



### **Charley's Strays, Inc.**

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Limestone, September 30, 2020

Dear Friends,

I guess toilet paper hoarding is back on, at least the newspaper says so. I really wonder what that's all about.

Maine seems to have a good luck streak so far. Hopefully it continues to stay. I can't even watch the news from the raging fires anymore, imagining the heartbreak these poor people have to go through and all the pain the animals, domestic or wild, have to deal with. Jim and I live right on the edge of the woods, and since the upper part of Maine has been declared a drought emergency, I wonder often how long our good luck will last, before someone sets the woods on fire. And when I hear people in the neighborhood setting up firecrackers and rockets to celebrate one thing or another, my skin actually crawls.

As for the Shelter animals, we lost another older dog that was fine during the day, and went to sleep on his bed, only to be found dead in the morning by Reb. We are guessing the cause of his death could have been a toad he was playing in the yard. Reb tried to take it away from him, but Jackson decided not to give it up and swallowed the toad. I have heard of some toads being toxic. We can only guess that was one of them. Maybe he just died of old age, we will never know.

All else is well at the Shelter, so I will go on to our supporters, who again helped us to care for the cats and dogs:

Al Smith, Belmont  
Cristine Cardello, Melrose  
Dale Critchley, S. Weymouth  
Iris Martinello, Tewksbury  
Jackie & Kellee Lowney  
Jean & Ralph Catignani  
Joe D'Alessandro, Tuftonboro

Judy Rohweder, Northport  
Linda Merriam, Dresden  
Malcolm Newell, Tewksbury  
Marlene Kaplan, Melrose  
Melody Lavers, Wales  
Michael Kane, Greenwood  
Norma Dyer, S. Dartmouth

Patricia Thibeault, N. Andover  
Philip Mann, Rowland Hts  
Richard & Mary Glover  
Rust Pappathanasi, Swampscott  
Sally Sawyer, Albany Twp

Bonnie Buckmore again mailed us a check from collecting money in her jars at different stores. She also brought more food to the Shelter, donated by Loyal Biscuit in Waterville.

### **Thank you very much to all of you!**

My German "Internet-friend" and supporter of our Shelter, Christel Friedow, once again had a Bake-sale for Charley's Strays. Christel lost her 18-year old daughter to a car accident 11 years ago, and she said: "Not only did this bake-day keep my mind off Marie-Kristin's 29th birthday, but I also know she would have been happy with my baking for Charley's animals."



And the people who bought the goodies: Martina, Sonja, Barb, Birgit, Stefan, Katja, Lena, Achim, Alissa. They all live in Michigan and Birgit is from Germany also mailed a donation for us.



And Christel is not only a baker of delicious breads and cakes, but she also cooks some great jam – I know, I tasted them, and everyone who bought baked goods also received a jar of home-made jam as a gift.

**Thank you Christel for all your work and for your love for animals!**

I found something online which may be interesting to some of you:

### Taking This One Supplement Could Save You From COVID, Study Finds

Since the beginning of the pandemic, one thing that's been clear about the coronavirus is that it can affect each person differently. And while a full-blown cure has eluded medical professionals and scientists thus far, they've also studied how certain vitamins and minerals that we have at our disposal could help patients lessen the severity of their brush with the virus—with some surprising success. You may have heard about the benefits of vitamin D and B vitamins when it comes to COVID. But now, it appears you might be able to **add zinc to the list of supplements that could save you from COVID.**

The findings of a new study on zinc and COVID-19, conducted in Spain over March and April, were presented at the 2020 ESCMID Conference on Coronavirus Disease (ECCVID). The researchers looked at blood samples from 611 coronavirus patients with an average age of 63, Health reports. Researchers then examined the zinc levels recorded in 249 of the patients, including 21 who succumbed to the illness. And they found a stark difference between them: Survivors had 63.1 micrograms per deciliter of zinc in their blood, while those who died from COVID had only 43.

The researchers also found that high levels of zinc in the blood were tied to lower levels of pro-inflammatory proteins when patients were infected, WebMD reports. In a statement, the team responsible for the study concluded that lower zinc levels are linked with "poorer outcome."

"It has long been thought that zinc bolsters the immune system," **Len Horovitz**, MD, a pulmonologist at Lenox Hill Hospital in New York City, told WebMD. "A possible explanation in this study is that zinc may have an anti-inflammatory effect that is protective."

Other studies have reached similar conclusions. A report published in July in the journal *Frontiers in Immunology* concluded that, when it comes to COVID-19, "zinc is a cost-efficient, globally available and simple to use [treatment] option with little to no side effects."

So how can you make sure you're getting enough zinc? According to the National Institutes of Health, foods rich in the mineral include oysters, red meat, crab, beans, and nuts. If you're still having trouble getting your necessary zinc intake, experts recommend consulting your doctor about possible supplements..

That's all of my news for this month, stay well!

**Gabriele, Mary, Ted, Eric and Jim**

## CAT REPORT – SEPTEMBER 2020

Yet another quiet – and unseasonably warm – month for the good cats. The last two nights I've been able to leave the door between dining room and porch open and let those who want to sleep out. Earlier in the month sometimes I closed the door overnight: opened it when I got up, and promptly had a dozen or more cats, a mix of the Charley's Strays mob and my own, bouncing out to see what was new since the evening before.

Feather and Lucien have thick, though not long, coats, and have decided fall is the time to develop tangled fur. I carry a comb in my pocket and try to give them a daily grooming session. Feather's looking good, Lucien's coat is less lumpy than it was a week ago. Brother Willow, with the longest coat in the family, seems to take care of himself (knock on wood), and Alafer's short hair isn't thick enough to mat.

Deaf-and-blind Tang has some knots, too, and gets worked on every now and then. He's still doing well; eats his medicated meals (he's one of four cats who get thyroid pills crushed in canned food twice a day), goes on and off the porch and finds his favorite beds. When I pick him up to bring him to his eating cage, first he yowls in surprise; then he purrs as I carry him to the cage door.

Ryan keeps his fur under control. He's the lightest-weight and most agile of the Charley's cats; I wonder sometimes if he has Siamese in his genes. No Siamese voice, though; in fact, he seldom speaks, except with his eyes, which are very expressive.

Another month with some of our faithful coupon donors finding enough to be worth the postage. Suzanne Belisle sent an envelope full via her sister here in China, and Gabriele says Iris Martinello and Al Smith sent some to Limestone. I've not heard from the anonymous donor in quite a while – are you all right, anonymous?

Many thanks and best wishes to all of you who care about Charley's Strays, and to your pets. Take care, & in case you don't hear from me again before Nov. 3, VOTE! I don't care for whom (well, I do care, but I'll keep my opinions to myself), but vote, PLEASE !!!