



Charley's Strays, Inc.

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March, 2010

Dear Friends,

Spring has sprung in Maine! I am still very skeptical that this beautiful weather is here to stay, but, heck; we enjoy the no-heating period at the Shelter and at home, as long as we can. Even the dryer which decided it had enough and died on us is just a minor disaster, as Rebecca says- as long as the weather is that nice, she can hang up all the laundry outside and it will dry within a few hours. So all we can hope for is that spring is here to stay.

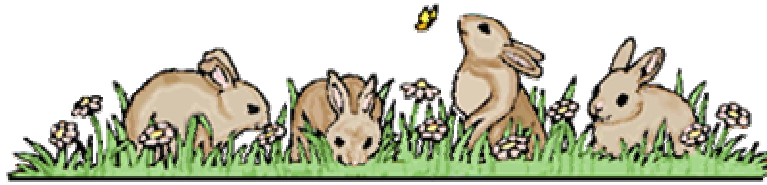
All the southern migrating birds are already up here in Limestone: the cowbirds, the red-wing blackbirds, and the starlings. The only ones which are still missing are the robins and hummingbirds, and our bear. There is still snow out in the woods, even though not much around the house anymore, I keep hoping that he is still asleep, and will be back to visit us this year, if he survived the winter. As I had mentioned last year: he was in very bad shape with a broken leg and a missing eye, due to an accident with a

car or snowmobile, we think. But I do have high hopes that he will be back.

There is not much news at the Shelter this month. For once you will not have to read a book about it. There is a new dog, whose person had to go to Iraq and will be stationed after that tour for three years in Germany. So this 18 month old yellow lab was brought to us. Luckily we already had a lady filling out an application for him, so he may not have to stay very long at the Shelter. Everybody seems to be in good shape; and thanks to Rebecca and our Saturday volunteers Ted, Mary, Karen and Betty they have lots of playtime every day outside their pens; and all look in very good shape. Even Elli, who had been at several different vets because she looked so malnourished, is gaining weight, thanks to very expensive special food for her. Our one-eye-Bandit has a special friend who is mailing him pig ears every so often; old Sassy is very happy as long as she has her pink

blanket to lie on, and all the other old folks seem to be doing fine considering their advanced ages. So all is well!

Our dogs and cats are so very lucky to have **YOU** to support them, and I would like to thank each and every one of you again for the checks, the coupons, the stamps, and the care-packages you are sending us for our furry friends.



Carole Parker, Stoughton
Charlotte Travis, Saugus
Cindy Houston, Woburn
Cristine Cardello, Melrose
Donna Bering, Lynn
Dorothy D'Alessandro, Oss.
Dorothy Eckstein, Medford
Elizabeth Fay, Northport
Inge Maiellano, Marblehead
Iris Martinello, Tewksbury
Irma Simon, S. China
Jean & Ralph Catignani, Conway
Joe D'Alessandro, Tuftonboro
Jon & Barb Anderson, Augusta

Jon Ryan, New Bedford
Joseph Blake, New Bedford
Josephine Ford, Holden
Josephine Smith, Woburn
Judy & Al Smith, Belmont
Judy Rohweder, Northport
Kathleen Dowd, Weymouth
Linda Merriam, Dresden
Lisa D'Alessandro, Raymond
Lorena & Harry Clark, Beverly
Marcia Smith, Bucksport
Marian Delarue, Woburn
Marlene Kaplan, Melrose
Mary Klayda, Winchester

Maureen Dowd, Sargentville
Mildred Walker, Presque Isle
Melody Lavers, Pownal
Michael Kane, Greenwood
Nancy Capone, Wakefield
P. A. Lenk, China Village
Pat Caler, Bangor
Patty Lynch, Chelmsford
R. D. Bournival, Nashua
Sandra Nicholson, Beverly
Viola McDonald, Woburn
Willa Rockett, Belmont

Thank



YOU!

Thank you to Maureen Dowd, who mailed us a check in memory of dog Andy, beloved pet of Dave and Margaret Carter.

Wishing you a wonderful Easter, lots of luck hunting and finding these egg-laying bunnies, and a beautiful spring.

Gabriele, Mary, Karen, Betty, Ted and Jim

I don't know about you, but it bothers me when I go from one room to the next to do something or get something and by the time I am in this other room, I forgot what I went there for. So now I am trying out the following:

Increase Magnesium Levels for Optimum Brain Functioning

From www.naturalnews.com/028171_magnesium_brain_function.html

Magnesium is a vital mineral for our overall health, and now a Chinese study has discovered that higher magnesium levels dramatically improve brain health. Guosong Liu, Director of the Center for Learning and Memory at Tsinghua University in Beijing stated, "[E]levating brain magnesium content via increasing magnesium intake might be a useful new strategy to enhance cognitive abilities."

The Effect on the Brain, Byron Richards, CCN and author of Fight for Your Health, explains that the Chinese study showed magnesium's effect on the brain cell's synaptic plasticity: "... a key feature of nerve architecture that enables your brain to tolerate stress, recover from trauma, and make actual changes. Synaptic plasticity is based on having well-nourished and properly energized brain cells – compared to inflamed brain cells that have become damaged and 'stuck in their ways'." Due to topsoil depletion from improper farming practices, most of the population is magnesium deficient. As we get older, less magnesium is present in our cells. Yet it takes around twice the amount of magnesium recommended for body health to enhance and preserve the brain's optimum cognitive and memory functions.

While consuming 400 mg of magnesium is considered adequate for most general health purposes, nutritionist Richards recommends up to 1000 mg for optimum brain health.

Within the cells is where 80 percent of magnesium's activity as a catalyst and synthesizing agent occurs. That's why Dr. Otis Woodward, MD, a holistic physician who calls magnesium "the master mineral" recommends a red blood cell (RBC) test over a simple blood test to determine magnesium levels. "It can look good in your blood, but if it is not in your cells you won't get the benefits."

If RBC testing is not available or within your budget, kinesiology or muscle testing could also help determine your magnesium needs. So many symptoms of magnesium deficiency resemble so many others, fatigue, muscular tension, and irritability among others, that it's difficult to determine by symptoms alone. It's important to realize that long term magnesium deficiency is associated with many diseases, including cancer. Magnesium is critically involved with over 300 cellular metabolic functions. Mark Sircus, OMD, in a Natural News article (source below) calls magnesium the "Lamp of Life", as it is the major constituent for producing chlorophyll in plant life. Without that, plants could not interact with the sun and survive. Obviously, organic green vegetables should be heavily consumed for a substantial magnesium intake. It is claimed that organic vegetables have up to ten times more magnesium than non-organic. Super foods such as Chlorella that contain high amounts of chlorophyll will help overcome magnesium deficiencies. Fulvic (not folic) acid, black strap molasses, and unprocessed sea salt are high in magnesium too.

Commercial table salt and white processed sugar, as well as foods that contain white bleached flour should be avoided. These items actually leech magnesium out of your body. You may find it best to supplement with a magnesium powder, often mixed with calcium, in water with a splash of organic apple cider vinegar or a squeeze of lime or lemon to help absorb the magnesium. A calcium to magnesium ratio of 2:1 is good, but unnecessary if your calcium intake is already high. It's also possible to supplement magnesium transdermally by soaking in salts high in magnesium or applying magnesium oils. Unless one has serious kidney problems, it takes a lot to overdue magnesium supplementation. But it's easy to notice. Like Vitamin C, too much magnesium manifests as diarrhea, a threshold that varies with each individual.

Source: Fassa, Paul (February 16, 2010). *Increase Magnesium Levels for Optimum Brain Functioning*. http://www.naturalnews.com/028171_magnesium_brain_function.html.



CAT REPORT MARCH 2010

Since I wrote last, only one more mystery illness; this time it was Christopher, the senior funny-foot, who decided not to eat. He went to the vet and had the usual tests, with the usual normal results. Tim got inspired and gave him a shot of pain-killer and more to take at home, on the theory his back and hips were hurting, and that's done the trick so far – Chris is eating normally. Probably the canned food I give him twice a day isn't doing any harm, either. I also bring in a dish of canned each meal for Shy-High, because he was thin, and a small one for Alison, because she likes it; and upstairs Purina/Meg is getting two canned meals a day since her spell earlier this year. For someone who claims to give her cats mostly dry food, I go through a lot of cans! ☺

Speaking of the funny-foots, I think Pooh is the happiest he's been in years. He and Milo are absolutely best buddies. They sleep together on my bed, each curled on his side with their faces almost touching and their legs all tangled together; and when they're awake, often one is giving the other a bath. Today I was talking with Milo when Pooh bustled in and butted my hand. Milo thought he was going to be mad at Pooh for stealing attention; then he changed his mind and gave Pooh a kiss instead. Lisa doesn't seem to mind being outside their tight little circle, as long as Pooh sometimes spends time with her and she has her favorite sleeping places.

I've been delighted to get lots of coupons this month, including some that help with the canned food, from Suzanne Belisle, Jennie and Donna Bering, Iris Martinello, Teresa Parent, Irma Simon and Judy and Al Smith. Olivia Charles gave us canned food, and Teresa and Beverly Maheu (who adopted a husky from us many years ago) donated bedding for cats and dogs. As always, I'm grateful to all of you for your faithful support. We've been together a lot of years now!

