

New Books – September 2010



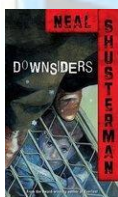
Mockingjay (Suzanne Collins)

Against all odds, Katniss Everdeen has survived the Hunger Games twice. But now that she's made it out of the bloody arena alive, she's still not safe. The Capitol is angry. The Capitol wants revenge. Who do they think should pay for the unrest? Katniss. And what's worse, President Snow has made it clear that no one else is safe either. Not Katniss's family, not her friends, not the people of District 12. Powerful and haunting, this thrilling final installment of Suzanne Collins's groundbreaking *The Hunger Games* trilogy promises to be one of the most talked about books of the year.



Girl in Translation (Jean Kwok) - Unit 3

A resolute yet naïve Chinese girl confronts poverty and culture shock with equal zeal when she and her mother immigrate to Brooklyn in Kwok's affecting coming-of-age debut. Ah-Kim Chang, or Kimberly as she is known in the U.S., had been a promising student in Hong Kong when her father died. Now she and her mother are indebted to Kimberly's Aunt Paula, who funded their trip from Hong Kong, so they dutifully work for her in a Chinatown clothing factory where they earn barely enough to keep them alive. Despite this, and living in a condemned apartment that is without heat and full of roaches, Kimberly excels at school, perfects her English, and is eventually admitted to an elite, private high school. An obvious outsider, without money for new clothes or undergarments, she deals with added social pressures, only to be comforted by an understanding best friend, Annette, who lends her makeup and hands out American advice.



Downsiders (Neal Shusterman)

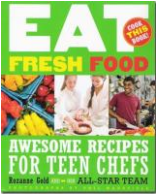
Despite stringently enforced rules against mixing with "Topsiders," 14-year-old Talon sneaks aboveground into an Upper East Side townhouse. There he meets Lindsay, also 14, whose self-absorbed, divorced mom has left her with her equally inattentive dad "for all eternity." The friendless girl quickly forms a bond with the pale, otherworldly boy, and when he finds her again, she eagerly goes with him to tour his underground universe. However, Lindsay's presence, as well as some historical information she unearths, are as threatening to the Downsiders as the excavations for her father's West Side aqueduct project.



Real Food, Real Fast (Sam Stern)

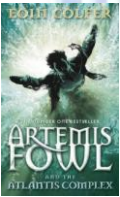
Written by a British teen cooking personality, this book is full of time-management advice, recipes, and tips for combining dishes. Cross-references enable novices to put together full meals, and the index encourages browsing by ingredient or type of recipe. Tabs enable quick access to the section of the book containing recipes for 5- to 30-minute time frames. A listing of "Essential Extras" at the back provides more adventurous cooks the chance to create basics for themselves rather than purchasing premade items, such as stocks, dressings, assorted spreads, and breads. Each recipe includes serving sizes, variations to adapt the recipes to one's own taste, pictures of the author and friends, and often pictures of the finished product.

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Eat Fresh Food (Rozanne Gold)

This attractive title includes 80-plus recipes. From "Bread, Butter & Breakfast" to "Desserts & Drinks," there's a strong emphasis throughout on fresh food. Some of the dishes are remarkably simple. For example, "Sun-dried Tomato and Carrot Meatloaf" has just 5 ingredients. Others are imaginative (and usually healthier) variations on classics, like "Eggless Caesar with Toasted Pecans and Green Apple Croutons." And the veggie-burger recipe, "Chickpea Burger with Fresh Mango Salsa," is a winner. Step-by-step instructions are clear, with just the right amount of detail. The lively design is another plus, as are the numerous color photos, showing a good mix of food and people. The introduction includes general nutrition and safety information as well as advice about choosing organic ingredients. The book concludes with suggested menus and an extensive index. Many of the recipes are vegetarian (and some are vegan), although they are not designated as such.



The Atlantis Complex (Eoin Colfer)

Artemis has committed his entire fortune to a project he believes will save the planet and its inhabitants, both human and fairy. Can it be true? Has goodness taken hold of the world's greatest teenage criminal mastermind?

Captain Holly Short is unconvinced, and discovers that Artemis is suffering from Atlantis Complex, a psychosis common among guilt-ridden fairies - not humans - and most likely triggered by Artemis's dabbling with fairy magic. Symptoms include obsessive-compulsive behavior, paranoia, multiple personality disorder and, in extreme cases, embarrassing professions of love to a certain feisty LEPrecon fairy. Unfortunately, Atlantis Complex has struck at the worst possible time. A deadly foe from Holly's past is intent on destroying the actual city of Atlantis. Can Artemis escape the confines of his mind – and the grips of a giant squid – in time to save the underwater metropolis and its fairy inhabitants?



The Lost Hero: The Heroes of Olympus, Book One (Rick Riordan)

After saving Olympus from the evil Titan lord, Kronos, Percy and friends have rebuilt their beloved Camp Half-Blood, where the next generation of demigods must now prepare for a chilling prophecy of their own:

Seven half-bloods shall answer the call,
To storm or fire the world must fall.
An oath to keep with a final breath,
And foes bear arms to the Doors of Death.

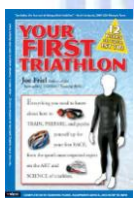
Now, in a brand-new series from blockbuster best-selling author Rick Riordan, fans return to the world of Camp Half-Blood. Here, a new group of heroes will inherit a quest. But to survive the journey, they'll need the help of some familiar demigods.

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The Red Pyramid (The Kane Chronicles, Book 1) (Rick Riordan)

Riordan takes the elements that made the "Percy Jackson" books (Hyperion) so popular and ratchets them up a notch. Carter, 14, and Sadie, 12, have grown up apart. He has traveled all over the world with his Egyptologist father, Dr. Julius Kane, while Sadie has lived in London with her grandparents. Their mother passed away under mysterious circumstances, so when their father arrives in London and wants to take them both on a private tour of the British Museum, all is not necessarily what it seems. The evening ends with the apparent destruction of the Rosetta Stone, the disappearance of Dr. Kane, and the kidnapping of Carter and Sadie. More insidiously, it leads to the release of five Egyptian gods, including Set, who is their mortal enemy. Carter and Sadie discover the secrets of their family heritage and their ability to work magic as they realize that their task will be to save humanity from Set, who is building a destructive red pyramid inside Camelback Mountain in Phoenix.



Your First Triathlon (Joe Friel)

Every year thousands of people decide to take on a sprint triathlon for the first time. Now USA Triathlon and USA Cycling certified coach Joe Friel provides a complete guide to finishing that first triathlon. The same principles and training methodology that the pros and committed triathletes rely on are presented here in language that a beginner can easily understand. Friel maps a course to prepare for a sprint-distance triathlon in 12 weeks, with five hours of training each week, plenty of rest, and the beginnings of a lifestyle marked by a commitment to health and fitness and personal growth. *Your First Triathlon* provides the training plans, workouts, checklists, and instruction that first-timers need. Joe Friel is known for his thorough approach and with his help, what may have begun as a challenge to complete a sprint triathlon will grow into a love for this demanding yet rewarding sport.



Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen (Christopher McDougall)

Full of incredible characters, amazing athletic achievements, cutting-edge science, and, most of all, pure inspiration, *Born to Run* is an epic adventure that began with one simple question: *Why does my foot hurt?* In search of an answer, Christopher McDougall sets off to find a tribe of the world's greatest distance runners and learn their secrets, and in the process shows us that everything we thought we knew about running is wrong.

Isolated by the most savage terrain in North America, the reclusive Tarahumara Indians of Mexico's deadly Copper Canyons are custodians of a lost art. For centuries they have practiced techniques that allow them to run hundreds of miles without rest and chase down anything from a deer to an Olympic marathoner while enjoying every mile of it. Their superhuman talent is matched by uncanny health and serenity, leaving the Tarahumara immune to the diseases and strife that plague modern existence. With the help of Caballo Blanco, a mysterious loner who lives among the tribe, the author was able not only to uncover the secrets of the Tarahumara but also to find his own inner ultra-athlete, as he trained for the challenge of a lifetime: a fifty-mile race through the heart of Tarahumara country pitting the tribe against an odd band of Americans, including a star ultramarathoner, a beautiful young surfer, and a barefoot wonder.

With a sharp wit and wild exuberance, McDougall takes us from the high-tech science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultrarunners are pushing their bodies to the limit, and, finally, to the climactic race in the Copper Canyons. *Born to Run* is that rare book that will not only engage your mind but inspire your body when you realize that the secret to happiness is right at your feet, and that you, indeed all of us, were born to run.