

OPINIONS

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Heaven Is A Lot Like Kentucky

By Charles Mattox

“By awakening the Native American teachings you come to realize that the earth is not something simply that you build upon and walk upon and drive upon and take for granted. It is a living entity. It has a consciousness.”
Edgar Cayce, Kentucky psychic, prophet and mystic

*“When the trigger's movin' backwards
And the pin hits the shell
When my soul's sinkin' slowly
To the warm pits of hell
Won't you tell my baby sister*

*That I'll be back in the fall
'Cause it's better to have false hope
Than no hope at all.”*
From the song: ‘The Harvest’ by eastern Kentucky singer/ songwriter, Tyler Childers

“The discoveries of Psychometry will enable us to explore the history of man, as those of geology enable us to explore the history of the earth. There are mental fossils for psychologists as well as mineral fossils for the geologists; and I believe that hereafter the psychologist and the geologist will go hand in hand — the one portraying the earth, its animals and its vegetation, while the other portrays the human beings who have roamed over its surface in the shadows, and the darkness of primeval barbarism! Aye, the mental telescope is now discovered which may pierce the depths of the past and bring us in full view of the grand and tragic passages of ancient history!”

Joseph Rodes Buchanan (1814-1899). Buchanan was an American physician and professor of physiology at the Eclectic Medical Institute in Covington,

Kentucky. Buchanan was the first to use the term psychometry.

Martha Mills, late March, 2025

“Oh, Baby, I got one!” I heard Amber say with excitement in her voice, on a recent archaeological adventure on our property along Fleming Creek, in central Fleming County, known locally as the fading community of Martha Mills.

Amber and I, and our ‘Number One Son’, Cassidy, have been looking around the property off and on for aver a year.

On that particular outing, our good friend, Johnny Jett, known far and wide as a master craftsman and one of two stars from Fleming County you may have seen on Barnwood Builders TV program, had executed some backhoe work in an attempt to find the exact location of the mill that once stood there.

“Backhoe archaeology 101,” is what Johnny called it!

Although we didn’t find any millstones Amber did find a nice Native American artifact, a bifurcated

Paleo-era projectile, known as a ‘Fox Valley’ style.

Johnny’s Barnwood Builder partner and fellow Fleming County craftsman, Sherman Thompson, is also a relic hunter and a future publication I am working on will be an effort to highlight folks like Johnny and Sherman and the wonderful artifacts they and I and Amber and Cassidy and others have been found through the year.

I am an avid student of history, particularly the pioneer and Native American history of northeast and central Kentucky.

We have an abundance of fascinating history in the region of Kentucky we call home.

The various, fresh water and saline springs that have flowed in abundance in our region have attracted the attention of Kentuckians for over 10,000 years.

Early Native American peoples, we identify and refer to as belonging to the “Paleo Culture” called our region home in very ancient times. The evidence of their existence is largely based on the stone projectile points they utilized in

hunting, and those stone projectile points are very unique in their shape and are fairly easy to identify by archaeologist and collectors, alike.

The lance-shaped projectiles, which are commonly referred to as ‘arrow-heads’, were never used with a bow and arrow.

They were propelled by hunters through the use of an atlatl, or spear-throwing mechanism, which added extra power and force of propulsion through a special shaped device that acted as an extension of the hunter’s arm, and was used to help throw spear points greater distances, with greater force, than simply throwing such projectiles over handed would do.

Archaeologists believe Paleo hunters and their families were nomadic in nature and though loosely belonged to large social groups of like-minded clans and extended families, mostly lived and travelled in groups that seldom exceeded three dozen individuals.

Members of the Paleo Culture were not at the top of the food chain. They

were not even among the top five Alpha predators that lived in our region, and the fact that they were able to co-exist with an abundance of such aggressive and dangerous animals (large predatory cats such as saber-toothed tigers, dire wolves, grizzly bears and other, now-extinct and larger bear family groups, mountain lions, and large grey wolf packs) for thousands of years, lends testament to their ability to master their environment and thrive in extremely dangerous times.

Though commonly characterized as being ‘big game hunters’ who pursued large fauna such as big-horn bison and a variety of elephant species, paleo people primarily focused on plant foraging and hunting, fishing and trapping, smaller species, though they did pursue larger game like the bison and elephants.

Over 350 Paleo sites have been studied in Kentucky and more research is being conducted all the while.

WHAT LEADS ME BACK?

I am. I’m sure I drive my wife crazy.

This shock of recognition I received from the

little film has given me incentive to investigate exactly what forces I feel are pushing me to “stay on the

path.” I’ll let you know how it goes in a future column.

From the Table

By Tim Bailey

This is stress-free awareness month. I know everyone out there has had stress at one time or another, and some when over you could laugh at, but other times life-changing. Although at the time just the small insignificant ones can be a major problem for that person.

I can say for the most part I have been very lucky only a few times has the stress of life gave me any problems. I was fortunate to find something to counter the stressful feelings. Physical activity was my ticket, running as my main area and still is today as it is a part of my life now. I know very few like running, but there is many other things that can help when things become stressful. Things such as

painting, playing music, all types of crafts, even strange things to as mowing the yard. I even know two myself that will jump on the mower to relieve stress of the day! I don't know what happens during the winter maybe they have no stress through those months. The lawn mower people probably think running up and down town hill is a little strange as well.

It is not only good to have a hobby, especially a hobby to make you healthy, but to have one that is fun. Having a hobby that is fun goes a long way in taking care of any stressful situation. Dad always told mom sing Pooh, it will make you feel better. If I sang in a crowd, I don't really know how the others would be though. One of my stress release activities that is not

active is coloring when in for the night, or storming. I pull out the ole coloring book and markers. I use markers due to my less than average abilities with a crayon, as I have stated in earlier writings.

Also what I am doing right now is another activity I enjoy, thanks to mom getting me started. If you are reading this and don't really have a hobby, you should try to come up with one. It is never too late to start improving your health, and it has been proven you can start at ANY AGE. Take it from me, you will feel better well after the pain of starting))))). But anything that takes your mind off being aggravated is worth it.

That said take care of yourself, mother nature, and remember always BE KIND

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THE BATH COUNTY FISCAL COURT WILL BE ACCEPTING **SEALED BIDS** FOR THE FOLLOWING:
Fuel – unleaded gasoline per gallon (average cost +), keep fuel basis
Fuel – low sulfur diesel per gallon (average cost +), keep fuel basis
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SEALED BIDS WILL BE ACCEPTED UNTIL **4:00 P.M. ON MAY 7, 2025**.
SEALED BIDS WILL BE OPENED AT OUR NEXT FISCAL COURT MEETING ON **MAY 8, 2025, AT 10:00 A.M.**

MUST HAVE WORKMAN'S COMPENSATION, LIABILITY INSURANCE
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THE BATH COUNTY FISCAL COURT RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS.

ALL BIDS MUST BE MARKED SEALED BID

Forrest McKenzie
Bath County Judge/Executive

Published in the Bath County News-Outlook 04.17.25 and 04.24.25

LEGAL NOTICE
REQUEST FOR BID PROPOSALS

The Bath County Fiscal Court is soliciting **SEALED BIDS** for county **Employees' Health Insurance**.

Bid proposals must be sealed and delivered to:
Bath County Courthouse-Judge Executive's Office
19 East Main Street
PO Box 39
Owingsville, Kentucky 40360

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Owingsville, Ky 40360
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bcscmissy17@yahoo.com

COUNTY AGRICULTURAL INCENTIVES PROGRAM (CAIP)

Applications are available for Bath County's CAIP to assist farmers in making important farm improvements.

Application Period:
April 14, 2025- May 2, 2025

No applications will be accepted before April 14, 2025 or after May 2, 2025 @ 2:30pm

Application Availability:
**Bath County Conservation District
Monday – Friday (8:00am- 2:30pm)**

For More Information:
Contact Missy Ginter at (606)674-2121 ext 3 or emailbcscmissy17@yahoo.com

All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.