

Authors present local flavor, timely lessons

Cookbooks include personal stories behind speciality meals and treats, local connections

By Rachel E. Sheeley • Staff writer • December 18, 2010

Just in time to fill a stocking or while away a snowy afternoon, several new books have been released by area authors and groups.

Recipes from the National Road return in the "Historic National Road Yard Sale Cookbook Vol. II: A Second Helping," compiled by yard sale founder Patricia McDaniel of Dublin.

McDaniel sought unique, unusual and regional recipes from each state along the National Road for the cookbook. The largest number of submissions come from Indiana, but Maryland, West Virginia, Ohio and Illinois also make strong showings among the 350 recipes included.

There are no duplicate recipes in the cookbook and no recipe from the first volume is repeated, McDaniel said.

The recipes range from sweets to main dishes, from Lady Baltimore cake to czarnina and kluski (a duck soup with noodles).

McDaniel also enjoys adding a few "fun" recipes such as Green Martian cake and baked carp, a recipe that instructs the cook to bake the carp on a board and then ... "throw away carp and eat board. Enjoy!"

"If I ever go to a carry-in meal my specialty will be baked carp," McDaniel promised with a chuckle. She added that carp is edible but many people either find it not to their taste or too much trouble to de-bone.

Her recipe for developing the book was to "just have fun with it."

Throughout the book, McDaniel imparts personal stories and interesting information about spots along the National Road, which stretches from Baltimore, Md., to St. Louis, Mo. Her faithful travel companion, her dog, Lily, is featured and if one looks carefully at the opening page for the Illinois

section, a young McDaniel can be spotted petting a dog with a childhood friend.

The current cookbook is being offered by retailers all along the National Road. McDaniel was thrilled when the Waldenbooks in Terre Haute called to request copies for its customers.

Since writing the first "Historic National Road Yard Sale Cookbook," McDaniel has appeared, with Denise Weatherly of All Aboard Resale Furniture in Cambridge City, on "Indy Style," a weekday program on Indianapolis Channel 8, WISH-TV. She also participated in a Maryland booksigning with author Nora Roberts.

What started out as a song to help children with social skills has become a children's book.

About three years ago, Martha Hall Bowman of Hagerstown began doing counseling and programs in elementary schools for Centerstone, formerly Dunn Mental Health Center.

She did guidance lessons for second-graders at the younger Centerville elementary, and did fifth-grade and sixth-grade convocations for the older elementary school students in Centerville.

To help illustrate the stories and lessons she sought to share, Bowman started writing songs. She has developed one song, "It's Hard to Hug a Porcupine," into a book.

The book reminds children to use their social skills because "when we're crabby, people don't want to be

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around us," Bowman said.

The book is illustrated by Laurie Barrows.

Bowman is still working for Centerstone, but she also is developing her musical program and finishing a degree in music therapy. She has released a CD of children's songs, "Musical Life Lessons."

"I think it's really important to make music that is comforting, a lesson that's useful," Bowman said.

One topic she really wants to address and reduce is bullying. She said "It's Hard to Hug a Porcupine" is one step toward that because when a student has more friends, they have a network of people that they feel safe with, making them less of a target for bullying.

Bowman plans to develop more songs into compatible books.

Her efforts recently led to her being a presenter on the topic of incorporating music into counseling at the Indiana School Counselors Association state meeting.

She is doing a musical story time and book signing starting at 10 a.m. today at Two Sisters gift shop in Hagerstown.

The local Tri Kappa philanthropic sorority is raising money by selling cookbooks.

The cookbooks include more than 300 recipes contributed by Tri Kappa members and friends. The recipes utilize common ingredients typically found in every pantry.

Cookbook project co-chairwoman Laura Mauller said the cookbooks "bring fresh new ideas just in time for the holidays."

Proceeds from the cookbooks will benefit local non-profits through grants distributed by the sorority in early 2011.

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