

Burlington Reports

Paws and Claws Society, Inc., Thorofare, NJ



Issue 24, March 2019

Partners in Prevention *Not* Destruction, since 1993

For Fur-ther Information . . .

You can find more information on our web site at pacsnj.org!

Home Programs Furry Angels News Compassion Central Newsletter Tips From The Trenches Caretaker's Corner



**Happy
Spring / Summer 2019!**

- Find out What's New by following links on our home page or clicking "News".
- Read other issues of Burlington Reports by clicking "Newsletter", or join our email list to be notified when new issues are ready for viewing. Click the link for any issue of the newsletter to comment on that issue's content. Start or join a discussion! Hover over "Newsletter" on our navigation menu to find "Links for Further Reading" for more information on topics mentioned in *Burlington Reports*, or click "Share with Squirt" to share a question or story in our Squirty's Words column.

- Hover over "Furry Angels"

to learn about pets currently available for adoption, read about pets who have found their Forever Homes, read or submit to the Funny Pages, read "Letters From The Heart", download forms, and more.

- Read about Paws and Claws Society's programs or see "Gems of Wisdom and Pearls of Knowledge: Humane Messages" at "Compassion Central".
- Find statistics and No-Kill information on "Tips From The Trenches".
- Read articles about pet care (and even use the age calculator to find out your pet's age in human years) at Caretakers' Corner".
- Look for "Share" buttons throughout our site to share content via Twitter, Facebook, email, and other services.

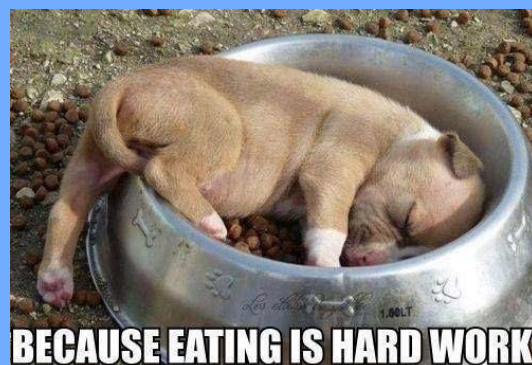


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Pet Humor

Here are some pet funnies from around the Internet to brighten your day:



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Pet Humor (Continued)

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Burlington The Cat On His Passion For Plastic



Hello. Burlington here.

Have you ever found something that smells so delicious you just have to eat it? Even when your most trusted loved ones, whose word you know you can count on to be reliable, have told you that you shouldn't eat it?

Or that it isn't even *food*?

I *know*, right?

Well, there is something about plastic. I don't know just what it is, but it smells so good.

I. can. not. resist it.

Mom and Dad and Mallory and Matthew are very careful not to leave plastic bags out, and whenever they open something that is packaged in plastic, they immediately dispose of the packaging.

I can smell it, there inside the recycle bin, waiting to be put outside for the big loud truck to pick up.

When I was very young, barely an adult cat, Mallory received a decorative covered dish filled with wrapped hard candies from a friend for her birthday. She kept it on her dresser and she would eat a piece or two of candy each day.

One day, she accidentally missed the wastebasket when she threw away one of the wrappers. It was a clear plastic wrap. The type that makes that inviting crinkly

noise? Well, I found it. (You knew where *that* was going, didn't you?)

I found it, and I played with it for a good while. The kids were at school and Mom and Dad were at work and Jersey was alternating between sleeping and barking at this squirrel in the back yard that kept teasing her by running back and forth just outside the sliding glass doors leading to the patio. I was all by myself upstairs in Mallory's room, and I had a blast, tossing that wrapper up into the air and catching it, sneaking up on it and pouncing, and biting into it. That wonderful crunch-crunch-crunch sound. That perfect combination of compliance and resistance as my fangs pressed into and then finally pierced it.

And then I swallowed it. Satisfied, I found a nice spot of sunlight on Mallory's cedar chest in front of her window and curled up for a nap.

Later, when I woke up, I felt funny. The kids and Mom and Dad came home. The kids sat at the table and did their homework while Mom prepared dinner and put down food for Jersey and me. I didn't want to eat. I wasn't hungry. In fact, the thought of food repelled me.

I went and found a nice secluded spot where I could be alone, and I rested.

Mom remarked that it was odd for me not to eat dinner, but she decided to let me rest and keep

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Squirty's Words . . . From The Rainbow Bridge

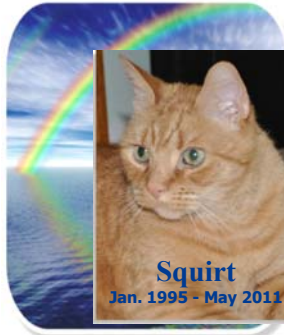
Question: How dangerous are EMF's for our pets?

Answer: More and more warnings are being published about potential health risks to humans caused by EMF's, but what are EMF's really?

Any time electronic items such as your microwave, cell phone, Bluetooth devices, cordless telephone, computer, virtual assistant (like Alexa and Google Home), or fitness tracking device are in use, they emit invisible areas of energy called Electromagnetic Fields, or EMF's. Even if you aren't actively using some of these items, there are still EMF's emitted because, for instance, your smart phone is downloading new email or syncing your social media apps so that you can receive notifications of new activity or your virtual assistant is always at the ready in case you should speak the phrase that activates it. Things like smart meters are also working even when you aren't watching, as are routers and Wi-Fi signals. TV and radio broadcasts and power lines also contribute to the EMF's surrounding us in our daily lives.

The National Institute of Environmental Health Sciences web site tells us that EMF's are typically divided into two categories, based on their frequency: Non-ionizing - low-level radiation which is generally perceived as harmless to humans (the items noted above fall into this category); and Ionizing - high-level radiation which has the potential for cellular and DNA damage (such as UV rays from sunlight, X-Rays, and some gamma rays).

According to the NIEHS web site, ". . . scientists admit that more research is needed" regarding low-frequency EMF exposure such as that emitted by a cell phone, and the "NIEHS recommends continued education on practical ways of reducing exposures to EMFs." The web site also suggests, "If you are concerned about EMFs emitted by a power line or substation in your area, you can contact your local power company to schedule an on-site reading. You can also measure EMFs yourself with the use of a gaussmeter, which



In memory of Squirty, a longtime friend of Paws and Claws Society who passed away on Mother's Day 2011 at the age of 16½, Burlington Reports added a new section to remember pets who have passed or to learn more about our animal family members. Ask Squirty a question or share your pet memorial story on our web site (hover over "Newsletter" on our menu). Let Squirty answer your questions or meet your pet(s) at the Rainbow Bridge and escort them to Pet Heaven.

is available for purchase online through a number of retailers."

A quick Internet search of the term "EMF" tells us that there are many people and organizations who don't agree that low-frequency EMF's are completely harmless.

Living near power lines or cell towers means that even someone living in a household that has no electronic devices, or electricity at all for that matter, is still exposed to some level of EMF's on a continual basis. With the current worldwide plans to convert from 4G to 5G technology, which will provide extremely fast wireless data speeds, comes an increased risk. Where 1G, 2G, 3G and 4G use between 1 to 5 gigahertz frequency, 5G is ultra high frequency and ultra high intensity and uses 24 to 90 gigahertz frequency. Not only that, but because the 5G signal does not travel as far as previous signals, the number of towers and mini towers will increase to the point of ensuring that most households will be within range of these ultra-high frequency EMF's.

Studies have linked EMF exposure in humans to immune system suppression, increased risk of several types of cancers, miscarriage, DNA damage, birth defects, male sterility, suicide, Alzheimer's disease, eye cataracts, and suppressed secretion of melatonin. Melatonin is a hormone that controls the wake/sleep cycles, mood, and ability to perform tasks. Depressed melatonin levels are associated with mood changes, depression and psychiatric disorders. One study from the Journal of Psychosomatic Research found that those dealing with 'environmental intolerance' around electromagnetic issues tended to have higher tendency towards obsessive/compulsive behavior, interpersonal hypersensitivity, hostility, phobic anxiety, and paranoid thoughts.

An article found on the web site draxe.com tells us:

Stephen Sinatra, MD, an integrative metabolic cardiologist and co-founder of Doctors for Safer Schools, says the heart is sensitive too and can be adversely affected by the

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Burlington The Cat (Continued)

(Continued from page 2)

an eye on me.

"Maybe Burlington is just having an off day," she said, "We all have them now and then."

Jersey came to see me a few times that evening, sniffing and giving me that worried look.

"What's wrong, buddy?" she asked, her tail wagging in what I assumed was hopeful anticipation that I might get up and play with her.

I wanted to answer her, but I had no energy. I sighed instead. She curled up beside me and put her head against my shoulder while I slept.

Later that evening, when I still wouldn't eat any food or drink any water even at her coaxing, Mom called the emergency vet's office and whisked me into my carrier.

Dr. Winters examined me and took blood. She told Mom that my kidney and liver values were off and she came to the conclusion that I may have ingested

something I shouldn't have.

"Burlington does love plastic," Mom said, "I wonder if he



managed to get into any."

Dr. Winters took x-rays, which she said didn't reveal anything.

"The good news is there doesn't seem to be any blockage," she said, "It's possible Burlington may have vomited or passed whatever it was in his stool."

I stayed overnight at the vet's office that night, receiving IV fluids. After a day or so, my appetite returned and I began to feel more like myself again. Dr. Winters told Mom that my body had processed the toxins from whatever I'd ingested and I could go home.



After I was back home and life had returned to normal, I went upstairs to visit with Mallory. As I lounged on her bed, bathing myself fastidiously, she neatened up in her room. She picked up her wastepaper basket to empty it, and that was when she noticed the little puddle where I'd thrown up the afternoon that I'd felt so sick.

"What's that in there?" she wondered aloud, then whispered, "Little pieces of plastic?"

She turned to me, her eyes wide. "No . . ."

I blinked. "Yes."



Squirty's Words (Cont'd)

(Continued from page 3)

same frequency used for Wi-Fi (2.4 GHz) at levels a fraction of federal guidelines (less than 1 percent) and at levels that have been recorded in schools with Wi-Fi technology.

Dr. Sinatra says children in high-tech classrooms have complained of the following symptoms:

- dizziness
- racing heart or irregular heartbeat
- weakness
- anxiety
- fatigue
- feeling faint
- difficulty concentrating
- chest pain or pressure

What affects the health of humans in this manner surely also affects the health of your pets as well.

What do you do if you aren't a scientist and you don't know which research or evidence to believe regarding EMF's and their risk to your family and your pets? What can you do to reduce any potential risk to yourself and your fur babies?

Here are some tips to consider:

- Keep pet dishes and pet beds away from the fridge, computers, TV's, and other electronic appliances.
- Whenever possible, use wired connections for your computers and other devices.
- Turn off computers and other devices when not in use.
- Unplug appliances when not in use.
- Turn off cable modems and routers at night and any other time they are not in use.

(Continued on page 5)

Burlington is a fictional gray tabby cat who belongs to a family in the Northeast United States. "Mom" is Paige Turner, owner of a small book store. "Dad's" real name has not been mentioned to date. Their two children are Mallory and Matthew. The family also adopted a Chihuahua and named her Jersey. See our web site for other issues of Burlington Reports and read the ongoing adventures and learning experiences of Burlington and his family!

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Squirty's Words (Continued)

(Continued from page 4)

- Place electric clocks, telephones, and answering devices at least 6 feet from your bed and any place where your pets sleep (the base of a cordless phone should never be in a bedroom or pet sleeping area, as it transmits constantly, whether the handset is in use or not).
- Do not carry cell phones in close proximity to your body and try to use the speaker phone setting as often as possible to reduce the necessity of holding the phone close to the head or using a wireless earpiece.
- Choose to use incandescent light bulbs or high-quality, high-efficiency LED bulbs that don't use a transformer over fluorescent or halogen ones wherever possible.
- Place sources of EMF's on outside walls of your home wherever possible, as EMF's can easily travel through walls.
- In some cases, incorrect wiring can be a source of a high magnetic field. If you suspect any improper wiring in your home, hire a licensed electrician to check it out.
- There are EMF shielding paints on the market, but of course, painting the walls of your home with this paint could block signals to your cell phones, and depending on which interior walls were covered with this paint, could block your Wi-Fi signals also.
- Some people believe Himalayan salt crystal lamps are able to neutralize EMF radiation by ionizing the atmosphere around them and interacting with the bio-energetic fields of people and animals in the room.
- A diet high in ORAC (oxygen radical absorbance capacity) foods and super nutrients may protect cells and their components from oxidative damage. *Note: Always



double-check before feeding any "people food" to your pets, to make sure the food is safe for them. Many food items that are considered beneficial to humans can be quite the opposite for cats or dogs.

- "Earthing" or "grounding", the practice of directly connecting with the surface of the earth (most commonly walking barefoot outside), is a fast-growing movement in holistic health, believed to be extremely helpful in lowering free radical damage, aka "oxidative stress", inflammation, and pain. It makes sense when we consider that humans and animals alike used to maintain consistent contact with the earth, only relatively recently in the history of life on earth spending so much time indoors. Most people wear rubber-soled shoes when walking outdoors, as well, and rubber blocks that grounding contact with the earth. People can walk barefoot outdoors when weather permits, to ground, or can wear shoes with soles made of a natural material. Dogs naturally "ground" fairly often when going for walks or being let out into their yards, but what about cats? How do they get that necessary contact with the earth while remaining safe as indoor pets? Possibly by spending time in a screen-enclosed patio or being leash-trained and going for walks with their humans. Please share any ideas that you have!

Peace, Love, and Head-Butts,
Squirty

Pet Humor (Continued)

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Word Search: Common Words & Phrases Pet-Parents Say (Word List Page 7)

How many of these words or phrases do you say to your pet? Solve this puzzle online - find it on our web site (pacsnj.org) or our Facebook page (facebook.com/pacsnj). Comment and tell us of other common things you say to your fur babies.

			J	K	A	E	P	S	K	W									
			O	Y	M	P	G	O	E	P	H	C	A	M					
		P	O	T	S	O	F	N	L	G	I	H	W	L	S				
	U	M	C	H	O	A	O	W	W	Y	A	T	S	B	K	R			
I	Z	D	I	D	Y	O	U	M	I	S	S	M	E	E	G	S	U		
S	O	Y	B	L	R	D	S	G	O	O	D	G	I	R	L	R	P		
P	S	W	O	A	Y	O	L	E	T	U	C	O	S	E	R	U	O	Y	A
N	I	Y	O	S	Y	R	V	L	R	Q	J	S	Q	E	T	T	P	Y	L
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	T	E	Y	O	O	K	S	M	U	Y	M	T	W	W	O	W			
		I	D	A	D	R	X	R	E	E	A	E	H	M	W				
		S	D	U	O	D	D	E	G	K	C	N	U						
			F	E	T	C	H	E	S	U									

Go to our web site, pacsnj.org, to see the
completed version of this puzzle.

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Word Search Word/Phrase List (Puzzle on Pg 6)

BALL	LET'S GO
BEDTIME	NO
COME	POTTY
COOKIE	ROLLOVER
DID YOU MISS ME	SIT
DOWN	SPEAK
DO YOU LOVE ME	STAY
DROP IT	STOP
FETCH	TALK TO ME
GOOD BOY	UP
GOOD GIRL	WALK
I LOVE YOU	WHO DID THAT
I MISSED YOU	YAY
KISS	YOU'RE SO CUTE

Animal Facts Quiz Answers (See Quiz on back page)

1. The heart of a shrimp is located in its head (a).
2. A snail can sleep for up to three years (c).
3. The fingerprints of the koala (b) are so indistinguishable from humans that they have on occasion been confused at a crime scene.
4. Which animal's nose is ridged with a unique pattern, like a human fingerprint? Both cat and dog (c).
5. Bats always turn left (a) when leaving a cave.
6. It takes a sloth two weeks (c) to digest its food.



Pet Humor (Continued)

(Continued from page 2)



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Animal Facts - Quiz (Answers on Page 7)

1. The heart of a shrimp is located in its:
 - a. Head
 - b. Chest
 - c. Foot
2. A snail can sleep for up to:
 - a. 24 hours
 - b. Two days
 - c. Three years
3. The fingerprints of which animal are so indistinguishable from humans that they have on occasion been confused at a crime scene:
 - a. Ape
 - b. Koala
 - c. Raccoon
4. Which animal's nose is ridged with a unique pattern, like a human fingerprint?
 - a. Cat
 - b. Dog
 - c. Both
5. Bats always turn in which direction when leaving a cave?
 - a. Left
 - b. Right
 - c. The direction of their dominant wing
6. How long does it take for a sloth to digest its food?
 - a. 24 hours
 - b. 72 hours
 - c. Two weeks