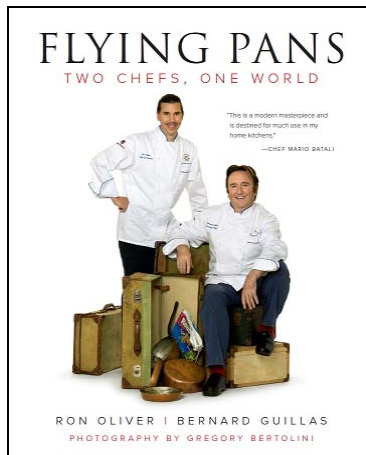


Celebrate the Sunbelt Lifestyle!



What's New from Sunbelt Publications November 2009

Cook Books for the Holidays

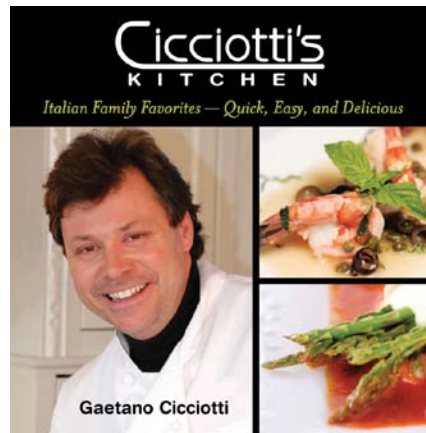


FLYING PANS: TWO CHEFS, ONE WORLD

Written By: Bernard Guillas & Ron Oliver

ISBN #9780982428313 Retail: \$35.00

"The Flying Pan" is an exciting, rich culinary tour of indigenous cuisine from around the globe. Through the immensely talented, creative style of Chef Bernard and Chef Ron, you are able to explore widely varied fresh flavors woven with their cultural roots.



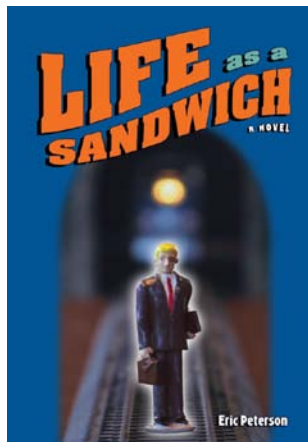
CICCIOTTI'S KITCHEN: ITALIAN FAMILY FAVORITES—QUICK, EASY, AND DELICIOUS

Written By: Gaetano Cicciotti

ISBN #9780981622200 Retail: \$24.95

In "Cicciotti's Kitchen," chef Gaetano Cicciotti shares traditional Italian classics with readers, and proves how quick and easy these recipes can be. The more than 40 dishes include simple classics like Marinara Sauce and Insalata Caprese, as well as more elaborate meals like Penne alla Puttanesca and Lobster & Seafood Fettuccine. Each dish is beautifully photographed in full color.

Great New Reading

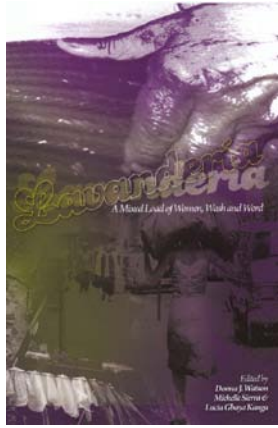


LIFE AS A SANDWICH

Written By: Eric Peterson

ISBN #9780982486054 Retail: \$24.95

It's the verge of the millennium, and the California economy is booming. Wallace Noe and his wife, Hannah, are card-carrying members of the Sandwich Generation: squeezed between raising children and looking after an elderly parent, struggling to make ends meet-and to keep their marriage together. When a family tragedy forces Wallace to reevaluate his life, he stakes his future on a start-up company, never imagining the sequence of events that will shatter his comfortable world.

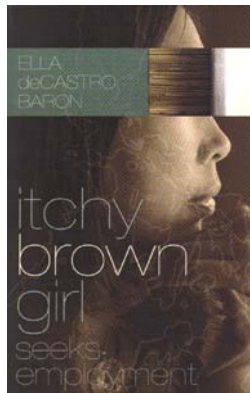


LAVANDERIA: A MIXED LOAD OF WOMEN, WASH, AND WORD

Edited By: Donna J. Watson, Michelle Sierra, and Lucia Gbaya-Kanga

ISBN #9780981602066 Retail: \$12.95

This anthology initiates us into one of the most sacred domestic rituals of our mundane world—the purging of physical and psychic stains, or the art and work of doing laundry. The writers' voices rise above the sounds of washing machines, non-televized daytime dramas, and laughter. Removing the clothespins from their mouths, these women reveal their secrets, fears, loves, and regrets in poem and story form. As finely detailed as the vintage sleeve of a rummage sale find, the work in "Lavanderia" brings the circle closer to home as you find yourself nodding and remembering and thanking every woman who ever sat next to you in a laundromat and made conversation.



ITCHY BROWN GIRL SEEKS EMPLOYMENT

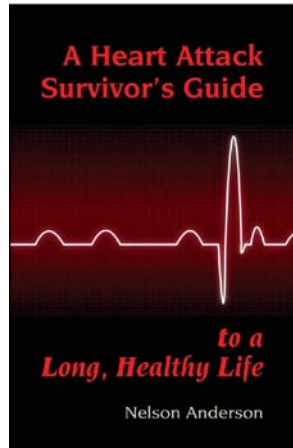
Written by: Ella deCastro Baron

ISBN #9780981602059 Retail: \$12.95

"Itchy Brown Girl Seeks Employment" is an ironic Curriculum Vitae where life and work experiences one wouldn't want a potential employer to know are highlighted using vulnerability, wit, observation, and candor.

Ella deCastro Baron—a first generation Asian American woman challenged by her parents' faith, inherited sickness, and questionable life choices—shares of beginning and ending relationships, restlessness, miracles, prejudice, entitlement, and community. She leaves it up to the reader to decide, after assessing her background, education, professional experience, fieldwork, high (and low) achievements, if she is someone worth investing in.

Coming Nov 15th!



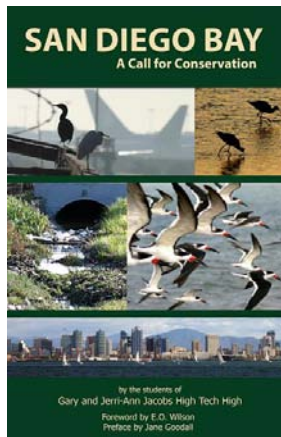
A HEART ATTACK SURVIVOR'S GUIDE TO A LONG, HEALTHY LIFE

Written By: Nelson Anderson

ISBN: 9780916251987 Retail: \$14.95

Written by a survivor who, 10 years after his heart attack, is now fitter and leaner than he's ever been, this book details a lifestyle change which will promote weight loss and bring energy and vitality. The author shares his daily diet plan, including supplements, an easy-to-follow exercise regime, and even a few healthful recipes for delicious low-carb meals and snacks. Fed up with a life of confusion and fear, the author transformed himself into a human guinea pig.

After years of painstaking research and trial-and-error, he finally came to understand what works, what doesn't work, and why. His goal is to share this knowledge and joy with fellow survivors, their loved ones, and anyone who fears a heart attack in the years ahead.



SAN DIEGO BAY: A CALL FOR CONSERVATION

Written by: the students of Gary and Jerri-Ann Jacobs High Tech High

Forward By: E.O. Wilson

ISBN: 9781888691207 Retail: \$24.95

"San Diego Bay: A Call for Conservation" is the fourth book in a series that details the beauty and history of San Diego Bay, written by the talented students of High Tech High. It delves into the delicate balance between humans and nature in an urbanized ecosystem, demonstrating the importance of environmental awareness and action, and the role individuals can play to benefit their city and planet. It examines the San Diego Bay's current state, outlines the reasons behind its decline, and offers solutions for its recovery. With a preface by Jane Goodall, a wealth of photographs, plus interviews with local experts on indigenous species and environmental concerns, this is a compelling and insightful work.

[Click Here to See Full Online Book Catalog](#)

Upcoming Events for November

Saturday, November 14, 2009 at 1pm, Diana Lindsay at the Water Conservation Gardens FREE & Open to the Public

Diana Lindsay, author of Marshal South and the Ghost Mountain Chronicles and Anza-Borrego A to Z: People, Places, and Things, will be presenting "the Indian Use of Local Desert Plants." Using PowerPoint slides and plant material, historian Diana Lindsay will demonstrate how some of the local plants were prepared and used at the Water Conservation Garden's classroom. Copies of Marshal South and the Ghost Mountain Chronicles will also be available for purchase. (Water Conservation Garden, 12122 Cuyamaca College Drive West, El Cajon, California, 92019 (619) 660-0614). For more information about the Water Conservation Garden please visit www.thegarden.org.

Saturday, November 14, 2009 at 7pm-9pm, Eric Peterson at Barnes and Noble San Bruno FREE & Open to the Public

Eric Peterson, author of Life as a Sandwich will be at the Barnes & Noble in San Bruno, CA for a Book Reading and Signing (Barnes & Noble – 1150 El Camino Real Space 277, San Bruno, CA 94066 (650) 871-2530)

Saturday, November 14, 2009 at 11am-6pm, Read Local San Diego,

FREE & Open to the Public

Come join Sunbelt and our local authors at Read Local San Diego. This will be a day-long celebration of San Diego's terrific literary talent! Author readings and presentations, book tables, music from local artists, and more! This event will take place from 11 to 6 on November 14, with author presentations approximately every 10 minutes and hour-long slots to sit at tables. We will end the day with a gala reception, toasting this new organization with wine, beer, and refreshments.

Scheduled Authors Bette Blaydes Pegas, author of [Chasing A Dream in the Galapagos: A Personal Evolution](#)

Linda Pequegnat, author of [This Day in San Diego History](#)

Joey Seymour, author of [San Diego's Finest Athlete's: Five Exceptional Lives](#)

Gary Mitrovich, author of [East of San Diego: The Lost History of the East San Diego Police Department](#)

Judy Botello, author of [More Adventures with Kids in San Diego](#) and [The Otherside: Journeys of Baja](#)

Karla Ogilvie, author of [Encinitas Insight: A Photographers Journey](#)

Ruth Todd Evans, author of [The Panda Who Would Not Eat](#)

Jack Innis, author of [San Diego Legends](#)

Jack Innis, author of [San Diego Legends](#)

Jeff Garcia author of [Santa Claus and the Molokai Mules: A Hawaiian Island Surfing Adventure](#)

Location of event will be at Horton Plaza, Sun Deck level 3, 324 Horton Plaza, San Diego, CA 92101) Free parking first 3 hours.

**Tuesday, November 17, 2009 6:30pm, San Diego Natural
History Museum Lecture**

with Bette Blaydes Pegas, Member \$10 Nonmember \$12

Bette Blaydes Pegas, author of [Chasing A Dream in the Galapagos: A Personal Evolution](#), will be doing a slideshow presentation on her book and signing copies along with special guests Dr. Stephen Baird and his bandmates in The Galapagos Mountain Boys who will play their tongue-in-cheek “scientific gospel” musical homages to Darwin, natural selection, evolution, and the responsibility of conservation. This event will take place at the San Diego Natural History Museum. (San Diego Natural History Museum 1788 El Prado Balboa Park, San Diego, CA 92101 (619) 232-3821)
For more information please visit www.sdnhm.org

Wednesday, November 18, 2009 at 7pm,

Watch for Willard Thompson on SBCHL Channel 17

Willard Thompson, author of [Dream Helper: A Novel of Early California](#), will be discussing his book on Cox Cable Channel 17 Santa Barbara with host, Ernie Salomon. He will also be talking about his upcoming book signing at Barnes & Noble on November 21, 2009 2pm-4pm (Barnes & Noble – 829 State Street, Santa Barbara, CA 93101). For more information, please call (805) 962-8509.

**Wednesday, November 18, 2009 at 7pm, Flying Pans
event at Warwicks,**

FREE & Open to the Public

Join us on Wednesday, November 18th at 7pm at Warwick's in La Jolla for a book signing with the authors of [Flying Pans: Two Chefs, One World](#). Warwick's Books is located at 7812 Girard Ave., La Jolla, CA 92037.

**Thursday, November 19, 2009 at 6:30pm, Eric Peterson
at Upstart Crow**

FREE & Open to the Public

Eric Peterson, author of [Life as a Sandwich](#)—will be talking about and signing copies of his book at Upstart Crow (Upstart Crow 835 C West Harbor Drive, San Diego, CA 92101 (619) 232-4855).

**Friday, November 20, 2009 from 12:00-1:00pm *Paul
Bernstein at the Spirit Of The Barrio***

\$25 per person or \$200 for a table of 10

Paul Bernstein, author of [Courage to Heal](#), will be at the Spirit of the Barrio luncheon hosted by the Family Health Centers of San Diego. This event will raise critical funding for FHC programs and services by bringing together local businesses, individuals, and community leaders for networking, education, entertainment, and community building. Come learn about the history of Kaiser from Paul, and enjoy the luncheon's famous homemade tamales, rice, and beans. Books will be available for Sale, Event will be held in a tent behind the Logan Heights Family Health Center, located at 1809 National Ave., San Diego, CA 92113. For reservations, please call 619-515-2562 or visit www.fhcsd.org/donations.cfm (scroll down to Spirit of the Barrio). Registration for this event doesn't open until September 30th.

**Sat, November 21, 2009, 2–4pm, Willard Thompson at
Barnes & Noble Santa Barbara FREE & Open to the Public**

Willard Thompson, author of [Dream Helper: A Novel of Early California](#), will be discussing and signing copies of his book at Barnes & Noble in Santa Barbara (Barnes & Noble – 829 State Street, Santa Barbara, CA 93101). For more information, please call (805) 962-8509.

**Sunday, November 22, 2009 at 9am – 4pm, Karla Ogilvie
18th Annual Encinitas Fall Festival**

FREE & Open to the Public

Karla Ogilvie, author of [Encinitas Insight: A Photographers Journey](#), will be at the 18th Annual Encinitas Fall Festival. This year they will be featuring over 450 Vendor booths showcasing various arts, crafts, gifts, food and more. 200 shops and 40 restaurants and eateries along the Coast Highway from D to J Streets will be open and ready for business. Live music will be playing at the Lumberyard Courtyard stage it will feature the best in local entertainment. For more information, please contact the Downtown Encinitas Mainstreet Association at (760)943-1950 or visit www.encinitas101.com

Sunday, November 22, 2009 at 1pm –4pm *Ben Bernstein at Barnes & Noble San Bruno, FREE & Open to the Public*

Ben Bernstein, author of [The Workbook for Test Success: How to be Calm, Confident & Focused on any Test](#) — will be at the Barnes & Noble in San Bruno, CA for a Book Reading and Signing (Barnes & Noble – 1150 El Camino Real Space 277., San Bruno, CA 94066 (650) 871-2530)

Sat, November 28, 2009 at 2-4pm, Jeffrey Garcia at Seaport Village with Surfing Santa FREE & Open to the Public

Jeffrey Garcia, author of [Santa Claus and the Molokai Mules: A Hawaiian Surfing Adventure](#) will be at the Surfing Santa Event at Seaport Village. Kids and adults will greet San Diego's board short-wearing Santa with a lively parade after his ship arrives at Seaport Village around 1 p.m. Santa will be available for surfing photos all afternoon Jeff Garcia will be reading his book at 2pm followed by a Book Signing, leaving time to enjoy the kids craft tables, strolling entertainers, and delectable dining. (Seaport Village – 849 West Harbor Drive, San Diego, CA 92101 (619) 235-4014)

Join Us for our Annual Holiday Celebration!

Thursday, December 3, 2009 4pm – 8pm

Join us for an evening of open warehouse shopping refreshments, and presentation by local authors! At 5pm join us for a presentations for San Diego Bay: A Call for Conservation. 6pm Gary Mitrovich, author of [East of San Diego: The Lost History of the East San Diego Police Department](#). 7pm Joey Seymour author of, [San Diego's Finest Athlete's: Five Exceptional Lives](#). Come meet these and other Sunbelt authors who will be on hand to talk about and sign their books! Fun for the whole family, Free raffle for cool gift baskets, Sample dishes & drinks from our new cookbooks. (Sunbelt Publications – 1256 Fayette Street El Cajon, CA 92020).

In the spirit of the holiday season help us help the Polinsky Children's Center

by bringing an unwrapped toy

For more information, please call (800) 626-6579

[Click Here For More Events](#)

Interested in scheduling a Sunbelt Author for your upcoming event?

For more information, please contact us at (619) 258-4911 or marketing@sunbeltpub.com.

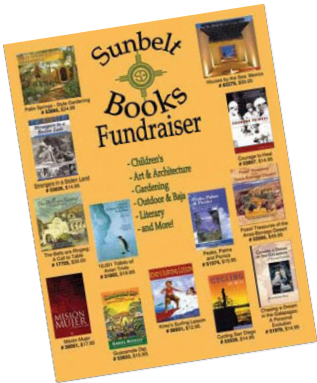


Need a Website or looking to revamp your current one?



Lifestyles Media Group (our Web designer) is now honoring a Sunbelt rate on custom web services!

Contact RFloco@SunbeltPub.com
for more info on how to receive discounts on all your web needs.



Do you have an Organization looking to raise money?

Check out Sunbelt's New Fundraising
Opportunities!

For more information, please contact us at
marketing@sunbeltpub.com

[~ Check Out Our Blog ~](#)

www.sunbeltbooks.com

*If you would like to be removed from our list, you may email us at
marketing@sunbeltpub.com*