

ESPN Outdoors New Saltwater Series

ESPN Outdoors, the worldwide leader in outdoor events coverage, announced today the creation of a new tournament series of saltwater events, titled the ESPN Outdoors Saltwater Series. The series will receive television coverage on ESPN2 in the first half of 2009 and will be presented on other ESPN multi media platforms, including a newly devoted annual magazine, the ESPN Outdoors Saltwater Series, which will publish in the Spring of 2009.

The multimedia coverage will highlight six world-class, stand-alone events as the series kick off on Sept. 5-7 out of Key West, Fla. Other high-profile events in the series include the F.C.A. Montauk SLAM Redbone @ Large and the Mercury Redbone Series Celebrity Tournament.

Participants will include world-renowned professional anglers and renowned guides from the sportfishing industry as well as celebrities from the sports world. The ESPN Outdoors Saltwater Series will focus on several different types of sportfish including redfish, striped bass, tarpon, bonefish and permit.

"We are always looking to provide fans with unique and compelling content," said Jamie Wilkinson, senior director of event operations and business development, ESPN Outdoors. "We are excited about the potential of this new series and feel the opportunity for growth is significant."

A full schedule of events including the featured sportfish can be found below. ESPNOutdoors.com will be the home for daily event coverage and will provide photo galleries,

game stories and analysis from each event.

"For 21 years, we have provided excellent events that feature celebrities, great destinations and some intense sportfishing," said Gary Ellis, founder of The Redbone Celebrity Tournament Series, which will manage the events. "This was all started to raise money for a cause to help put a stop to Cystic Fibrosis and with an outlet like ESPN, we are excited to spread our message to a powerful audience."

For more information on the individual tournaments, fishing fans can visit www.redbone.com.

For more information, contact ESPN Outdoors Communications at (407) 566-2208 or visit www.ESPNOutdoors.com. For ESPN's latest releases, schedules and other news, plus photos, video and audio clips and more, visit www.espnmediazone.com.

Series Schedule:
Sept. 5-7: Key West Mercury Redbone - S.L.A.M. (Southernmost Light Tackle Anglers Masters) Celebrity Tournament. Tarpon, Bonefish, Permit
Oct. 3-5: Key Largo Mercury Redbone Series Baybone Celebrity Tournament Permit, Bonefish
Nov. 7-9: Islamorada Mercruy Redbone Series Redbone Celebrity Tournament Redfish, Bonefish
Nov. 21-24: Grand Bahama Fall Deep Water Cay Celebrity Bonefish Classic Redbone @ Large. Bonefish
Dec. 12-14: Islamorada Don Gurgiolo Sailfish Classic Redbone @ Large. Sailfish

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Beauty of the Ages

Many products on the market are simply driven by the effectiveness of advertising. These types of companies are concerned about minimal requirements and loopholes. Following are some ways to bypass these toxic companies, and find natural or organic products to simply enhance the perfect painting that your face already is.

First let's take a look at masks that are derived naturally. My beautiful wife has used this one for decades and its effectiveness is without question. Start off with organic oatmeal that you grind and organic yogurt with no additives like sugar or fruit. If you want to test this, simply place on the back of one hand and leave it for 15 minutes and then compare. You should expect to see a smoother and softer skin with a lessening of brown spots.

Next, scrubs have become very popular. Take sea salt, mix with almond oil and scrub your body. For the face simply mix sugar with water and scrub the face. The sugar will dissolve before damage can be done. In addition, you can take used chamomile tea bags used, place in a zip-lock bag and place in the fridge to cool. Rub on face, just enough to moisten the face with the liquid.

If you are using avocado or making your favorite guacamole, use a portion of the avocado and use as a conditioner in the hair before you wash your hair, rinse with a little apple cider vinegar, (Bragg's mixed with water), it will remove previous product build up and make your hair shine. Do not worry about

the vinegar smell, it will dissipate when the hair dries. Using organic olive oil? Copy the people of biblical times; rub into your skin as an emollient. The moisturizing effect will be incredible. It helps dissipate scars and add to skin health.

Making a fruit salad? Why not use papaya and pineapple? These are wonderful at exfoliating the face. Use for 10 to 15 minutes: the enzymes will literally gobble up the dead skin.

Having a salad? Use cucumber in thin slices over the eyes and face. This will hydrate. Honey can be used to hydrate and as an emollient. Don't forget to eat all these things, they will have the same external effect and the benefits will last longer. The best tip of for this article is not to fall into the trap that all fat is bad. When we sweat we expel not only water, but also oils out of the skin. Try to digest at least two tablespoons of nut based oil daily. This will have the most profound effect on your skin. Is it hard to believe? Look at the Italian and Greek peoples, beautiful skin and hair and has been proven by the wisdom of the centuries and it does not bombard and saturate the body with chemicals, the common thread in the diet of these cultures is organic, non-commercial oil.

These may seem somewhat primitive in nature, but how can you argue with the wisdom of the ages. Just give them a try: the only side effect will be better skin, a healthy liver and kidneys, and the thought that you lessened your carbon footprint on this breathtaking planet.