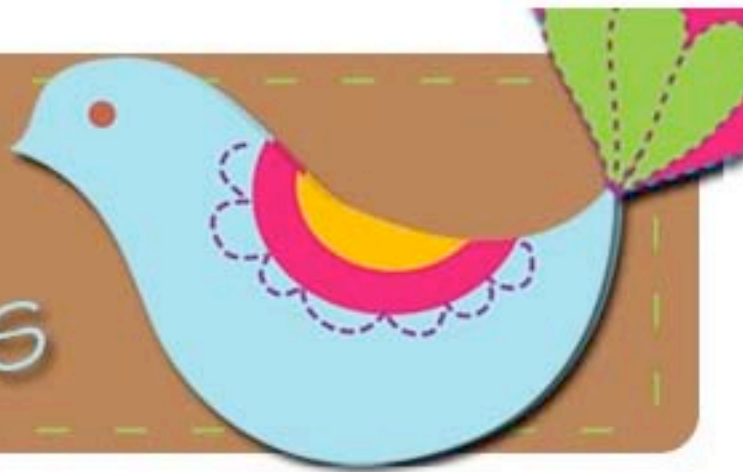


Bird Rock Fabrications



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SUNDAY, AUGUST 22, 2010

Bird Rock Resident Named New Salada Tea Spokesperson



Bird Rock resident & Nutritionist Tara Coleman beat out hundreds of tea lovers from across the country to claim her role as Salada Tea's first ever consumer spokesperson. The search began last May, when nutritionists, trainers, fitness instructors and tea lovers from across the country were encouraged to visit <http://www.unbottleyourtea.com/> to submit an entry form and upload a video explaining why they would make a great spokesperson. After reviewing each entry, Salada Tea selected the 10 best candidates and posted their entry videos to the same website. From June 28 to August 1, America was invited to log on, review each :30 second video and vote for their favorite contestant. After a tight race, Coleman came out on top! Receiving the most votes for her video about incorporating tea into her everyday activities like shopping, jogging and yoga. Beginning in September, Tara will be providing tips and suggestions on nutrition, fitness and how simple steps can add up to a big healthy results.

To view Tara's submission video, introduction video and bio, visit

www.UnbottleYourTea.com/Tara

You can also follow Tara on Twitter [@nutritiontara](https://twitter.com/nutritiontara)

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