

# Fido for Christmas!

Written by Nadine Bubeck

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[Television personality](#) and AZfoothills.com columnist [Nadine Toren](#) is scouring the area, finding savvy Valley features, bringing readers "on the scene." Every day she'll introduce you to [celebrities](#), [athletes](#), and give you an inside look into local events and hot spots. She'll touch on topical issues, and keep AZ fans posted on all the big talkers [around town](#).



Looking for a new family member? Why not ask Santa for a four-legged furry friend? Check out where the Valley's top dogs and cats are available for adoption.

I've always considered myself a dog person, but didn't realize I was so obsessed until getting my baby Blue. (Our 4 month old Chow Chow.) Truly, our playful puppy has become the light of my life—I simply cannot fathom coming home to a dog-less house ever again.

No doubt, furry friends do more than make us smile. According to the Arizona Animal Welfare League, pet owners have lower blood pressure and cholesterol, putting them at a reduced risk for heart disease. Studies show pet-loving people also have fewer headaches and less difficulty sleeping, that is, after the demanding puppy months. Dog owners even tend to get more exercise, and of course, they help safeguard against depression or loneliness. Pets help ease loss—those with a deceased partner often find comfort in Fido.

So brighten up your life; why not adopt for the holidays?

The Arizona Animal Welfare League (AAWL) is the state's oldest and largest no-kill shelter. It was founded in 1971 by concerned animal lovers, led by Amanda Blake, best known as "Miss Kitty." The non-profit started off on a small scale, but Valley volunteers quickly jumped on the bandwagon. Over the past 40 years, it has grown from adopting a handful of animals each year, to a full service animal welfare organization and leader in innovative behavior training, medical care, adoption, education, and community outreach programs.

The AAWL & SPCA take in pets from other Valley shelters that would otherwise euthanize due to lack of resources. It's a whole new chance at life for these loving four-legged animals.

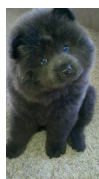
So if you're looking for a new family member, consider adopting one of the 3,000+ dogs and cats available at the AAWL & SPCA. They're all needy pets that were abandoned or surrendered by their owners.

All adoptable pets have been spayed or neutered, micro-chipped, and vaccinated. Any medical treatments needed are provided by the AAWL medical team, and all animals are evaluated by its behavior department.

And Santa won't have to dish out too much cash. Adoption fees range from \$50-\$300 for dogs and \$50-\$100 for cats, but the AAWL & SPCA is getting into the giving spirit this season. During the month of December, adoption fees for kittens are \$50, adult cats are \$10, and dogs over one year of age are \$50.

And consider this: for every animal adopted from AAWL & SPCA, another homeless pet will take its place; that's two lives saved! What a way to ring in 2012.

For more information, visit: [www.aawl.org](http://www.aawl.org).



...my baby Blue.

[www.facebook.com/onthescenewithnadine](http://www.facebook.com/onthescenewithnadine)

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