

What To Do About Mold

Continued from page 6

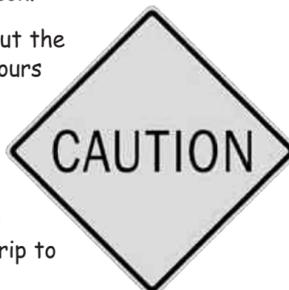
exposed to a moldy environment for an extended period of time. Even though specific symptoms may not be able to be clearly proven to come from mold exposure, there is consensus that it is not healthy to live or work in a moldy environment. Some individuals react to mold whether it is living or dead. The mold should be removed either way. When removing mold, protect your health by using a respirator or two-strap mask to filter out mold spores, wearing eye protection and using rubber gloves. Suggested masks are N-95, 3M #1860 or TC-21C. Immediately wash clothes after completing removal of mold.

It is impossible to completely remove mold from porous surfaces such as paper, drywall and carpet padding, so these materials should be removed and discarded. To remove mold from the surface of non-porous materials, first scrub with a brush and detergent solution. Ventilate the work area well. Then disinfect with a chlorine bleach solution. A clean surface requires less bleach than a dirty surface. A solution of one cup chlorine bleach to 1 gallon of water should be adequate for clean surfaces. Leave the bleach solution on the surface for 15 minutes, then rinse with water and dry quickly. Just splashing full-strength bleach on mold is not effective. It must be cleaned.

Air cleaners and ozone machines will not solve a mold problem. A high-efficiency air filter that removes mold spores may reduce the number of spores in the air, but the spores rapidly settle onto surfaces where air filters cannot remove them. If structural wood pieces, like studs, have stood in water, they need time to dry out. Moisture meters are available at local home stores. These meters will show if the wood is below 15 percent moisture. If it is, you can replace drywall and similar materials. Even if the wood feels dry, it may still be too wet for rebuilding.

SIGNS OF MENOPAUSE

- You sell your home heating system at a yard sale.
- Your husband jokes that instead of buying a wood stove, he is using you to heat the family room this winter. Rather than just saying you are not amused, you shoot him.
- You mug people for chocolate.
- You have to write post-it notes with your kids' names on them.
- Your husband chirps, "Hi honey, I'm home." And you reply, "Well, if it isn't Ozzie freaking Nelson."
- The Phenobarbital dose that wiped out the Heaven's Gate Cult gives you four hours of decent rest.
- You change your underwear after every sneeze.
- You're on so much estrogen that you take your Brownie troop on a field trip to Chippendales.



Do it All!
BEACH DAY!

Guaranteed to wear you out!!

\$99.

INCLUDES
SNORKEL TRIP
WAVERUNNERS
BANANA BOAT RIDE
WATERSKI
KAYAKS

FREE BBQ LUNCH

KEY LARGO BEACH BOATING AND WATERSPORTS CLUB

Key Largo Watersports • 305.453.4848 • MM 104 Bayside • Key Largo
PLUS! BOAT RENTALS • SNORKELING • JET SKIS • SUNSET SAIL • CHARTERS

Continued from page 6

BIG FISH CLUB

99010 Overseas Hwy, Key Largo, FL 33037

HOURS
Mon - Sat
11 AM - 10 PM
Thurs - Sat
10 PM - 4 AM

(305) 453-0820
Fax 453-0822
BigFishClub@gmail.com

LIVE MUSIC • DJ NIGHTS • FULL LIQUOR BAR • TWO VIP ROOMS

Coco 'Nut' Funnies

Laundromat Art



This painting at the Key Largo Laundromat is wrong. The Coconut Telegraph is FREE!

Facts About Drinking Water

1. One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.
2. Lack of water is the #1 trigger of daytime fatigue.
3. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
4. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.
5. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
6. Of course, too much water may have strange side effects AND STORAGE PROBLEMS.

Seriously, 1-5 are true. Now that I have your attention go get a glass of water!



Coconut Telegraph "Potty Humor"



I'M SORRY WE EVER TRAINED THAT CAT TO USE THE TOILET.

First Woman on the Moon



"It's Alice Kramden!"