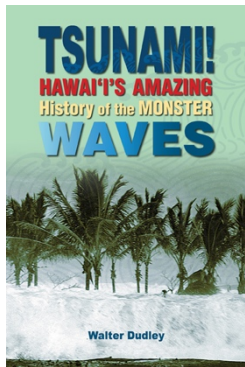




April 1, 2025

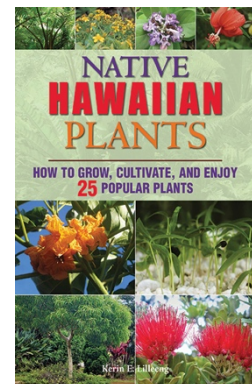
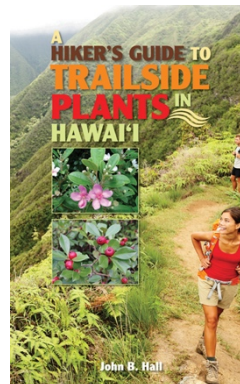
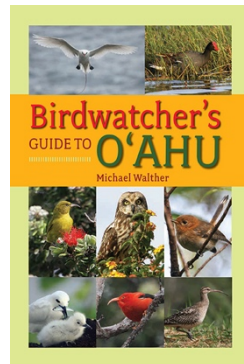
Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

We have a bunch of new books coming out this month! Three mini cookbooks, two retro postcard books, a pocket book on lei making, and three mini crossword books. Be sure to scroll down for more information!

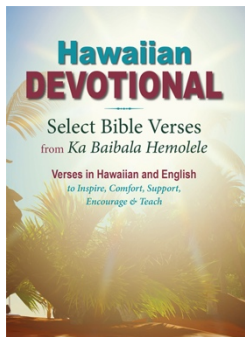


April is **Tsunami Awareness Month**! Brush up on your tsunami history with *Tsunami! Hawai'i's Amazing History of the Monster Waves*, written by Walter Dudley. This book contains true stories told to the author by some forty-five tsunami survivors and includes over seventy-five remarkable photos. You will learn what mistakes were made and what actions we need to take to stay safe.

April is also **Native Hawaiian Plant Month**. Almost ninety percent of Hawai'i's native plants are endemic to the Hawaiian Islands. Celebrate by planting, preserving, and perpetuating Hawai'i's native plants in your backyard or neighborhood garden. On sale this month are two of our most



popular plant books. We're also reintroducing you to our birdwatcher's book for those of you ready to hit the trails and see not only native plants but also our feathered friends.

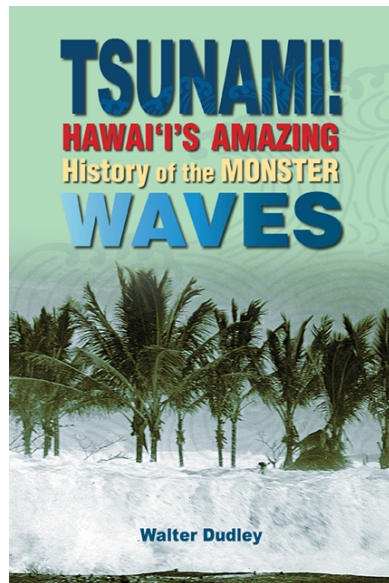


For Easter, gift a copy of **Hawaiian Devotional**, a collection of over 580 scripture verses in English and Hawaiian, chosen to bring comfort, solace, advice, and encouragement.

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## FEATURED APRIL BOOKS

On sale the month April



### Tsunami! Hawai'i's Amazing History of the Monster Waves

by Walter Dudley

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

**ON SALE \$9.99**

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.

## A Hiker's Guide to Trailside Plants in Hawai'i

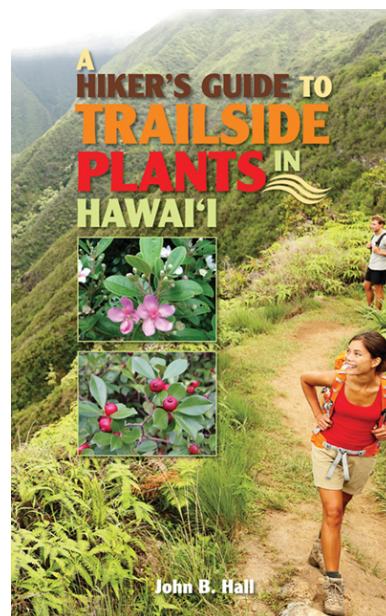
by John B. Hall

5 x 8 in • 248 pp • softcover • retail \$16.95

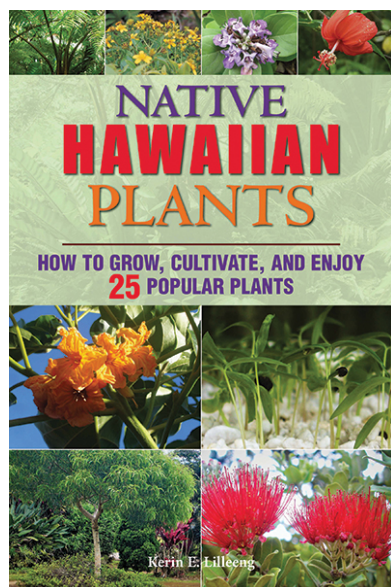
**ON SALE \$11.99**

From arid coastal plains to chilly cloud forests, Hawai'i is home to an astonishing range of flora. Many of our plant species, like the regal koa and hardy silversword, can be found nowhere else in the world!

Knowing how to identify these plants, and learning about their historical uses and associated legends will greatly enrich your hiking experience. In *A Hiker's Guide to Trailside Plants*, John B. Hall introduces you many of the plants—both native and nonnative—that you are likely to encounter on Hawai'i's trails.



For easy reference, plants in this handy book have been divided into the following climatic zones: Coastal, Dry Forest, Mesic Forest, Wet Forest, and Alpine. Each color-coded zone is further subdivided into Herbs, Shrubs, Trees, Vines, Ferns, and Miscellaneous. Along the way, author John B. Hall points out notable features— leaf shape, flower color, and even taste—that will help you to identify each plant.



## Native Hawaiian Plants

### How to Grow, Cultivate, and Enjoy 25 Popular Plants

by Kerin E. Lilleeng

6 x 9 in • 156 pp • softcover • retail \$14.95

**ON SALE \$10.99**

Now it's easy to grow native Hawaiian plants in your backyard or include in your landscaping. Here are species that propagate, bloom, and flower in accordance with Hawai'i's natural climate and on their own schedules.

*Native Hawaiian Plants: How to Grow, Cultivate, and Enjoy 25 Popular Plants* has all the knowledge necessary to grow and care for these special plants—few found elsewhere in the world.

For each entry, there is a species description, information on provenance, growing methods, germination rates, pest and disease control, and most importantly, directions for outplanting.

*Native Hawaiian Plants* is a one-stop reference work for backyard gardeners as well as nursery owners and conservationists alike. Tropical gardeners around the world will also find this volume a valuable addition to the comparatively small literature on tropical plant propagation and conservation.

The twenty-five species discussed include 'A'ali', Ae'ae, 'Ākia, 'Akoko, Alahe'e, Aloalo, 'Ālula, Hala, Hō'awa, 'Ilima, Koa, Ko'oko'olau, Kou, Loulu, Ma'o, Maile, Māmaki, Naio, Nehe, 'Ōhi'a, Pā'ū o Hi'iaka, Pōhinahina, 'Uki'uki, 'Ūlei, and Wiliwili.

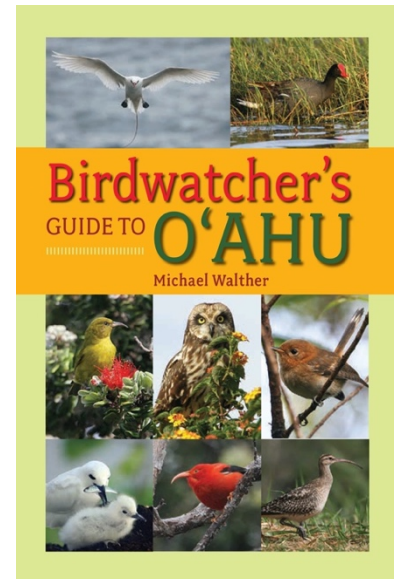
## Birdwatcher's Guide to O'ahu

by Michael Walther

6 x 9, 208 pages, softcover, retail \$16.95

**ON SALE \$10.99**

*Birdwatcher's Guide to O'ahu* provides you with 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.

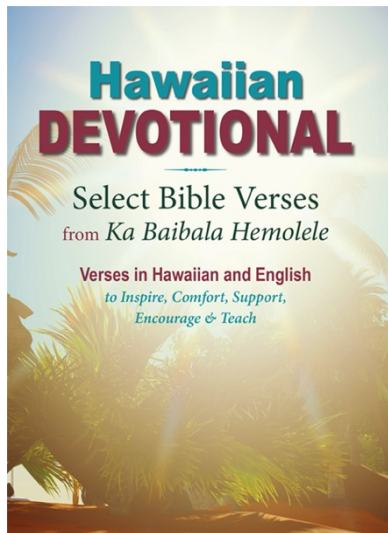


Despite O'ahu being densely populated with people and buildings, there are excellent opportunities to see birds across the island—from urban areas to beaches to hiking trails to wildlife refuges. O'ahu is an ideal place for birding with 212 species on the official bird list that include waterfowl; game 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.





## Hawaiian Devotional

### Select Bible Verses from Ka Baibala Hemolele

5 x 7 in • 256 pp • softcover • retail \$12.95

**ON SALE \$7.99**

Life has become challenging with the growing amount of uncertainty, the issues we deal with at work, in school, in our relationships with families and friends, and how we allocate our time. For most of us, there are more stresses.

How do we deal with this sudden change? How do we cope? How do we keep our canoe sailing safely and smoothly over the varying seas of life? Not surprisingly, answers are close at hand—the Bible. The good book has always guided us in how to

live and its wisdom is as valued today as ever to deal with the uncertainty, division, and insecurity we all face.

Hawaiian Devotional is a collection of over 580 scripture verses in English and Hawaiian, chosen to bring comfort, solace, advice, and encouragement. Organized by topics that affect our modern-day lives such as conflict resolution, depression, addiction, perseverance, hope, and grace, the verses serve as reminders that we are not alone and they provide a compass when guidance is needed.

*Hawaiian Devotional* is compact enough to accompany you while traveling, be within reach on the bedside table, and to share with others. Its verses cover a wide-range of teachings that are helpful in times of crisis, joyful in times of gratitude, and encouraging in times of doubt.

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## AVAILABLE NOW!

We have a bunch of new books coming out this month!

We are excited about our new series of mini cookbooks! These little nuggets are the same size as our *Hawai'i Cooks with Spam mini cookbook* and are packed with easy to make recipes.





### **Hawai'i Cooks with Pineapple**

5 x 4.5 in • 104 pp • softcover • retail \$7.95

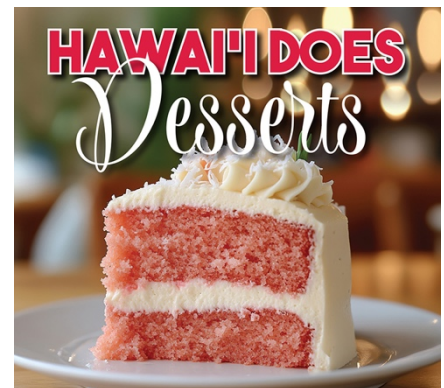
Pineapple has been a symbol of Hawai'i's agricultural history and vibrant cuisine since the late 1880s. Once one of the Islands' main exports, this tropical fruit has shaped not only the economy but also the flavors of Hawai'i's diverse culinary traditions. In this cookbook, discover the rich history of pineapple in Hawai'i and learn how to infuse its sweet, tangy

flavor into a wide variety of dishes. From savory delights like pineapple chicken salad, zesty pineapple salsas, and sweet-and-sour stir-fries to side dishes like pineapple relish and coconut Thai rice, this collection offers endless ways to enjoy the Island's golden treasure. And for those with a sweet tooth, there are decadent pineapple desserts such as the classic Pineapple Upside-Down Cake, creamy pineapple cheesecakes, and refreshing pineapple sorbet. Whether you're preparing a casual meal or a festive feast, these recipes will bring the tropical taste of Hawai'i to your table, celebrating pineapple's enduring legacy in Island cuisine.

### **Hawai'i Does Desserts**

5 x 4.5 in • 112 pp • softcover • retail \$7.95

Hawai'i's love affair with desserts is a delicious reflection of its rich cultural tapestry of tropical ingredients and flavors. Signature treats like Guava Chiffon Cake, with its sweet, tropical essence, and the iconic Pineapple Upside-Down Cake, featuring caramelized fruit atop a moist base, are beloved classics. Malasadas, Portuguese deep-fried donuts rolled in sugar, will take you back to school fairs and state carnivals. Fresh Mango Pie will remind you of the plump mangoes hanging from your neighbor's tree. Desserts featuring liliko'i, macadamia nuts, coconut, pineapple, bananas, guava, and more highlight the Islands' abundant resources and create a sweet symphony that captures Hawai'i's unique spirit. The traditional Hawaiian haupia added to pies and poi used to make Okinawan andagi round out this array of unique desserts that embody Hawai'i's culinary creativity. Whether you're a seasoned baker or a curious beginner, let the flavors of the Islands inspire your culinary adventures and bring a touch of paradise to your table.





## Hawai'i Cooks with Coconut

5 x 4.5 in • 112 pp • softcover • retail \$7.95

Coconuts have been a part of Hawaiian cuisine since niu (coconut palm) were brought to Hawai'i by Polynesian voyagers, and they have influenced the flavors and traditions of the Islands. This cookbook puts coconut at center stage with a collection of easy-to-follow recipes that invite you to experience the tropical essence of the Islands. With its ability to enhance both flavor and texture, coconut has become a culinary bridge, connecting Hawai'i's multicultural influences. From Hawaiian classics like haupia and poke, to seafood infused with coconut sauces, to Thai-inspired coconut curries and soups, there's a dish for every palate. There's also an array of delectable desserts like coconut cream pie, Filipino bibingka, and indulgent coconut bread pudding. Whether in savory stews or sweet treats, coconut remains a beloved symbol of the Islands' rich and diverse food heritage. Let the coconut inspire your culinary creations and bring the spirit of Hawai'i to your table.

And we have two new postcard books featuring retro postcards from the 1950s-70s that are sure to stir up nostalgic feelings. Share them with family and friends. They are the perfect gift for visitors who remember the islands way back when.

## Aloha from Hawai'i

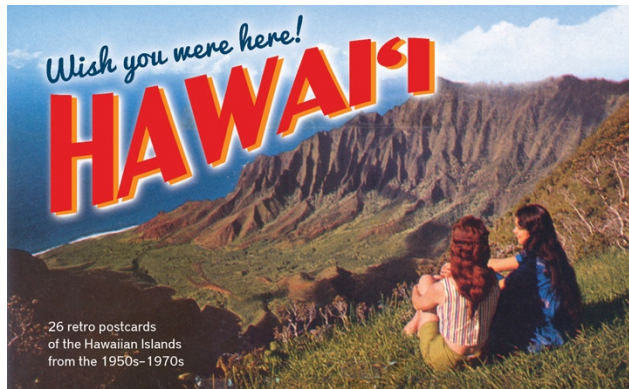
### 26 Retro Postcards of the Hawaiian Islands from the 1950s-1970s

6 x 4.5 in • 56 pp • softcover • retail \$10.95

Take a step back in time with this captivating collection of retro post-cards from the 1950s to 1970s—perfect for sharing with friends and family who remember Hawai'i's technicolored golden age or anyone fascinated by the island's post-war tourism boom. Each postcard showcases Hawai'i's stunning beauty, from iconic landmarks like Diamond Head, Rainbow Falls, and Waimea Canyon, to its lush landscapes and sparkling beaches that defined the era's vision of paradise. With their nostalgic charm and vintage flair, these cards capture the irresistible allure of a tropical escape, reflecting the islands' rise as a must-visit destination and evoking a sense of discovery and adventure.







## Wish You Were Here! Hawai'i 26 Retro Postcards of the Hawaiian Islands from the 1950s-1970s

6 x 4.5 in • 56 pp • softcover • retail \$10.95

Take a step back in time with this captivating collection of retro postcards from the 1950s to 1970s—perfect for sharing with friends and family who remember Hawai'i's

technicolored golden age or anyone fascinated by the island's post-war tourism boom. Each postcard showcases Hawai'i's stunning beauty, from iconic landmarks like Diamond Head, Kalalau Valley, and Haleakalā, to its lush landscapes and sparkling beaches that defined the era's vision of paradise. With their nostalgic charm and vintage flair, these cards capture the irresistible allure of a tropical escape, reflecting the islands' rise as a must-visit destination and evoking a sense of discovery and adventure.

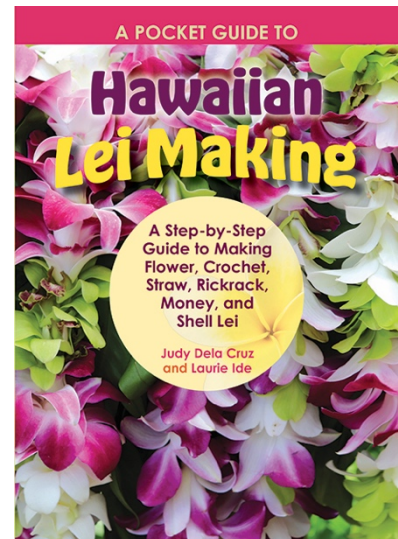
Get ready for Mother's Day and graduation season with *A Pocket Guide to Hawaiian Lei Making*. Complete with step-by-step photo instructions on how to make a wide variety of lei—flower, ribbon, yarn, money, and more.

## A Pocket Guide to Hawaiian Lei Making A Step-by-Step Guide to Making Flower, Crochet, Straw, Rickrack, Money, and Shell Lei

by Judy Dela Cruz and Laurie Ide

5 x 7 in • 144 pp • softcover • retail \$11.95

A lei is more than just a beautiful adornment—it's a timeless symbol of love, friendship, and celebration. In Hawai'i, it's a cherished tradition to give a lei for birthdays, graduations, weddings, anniversaries, and special moments. A lei is often presented with a kiss, a gesture that carries the warmth of aloha, a wish of luck, or the spirit of connection. Traditionally crafted from shells, feathers, flowers, and seeds, the lei has evolved with creative materials like ribbon, fabric, paper, candy, and even currency.

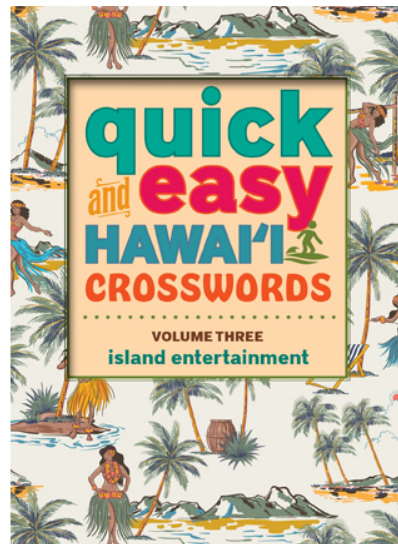
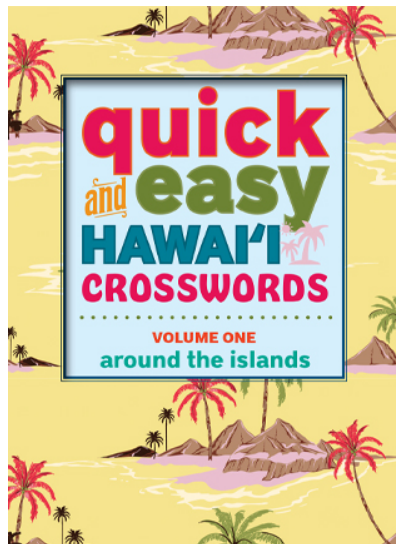


This guide will teach you how to make your own lei, whether you're using fresh flowers, crocheting with yarn, or creating intricate designs with origami and money. Learn the techniques behind strung leis, rickrack sewn leis, shell leis, and more! With easy-to-follow instructions and step-by-step photos, this book offers something for everyone—from beginners to seasoned crafters. No matter the occasion, you'll have everything you need to craft the perfect lei and share the spirit of aloha.

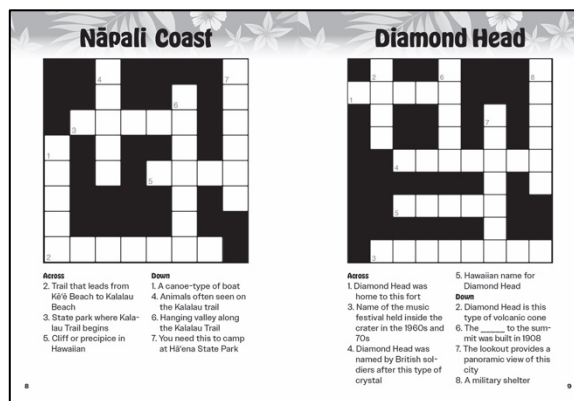
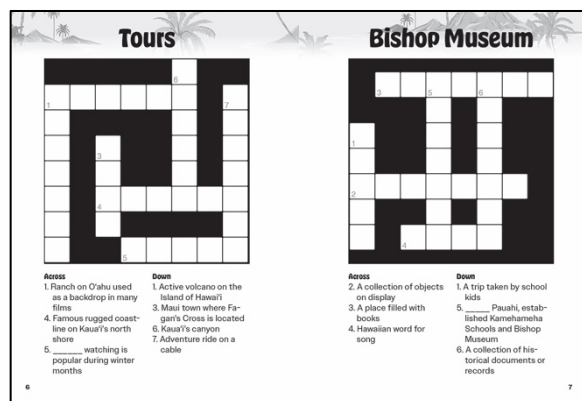


## Quick and Easy Hawai'i Crosswords

For those puzzlers out there, we have three new mini crossword puzzle available now **at only \$4.95 each!** 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!

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## FEATURED RECIPE

This recipe from *Hawai'i's Community Cookbook*.

### Island Famous Carrot Cake

4 eggs  
1½ cups oil  
2 teaspoons vanilla  
2 cups sugar  
2 cups flour  
1 teaspoon salt  
2 teaspoons baking soda  
2 teaspoons baking powder  
2 teaspoons cinnamon  
2 cups grated carrots  
¾ cup finely chopped coconut  
1 small can crushed pineapple  
1 cup diced walnuts or pecans  
8 ounces cream cheese  
1 box powdered sugar  
1 stick (block) margarine  
1 teaspoon vanilla

Beat together eggs, oil, and vanilla. Sift together the next 6 dry ingredients and add to egg mixture, then fold in carrots, coconut, crushed pineapple including juice, and the nuts. Bake for 45 to 60 minutes at 350°F.

For icing, blend together cream cheese, powdered sugar, margarine, and vanilla. Spread on cake and serve.

Gwen Furukawa  
*Our Daily Bread Centennial Cookbook*, Iao Congregational Church

# 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

ANDO RESTAURANT  
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  
EXPENSE IN ACCORDANCE WITH SEC. 290-11 HRS  
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## MUTUAL'S CATALOG

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