

Q&A

BELLAMY YOUNG

WHILE AT A SHELTER picking up her next dogs to foster, actress Bellamy Young met a tan Chihuahua mix she thought would be the perfect second dog for her mother. But Mom knew best.

Young took the dog, now named Bean, home to North Carolina for Christmas and presented him to her mother. “She took one look at us and said, ‘That’s YOUR dog.’ And it was true,” Young says.

Young, who plays first lady Mellie Grant on ABC’s *Scandal*, recently teamed with The Shelter Pet Project to help others make the same connection. The PSA campaign, a project of The HSUS, Maddie’s Fund and the Ad Council, encourages people to visit their local shelter first when looking for a pet.

“There are so many incredible animals just waiting for someone to love,” she says, “and they just need a little help connecting to their special person.”

In this edited interview with deputy editorial director Emily Smith, Young talks about adoption, her rescued cat Sadie and life on the set of her hit series.



Why is pet adoption so important to you?

I’ve always shared my life with rescued animals; I can’t imagine living without that unconditional love in my day. And I’m adopted myself, so adoption is obviously near and dear to my heart. I feel like no life is disposable. We all have so much love to give. Adopting a pet from a shelter is an absolutely transformative experience: It heals you.

How did you know Sadie was the right pet for you?

Sadie was in the North Central shelter in L.A. when I found her. I was walking the halls looking to see who my cat was—you always know in your heart who’s meant for you—and I turned a corner, and there she was, yelling her head off as if to say, “What is TAKING you so long?! I’m over HERE.”

Are there other animal protection issues that are important to you?

All facets of compassionate, mindful living move me. For me that means I choose not to eat animals or use things that have been tested on them or support companies that profit on animals’ pain, such as circuses. I try to be aware of what I’m taking from the planet and what I’m giving back. No one’s perfect, no one gets it right all the time, but we all have to do our best.

What are some of your favorite snacks to eat on the set?

It’s tricky on set because you don’t want to choose anything that will be awful if a little of it gets stuck in your teeth! So kale chips, for example, are a great snack but not at work. I choose raw almonds and apples, usually, or a little quinoa with flax or olive oil and sea salt. If I want sweet, I always want Justin’s dark chocolate peanut butter cups. I like to bring bags of them as treats. I’m a peanut butter cup pusher!

+ LEARN MORE about the Shelter Pet Project at theshelterpetproject.org.

HUMMINGBIRD REHABILITATOR

Terry Masear describes in *Fastest Things on Wings* the trials and triumphs of her work and the amazing characteristics and charm of her tiny patients. Since 2008, some 20,000 people have contacted Masear for help with hummingbirds in trouble, whether hit by golf balls or stretch limos, found floating in swimming pools or knocked out of hedges by landscapers. Hummingbirds prove to be demanding, stress-inducing patients, but they are also cute, charismatic little creatures who invariably win the hearts of those who come into contact with them. She weaves descriptions of hectic rounds of feedings and other care with details of hummingbirds’ courtship practices, incredible flight maneuvers and migratory journeys.

Masear also shares her emotional trauma over the ones she cannot save and her observations about some of the human rescuers who have called her for advice on how to help these vulnerable birds.



IN HIS LATEST book, *Cats & Lions*, world-renowned wildlife photographer Mitsuaki Iwago juxtaposes images of big cats in the wild with shots of the smaller ones who often curl up in our laps at home. Through remarkable similarities in posture, expression, action and location, Iwago illustrates more than just his



sharp eye; he shows how much our beloved pets have in common with their wild cousins, impressing upon readers the idea that to love and protect one member of the feline family is to care for them all.

WHAT’S ON YOUR NIGHTSTAND?

Email us at allanimals@humane.society.org and tell us what animal-inspired books you’re reading.