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## The scoop of the day

### September is National Happy Cat Month

Created to spread the word about the health, happiness, welfare and value of companion cats. Cats are often viewed as self-reliant and less in need of medical care than other pets. This is simply not true! Cats deserve proper care, good nutrition, routine veterinary care and the ability to live a happy and enriched life.



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## How to Keep Your Cat Happy

### Spay and Neuter

Always spay and neuter your pet cats. Intact cats can be driven by hormones to try to escape outside to try to find a mate. By spaying and neutering, you eliminate this added stress on your pet cat while at the same time minimizing the allure of the outdoors and eliminating any chance that it could contribute to the unwanted cat population.

### Invest in new toys.

Plenty of cats love investigating new toys, so see if you can find a few on sale to keep your cat occupied. [Cats love a selection of toys](#) — from kicker toys to fishing rods, interactive battery-operated toys, and good old balls with bells in them, see what your cat likes best!

### Buy or build a cat tree

[Cats love to climb, stretch their muscles on something tall, and sleep in high places.](#) If your cat doesn't already have a cat tree, they will probably love the chance to enjoy one. You can even make your own from a range of online plans that we've collected here.

### Adopt Another Kitty

If you think your cat is a little lonely and wouldn't mind having a new buddy, think about adopting another cat. Some cats are extremely social and love having a playmate — or partner in crime.

### Love Your Cat

This last one is simple. You love your cat, and that love can be the most powerful tool you have to keeping it happy. Unlike their wild ancestors, domesticated cats crave human attention. Often the most effective way of keeping your indoor cat happy is to just pay attention to it. Snuggle your cat, pet your cat, and play with your cat every day. You'll be surprised at how far a little attention from its human can go in ensuring your indoor cat's wellbeing.

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The city of Fort Lauderdale is offering Community Emergency Rescue Team (CERT) training in October.

Their BASIC Course will be on October 7 and October 14. If you are interested in joining CERT, the city of Fort Lauderdale has an event calendar with a registration for the classes on this date.

For more information about CERT, or to register for a class, please call the Domestic Preparedness & Emergency Management Bureau at 954-828-6700 or email at [FTL.EM@fortlauderdale.gov](mailto:FTL.EM@fortlauderdale.gov).

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## Sustainability of Your Cat

Have you thought about the impact of your cat on the environment? Here are some surprising facts.

An average-sized cat can produce [310 kilograms](#) (CO<sub>2</sub>e) annually.

In the last five years, pet food products with sustainable seafood, verified by the Marine Stewardship Council, [increased by 614%](#) in the United States.

While using fish as a protein source does have its environmental issues, a [study](#) from the Institute for Marine and Antarctic Studies at the University of Tasmania revealed that the carbon emitted from capturing most types of fish is much less than the carbon emitted from the production of red meat. Specifically, catching a kilogram of fish generates one to five kilograms of carbon, depending on the location, whereas producing a kilogram of red meat like beef and lamb generates between 50 to 750 kilograms of carbon – a substantial difference.

In 2022, the Association for Pet Obesity Prevention [reported](#) that 61% of cats were obese or overweight.

As for cat waste, clay-based cat litter is not exactly sustainable, unable to break down in landfills. Simply put, it is not biodegradable. This type of litter is also not sourced in the greenest manner as it uses strip mining, a form of mining that entails removing vegetation, trees, rocks, and topsoil, to obtain clay. Removing the planet's surface materials in such a manner leads to unreparable damage to the mining site and environmental disruption such as erosion.

Pet products generate approximately [300 million pounds of plastic waste](#) in North America alone, crowding landfills with these environmentally damaging components. Landfills are filled with cat toys as many are non-recyclable, as they are entirely made up of or contain some sort of plastic material.