

Birdmen 'Flock' To Dunes On Carolina Outer Banks

JOCKEY'S RIDGE — Francis Rogallo is the type man who looks like he'd climb the Matterhorn, shoot the Snake River, and come out of it all with the enthusiasm of a kid at Christmas.

John Harris is the quiet one. He says little, but when he does speak, his enthusiasm equals Rogallo's. He, too, would go for the same

adventures. What these two men have done is legend in the fast growing sport of hang gliding.

Rogallo, a retired NASA engineer, is the inventor of the Rogallo Wing, the first hang glider.

Harris is operator of "Kitty Hawk Kites," a hang gliding school which is open year around at Nags Head

on the historic Outer Banks. He also operates a hang gliding school at Grandfather Mountain in the Blue Ridge Mountains during spring and summer. Harris was the first man to hang glide off Grandfather Mountain, which at 5,964 feet is the tallest point in the Blue Ridge Range.

The invention of the Rogallo wing was not an

overnight accomplishment. "My wife and I worked on it for 10 years before the government got into it," says Rogallo, who now lives at Kitty Hawk.

As a kid he always wanted to fly. "I made kites, small planes, anything that would fly," he added.

Rogallo was stationed at Langley Field in Virginia, thus his knowledge of the Outer Banks. "We like the beach, the uncrowded beach, and so here we are," he said.

"I also wanted to continue with my experiments, and this was the best area because of open spaces and good winds. You know that's why the Wrights came here — the winds," he added.

Rogallo admitted that what they were doing was

just a small part of the hang gliding industry. "They are working on rigid frames, inflated frames, cloth with no metal parts. Your real big changes are being made by the big manufacturers." Harris is also a migrant to the area. Fresh out of the University of Missouri he saw a picture of a hang glider, and that was all it took.

"I was always interested in flying," said Harris. He found a glider for sale in Utah, and the rest is history.

"I came down with a friend, and we taught ourselves. I must admit we were probably a funny sight," he said with a chuckle.

Proper instruction is the only way to safely learn the sport. Jockey's Ridge is

some 13 stories high. Harris says over 2,500 people have gone through his school in a year.

How about that flight off Grandfather? "I have to admit I was scared, but once I was off, it was that unique feeling, an experience you always remember," Harris said.

Beauty and quiet are two things both fliers point out. "It's like a dream," said Rogallo. "It's like a fast run on skis or the short but exciting ride by a surfer."

The oldest man to hang glide is 76, and Harris had one recently who was 68.

A good glider costs between \$800 and \$1,000.

Rogallo says he has been off Jockey's Ridge some 700 times, and Harris just laughs and says he has lost

count. Rogallo points to the space shuttle that NASA has been experimenting on "We have gone from the wing to the shuttle," he says. Harris talks about the hang glider pilots who go off Grandfather Mountain. They have flown over 100 miles on occasion. This is in straight distance, of course, but it adds up to 100 miles. They even talk to each other as they fly around.

"For some years I have been afflicted with the belief that flight is possible for man."

Wilbur Wright said that back in 1900.

Francis Rogallo and John Harris second the motion in 1977.

Just look up on Jockey's Ridge!

Start With Lemon Aid

Unlike most other fruits lemons have no season and there is practically no end to the uses to which they can be put. Their bright sunny color will accent any fruit bowl or centerpiece, but did you know...

You get more juice out of a lemon when it's at room temperature and if you roll it on a table or counter top before squeezing?



A handy convenient supply of lemon juice is always at your fingertips. Roll a lemon over a counter top and then poke a hole in one end with a toothpick. Squeeze... out comes your juice. Replace toothpick and store in refrigerator for future use.

Lemons will stay fresh for about 2 weeks at room temperature and up to 6 weeks when refrigerated.

Caught short with a recipe calling for buttermilk? Combine 1 tablespoon lemon juice with approximately 1 cup of milk. Let stand for 5 minutes and there you have it!

Dip fresh avocados, bananas, and apples in lemon juice to keep them from turning black.



For a refreshing pick-me-up or thirst quencher try a quick squeeze of lemon in a glass of carbonated water.

Insert an ice cream pop stick into a thick slice of lemon for an original swizzle stick in iced tea, lemonade or any tall drink.

Slim slivers of lemon peel frozen into ice cubes add a pretty and festive touch to party punch.

Saw-toothed halves or thin, curled strips of lemon peel make piquant holiday garnishes on food platters.

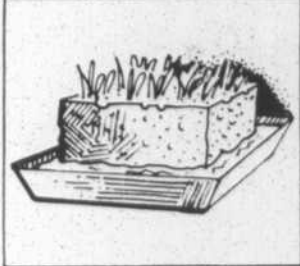
And... last but surely not least... toss used lemons into your garbage disposal to help keep it clean and fresh smelling.



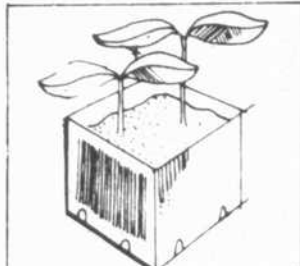
DRIED LENTILS



CARROT TOP



GRASS SEED



GRAPEFRUIT SEEDS



LAND CRESS



SWEET POTATO

Special Holiday Child's Play... The Magic of Growing Things

Christmas vacation is a long time to keep youngsters occupied and happy. There will be holiday parties, ice-skating and outdoor activities to suit whatever climate you live in. It might be practical to have one or two surprises set aside for bad weather, as a welcome change from TV. Most of the "supplies" are things you already have in your kitchen.

Starting and growing an unusual plant or bit of greenery can be exciting for young people. Some of these growing things will sprout very quickly, and they do get youngsters involved. The younger the child, the more impatient she or he will be to see something "happen." Try little ones on carrot tops or lentils to introduce them to the magic of growing.

Spread a layer of dried lentils in a saucer of water and set on a window sill. Green shoots will appear before the week is out!

Slice the top off a carrot, beet or white turnip (leaving about 1" of the vegetable). Stand it in a saucer containing about one-half inch of water. Wispy greens will shoot up from the carrots, green and red shoots

from the beets and fatter greens from the turnip... in less than a week!

Soak a brick or sponge and sprinkle with grass seeds and a little soil. Keep wet and watch a mini-lawn develop!

Seeds of land cress (not water cress) sprout very quickly. Wet an old terry towel, spread it on a cookie sheet and scatter the seeds on it. Keep warm and moist in the sun.

Save some grapefruit and orange seeds for this project... even date pits respond to the following treatment. Soak seeds overnight in water and plant in soil about one-half inch deep. Keep in semi-shade and water daily till they sprout. Sturdy little green plants will be the happy result!

A sweet potato vine makes an attractive plant and is easy to start and grow. Stick toothpicks into the sides of a plump sweet potato so you can suspend it in a jar, discarded gravy boat or old sugar bowl, with the lower tip about one-half inch or so into the water it contains. Keep in darkened place for about ten days so roots will start. The vines hang down gracefully so find a bright shelf to show the plant off.



Francis Rogallo (left), inventor of the Rogallo Wing, the first hang glider, and John Harris, operator of Kitty Hawk Kites, a hang gliding school on the Outer Banks, at Jockey's Ridge sand dune, Nags Head.



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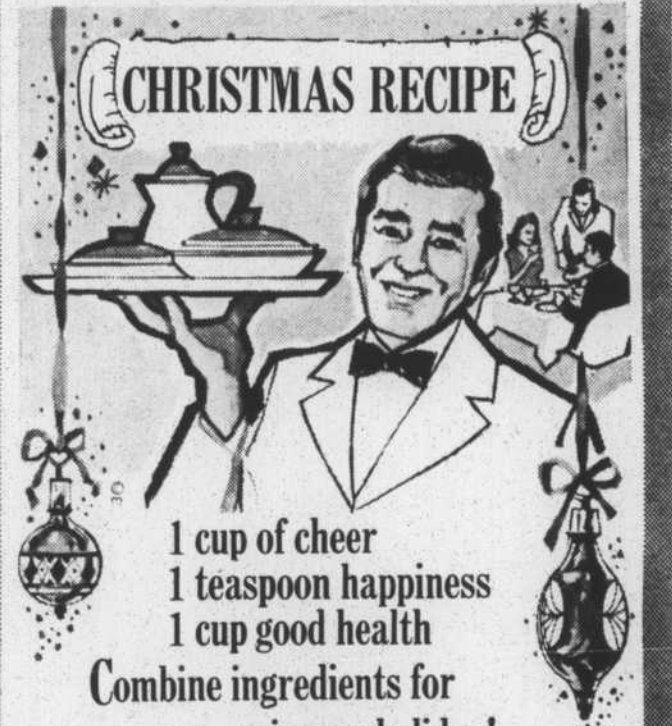
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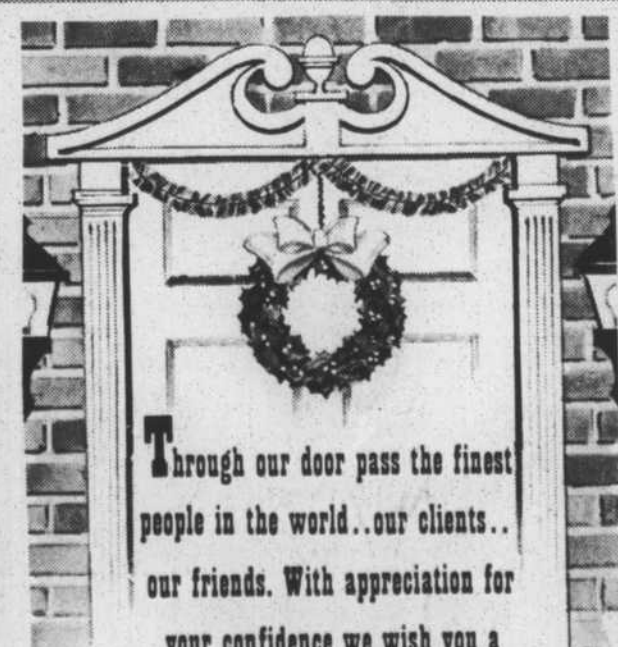
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