



July 1, 2023

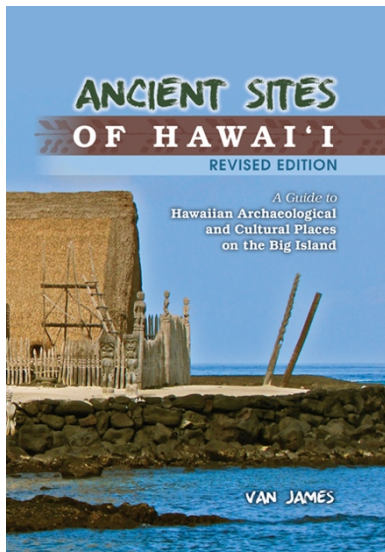
Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

We're officially in a full month of summer! Time to get out there and explore these islands. Whether you're on a staycation or need to entertain visitors, to help you with your travel plans, here are some books to get you excited about your possible expeditions.

FEATURED JULY BOOKS

On sale the month of July!

Our **Ancient Sites** books by Van James provide a detailed deep-dive into the archaeological and cultural places sacred to Hawai'i. Learn from the legends and history behind many of Hawai'i's well-known landmarks and gain a deeper understanding of why these sites should be respected.



Ancient Sites of Hawai'i

by Van James

6 x 9 in • 180 pp • hardcover • retail \$19.95

ON SALE \$12.99

This guidebook put the accessible ancient sites of Hawai'i Island within the grasp of the general public for the first time in the mid-1990s. Now an entirely revised and updated, full color edition of the book includes 20 additional sites, and expanded site descriptions.

Although many remnants of ancient Hawai'i are accessible, often they are hidden, and few resources provide comprehensive interpretive information. In this informative and easy-to-follow book, three-time Ka Palapala Po'okela award winning author Van James highlights the features, legends, and archaeology of 50 Big Island sites. Each site description includes one or more photographs, directions, and a map for easy location.

While the book is organized for touring the island's sites region by region, cross-referenced lists make it easy to develop alternatives according to personal interest.

A preface by kupuna Danny Akaka and an introduction by the late Hawaiian authority Edward L. H. Kanahale give the reader an understanding of the intimate connection Hawaiians feel to the land and its features. They describe the concept of wahi pana, sacred places of Hawai'i that are imbued with spiritual significance as well as natural beauty.

Further context for the site descriptions is given by Van James in chapters describing aspects of Hawaiian culture and five main types of sites: heiau (temples), pōhaku (sacred stones), petroglyphs, caves, and fishponds. Tips on selected sites for visitors and cultural collections are also included. Sections on site preservation, Hawaiian pronunciation (David "Kawika" L. Eyre), and a glossary of Hawaiian terms round out the volume. A must for visitors and kama'āina alike, this book includes an introduction to cultural treasures little known or understood.

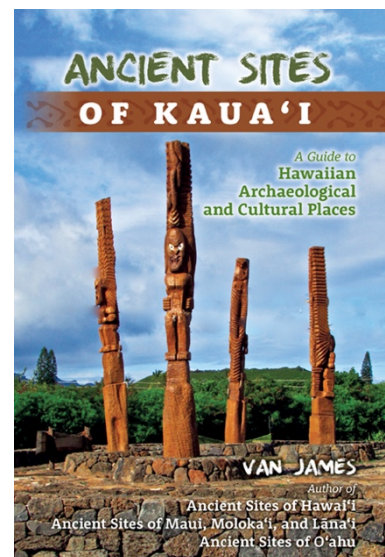
Ancient Sites of Kaua'i

by Van James

6 x 9 in • 192 pp • softcover • retail \$19.95

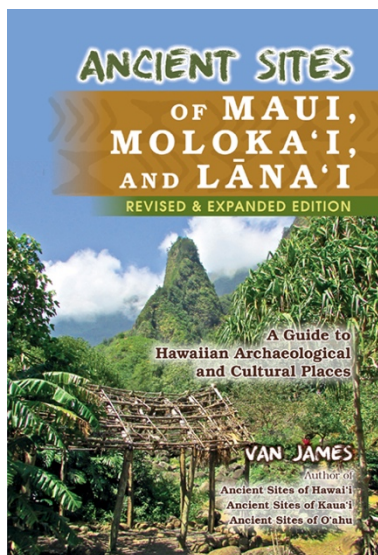
ON SALE \$12.99

In this informative and easy-to-follow book, author Van James highlights the features, legends, and archaeology of forty Kaua'i sites, including Ni'ihau and Papahānaumokuākea, the Northwestern Hawaiian Islands. Each site description includes a photograph, directions, and a map for easy location. While the book is organized for touring the island's sites region by region, cross-referenced lists make it easy to develop alternatives according to personal interest.



An introduction by the late Hawaiian authority Edward L. H. Kanahale gives the reader an understanding of the intimate connection Hawaiians feel to the land and its features. He describes the concept of wahi pana, sacred places of Hawai'i that are imbued with spiritual significance. Sabra Kauka of Kaua'i contributes a Preface.

Further context for the site descriptions is given by Van James in chapters describing aspects of Hawaiian culture and five main types of sites: heiau (temples), pōhaku (sacred stones), petroglyphs, caves and rock shelters, and fishponds. Tips on selected sites and cultural collections are also included. Sections on site preservation, Hawaiian pronunciation, and a glossary of Hawaiian terms round out the volume. A must for visitors and kama'āina alike, this book includes introduction to cultural treasures little known or understood.



Ancient Sites of Maui

by Van James

6 x 9 in • 200 pp • hardcover • retail \$21.95

ON SALE \$12.99

This informative and easy-to-follow guidebook makes the ancient sites of Maui, Moloka'i and Lāna'i available to the general public for the first time. Grouping the sites by location, the book characterizes the cultural background of five main types of sites: heiau (temples), pōhaku (sacred stones), petroglyphs, caves and fishponds. Now this entirely revised, updated, full color edition of the book includes numerous additional sites and expanded site descriptions with photographs.

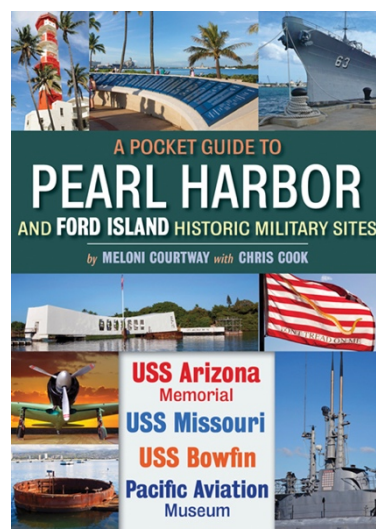
A Pocket Guide to Pearl Harbor

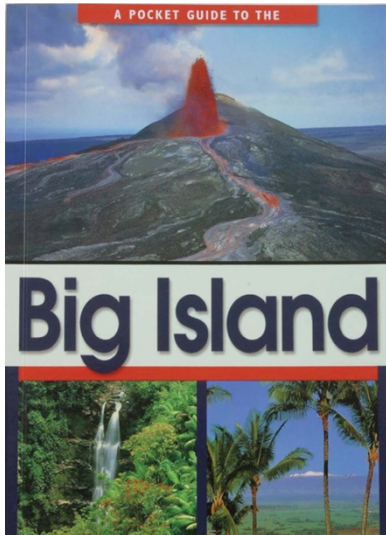
by Meloni Courtway and Chris Cook

5 x 7 in • 102 pp • softcover • retail \$10.95

ON SALE \$6.99

A visit to O'ahu is not complete without a visit to Pearl Harbor but a start at the Arizona Memorial is only the beginning as in-depth historical adventures await at other nearby sites as well as those at the surrounding waterways of Ford Island. Decades after the Pearl Harbor attack, these sites, highlighting battles and the ships and airplanes involved in the Pacific war, bring U.S. History back to life for the millions who visit each year. A Pocket Guide to Pearl Harbor and Ford Island Historic Military Sites shows how to get the most from your excursion to the Arizona Memorial, Valor in the Pacific National Monument, the USS Bowfin Submarine and Museum, the Battleship Missouri Memorial and the Pacific Aviation Museum Pearl Harbor.





A Pocket Guide to the Big Island

by Curt Sanburn

5 x 7 in • 104 pp • softcover • retail \$8.95

ON SALE \$6.99

The island of Hawai‘i, locally known as the Big Island, vibrates with the primal roar of creation as the active volcano Mauna Loa spews rivers of magma towards the sea. From the snow-topped peaks of Mauna Kea (the “white mountain”) to the austere desert plains of Kau, the Big Island is alive with nature’s passion.

From the Hawaiian-style Wild West of paniolo country in upland Waimea to old Hilo-town’s flower vendors and “mom ‘n pop” stores, to the grand hotels of the Kona and Kohala coasts, this is an island of spectacular beauty and cultural diversity.

A Pocket Guide to the Big Island leads you through this fantastic place. Included is valuable information to find the safest beaches, the most popular attractions, and the finest views of the island. The beautiful color photos make unfamiliar areas easily recognizable.

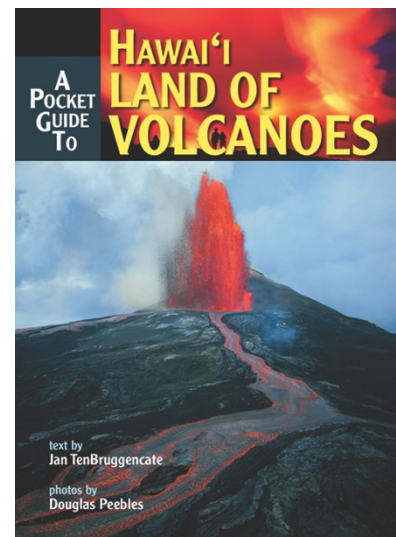
A Pocket Guide to Hawai‘i Land of Volcanoes

by Curt Sanburn

5 x 7 in • 128 pp • softcover • retail \$9.95

ON SALE \$6.99

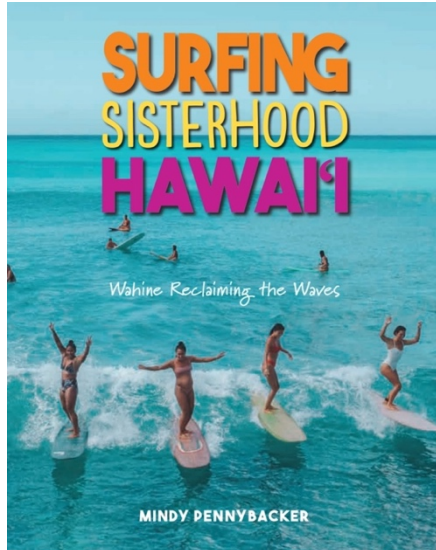
In *A Pocket Guide to Hawai‘i: Land of Volcanoes*, the reader takes a great visual adventure. You can follow the life of volcanoes, from their birth deep under the ocean—like the still-submerged Lōihi—to their growth into stone giants like Mauna Loa and Mauna Kea, and ultimately through their erosion, decay and return to the world below the sea.



Each of these stages presents modern viewers with some of the most dramatic scenery on the planet. Mountains anchored to the seafloor have snowy summits three miles above the surface of the ocean. Coastal cliffs plunge more than a thousand feet from rainforests down to a raging surf. Coral-ringed shores create ivory sand beaches.

Dramatic photography captures the fiery hissing and roaring of active vents and flows. These images reveal how a volcano creates new land, and also destroys the patina of life on the surface.

NEW TITLES AVAILABLE NOW!



Surfing Sisterhood Hawai'i

Wahine Reclaiming the Waves

by Mindy Pennybacker

7 x 9, 200 pages, softcover, retail \$21.95

Surfing Sisterhood Hawai'i, written by *Honolulu Star-Advertiser* surf columnist, Mindy Pennybacker celebrates women surfers in Hawai'i. Not just the pro surfers, but the everyday moms, daughters, and aunties who hit the waves despite a myriad of obstacles they need to overcome like sexist attitudes both on the waves and off, limited time and resources, and personal anxieties.

Above all, the book is a celebration of the freedom these women surfers have created for themselves, carving out a space for women on waves meant to be shared by both sexes. Pennybacker, herself an avid surfer, includes a historical look at women who surfed in ancient Hawai'i, personal stories that shine a light on why surfing is so enticing for women, how it's different than for men, and a brief yet comprehensive look at the trailblazing women pro surfers of Hawai'i who paved the way and broke barriers. She also includes tips and advice for beginner surfers and explains surf etiquette.

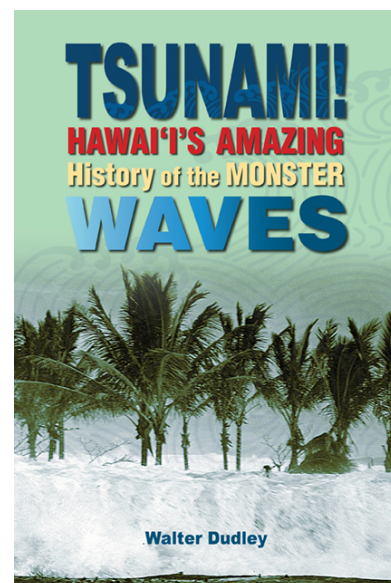
Tsunami!

Hawai'i's Amazing History of the Monster Waves

by Walter Dudley

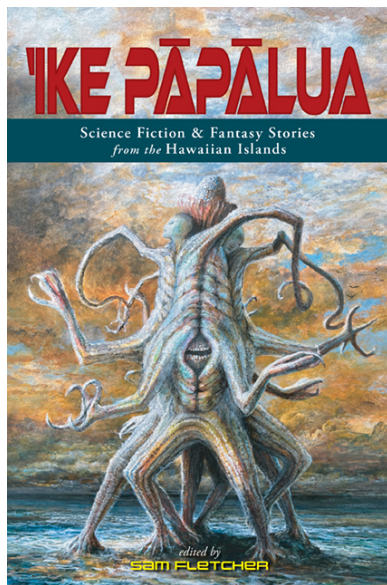
6 x 9, 152 pages, softcover, retail \$14.95

Tsunamis are Hawai'i's most deadly natural hazard, having killed more people than earthquakes, volcanic eruptions, and hurricanes combined. The 1946 tsunami from the Aleutians killed 159 people across the Islands causing deaths on Kaua'i, O'ahu, Maui, and especially on the Big Island. Furthermore, our volcanic islands experience their own periodic earthquakes, which can generate local tsunamis.



Hawai'i's history of tsunamis extends far back in time with accounts from missionaries in the 1800s and indigenous Hawaiian lore predating written records. But it is the true stories of those here in Hawai'i who survived the tsunamis of 1946, 1960, 1964, and 1975 that can teach us what the near-death tsunami experience was actually like.

This book contains true stories told to the author by some forty-five tsunami survivors and includes over seventy-five remarkable photos. You will learn what mistakes were made and what actions we need to take to stay safe. Improvements in the Tsunami Warning System are carefully explained, along with what actions to take during a tsunami warning. Learn from our cousins in American Samoa of how tsunami evacuation training at local schools saved hundreds of children's lives. We don't want you to be scared, we want you to be prepared. It's not "if" but "when" the next tsunami strikes.



'Ike Pāpālua

Science Fiction & Fantasy Stories from the Hawaiian Islands

edited by Sam Fletcher

6 x 9 inches, 336 pages, softcover, \$16.95

Are you a fan of science fiction? This new collection of science fiction and fantasy short stories set in Hawai'i by some of the islands' foremost fiction writers will transport you to other dimensions and have you think about Hawai'i in a whole new way.

Twenty-one tales of adventure, magic, beasts, gods, Menehune, advanced technology, apocalypse, ghosts, robots, and shapeshifters across the Hawaiian Islands. Featuring stories from A.A. Attanasio, Gregory Norman Bossert, Alan Brennert, A.M. Dellamonica, Tom Gammarino, Darien Gee, Alaya Dawn Johnson, Lehua Parker, Rhiannon Rasmussen, and more. A child is born as the kahuna prophesied, but to a misinterpreted prophesy. A Menehune duo plays pranks on tourists in Hana. A Navy Diver attempts to salvage a wreck off Honolulu and finds something else lurking in the deep. After his grandfather passes, a young boy can still hear his call—but is it really him or a trickster spirit? Vampires have taken over Hawai'i, harvesting the last remaining humans in concentration camps. An ensign of the Star Union high above the Islands must prove worthy of their rank—and lineage.

UPCOMING EVENTS!

Please join us at these fun events and meet author of *Surfing Sisterhood Hawai'i*, Mindy Pennybacker.

Saturday, July 22, 2023

Barnes & Noble Ala Moana

Time 2 pm

Book signing

Saturday, August 5, 2023

Na Mea Hawai'i/ Native Books

Time TBA

Book signing

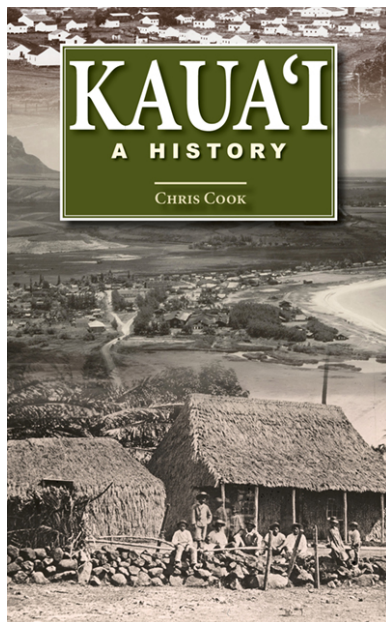
Surfing Sisterhood in the Media

Learn more about the book and read reviews of Mindy Pennybacker's book:

<https://mutualpublishing.com/surfing-sisterhood-hawaii/>

COMING SOON!

AVAILABLE IN AUGUST



Kaua'i A History

by Chris Cook

6 x 9 inches, 136 pages, softcover, \$14.95

Kaua'i A History paints a portrait of Old Kaua'i in words and images, bringing back to life the rich heritage and independence of an island portrayed as the Separate Kingdom by historian Edward Joesting.

The narrative and images concisely offer informed accounts of Kaua'i's history, both island-wide and individual towns. Explored are the mythical ancient days of a primordial island and the arrival of Polynesian settlers voyaging from Kahiki, their homeland in the South Pacific; the western discovery of the

Hawaiian Islands by Captain James Cook landing at Waimea, Kaua'i; the bringing of Christianity and literacy by New England missionaries; Baja California cowboys of the 1830s establishing the

paniolo ranching culture; the establishment of the first commercially-run sugar plantation at Kōloa, the first ever in Hawai'i; the Victorian Era of the monarchy at Princeville; the overthrow of the Hawaiian Kingdom and annexation by the United States opening the floodgates of federal funding to develop the island; the drama of World War II in the Pacific bringing extended stays of thousands of off-islanders modernizing local ways; Hollywood choosing Kaua'i as its favorite tropical location island; tourism displacing sugar plantations in the economy.

A Birdwatcher's Guide to O'ahu

by Michael Walther

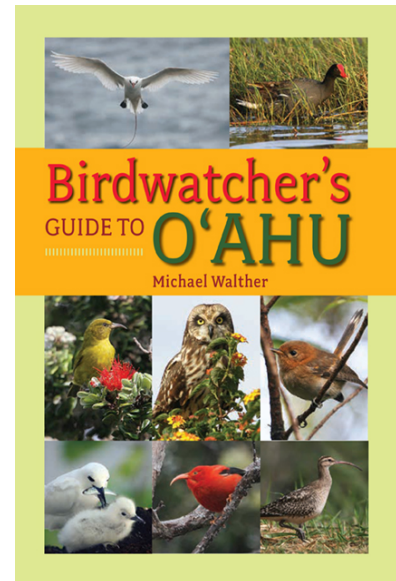
6 x 9 inches, 224 pages, softcover, \$16.95

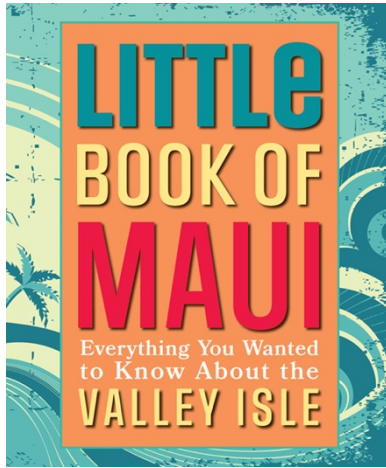
Birdwatcher's Guide to O'ahu provides the necessary information to plan a visit to twenty-four of the best locations on O'ahu to see our fascinating avifauna. It is divided into seven geographic regions—Honolulu, Southeast, East, North Shore, Central, Ko'olau Range, and Pelagics. Birding hotspots in the island's coastal, rainforest, urban and offshore environments are also included.

Despite O'ahu being densely populated with people and buildings, there are excellent opportunities to see birds across the island—from urban areas to beaches to hiking trails to wildlife refuges. O'ahu is an ideal place for birding with 218 species on the official bird list that include waterfowl; game birds; seabirds; herons, egrets, and ibis; shorebirds; skuas and jaegers; gulls and terns; birds of prey; songbirds; and endemic forest birds.

O'ahu has more breeding seabirds on the island than any other in the Southeastern Hawaiian Islands. It is the best island to see the rare Bristle-thighed Curlew and the only island with breeding White Terns which are extremely rare on the neighbor islands.

Whether you're a backyard birder or a seasoned birder ready to hit the hiking trails with binoculars in hand, *Birdwatcher's Guide to O'ahu* is a must have with maps, charts, and information on all the birds you can find on the island.





Little Book of Maui

Everything You Wanted to Know About the Valley Isle

5 x 6 inches, 176 pages, softcover, \$9.95

Everything you ever wanted to know about the island of Maui is right here—facts and figures, the major districts, beaches, Hawaiian legends, historical figures, ancient sites, natural wonders, special events, movies, music, and food. Pick up the book and read any page to broaden your understanding and appreciation of the Valley Isle. Maui nō ka 'oi—Maui is the best!

Princess Ruth Ke'elikōlani

6 x 9 inches, 104 pages, softcover, \$12.95

Princess Ruth Ke'elikōlani, a pictorial biography, is a colorful account of the life and times of the controversial Princess Ruth (1826–1883), one of the last chiefesses of old Hawai'i.

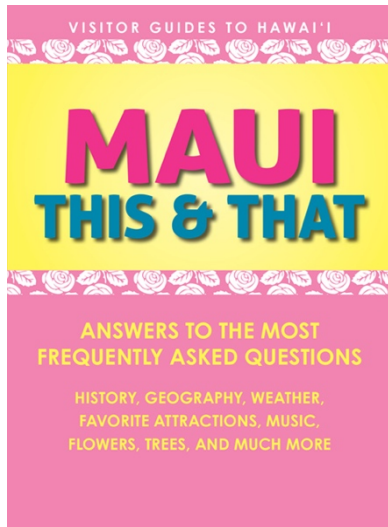
Ruth never left the islands throughout her life—Hawai'i was her world—and stubbornly, she clung to the old Hawaiian ways, ignoring the missionaries and their growing influence.

When the lava flow of 1881 threatened the town of Hilo, the High Chiefess was credited with stopping the fiery molten rock in its tracks by interceding with Pele, the goddess of volcanoes.



AVAILABLE IN SEPTEMBER

Similar to our book, *Hawai'i This and That*, these two island specific books are full of fun facts, tidbits, statistics, and bite-sized history for visitors who want to learn more about the island they are visiting.



Maui This & That

4.375 x 6 inches, 96 pages, softcover, \$5.95

Which beach is the best for windsurfing?
How many people visit Haleakalā National Park every year?
How much does it cost to live on Maui?
How many miles is the Road to Hāna?
When is the best time to see humpback whales?

Here are quick, easy answers to these and many other questions about the Valley Isle, statistics, facts and figures, and a historical timeline of significant events. Brush up on your knowledge of

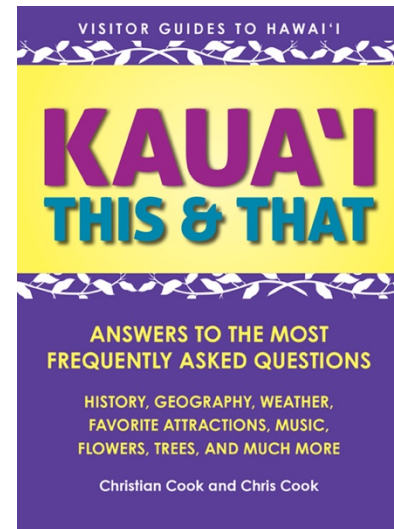
Maui and gain a deeper appreciation for Hawai'i's beautiful and beloved island.

Kaua'i This & That

4.375 x 6 inches, 96 pages, softcover, \$5.95

How high is Mount Wai'ale'ale?
How many people visit Waimea Canyon every year?
How much does it cost to live on Kaua'i?
What happened on Kaua'i after the overthrow of the Hawaiian monarchy? Where is the best place to see native birds?

Here are quick, easy answers to these and many other questions about the Garden Isle, statistics, facts and figures, and a historical timeline of significant events. Brush up on your knowledge of Kaua'i and gain a deeper appreciation for Hawai'i's oldest and beloved island.





Queen Emma: Emma Kaleleonālani

6 x 9 inches, 64 pages, softcover, \$11.95

Queen Emma, published in partnership with Queen Emma Summer Palace, is an intimate history of her extraordinary life and legacy—from her birth; to her marriage to Alexander Liholiho (Kamehameha IV); to her role in establishing The Queen’s Hospital and introduction of the Episcopal Church in Hawai’i; to the birth and death of her son, Prince Albert; to her world travels and dedication to philanthropy, education, and healthcare; to her death and legacy of maintaining Queen’s Hospital, St. Andrew’s Priory, and St. Andrew’s Cathedral.

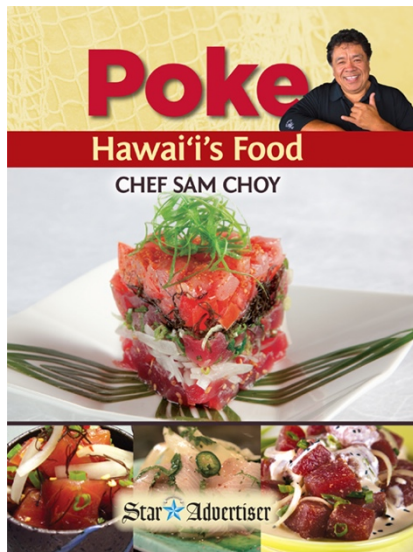
THIS FALL...

Look for a new cookbook by vegan chef, Lillian Cunic, titled [Hawai’i Washoku](#).

20% OFF PROMO CODE STILL VALID FOR BOOK CLUB MEMBERS

[We are still offering free shipping to Hawai’i addresses for orders of \\$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.

[CURBSIDE PICK UP](#) is still available. Just call us at 808-732-1709 when you’re here and we will bring your order out!



FEATURED RECIPES

This July 4th, enjoy some poke from Chef Sam Choy and whip up an Apple Macadamia Nut Tart and some Papaya Sorbet from A Taste of Aloha Favorites.

'Ahi Cakes with Wasabi Aioli

Makes 8 cakes

I modeled this recipe on the ever-popular crab cake. It differs from a crab cake in that I use less filler and more 'ahi. The flavor of the fish stands out clearly. Mayonnaise adds creamy richness. A drizzle of wasabi aioli is the final touch.

- 1 pound 'ahi
- 2 tablespoons green onion, chopped
- 2 eggs, beaten
- 1/4 tablespoon panko
- 3 tablespoons mayonnaise
- 1/4 tablespoon shoyu
- 1 teaspoon sesame oil
- ½ teaspoon salt, or to taste
- 4 tablespoons flour, for dredging
- 2 tablespoons light olive oil
- 1 cup Wasabi Aioli (see recipe on page 138)

Preparation: Mince the 'ahi in a food processor; be careful not to process it into paste. You can also mince it fine with a sharp knife.

Mix the 'ahi, green onion, eggs, panko, mayonnaise, shoyu, sesame oil, and salt. You will probably want to do this with your clean hands; wet them first, so that the mixture doesn't stick to your hands. Hand-shape the 'ahi mixture into 8 patties. Dust the patties with flour on both sides. Heat the olive oil in a sauté pan over medium heat. Cook the patties in the oil for approximately 2 minutes on each side, or until the patties are golden-brown. Drizzle with Wasabi Aioli before serving.





'Ahi Poke Hawaiian-Style #1

Serves 4 to 6 as appetizer

This dish typifies contemporary Hawaiian style. It blends traditional Hawaiian ingredients ('ahi, Hawaiian salt, limu kohu) with Asian touches (shoyu, sesame oil) to create a multi-cultural blend of flavors. I've always maintained that Hawai'i is at the crossroads of the culinary universe; this simple but tasty dish is case in point.

1 pound sashimi-grade 'ahi, cut into 3/4-inch dice

1/2 cup onion, peeled and chopped

2 tablespoons shoyu

1 teaspoon sesame oil

1/2 teaspoon granulated sugar

1/2 teaspoon red chili pepper flakes, OR 1 Hawaiian chili pepper, trimmed and minced

2 tablespoons green onion, chopped for garnish

preparation: Combine the 'ahi, onion, shoyu, sesame oil, sugar, and the red chili pepper flakes or minced chili pepper. Mix well. Allow flavors to blend for 1 hour before serving. Garnish with the chopped green onion before serving.

Apple Macadamia Nut Tart

Serves 8 to 10

3/4 cup macadamia nut pieces

1 1/4 cups all-purpose flour

3/4 cup plus 1 tablespoon granulated sugar divided

3/4 cup butter, cut into small pieces, divided

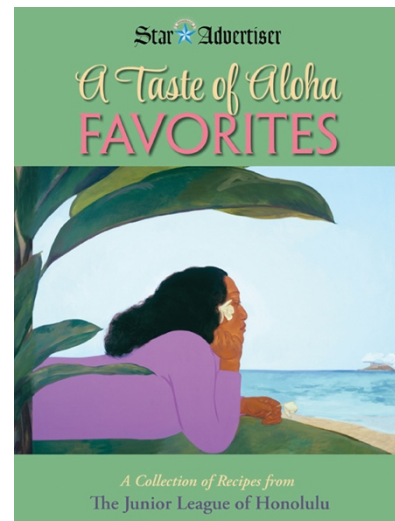
1 egg yolk

3 eggs

2 to 3 Granny Smith apples

1/4 cup liliko'i or apricot jam

2 tablespoons Cointreau



Heat oven to 325°F. Spread nuts in bottom of a small baking pan and bake until golden, about 5 to 8 minutes, watching carefully so nuts do not burn, shaking pan often. Pour from pan to a dish and let cool.

Keep oven on.

In a bowl, mix flour and 1 tablespoon sugar. Add 1/2 cup butter. Blend together with fork to form texture of fine sand. Add egg yolk, mixing until dough holds together. Gather and pat into a smooth ball. Place in a 9-inch tart pan with removable bottom. Working from center out, firmly press dough over bottom and up sides of pan. Set aside.

Put toasted macadamia nuts and remaining sugar in food processor. Pulse until nuts are finely ground. Add remaining butter and whole eggs and whirl until smooth. Set aside.

Peel, core, and slice apples 1/8-inch thick. Arrange apple slices, overlapping, neatly in tart pan. Drizzle with nut mixture. Bake 50 to 60 minutes until crust is browned and apples are tender.

Remove to wire rack and cool. Filling will be puffy then settle upon cooling.

In a small bowl, stir together jam and liqueur. Drizzle over cooling tart. Let sit at least 30 minutes before removing rim. Serve warm or cooled, cut into wedges.

Papaya Sorbet

Serves 8 to 10

3 large papayas,* peeled, seeded and pureed (about 2 1/2 cups)

1/4 cup lemon juice

1 envelope unflavored gelatin

1/2 cup orange juice

3/4 cup sugar

1/4 cup honey

1 cup whipping cream

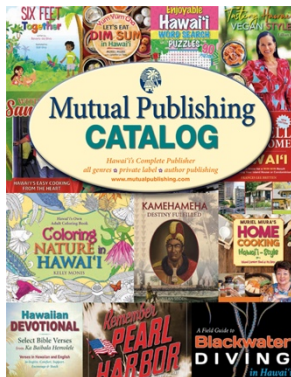
Combine papaya purée and lemon juice. Soften gelatin in orange juice, then dissolve over boiling water. Blend sugar and honey with whipping cream. Gradually stir in gelatin and papaya purée. Pour into ice trays and freeze for 1 hour or until half-frozen. Beat the mixture, then return to freezer and freeze completely.

PARKING

A QUICK AND IMPORTANT NOTE: The parking lot on Center Street, across the street from the Franklin Building where we are located, now has **SIX RESERVED** spots that you **cannot park** in—you **will be towed**. Please look out for them and do not park in these spots. Unfortunately, these are not for customers or clients of the building. Please park in unreserved stalls only. If you think you will need help, call 808-732-1709 ahead of time and we can bring your purchase out to you or help you find parking.



CURBSIDE PICK UP is still available. Just call us at 808-732-1709 when you're here and we will bring your order out!



MUTUAL'S CATALOG

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