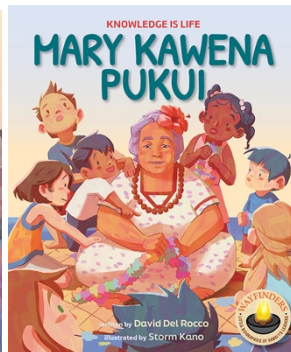
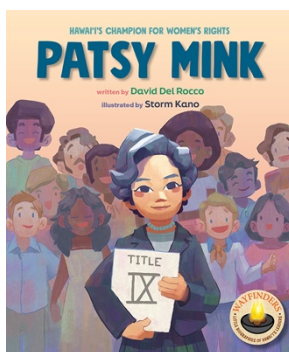
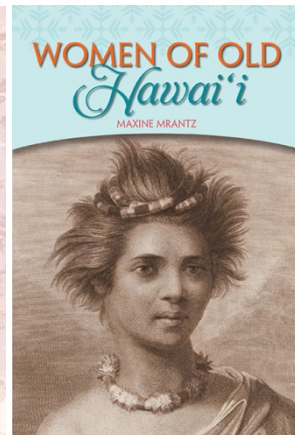
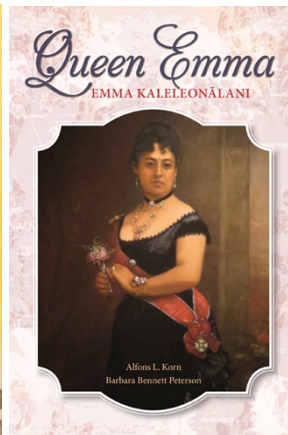
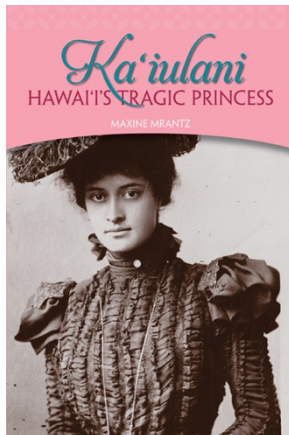




March 1, 2025

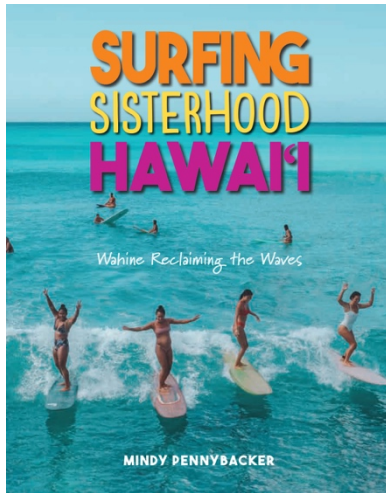
Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

March is Women's History Month, and March 26 is Prince Kūhiō Day. We have a lot of books that celebrate the amazing women who have helped shape the islands, and many history books about Hawai'i's monarchy that include Prince Jonah Kūhiō Kalaniana'ole, Prince of the People.



FEATURED MARCH BOOKS

On sale the month March



Surfing Sisterhood Hawai'i

Wahine Reclaiming the Waves

by Mindy Pennybacker

7 x 9 in • 200 pp • softcover • \$21.95

ON SALE \$14.99

In *Surfing Sisterhood Hawai'i*, Honolulu native Mindy Pennybacker, a columnist for the *Honolulu Star-Advertiser*, brings waveriding in the islands to life blending Hawaiian legends, historical accounts, and interviews with more than thirty contemporary female surfers of all ages, backgrounds,

and abilities.

Surfing Sisterhood Hawai'i recounts how female surfers got pushed aside and deprecated by a male-dominated industry in the mid-twentieth century and how they've come roaring back. In 2021, Hawaiian five-time world champ Carissa Moore won gold in the debut Olympic surfing event.

In 2022, Hawaiian Moana Jones Wong won the first women's World Surf League championship tour event at Banzai Pipeline, in big, barreling waves that were, until then, considered too dangerous for female contests.

Surfing in Hawai'i is a daily celebration and lifestyle for its women, who sustain community, nature, culture and 'ohana in its waves on top of having a lot of fun.

Diamond Head

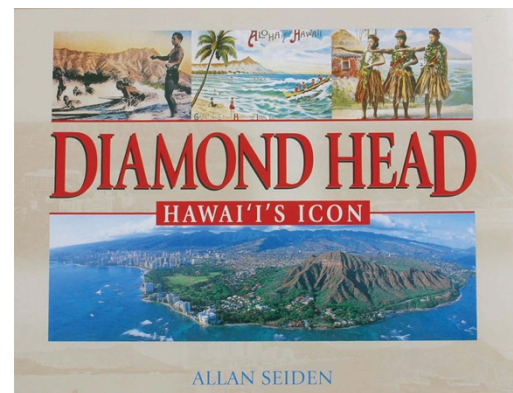
Hawai'i's Icon

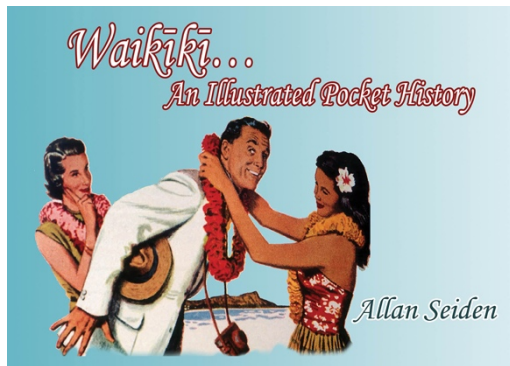
by Allan Seiden

11 x 9 in • 144 pp • hardcover • retail \$24.95

ON SALE \$9.99

While many things change in Hawai'i, Diamond Head endures. This is the story of Hawai'i's most famous icon and how it became a world-renown symbol of paradise.





Waikiki...

An Illustrated History

by Allan Seiden

7 x 5 in • 76 pp • softcover • retail \$12.95

ON SALE \$6.99

“When they said Hawaii, they meant Waikiki.” Honoring nature’s enduring role in creating Waikiki as a place of stunning beauty and an iconic

vision of all that makes Hawai‘i paradise. *Waikiki...An Illustrated Pocket History* follows the changes that passing centuries have brought, nostalgic reminders of simpler times that honor the hope that the on-going process of transformation does justice to what once was and is respectful of Waikiki’s unique history and sense of place.

A Korean Ktichen

Traditional Recipes with an Island Twist

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

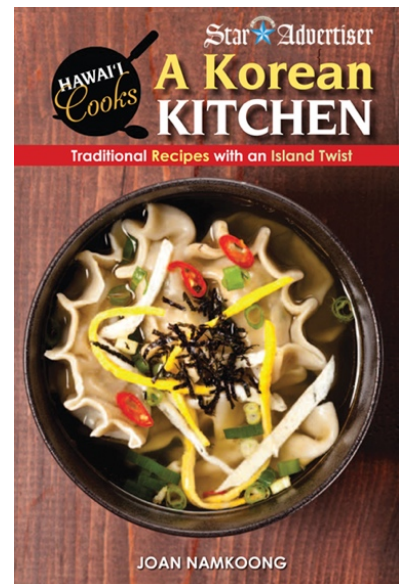
ON SALE \$9.99

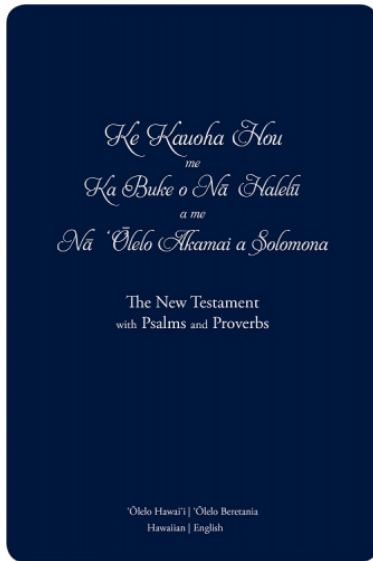
Kalbi, kimchi, meat chon and mandu are some of the delectable Korean dishes we love in Hawai‘i. But did you know that some of these dishes are unique to Hawai‘i in the way they are prepared and served?

Food writer Joan Namkoong, a second generation Korean American, draws on her island heritage to explain the Korean kitchen in Hawai‘i, distinctly different from a Korean kitchen in Korea. The ingredients, the seasonings, the textures, and flavors in Hawai‘i bear the history of Korean immigrants who came to the islands in the early 1900s. Succeeding generations and more recent immigrants have put their mark on Korean food in Hawai‘i, a popular cuisine that has evolved over the past century.

Korean food is a healthy cuisine that relies on many vegetables, grains, fermented foods, and simple cooking techniques that require little fat. Meats are served as a small part of this vegetable-centric cuisine that focuses on many tasty side dishes on the table. It’s a cuisine islanders love for its robust flavors and varied dishes.

Noted food writer Betty Shimabukuro of *The Honolulu Star-Advertiser* and cookbook author Muriel Miura have teamed up to present *Hawai‘i Cooks*, a series of cookbooks featuring the Island’s influential cuisines.





A Ke Kauoha Hou me Ka Buke o Na Halelu a me Na Olelo Akamai a Solomona The New Testament with Psalms and Proverbs

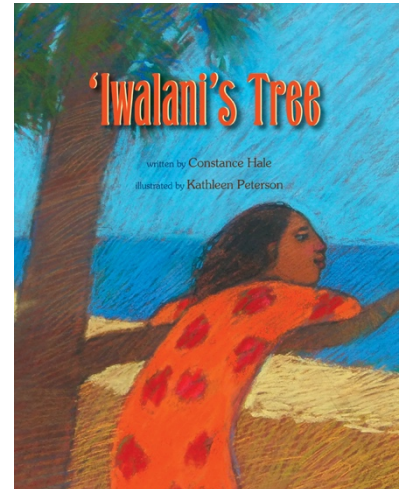
6 x 9 in • 1032 pp • bonded leather cover • retail \$45.00
ON SALE \$9.99

This bilingual Hawaiian-English New Testament includes Psalms, Proverbs, the Ten Commandments, the New American Standard Concordance, a 19th century timeline for Hawaiʻi, Hawaiian diacritics, and Biblical maps. This edition also features a ribbon marker and a bonded leather cover that has been silver foil stamped on front and spine.

ʻIwalani's Tree

written by Constance Hale, illustrated by Kathleen Peterson
8.5 x 11 in • 32 pp • hard cover • retail \$14.95
ON SALE \$7.99

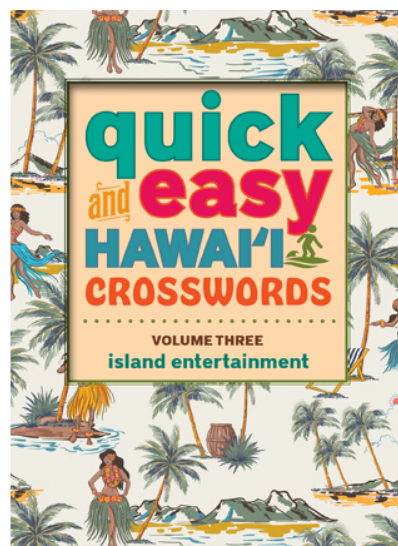
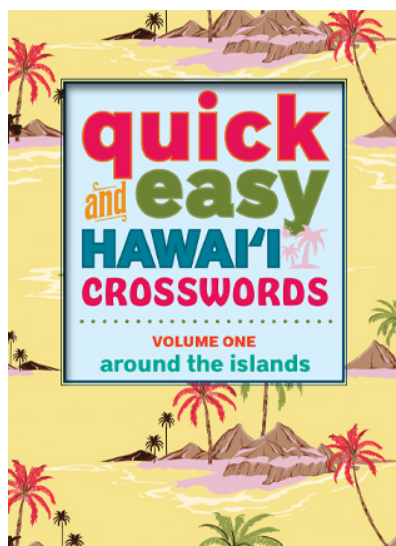
On the North Shore of Oʻahu, a girl named ʻIwalani lives with her family not far from Kaʻena Point, at the island's westernmost tip. ʻIwalani likes to wander down the beach to a place where an ironwood tree stands as a windbreak—just on the spot where the land becomes sand. The tree is ʻIwalani's playground, jungle gym, secret friend, and wise elder, all in one. From the ironwood she learns about the cycles of nature, the promise of imaginative freedom, and the power of dreams.



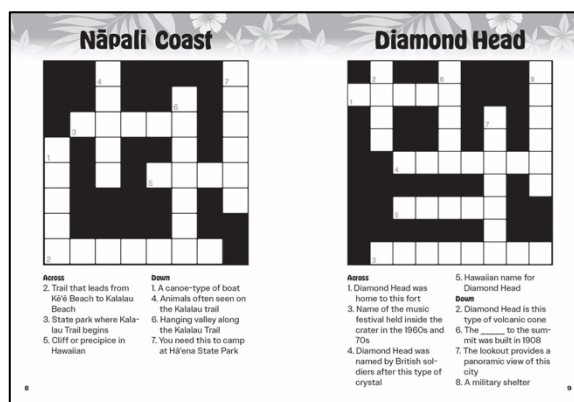
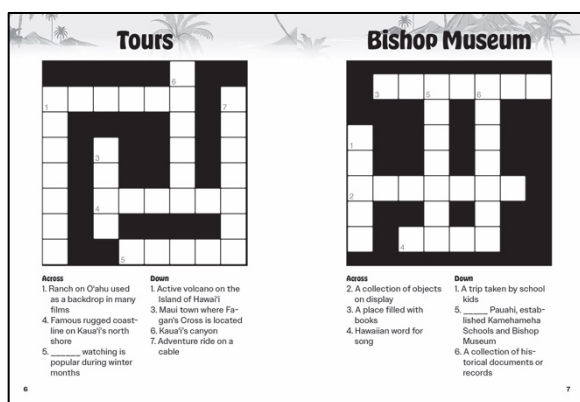
Written as a gentle poem, with soft rhythms and playful language, *ʻIwalani's Tree* is the perfect bedtime book. Like a soft wind, it will lull your child to sleep.

AVAILABLE NOW!

For those puzzlers out there, we have three new mini crossword puzzle available now. Pocket-sized with 64 pages, each book has 50 mini crosswords to solve. Although they are not dense puzzles like the NYT mini crosswords, they are quick and easy, and you'll learn a lot about the Hawaiian Islands!



Volume 1: Around the Islands features fun trivia about places around Hawai'i like landmarks, surf spots, things to see and do. **Volume 2: Island Natural Wonders** features trivia about the island's natural world of volcanoes, flora and fauna, sharks, waterfalls, and scenic landmarks. **Volume 3: Island Entertainment** features trivia about all the fun things you experience in Hawai'i like carnivals and fairs, Lei Day, movies, conventions, local food, and more.



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 RECIPE

This recipe from *A Korean Kitchen*.



Sesame Noodles

Serves 3 as a main dish or 6 as a side dish

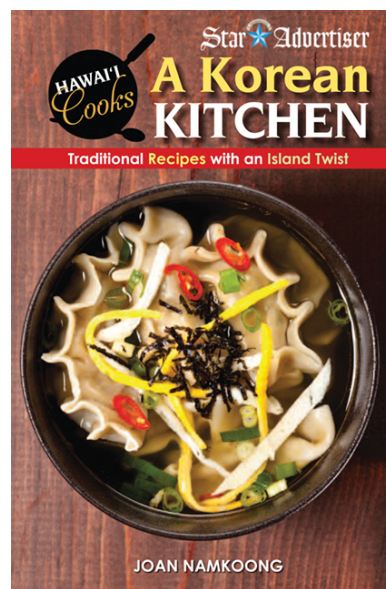
Flavored with sesame oil and sesame seeds, this dish of noodles was a childhood favorite. Simply prepared and served at room temperature, this noodle dish can stand on its own with some side dishes or it can be served as an accompaniment in almost any Asian-flavored meal.

- 1 (9-ounce) package somen noodles
- 3 tablespoons sesame oil
- 1 tablespoon soy sauce

- 1 teaspoon kosher salt
- ¼ cup roasted and crushed sesame seeds

Bring a large pot of water to boil. Add the noodles and cook for 3 to 4 minutes. Drain the noodles in a colander and rinse with cool water. Drain well and transfer noodles to a serving bowl.

Drizzle the sesame oil over the noodles and mix well. Add the soy sauce, salt, and sesame seeds and toss together. Serve at room temperature.



PARKING

A QUICK AND IMPORTANT NOTE:

The Franklin Building parking lot on Center Street has a new policy.

Starting July 15, customers will need to scan a QR code with their mobile device to receive 1-hour free parking. You will need to provide your license plate number.



- **Park ONLY** in stalls numbered **#15–28**
- After parking, scan the QR Code **inside Mutual Publishing's office**.
 - Hold your camera towards the QR code; a notification will appear.
 - Confirm your parking duration and rate (free 1 hour).
 - Enter your **license plate number**.
 - Enter your email address.
 - Click Confirm Parking.

WARNING:

If you park in stalls numbered #1–14, **your vehicle will be towed**.

Customer parking longer than 1 hour must pay for parking or risk citation and/or tow.

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

STALLS #15 - #28 RESERVED PARKING FOR VISITORS OF FRANKLIN VARIETY BUILDING ONLY

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BLUE SKIES CHIROPRACTIC
DEBIASI PACIFIC
INTERNATIONAL KARATE
KAHALA JU-JITSU
LANI LASH

PINK MOMI
PIPELINE BAKERY
MUTUAL PUBLISHING
SOUND MIND PSYCHIATRY
THE MANGO TREE FITNESS
THE MOVEMENT CENTER

**SCAN QR CODE IN BUSINESS
ENTER LICENSE PLATE TO REGISTER OR PAY**



UNAUTHORIZED VEHICLES WILL BE TOWED AT OWNER'S
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