

**SUNDAY**  
OCTOBER 30, 2016



# Lifestyle

Lifestyle ideas?  
Call us at 824-3224

Email your Lifestyle News to:  
styles@the-messenger.com

## Atmospheric conditions

BY LAURA HUNT ANGEL

I recently had the privilege of attending the Dulcimer Chautauqua on the Wabash, a weekend-long dulcimer workshop and concert series that takes place annually up in New Harmony, Indiana. The two Saturday sessions that I was able to attend were very helpful, and between the workshops there was plenty of time for lunch and browsing through the quaint shops.

The afternoon class that I originally chose was full, so I was placed in my second-choice class and ended up with the same instructor that I'd had for the morning class. It worked out well, though, because the instructor was award-winning dulcimer player Aaron O'Rourke. Trust me, it doesn't get any better than that.

Our second session took place in a large, glass-walled conservatory on one end of New Harmony's Barn Abbey. It's a beautiful facility and the perfect location for making music. O'Rourke, an unassuming 30-something with a keen sense of humor, took his seat in front of us, and for the next two hours he demonstrated basic versions of some of the techniques that he's used to transform simple mountain tunes into world-class masterworks.

### A SHIFT

Toward the end of the class, we were introduced to O'Rourke's version of "Boogerman," an old clawhammer banjo tune. Being fairly new to the folk music scene, I was unfamiliar with the song, but our talented instructor patiently went over each measure until everyone in the class was comfortable.

As you probably know, the word boogerman is the archaic term for our modern word boogieman, a.k.a the human-like monster who lurks in dark corners to snatch unwary victims. As O'Rourke played the tune, I didn't see much of a resemblance between it and the subject of nightmares and late-night movies.

After we all had a good feel for the body of the song, O'Rourke introduced a simple series of chords to be played along with the melody line. Unexpectedly, the old time ree took on a disquieting undertone. It wasn't a huge modification, so the change was not dramatic. It was, however, just enough to cast a little shadow across the melody notes, like a bird momentarily blocking out the sun on a quiet summer day.

Later that evening, I thought about how suddenly the song had changed and about how, for good or ill, a subtle shift can alter our perspective on many things in life.

### OF WITCHES

I was in the third grade, standing in the lunch line with the rest of the kids on the day that I learned my eldest sister, Martha, had a different father than me. I remember choosing a white milk from the stack of blue plastic milk crates near the front of the line. I reached the counter and said hello to old Mrs. K, the school lunch lady.

Dozens of tiny wrinkles lined her narrow face as she smiled back and plopped a spoonful of mashed potatoes onto my tray. Little frizzles of gray poked through the fine hair net covering her bun, reminding me of steel wool. As she ladled gray over the potatoes, she suddenly leaned toward me and said, "Your sister, Martha, she's the black sheep of the family, isn't she?" To this day I can still see her smile and her long, blunt, coffee-stained horse teeth.

I had no idea what Mrs. K meant, but was disturbed by the incident for the rest of the school day. When I got home, I found Mama folding clothes



Still life photo

Mountain Dulcimer and Crowe is an interpretation of the chill that can be evoked by certain musical chords.



Photo by Laura Hunt Angel

Gluten free, low carb and low cal, this cauliflower crust pizza is a slice of guilt free deliciousness.



Photo by Laura Hunt Angel

Friends and family will come back for more of these gluten-free black-bean brownies.

in her bedroom and asked her what a black sheep was. She wanted to know where I'd heard such a thing, so I told her about Mrs. K. As I sat on the edge of her bed, Mama explained that she had been married before to a very mean man and that Martha was my half-sister. I was shaken by the news, but Mama told me not to worry, but Mama said that Martha was as much my sister as the rest of the girls.

Mama calmly put the folded clothes in her old tiger oak dresser, one that Martha had given her when I was just a baby. I could tell that she was shaken, too, but it wasn't with fear or embarrassment. Mama was angry. Later, when Daddy came home, Mama told him what had happened. Daddy said that Mrs. K had no business saying what she did, and at school of all places. He told Mama that he would have a talk with the school about what had happened. After that, Mrs. K never bothered me again, and as I recall it wasn't long before she retired.

It took a few days to get over the shock of what I'd learned

and how I'd learned it. I remember watching closely how my other sisters interacted with Martha and decided that what Mrs. K. had said really didn't matter. I did learn one important thing, though. Beware: Most witches prefer to cast aspersions rather than spells.

### OF HAM, AND HANDS

It was strange at first, thinking about my sister having a whole different set of relatives, but after a while I accepted it. I learned that Martha's other grandparents had passed long ago. They used to live in Mannington over in Christian County back when that stretch of Highway 41 was called the Dixie Bee Line. Long before I was born, Mama would sometimes let Martha stay there for a few days during school vacation.

Martha's granddad had been a coal miner, and he was a big man. Martha said that he never hit her, but she could tell that he didn't like children very much. The last time Martha saw him alive was when her family — including our Mama, Daddy and Mama's mother, our Maw

— had gathered outside in her grandmother's yard.

The grown-ups were sitting in chairs laughing and talking around a fire pit. The children, grandkids and cousins of Martha's were romping around in the yard when one of them bumped into her grandfather's chair. Suddenly the festive evening took a turn. Martha's grandfather lunged at the boy with a balled up fist. Daddy stood up right away, called for Martha and said that they needed to be heading out. Daddy could not abide anyone being mistreated, especially children and animals. He wanted to get Martha, Mama and Maw away from there as fast as he could.

Climbing into the back seat of the car, Martha said, "That man's fist is a ham o' meat!" It broke the tension that had followed them into the car, and Daddy started to laugh. Years later, he and Mama still thought it was one of the funniest things they'd ever heard.

### OF SPECTERS

Martha told me the rest herself, 40 years after it occurred. She said that the

family gathering was the last time she ever saw her grandfather alive, but that it was not the last time she ever saw him.

Sometime after that last visit, Martha's granddad died of a heart attack. Mama and Daddy were living in Michigan by then, but they let Martha, who was 12 years old, come down to see her grandmother shortly after his death. One afternoon, she was in the front room of her grandmother's house while her grandmother visited in the kitchen with some ladies that had stopped by.

As she sat looking out the window at the railroad tracks that run along Old 41, Martha saw a movement in the distance. Within a minute or two she could tell that it was a man, walking along the footpath that ran in front of the houses through her grandmother's neighborhood. There was something unsettling about the man that at first, Martha said, she couldn't place. She continued watching, and as the man drew into her line of vision she realized with horror that she was looking at her grandfather. Her dead grandfather, dressed in his funeral clothes and walking toward the house.

Martha said that he looked very much like anyone else. His fists were not balled in anger and there was no evil grimace on his face. What frightened her more than anything was his very out-of-placeness. He simply should not have been there. Martha said that she immediately rose up from her chair and ran out of the house. She ran all the way to Maw's in Nortonville, a distance of more than three miles.

I've never knowingly seen a ghost or been able to convince myself of their existence. But I've never been thoroughly unconvinced, either. I don't know what Martha saw, but I do know what she believed she saw, and who am I to doubt my true sister?

### THE RECIPES

When it comes to cooking, sometimes a small variation can lend a whole new dimension to a recipe. Care must be taken, however, or an unexpected flavor twist can become a mealtime nightmare. Never fear, these Halloween worthy dishes have been taste tested and approved by yours truly.

### CAULIFLOWER CRUST PIZZA

This healthy alternative to regular pizza crust is wicked good. It's based on a recipe from Paula Deen, so you know you can't go wrong. If you make it and do not like it I'll come to your house and eat it for you.

**2 cups grated cauliflower**  
**1 egg**  
**1 cup mozzarella**  
**2 tablespoons grated Parmesan**  
**½ teaspoon garlic salt**  
**Olive oil, for brushing**

SEE **CONDITIONS/PAGE C2**

# Mix-and-match banner makes for easy home decor

BY HOLLY RAMER  
THE ASSOCIATED PRESS

CONCORD, N.H.

I recently moved to a new house that is less than half the size of my former home, but the new place has one key feature the old one lacked: a fireplace. Or, more specifically, a fireplace mantel to decorate.

Moving and furnishing a new house is expensive, however. So I designed a pennant banner that can hang from my mantel all year round and be quickly updated from holiday to holiday, season to season. The secret is reversible fabric pennants that are held in place with bits of Velcro. It took a little planning to figure out the best color-combinations, but the result is a banner that can be transformed over and over again.

The orange, black and white version can easily segue from Halloween to Thanksgiving by switching out the black and white for more autumnal brown, red and yellow. Swap out the greens on a green-and-red Christmas banner and replace them with pink and white for Valentine's Day. Bring back the green for St. Patrick's Day, mix pink, yellow and light green for Easter and spring, and follow up with red, white and blue for the Fourth of July. Or, arrange the pennants in rainbow order for a festive birthday banner.

I chose to sew mine, but an even easier option would be just cutting triangles out of felt.

## MATERIALS

- Cardstock or thin cardboard
- Approximately 2 yards of extra-wide

double-fold bias tape in a neutral color (I chose gray)

- 1/4-yard pieces of solid color fabric in 10 colors (I used red, orange, yellow, light green, dark green, blue, pink, brown, black and white)
- Approximately 1/2-yard of 1-inch wide sticky-backed or heat-set hook-and-loop tape
- Sewing machine, thread
- iron

## INSTRUCTIONS

1. Create a template for the pennants out of cardboard or cardstock by drawing a triangle that measures 6 1/2 inches across the base and 6 1/2 inches tall.
2. Layer two pieces of fabric together. The color combinations I chose were: red/black, orange/white, yellow/blue, green/pink, light green/brown.
3. Trace templates onto each pair of fabrics and cut out at least three pennants for each combination.
4. Sew along two sides of each triangle with a 1/4-inch seam allowance, leaving the base of the triangles open.
5. Turn pennants right-side out and press.
6. Sew openings closed using a zig-zag stitch.
7. Cut hook-and-loop tape into small rectangles, measuring about 1/4 inch by 1/2 inch. Adhere four of the softer "loop" pieces to the top corners of each pennant, two on the front and two on the back. Unfold the bias tape, and adhere the rougher "hook" pieces, using the pennants as a guide for placement. The goal is to be able to sandwich the pennants inside the folded bias tape, with the hook-and-loop tape holding them in place.

# CONDITIONS

FROM PAGE B1

Preheat oven to 425 degrees F; line a large baking sheet with parchment.

Place the grated cauliflower in a microwave safe bowl and microwave on high for 7-8 minutes, or until soft. Let cool slightly. Add the eggs, mozzarella, Parmesan and garlic salt. (I work this in by hand as if it's a regular bread dough.) The mozzarella will not fully disappear into the dough, just make sure that it's well combined and can be formed into a ball.

Press the "dough" into a 10-inch circle on the parchment lined pan; lightly brush with olive oil. Bake for 10-15 minutes, or until the crust is golden. Remove the crust from the oven and top with sauce, mozzarella and your favorite pizza toppings. Return to the oven and bake until the cheese is bubbly and slightly browned, about 10-15 minutes. Serves two.

## BLACK BEAN BROWNIES

Don't be frightened; this gluten-free indulgence is to die for. Just be sure that

the black beans are unseasoned or you may end up with a ghastly surprise. You'll need a food processor or high-speed blender for this one.

- 1 15-oz can black beans
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup (1 stick) butter, softened
- 1 cup sugar or substitute
- 1/4 teaspoon salt
- 1/2 cup cocoa
- 1 teaspoon instant espresso, optional
- 1/2 teaspoon baking powder
- 1 cup gluten-free (or regular) chocolate chips

Preheat oven to 350 degrees F; grease or spray a 8" or 9" square pan.

Empty the beans into a colander, drain and rinse well. In a high-speed blender or food processor, blend the beans, eggs, vanilla, butter and sugar until completely smooth. Add the salt, cocoa, espresso (if using) and baking powder; blend well. Stir in half of the chocolate chips; spread batter into a prepared pan. Top with remaining chocolate chips. Bake for about 35 minutes, or until a pick inserted near the center comes clean. Cool slightly before cutting. Makes nine brownies.

# Flying on the wings of eagles and the minds of people

I'm reading David McCullough's book on the Wright Brothers, and I'm also taking flying lessons, so let's talk about airplanes today.

First, and I've touched on this before, I really think you should take a second to consider that the first controlled, sustained flight of a powered airplane was only in 1903. Wilbur Wright flew their plane about eight miles an hour, about 10 feet off the ground most of the time. About 60 years after that first flight, the SR-71 reconnaissance plane was flown by the US Air Force. It could achieve speeds of about Mach 3.5 (mach number is the speed of sound, about 760 mph or 1,220 kilometers per hour) or about 2,200 mph (3,500 km/h). Other jet-powered aircraft of the same era could reach altitudes of over 120,000 feet (38,000 meters). Quite a lot of progress in 60 years or so.

People have been watching birds fly, wishing they could join them, probably forever. Who doesn't feel at least a bit of envy while watching a bird soaring through the air, seemingly free from the shackles of gravity? Well, people — being the marvelously curious and inventive sorts of creatures that we are — have been experimenting with and thinking about ways to join the birds in the sky for a very long time. Icarus flew through the sky on wings made from feathers and wax in Greek myths written over 2,000 years ago. Leonardo da Vinci drew up some pretty good designs for flying machines about 500 years ago. The Montgolfier brothers were the first humans to actually "slip the surly bonds of Earth" and fly through the air in their hot-air balloon in 1783. Following the Montgolfiers, people really started to experiment with flight, in balloons and then in gliders.

The step to gliders was a big one and drew greatly from people observing birds in flight. What was it about their wings that allowed them to fly? It wasn't a simple question, and the answer wasn't simple, either. Part of the problem is that bird wings work for birds, but the design of a bird wing is different in many ways from the design of a wing that can carry a person. Bird wings work, not only because of their shape, but because of their feathers, which play a very important role in trapping air beneath their wings and creating a pocket of dense air that "pushes" the bird upward. Bird wings change their shape as the bird flaps and the feathers move around to make flapping efficient. So, simply adopting a bird wing to try to build a flying machine didn't work, although many, many people tried it. It took an understanding of

physics to build wings that could work on a glider and, particularly, on a machine that would allow for powered flight.

The Wright Brothers were not the first to develop the familiar "airfoil" shape of aircraft wings as we know them today. Their genius was in building wings and experimenting with their designs

until they built machines that could not only lift into the air, but be controlled. Incidentally, the control mechanisms the Wrights incorporated into their first gliders and first powered Flyers were very similar to how birds control their movement. The Wrights built wings that they could bend or "warp" in order to change direction. That advancement was huge, because it allowed the Flyer to turn. Airplanes can't turn if the wings can't bank. The Wright Brothers are famous because they were smart, observant,

methodical in their testing and very dedicated to making things work, no matter how many times they failed.

Airplanes fly because the wings produce enough upward force, called lift, to overcome the downward force of gravity. They can do this because of their shape and the forces that act on the wing as it moves through the air. It's important to understand that it's the movement of the wing through the air that produces lift. A wing that isn't moving, or that isn't moving fast enough to generate lift (this condition is called a stall) will just fall from the sky, just like a brick. The wing has what is commonly called an airfoil shape, with the upper surface being curved and the lower surface being flat. It's the difference in how air flows over the upper and lower surfaces that generates lift and allows the plane to fly.

There are two main effects that generate lift. One of them is probably something you're familiar with if you've ever taken a science class and learned how wings work. It's called the Bernoulli effect.

Bernoulli discovered that any fluid (air is a fluid, which is just a term for any substance with no fixed shape) will exert less pressure when it is accelerated. For instance, if water is flowing through a tube, it exerts a given pressure outward on the tube. If that water then moves into a narrower part of the tube, it will move faster, but it will also exert less pressure on the tube. If you've ever seen a water-powered suction device, like a swimming pool vacuum, this is the principle upon which it works. If you send water through a hose, and then through a restriction in the hose, you can use the decreased pressure to provide suction. The airplane wing works the same way. As the fluid (air, in this case) move across the wing, the wing splits the air into two streams, one moving under the wing and one above. Because the stream going over the curved upper surface of the wing has to

move faster than the air going under the wing (the curved surface is longer than the flat surface, so the air has to "speed up" in order to get around the wing and meet back up with the slower air coming underneath), the air above will exert less pressure on the top surface of the wing than the slower air exerts on the bottom surface of the wing. This will, in effect, suck the wing upwards, as it will move toward the area of lower pressure.

Now, for those of you who have always heard that the wing works because the shape causes the air to push it upwards (as opposed to its being "sucked" upwards by the Bernoulli effect), Isaac Newton is about to rescue you. I mentioned that there are two main contributors to lift. The first is the Bernoulli effect we just described. The second is Newton's Third Law of Motion.

We've already touched on Newton's Laws of Thermodynamics. Now we'll talk about one of his Laws of Motion. By the way, if this makes

you think something like "Wow, Newton did a lot of stuff!," you would be correct. He was very possibly the smartest, most influential scientist in history. Anyway, back to the third law. It is the one about "for every action, there is an equal and opposite reaction." In a nutshell, it means that if you push on something, it pushes back. For our airplane wing, this explains the second component of lift. As the wing moves through the air, it's at an angle, with the front of the wing somewhat higher than the back of the wing. The movement of the wing deflects air downward. At the same time it's pushing the air downward, the air is also pushing the wing upward. So, in effect, Bernoulli is pulling up on the top of the wing while Newton is pushing up on the bottom of the wing.

Changing how air flows around the wing allows for the pilot to control the plane. By moving parts of the wing, usually located along the back edge of the wing, the pilot can control the air flow and therefore the lift produced by the wing. For instance, if the pilot wants to turn left, he can use the controls in the cockpit to cause the control surfaces on the back edges of the wings (called ailerons) to move. In the left turn, the aileron on the right wing will tilt down a little and the aileron on the left wing will tilt up. When they do, it changes the airflow over the wings. Air will move a little faster over the right wing and a little slower over the left, causing the plane to bank to the left (right wing higher). Now, because the wings are tilted, as opposed to level, some of the lift forces generated by the wing are pushing the plane to the left, instead of just pushing it up in the air.

There are other controls, like the rudder and the elevator on the tail of the plane that also play a role, but turning is done mostly by the wings, not the rudder. Figuring that out is why the Wright Brothers learned to fly, if not exactly like the birds, then certainly with the birds. So next time you fly, give a thought to the Wright Brothers, Bernoulli and Newton. You're actually riding on their genius, not just on an airplane.

Michael J. Howard, Ph.D., is the vice president for education and research at Baptist Health Madisonville. He can be reached by email at madisonville.science@gmail.com or via Twitter at @madville\_sci.



MICHAEL J. HOWARD

**People have been watching birds fly, wishing they could join them, probably forever. Who doesn't feel at least a bit of envy while watching a bird soaring through the air, seemingly free from the shackles of gravity? Well, people — being the marvelously curious and inventive sorts of creatures that we are — have been experimenting with and thinking about ways to join the birds in the sky for a very long time.**

2014 Ford Explorer

**\$26,990**



Stock # LB5853-1

2015 Chevrolet Traverse

**\$26,990**

CERTIFIED PRE-OWNED



Stock # L15545

**Pogue Chevrolet Inc.**

270.641.0300

800.880.2600

FIND NEW ROADS™

[www.PogueChevrolet.com](http://www.PogueChevrolet.com)

TAX, TITLE, AND LICENSE NOT INCLUDED. W.A.C. SEE DEALER FOR DETAILS. PHOTOS FOR ILLUSTRATION ONLY. DUE TO ADVERTISING DEADLINES, VEHICLES MAY BE SOLD PRIOR TO PUBLICATION.

**PLANT**

Federal Credit Union



**OPEN A NEW CHECKING ACCOUNT WITH THIS COUPON & RECEIVE A FREE LARGE PIZZA!**

Offer expires 10-31-16

**VISIT OUR NEW MADISONVILLE BRANCH FOR DETAILS**

**182 MADISONVILLE SQUARE DR. • 270-452-0261**

