

Points East

By:
Ike Adams

There was an article in last Sunday's Lexington Herald-Leader Food Section, which the paper has cleverly renamed "A LA CARTE" in its ongoing effort to significantly more pretentious than your average rag, touting a cookbook which subsequently touted the gourmet experience of eating the still-heating heart of a live cobra. I've not been lying nor even stretching the truth.

Presumably, the snake dies after you chew on its heart for awhile but I still can't imagine the horsey set flocking out to the closest snake store and ordering live cobras for, say, 12 dinner guests unless they have competing lay-burners entered in the same race.

To give the paper due credit, there were no precise instructions for serving live cobra hearts. And the cookbook reviewer did seem to think that the culinary value of devouring snake hearts, while not totally disgusting, it might be a bit far-fetched for the blue-bloods of The Bluegrass.

(I personally believe that still-throbbing snake-hearts (besides being a great name for one of Dave Barry's Rock Bands) has the potential for dramatically improving the taste and texture of Keeneland burgoo and I've set to wondering how the hearts of cow-suckers and garter snakes might favorably substitute for cobras' in the same 'way' as spoonbail and carp eggs get passed locally for caviar.)

But here's what set me off. The same reviewer, while registering some veiled disgust to chowing down on snake hearts, found it almost equally disgusting to butcher a hog (he called em pigs) and then eating the fresh pork.

In the first place, if you are home butchering, you shoot the hog between the eyes with a .22 rifle and immediately cut its throat so that it bleeds properly. You scald the carcass with boiling water and rake off the hair after you are sure the hog is dead. You wash and rewash the carcass, with peaking water.

There are any number of ways to slice the hog open to its entrails, depending on the supervising butcher, but once you do that, if the heart is still beating, you drop your knives and butchering implements and head for the hills at a hard run because it's almost a sure thing that you are dealing with a witch. (I've never actually seen that happen but I've heard

about it and I know for sure that I wouldn't want to cope with a hog that had been shot and bled and scalded and still had a beating heart.) The truth of the matter is that all butchered hogs, in my personal experience, yield the most deliciously edible pork before the meat has been fresh or refrigerated. There's nothing as good and tasty and as a chunk of fresh pork tenderloin certainly

roasted on a stick over the coals of the same fire that heated the butcher's tubs of scalding water—and served with a big slice of cornbread—for lunch, while the butchering is going on. I've been there many times. I know what I'm talking about. I'd much rather have a fresh ham,

Stop Winter Itch

Presented By:

Dr. Kimberly Cornelius

When the humidity drops very low in the winter, the skin suffers. Not only does the skin dry out from the low humidity, but also from many things we normally do, such as bathing which washes away the skin's protective oils. When the skin gets dry it begins to itch, and scratching it only makes it worse.

The first step in helping the skin is to increase the humidity in the house. Use a vaporizer or humidifier. Lowering the temperature also helps—the more you heat, the more you dry the air.

A person should bathe less frequently and use a superfat soap, such as Basic, Dove or Carols. These help replace the oils and keep the skin moist.

Kerl Lotion or Eucerin are other oils that can be added to the skin after a bath. If the oils are added to the bath water, they make the tub very

slippery and dangerous.

You should pat your skin dry after a bath or shower and then apply the bath oil.

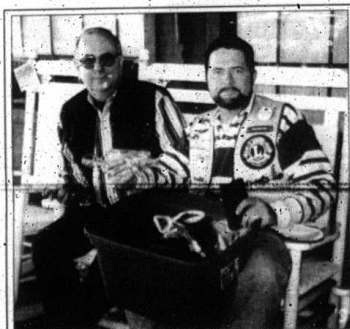
Carmol and Natraplus are lotions which draw water into the skin and help hold it there.

Antihistamines can be used for severe itching, especially at night when itching is much more noticeable. Antihistamines may cause drowsiness which can help you sleep through the night, but drowsiness during the day can be troublesome. Cortisone creams will help if there is any inflammation of the skin and help to moisturize the skin if they are in a cream.

Using these products, either singly or in combination, will help stop the winter itch.



Dr. Kim Cornelius



On Nov. 23rd President David Deboard went to Nashville to meet with Mr. Lynn Smith of the Roellen Baptist Church in Dyersburg, TN. Mr. Smith presented David with a pair of eyeglasses that the church and community donated to the Mt. Vernon Lions Club to help the Rockcastle Community. A special thanks to Mr. Smith, Walt Mart and Cheryl Hopegood and community for all their efforts and donations in supporting the club. A special thanks to Bobby Proctor, Sec. of Brothhead Lions Club and Keith Smith, Pres. for their invitation to the Turkey Shoot that David Deboard couldn't attend due to the trip to Tennessee.

Our Readers Write

Dear Editor,

We would like to personally thank you for supporting us the Mayor and Commissioners in our endeavor to get our town back in the position where we can do things that have needed to be done for a long time. Under the present administration, the town has been to receive some revenue that has been long over due. The State Uniform Financial Reports have been completed, releasing approximately \$8,000 to our budget for much needed road and street repair. This work has already begun with the replacement on Bullock St., the repair on School St. and cleaning ditch lines in various areas of the town. Street signs that have been missing or destroyed have been ordered and will be replaced soon.

Much needed audit that have not been made have been sent to CPA to be done which will release several thousand dollars to the General Fund. Both the Water O&M and Sewer O&M funds show a positive balance with work being done to continually upgrade both projects. The City also received a grant from a computer system and a fully equipped police car. The City has a full time police officer on duty and the crime rate has dropped by 75% since hiring the officer. Vandalism in the town has dropped as well as burglaries in the city limits. Thanks to working with the Rockcastle County Fiscal Court, the town now has moved into a new and more convenient City Hall Building on the old school property. This gives more room and makes it more accessible to senior citizens.

With the help of volunteers, the town is getting ready to decorate for the Christmas Holidays and host a town gathering at Christmas where coffee and desserts will be served giving the citizens a chance to see and hear our plans for the future of Livingston.

Meyer Ed McHargue, Commissioner Todd Mink, Katha Carpenter and Jason Medley have all worked hard along with all city employees, and citizens volunteering to get the City of Livingston in the position we can be proud of.

Thank you, Teresa Vanzant, Clerk Rockcastle Circuit Court

are a community member and would like to make contributions contact Nancy Hale at RCMS. Sincerely, RCMS Y-Club

Dear Editor,

On Tuesday, December 3rd, KET will broadcast a one-hour documentary entitled "No Greater Love" about the need for organ donation and the success of organ transplantation. The dramatic show, narrated by Angela Lansbury, begins at 9 p.m. eastern and 8 p.m. central. It will be followed by a one-hour statewide call-in show that will feature Kentucky stories and local experts to answer questions from viewers.

The Kentucky Circuit Court Clerks Trust for Life is proud to be a cosponsor of this important television event and I would like to urge everyone to tune in (or set their VCRs to record it). This gripping documentary will educate everyone as to the importance of this critical issue.

Please tune in and, if you haven't already, sign the back of your drivers license to indicate your willingness to be a Kentucky organ donor.

Thank you, Teresa Vanzant, Clerk Rockcastle Circuit Court

Dear Editor,

Here is a story to warm your heart and make you feel good about

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Turkey Shoot

Sat., Nov. 30th
at 1 p.m.

Hwy. 700, 1 mile from Hwy. 150

Sponsored by Brodhead Lions Club

Bring your gun & have some fun



Thanksgiving Dinner at

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Oven Baked Turkey with
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