



## Ask the Realtor: Mold

Mold (part of the fungi family) can be found everywhere. Under normal circumstances, most mold types and levels are not harmful to healthy individuals. However, when molds grow indoors, their numbers may increase to levels that can become harmful.

Long-term exposure to mold may cause or worsen conditions such as asthma, hay fever, or other allergies. The most common symptoms of mold exposure are cough, chest or sinus congestion, runny nose, eye irritations, and aggravation of asthma, chronic respiratory or sinus infections.

When moldy materials are disturbed, spores are released into the air. Exposure can occur if you inhale the spores, directly handle moldy materials, or accidentally ingest the mold. Certain molds produce chemicals called mycotoxins. These may cause illnesses in individuals sensitive to the chemicals or who are immunocompromised, or who have become sensitive after long-term exposure to mold.

While there are DIY tests on the market for mold, it is recommended that professionals who have experience with mold issues test for mold. Since mold is found everywhere, only a professional is trained to identify if the levels in your home are “normal” or if professional work is needed to remove a mold contamination problem.

If you are considering buying or selling, let's work together and make it a realty reality.

Linda Kadlik

978-870-5774

## Best Ice Cream Places

Yes, I must confess I have ice cream year round but there is nothing like home made ice cream come summer time. Here are a few favorites.

### ***Kimballs – Westford, Carlisle, Lancaster***

Kimball's, a tradition since 1939. It's grown from a handful of flavors to over 50. Its Westford farm location has a pitch & putt, driving range, mini-golf, bumper boats, and batting cages.

### ***Cape Cod Creamery – Hyannis and South Yarmouth***

Smooth and creamy gourmet ice cream. It has less air filled product making it denser and creamier. Ice cream names are from surrounding towns like Dennis Double Chocolate or Barnstable Bananas Foster. They use hormone-free cream from New England dairies.

### ***Uhlmans Ice Cream – Westborough***

Uhlmans serves soft serve, fat free and hard yogurt as well as 60 flavors of hard ice cream. They also have frozen lemonade, lime rickeys, ice cream sodas and floats, dairy free and allergy friendly options.

### ***Bedford Farms – Bedford and Concord***

As the longest continuously running business in the town of Bedford, Bedford Farms began making ice cream in the late 40s and 50s. It has over 60 homemade, gourmet ice creams flavors, as well as frozen yogurt and soft serve. Bedford Farms is also well known for their pies and cakes.

### ***Black Cow – Millis***

With only 30 percent air and 16 percent butterfat content and you have some of the best and creamiest ice cream around. While you are there, try some of their addictive homemade fudge.

[lindakadlikmoves@gmail.com](mailto:lindakadlikmoves@gmail.com)