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# Georgia Southern alumna, television cooking show finalist releases debut memoir

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Georgia Southern alumna Rebekah Faulk Lingenfelser will release her debut memoir, *Some Kinda Good: Good Food and Good Company, That's What It's All About*, this summer.

Lingenfelser received her Bachelor of Science in Public Relations on the Statesboro Campus and is a longtime Statesboro Herald food columnist and a regular contributor to *Southern Soil* magazine.

“Graduating from Georgia Southern University with a degree in public relations was a milestone achievement in my life. One that set me up for success on a fun and exciting career path,” said Lingenfelser. “The skills that were nurtured in my classes, such as writing, public speaking and media relations, I use every day as a PR professional, and those same skills were certainly beneficial when I made the decision to write my first memoir.”

Lingenfelser’s new book features 23 Southern and coastal recipes, 26 restaurant reviews and more than 100 color photographs. In the book, she includes a compilation of short stories highlighting her national TV cooking competitions, her journey through Savannah Technical College’s Culinary Institute of Savannah, family

traditions and hard-won life lessons.

“Told with heart and mouthwatering detail, Rebekah Lingenfelser’s *Some Kinda Good* is like sharing a meal with your most knowledgeable food friend (who also sends you home with the best leftovers ever),” said “Food Network Star” winner Jessica Tom, author of *Food Whore: A Novel of Dining & Deceit*. “From the personal essays and restaurant reviews to the recipes, this is a book to savor.”

Lingenfelser was a top 10 finalist on Season 14 of Food Network’s show, “Food Network Star,” a top 36 finalist on ABC TV’s “The Taste” and represented Georgia in Dr. Oz’s Nationwide Healthy Recipe Challenge. Her culinary cooking style is Southern, coastal cuisine with a focus on Georgia-grown, in-season ingredients.

*Some Kinda Good, Good Food and Good Company, That's What It's All About's* official release date is July 20, and will be available globally as both a hardback and eBook to more than 39,000 bookstores and major online retailers, such as Amazon and Barnes & Noble. The book will also be available for libraries and schools.

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