

What To Do About Mold

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Recent rains can contribute to mold growth. A water leak, roof leak or just moisture from the air can develop mold in and around your home.

Scientific evidence has linked mold to asthma symptoms in chronic suf-ferers, as well as to coughing and upper respiratory tract symptoms in otherwise healthy people, says a report from the Institute of Medicine of the National Academies in 2004. Damp conditions have also been associated with the onset of asthma and lower respiratory illness in healthy children.

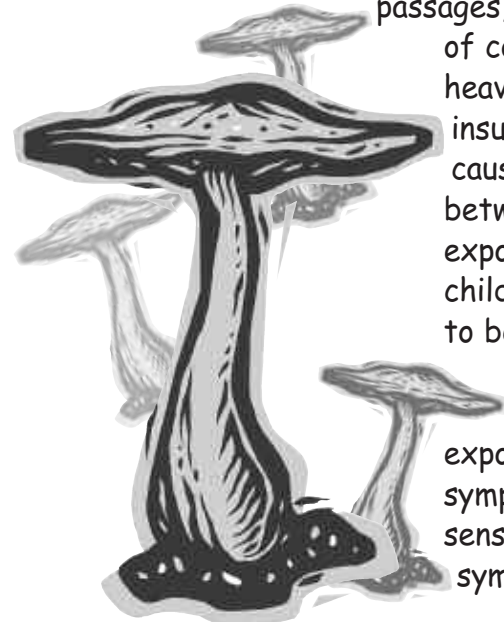
Most symptoms of mold exposure are due to an allergic reaction. Because only a percentage of the population has an allergic reaction to any single allergen, only a percentage of the population will be allergic to mold. There may be four people in a home and only one person will be experiencing symptoms due to the exposure.

A study sponsored by the Centers for Disease Control and Prevention examined whether mold and indoor dampness are linked to fatigue, neurological disorders, or other microbial infections that people have attributed to mold. The results show that infections from molds that grow in indoor environments are not a common occurrence, except in certain susceptible populations, such as those with immune compromise from disease or drug treatment. Infections occur because some molds can produce mycotoxins. Infection from toxic mold is rare. Toxic molds vary depending on where they grow and growing conditions. Stachybotrys, or "black mold" is generally known as toxic but current information does not indicate that it is more (or less) of a health concern than other types of mold. The mold spores are cast off in blooms that occur during the mold's cycle stage. Spores have the highest concentrations of toxins, but it may also be found in the vegetative portion of the mold.

Many molds are black, so "Black Mold" frequently is not Stachybotrys. This organism has a high moisture requirement, so it grows where moisture has accumulated from roof or wall leaks, or chronically wet areas from plumbing leaks. Persons handling material heavily contaminated with this mold describe symptoms of cough, burning sensations of the mouth and nasal passages, and irritation at the point of contact, especially in areas of heavy perspiration. There are insufficient studies to establish cause and effect relationships between indoor Stachybotrys exposure and illness, young children and the elderly appear to be more susceptible.

There appears to be a cumulative effect to mold exposure. A person who has no symptoms today may become sensitized and have health symptoms later if they are

Continued on page 22



Boogey Down at 1960's Bird Bash

Saturday September 15th is the night to put on your dancing shoes and get ready to boogey down at the 1960's Bird Bash Revival at the Lions Club in Key Largo. All proceeds benefit the Florida Keys Wild Bird Center. The Bird Bash features, music, dancing, contests and live and silent auctions. Dance the night away for the Birds to your favorite 60's music provided by "Big Daddy" Joe Marcum.

The night will include Dance Contests and a 60's Costume Contest. Celebrity judges were quick to support the "Bash" and include Don Noe, Chief Meteorologist for Channel 10 TV, Captain Skip Bradeen, Captain Spencer Slate and Mayor Chris Sante. Bradeen will be on crutches following knee surgery but Bradeen commented "everyone consider themselves lucky I'll be on crutches otherwise we all know who the dance contest winner would be!"

There will also be a silent auction and a live auction of select pieces. Don Noe will act as guest auctioneer for the live auction. He will be ably assisted by our very own Pam Godfrey from Clearchannel Radio.

Doors open at 6.30pm and ticket price includes a fish fry

with all the trimmings donated by local merchants and hosted by Scott Stoky and the Florida Keys Youth Sports Foundation. Come out and help our Bird

Center. 100% of the net proceeds will benefit the Wild Bird Center who is in dire need of financial help. The Bird Center suffered massive damage in the wake of Hurricane Wilma. They were forced to rely on credit cards to cover their rebuilding expenses and are now trying to pay them off. The Bird Center receives minimal funding from the County and is almost totally dependant on donations.

Mark your calendars! Tickets are \$25 in advance and \$30 at the door and in-clude dinner and entertainment. Tickets are available at Upper Keys TIB Banks, First State Bank, Community Bank and Marine Bank.

It is presented by Pirates on the Water Parrot Heads of the Upper Keys and sponsored by KLI True Value, the

Reporter Newspaper, DeClues Art and Framing, Clearchannel Radio and Hampson Insurance. For more info please visit www.piratesonthewater.com. or call Sue Finney at 305-394-3736.



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Skip Bradeen



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Wanting To Join Dumbing Ourselves Down

The ability to go into any social situation and sense the level of consciousness in that situation is a gift. It enables us to move considerately in a world that holds people of all levels of awareness. However, there is a difference between shifting our energy to accommodate people and dumbing ourselves down to a regrettable degree. Sometimes, when we get into a particular social situation, we may feel pressure to play it small in order to fit in. Perhaps everyone is drinking or smoking excessively, engaging in gossipy small talk, or complaining bitterly about politics. It is one thing to notice this and modify our expectations and another thing entirely to join in.

When we notice where people are coming from and acknowledge to ourselves that their energy is not in alignment with ours, we have several choices as to how to proceed. One viable option is to quietly endure the situation, keeping to ourselves until it is time

to leave. In this way, we take care of our own consciousness and protect our growth process. Another option is to interact in a way that honors and pays respect to the people in the group, while gently attempting to shift the level of consciou-ness with our input. In order to do this, we must maintain our own vibration, which means that joining in by dumbing down is not an option.

When we choose to dumb ourselves down to fit in, we not only sell ourselves short but we also lose a possible opportunity to influence the situation for the good of all concerned. Our desire to join in may come from our natural yearning to feel connected to the people around us. There is no shame in this, but being able to stand on our own, separate from the crowd, is a powerful milestone on any spiritual path. It can be difficult in the moment, but when we arrive on the other side, our integrity intact, we may find ourselves feeling positively smart.



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