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Cuzan Press  
108 A Old Pittsboro Road  
Carrboro, NC 27510

**FOR IMMEDIATE RELEASE**

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**“Maya Secretos” revealed when The Fish Visits Nofo AtThe Pig**

*The Painted Fish and Other Mayan Feasts*, an edible memoir from the back roads and beaches of the Yucatan, [www.thepaintedfish.com](http://www.thepaintedfish.com) will now be available at **Nofo At The Pig**, 2014 Fairview in Raleigh. Local author, Sonja Lillvik will be signing copies of her cookbook on Sunday, March 7, 2010 from 11:00 – 2:00.

“**The Fish**” is a deliciously romantic Rivera Maya cookbook. Drawing on her intimate knowledge of contemporary Maya cuisine, Lillvik translated authentic thousand – year – old recipes as well as modern Mayan fare for the ease and convenience of the English-speaking cook.

Throughout the cookbook, Lillvik reveals culinary tips and “Maya Secretos” including the truly burning issue of chile safety!

Sonja’s expertise comes from living twenty-five years as an expatriate on the Yucatan Peninsula.

With her Maya angler husband, Armando Lopez they opened the rustic tourist destination known as Cuzan Guest House in Punta Allen, Mexico.

Tracing the lives of Sonja and Armando through recipes, drawings, and photos will give you a glimpse of the riches of the daily life of these two adventures that pioneered eco-tourism in Punta Allen, Mexico. Cuzan Guest House, their home base for twenty-five years, attracts the intrepid traveler and lures salt water fly-fishing enthusiasts to this remote fishing village located in the world biosphere of Sian Ka’an Reserve, a 1.3 million acre, UNESCO Heritage Site.