab your best furry friend and head outdoors today - you'll both benefit!



*Big Brown thinks playing golf is a great way to keep Tim in shape.*



## 4 steps to donate via a Facebook Fundraiser

**REASON** needs your help to assist more Burke County residents with spay/neuter surgeries for their pets.

### Open Facebook

- On your computer or tablet, log in to **Facebook**.
- On the left, click **Fundraisers**.

**Tip:** If you don't see **Fundraisers** on the left, click **See more** to open more options.

### Set up fundraiser

- On the left, click **+Raise money**.
- Click **Select nonprofit**. Select **Reason, Inc**.
- Enter the goal amount of money you want to raise, the end date of the fundraiser, etc.

### Create live fundraiser

Click **Create** for the fundraiser to go live.

### Invite friends to donate

**Invite** friends to donate to your fundraiser and share the fundraiser in your feed.

**Remember:** donations are tax deductible.



You may also donate to REASON via PayPal from our website:

[reason-burkenc.org/donate](https://reason-burkenc.org/donate)

REASON, Inc. is a 501(c)(3) tax exempt organization, IRS Section 170(b)(2)(iii) for both federal & state tax purposes.

# cats on the go...

Your doctor probably emphasizes the importance of exercise in your life. A veterinarian will emphasize that cats need exercise just like their owners do to stay healthy and happy.

## How does exercising keep my cat healthy?

Kittens may sleep anywhere between 18 to 22 hours each day, and adult cats may rest for 12 to 16 hours.

Although cats nap much of the day, regular exercise is important for their health. Exercise helps them burn calories to stay at a healthy weight which lowers the risk of some health conditions or diseases such as diabetes and arthritis. Regular exercise also helps build and tone your cat's muscles and bones which is important in older cats.

In addition, exercise is important for your cat's mental health and well-being. Regular exercise provides mental stimulation and may help prevent behaviors like destructive chewing and scratching. Exercise allows them to express their natural instincts and encourages them to bond with family members, human and furry.

## How much exercise does my cat need?

All cats are different according to their age, breed, weight, diet, lifestyle, personality, and overall health. If your cat is active and loves to chase, pounce, and do "zoomies," he may not need much exercise. However, if you have a cat who sleeps a lot, he needs daily exercise.

Most kittens need to exercise an hour or more each day in up to 10 short sessions.

Adult cats generally need around 30 minutes of daily exercise to stay healthy and happy. Start with two 15-minute exercise/play sessions each day.

## How can I exercise my cat?

### **Play, play, play...**

Your cat can get exercise from playing with humans or other pets. He can explore cat trees in the home. You can also take your cat for a short daily walk on a leash if he will tolerate it, or give him supervised play time in your yard or a patio (cat patio).

Cats are most active at the beginning and end of the day so these are the perfect times to play.

Provide your cat with toys. Determine which toys are his favorites, and then put out one or two toys at a time. Swap the toys every few days so he won't be bored.

Do NOT use your fingers or toes when playing. You don't want to teach your cat to grab and bite them!

Play in short sessions and give your cat time to rest.

Never force your cat to play and stop when they lose interest. A bored cat will just walk away!



## What are some tips for exercising?

Your home should be cat-friendly with lots of levels for jumping and climbing, hiding places, and a variety of toys. Because cats love to scratch, different types of cat scratchers will make exercise interesting. Try different textures such as sisal, wood, cardboard, and carpet.

**Note:** Never leave your cat alone with string, thread, twine, or wool. If swallowed, these can cause serious gut blockages.

## How do I know if my cat is getting enough exercise?

If your cat is destroying your home by chewing, scratching, or peeing outside the litter box, he may be bored. He may also be gaining weight or losing muscle mass. It's a good idea to talk to your vet to rule out a physical reason for these changes.

## What if my cat doesn't want to play?

Some cats just don't play. Try different toys to see if he prefers one over the other. If your cat loves food, try food-dispensing toys or food puzzles. If your cat enjoys watching wildlife at the window, try chase or wand toys.

If your cat is not showing any interest in play at all, then be sure to check with your vet. Your cat could be sick or hiding pain such as arthritis which is common in older cats.

In summary, making sure your cat gets enough daily exercise doesn't need to be hard. And the benefits are numerous!

***It is extremely important that a client shows up for their pet's appointment! REASON has limited resources and can't lose a valuable surgery slot. As a result, REASON does not reschedule missed vet appointments.***

## **REASON process: the spay/neuter surgery**

So, you've signed up your pet(s), gone to registration, and signed the paperwork. What now?

After registration, a REASON scheduler looks at all the pets registered for surgery. There are only a limited number of surgery slots at each vet clinic and choosing the best clinic for each client is like solving a puzzle! It takes time, but the scheduler works her magic and each pet is scheduled.

Once we've arranged the appointment, we'll send you a text or call with the clinic location,

date of surgery, drop-off time, and pre-op instructions. It's very important that you RESPOND to the text with "Yes" or confirm the phone call. Also, check your email inbox if you have one! Many vets will send permission forms that need to be signed before surgery. If the appointment is more than 5 days from the original notice, REASON will text or call on the Sunday or Monday before the appointment as a reminder.

If your pet is sick, disappears, or has other problems between registration and the surgery date, you must notify REASON.

If all goes well, you take your pet(s) to the vet. You might need to keep them inside the night before to make sure you can get them into their carriers in the morning. They probably won't be happy about being confined, missing dinner the night before, or taking a car trip in the Box of Woes. But after it's all over, they will be much happier, and so will you. If they knew what all of this was about, they would thank you for being a responsible pet owner. So do we! Good luck.



**call us:**  
**828-403-3675**

**email us:**

**reason.nc.org@gmail.com**

**write us:**

**PO Box 633**

**Rutherford College, NC 28671**

## **REASON's mission:**

To eliminate the killing of healthy and unwanted cats, dogs, puppies, and kittens.

We accomplish this by:

- ◆ providing low-cost spay/neuter surgical fee assistance through partnerships with private practice veterinarians and low-cost clinics,
- ◆ collaborating with other animal welfare groups,
- ◆ promoting education on the humane treatment of animals.

