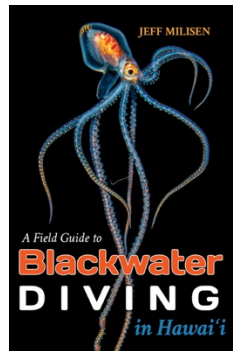
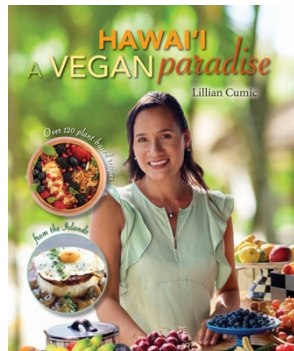




October 1, 2020

Welcome again to **BOOKBEAT** a monthly newsletter about Hawai'i books, focusing on Mutual titles.

Mutual will be releasing three new exciting titles this month. Be sure to pre-order your copy today at a discounted price. Detailed information further down.



We are still offering free shipping to Hawai'i addresses for orders \$30 and over. And be sure to use your Book Club member promo code to get 20% off all regular-priced books! Let your family and friends know that if they join our Book Club they will receive a special promo code and receive notice of all our upcoming promotions.

MUTUAL PUBLISHING BOOKSTORE OPENS THIS MONTH (DATE WILL BE ANNOUNCED SOON)

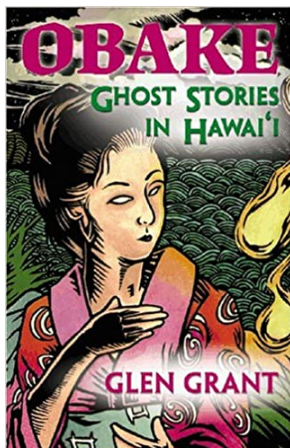


We're excited to announce that our KAIMUKI BOOKSTORE will open this month. Come check out our newest titles, sit and browse our shelves of cookbooks, children's books, nature books, history books, craft books, fiction, and more.

And don't forget everyone's favorite discounted shelves! It's that time of year when we offer amazing deals on a variety of books. Time to start thinking about holiday gift-giving.

It's been a tough year for everyone. We truly appreciate your support of local business—especially our local authors, photographers, and illustrators who put their heart and soul into creating books about Hawai'i, our home. Whether they be historians, novelists, photographers, artists, chefs, nature-lovers, scientists, or journalists, they are all documenting life in our islands so we may better understand the past, the present, the future, and ourselves.

FEATURED AUTHOR



Glen Grant

Obake: Ghost Stories in Hawai'i is on sale for \$6.99 the month of October (retail \$12.95)

The late, great Glen Grant was a Hawaiian historian, author, and folklorist. He was primarily known for his *Obake Files*, a collection of native Hawaiian legends and folktales from the islands' many cultures to create a rich tapestry of spooky, entertaining tales.

Obake: Ghost Stories in Hawai'i showcases the supernatural tales Glen

collected from islanders of all backgrounds that first appeared in 1983 in the *Hawai'i Herald*. Here they are presented for the first time in one single volume, accompanied by original, haunting illustrations by artist Ross Yamanaka. Those who do not care to believe in ghosts, or the hereafter, can glimpse into the dark realm of mystery.



Grant taught history, American studies, and political science for more than thirty years in the



UH system and at Hawaii Tokai International College, where he was a vice chancellor until the time of his death. He was a popular instructor, known for a theatrical, lively style of teaching. He would wear historical costumes, use stage settings, and deliver lectures in character.

In 2000, Grant opened a cafe in the Mō'ili'ili district of Honolulu called "The Haunt". The cafe, an odd collection of B-Film memorabilia, books on folklore and mythology, and various other items from the occult to comics, was created as a home for "the creative and offbeat." In addition to the Haunt, Grant and volunteers started Honolulu Ghost Walks—tours of local places tied

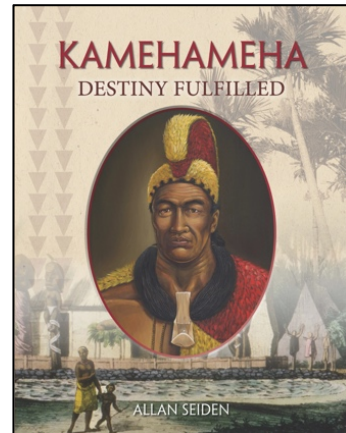
into ancient mythology and current folklore. He also started "Obake Night" at the local Mō'ili'ili Festival to continue the tradition of storytelling with groups.

On June 19, 2003, he died from cancer. He was cremated and his ashes were scattered at Ka'ena Point on the far western edge of O'ahu. This was the ideal resting place for Glen, as Hawaiian mythology places Ka'ena Point as the bridge between the worlds of the living and the dead.

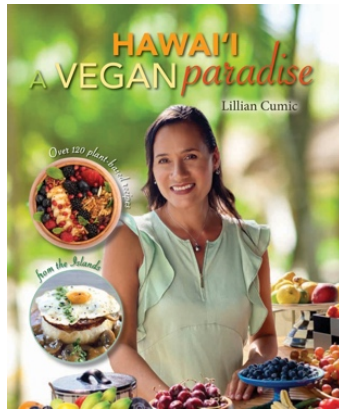
RECENT RELEASE

Kamehameha: Destiny Fulfilled by Allan Seiden

Seiden has put together a chronological, illustrative telling of Kamehameha's legendary life. It is a wonderful story, a mix of fact and legend, showing Kamehameha as a heroic ruler in an age of kings. His influence as a symbol of Hawai'i's cultural renaissance continues to motivate and inspire. Seiden's mix of informative text, fascinating quotes, and visually powerful illustrations make this book a unique contribution to understanding Kamehameha's impactful life.



AVAILABLE TO PRE-ORDER NOW AT SPECIAL PRICES!



Hawai'i A Vegan Paradise

Retail \$25.95 • Pre-order now at \$19.99 for limited time!

Hawai'i: A Vegan Paradise by vegan chef Lillian Cumic is the perfect introduction to vegan cooking by one of Honolulu's leading vegan chefs covering every aspect of the plant-based diet.

Chef and recipe developer, Lillian Cumic (creator of YouTube channel Lillian Vegan and host of Think Tech Hawai'i's show Lillian's Vegan World), takes you on a journey through Hawai'i's culinary culture to this new frontier. Her plant-based recipes range from simple tofu poke pūpū, to a mouth-watering Loco Moco with sunny-side-up vegan eggs, and to satisfy the sweet tooth in all of us, decadent chocolate cake and Meyer lemon cupcakes. The recipes dazzle with colorful and tasty dishes ideal for 'ohana get-togethers or special celebrations.

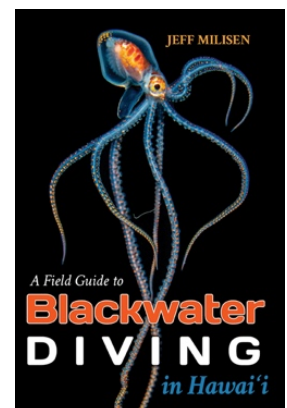
Richly illustrated, *Hawai'i A Vegan Paradise: Over 120 Plant-Based Recipes from the Islands* guides you through the ins and outs of getting started with vegan cooking and how to equip your pantry with the necessary staples and utensils.

Experience this new frontier of Hawai'i's culinary tradition with this fascinating recipe collection.

A Field Guide to Blackwater Diving in Hawai'i

Retail \$19.95 • Pre-order now at \$15.99 for limited time!

A Field Guide to Blackwater Diving in Hawai'i by Jeff Milisen will delight the curious ocean aficionado with its striking photos and information on over 300 strange pelagic animals, most unavailable in a standard reef animals field guide. Here is an overview of life in the open ocean at night. Each epipelagic creature is identified with detailed information about its physical description, where it can be found, its habitat and habits.



The world's greatest migration of animal life occurs every evening when uncountable numbers of mostly small marine organisms rise up from the dark, chilly depths of the open ocean. The people who witness this nighttime migration are blackwater divers—brave divers who throw themselves off a boat in the dark of night in open ocean waters that are practically bottomless.

The animals encountered range in size from baby squids, smaller than a pinky nail, to forty-foot long jellyfish called siphonophores.

Kona is the birthplace and world headquarters for blackwater diving. Its proximity to deep water and favorable ocean conditions make it the perfect place for blackwater diving.



Six Feet Together

Retail \$12.95 • Pre-order now at \$9.99 for limited time!

How far is six feet apart? Too far to hold hands. Too far to give hugs. Too far to share snacks. But it's not too far to share a laugh, trade a smile, or make a wish. Beverly da Silva's *Six Feet Together* helps kids understand the simple things that will keep us as healthy and safe as possible—social distance, wear a mask, wash your hands—and still allow us to do the things that matter

most.

It's important to talk with kids about this new normal and explain how it shows we care about protecting ourselves, our family, and our community. Especially in Hawai'i where we naturally mālama kekahi i kekahi (take care of one another), our keiki will see that the more all of us do these things, the sooner we'll be back to holding hands, giving hugs, and sharing snacks.

Available now as an ebook on Amazon Kindle and Apple Books.

FEATURED RECIPE—Hawai'i Five Pho

This recipe is from our new cookbook, *Hawai'i A Vegan Paradise*. Piping-hot broth ladled over glassy rice noodles screams Asia in the most mouth-watering way. By the time you finish constructing your perfect bowl of pho, your kitchen will be awash in exotic aromas that will have your family eagerly waiting at your table with chopsticks and spoon in hand. A nourishing way to end a beautiful day.



Serves 4

8 ounces dried rice noodles
2 tablespoons sesame oil
1 cup sliced onion
1 cup sliced shiitake mushroom caps ½ cup julienned carrots
Pinch of salt
3 cloves garlic, minced
1 tablespoon minced fresh ginger 1 teaspoon Chinese five spice
6 cups vegetable broth
2 tablespoons hoisin sauce

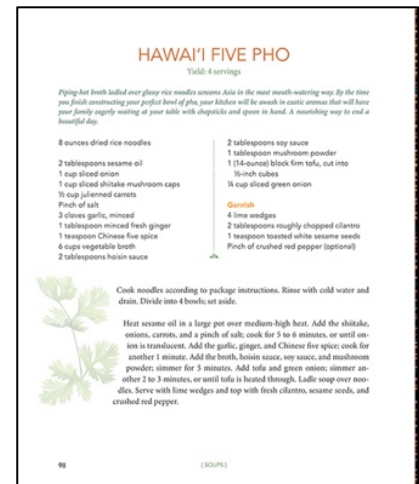
2 tablespoons soy sauce
1 tablespoon mushroom powder
1 (14-ounce) block firm tofu, cut into
½-inch cubes
¼ cup sliced green onion

Garnish

4 lime wedges
2 tablespoons roughly chopped cilantro 1 teaspoon toasted white sesame seeds Pinch of
crushed red pepper (optional)

Cook noodles according to package instructions. Rinse with cold water and drain. Divide into 4 bowls; set aside.

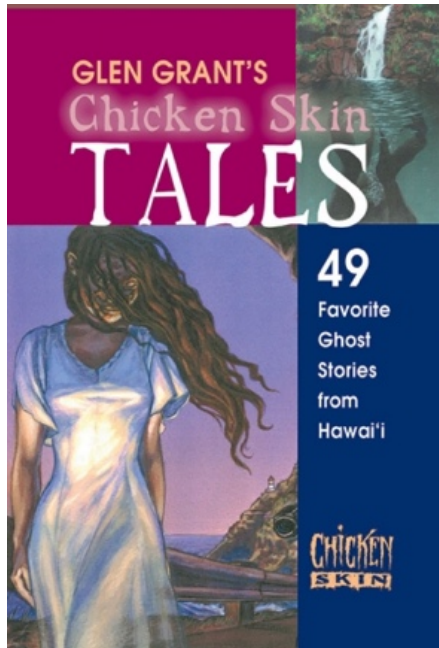
Heat sesame oil in a large pot over medium-high heat. Add the shiitake, onions, carrots, and a pinch of salt; cook for 5 to 6 minutes, or until onion is translucent. Add the garlic, ginger, and Chinese five spice; cook for another 1 minute. Add the broth, hoisin sauce, soy sauce, and mushroom powder; simmer for 5 minutes. Add tofu and green onion; simmer another 2 to 3 minutes, or until tofu is heated through. Ladle soup over noodles. Serve with lime wedges and top with fresh cilantro, sesame seeds, and crushed red pepper.



BOOK NEWS

Mainland book sales continue to grow. Latest September figures show a 6.3% grow in sales from a year ago. In Hawai'i, online book sales (at Mutual) continue to increase as well as our Amazon and mainland. We are looking forward to bookstores reopening.

HALL OF FAME



Every issue, we visit an out-of-print title that has become a publishing classic. Titles can be viewed when you visit the [Mutual Publishing Bookstore](#).

Glen Grant's Chickenskin Tales: 49 Favorite Ghost Stories from Hawai'i

This collection of stories celebrates Hawai'i's supernatural traditions. Based upon first hand encounters with spirits, strange beings, poltergeists, fireballs, and other “things that go bump in the night,” these stories ideal to read by candlelight or around a campfire on a moonless night. Then you can ask yourself as you listen to the voices calling your name in the wind or as you observe the strange shadows moving about on the walls—can the dead really come back?

THIS MONTH IN HISTORY

October 8, 1840—Kamehameha III proclaims the first constitution of the Kingdom of Hawai'i.

October 11, 1911—The YMCA building at Alakea and Hotel streets is dedicated.

October 12, 1963—The 15-acre Polynesian Cultural Center opens in Lā'ie.

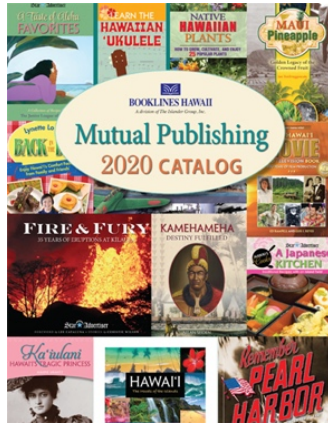
October 16, 1875—Princess Victoria Ka'iulani is born. She is the daughter of A.S. Cleghorn and Princess Miriam Likelike.

October 21, 1909—One hundred and fifty Russian laborers arrive in Honolulu.

October 26, 1859—Gas lighting is introduced to the streets of Honolulu.



October 30, 1958—Wilson Tunnel opens to Kāneʻohe-bound traffic.



MUTUAL'S 2020 CATALOG

Our 2020 catalog featuring over 330 books is available on our website. Click [here](#) to view a PDF. Or, call us at **808-732-1709** to ask for a catalog and we will mail one to you.