

# Attachment 8



## Bathtub Caulking: What Types of Caulk to Use



One of the most important aspects of bathroom maintenance is keeping water out of areas where you don't want it to collect. Proper building materials like tiles, water-resistant drywall, and a good ceiling fan are important aspects to keeping mold and moisture at bay, however, it's the caulking that is the silent hero of preventing water damage. This gooey material generally comes in tubes and is applied as a bead that runs along seams where two materials meet, creating a watertight seal. Most notably, caulking is used where tile meets a bathtub, in corners of shower walls, and along the vanity sink where it joins up with the wall or backsplash. But not all products are made the same, and knowing what kind of caulking to use in your bathroom is paramount to having a long-lasting application.

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Now

67°

Cloudy

Feels Like 67°

80° / 59°

Humidity: 73%

Wind: NNE 4 mph

Dew Pt.: 58°

Pressure: 29.88 in ↓

UV Index: 5 of 10

Visibility: 9.0 mi

Air Quality: Good



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# The Mediterranean diet has been called into question, but experts say it's still worthy

Korin Miller

Writer

Yahoo Lifestyle June 14, 2018



In 2013, a landmark study was published in *The New England Journal of Medicine* that made very impressive claims about the Mediterranean diet. Among them: About 30 percent of heart attacks, strokes, and death from heart disease could be prevented in high-risk people if they started following the diet, which is big on olive oil, nuts, beans, fish, and fruits and vegetables. Drinking wine is part of the eating plan too, and the diet earned a solid following, including among celebrities like Penélope Cruz, Brooke Burke, and Rachael Ray.

Now, that study has been called into question due to several factors, like concerns that the randomized trial wasn't as randomized as it should have been (some people, for example, were asked to follow the diet and then their family members were lumped in

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LAUREN CAHN

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