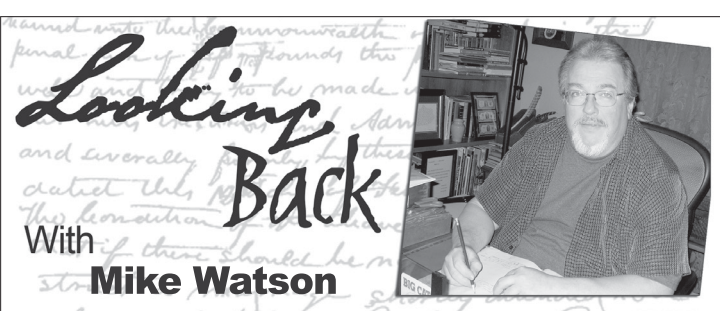


EDITORIAL



Sand Lick Spring, Part 2—

Because there seems to have been some interest... part 2 of Sand Lick:

The Sand Lick Spring tract of land was to be sold in the summer of 1905 to settle estate obligations as evidenced here from advertisements in the Adair County News of that summer: "Commissioner's Sale—Adair Circuit Court: Puss Hammonds, &c vs Mary A. Melson, &c—By virtue of a Judgment and Order of Sale of Adair Circuit Court, rendered at the May Term...I shall proceed to offer for sale at the courthouse door in Columbia...Monday the 3rd day of July 1905, at 1 o'clock pm...a tract of land lying in Adair County containing 175 acres. This land is covered with valuable timber, and includes the celebrated 'Sand Lick Spring.' Will sell the land in two tracts: 1st, ten acres including the spring; 2nd, the remainder of the land 165 acres...H.T. Baker, Master Com[missioner]."

With the sale of the land, more use was made of the celebrated Spring and more items tended to appear in local newspapers. By mid-May 1906 people were coming from all over the area to 'take the waters' and continued to do so at least through the end of October, as evidenced by news items:

"Visitors to the Sand Lick Springs last Sunday were Dr. J.T. Jones and wife, G.A. Bradshaw and wife, and Curtis Leach, all of Montpelier, and T.R. Stults and Wm. F. Jeffries, of Columbia."

"Trip to Sand Lick Spring—Dr. J.N. Page in company with Mr. Harry Chilson, visited the noted Sand Lick Spring recently. The doctor was perfectly delighted with the water and the scenery along the route. The road from here to the spring is somewhat different from the ordinary pike, but when he reached the Crocus hills he found the highway macademized (sic) with rock, ranging in size from a man's head to a hogshead, making the road smooth and easy. When he reached the top of one of the tallest hills he could see the place of his destination in the far distance. He became so elated, knowing that he would soon reach the health-giving water, he was thrown into one of his poetical moods, and there in the presence of Mr. Chilson, he sent these words to the breezes:

If you want to grow fat and slick,
Turn your eyes toward Sand Lick,
The noted resort will soon be reached,
When I get there I'll be a

peach.

"After delivering these beautiful lines, which he will set to music, the whip was laid on the mule and in a short time he pulled up at the spring, and was soon comfortably situated under one of the majestic trees that surround this famous and popular watering place. The doctor is not loquacious, rather reticent, but upon this occasion he met a number of his old acquaintances, and of course he was forced to talk, telling many of his interesting stories. While he entertained his friends with narratives, the Sand Lick band occupied the veranda of the hotel and discoursed delightful music for the doctor's special enjoyment. He returned to Columbia at 5:30 in the afternoon, announcing that he would visit the spring again at an early day."

"Dr. J.N. Page and wife visited Sand Lick Spring last Sunday."
"Mr. Millard Young and little cousin, Mary, made a flying trip to Sand Lick Springs, Saturday."
"Lewis Young seems to be improving since using the water from Sand Lick Springs."
The new hotel and improvements to the grounds made Sand Lick Spring a great place to recuperate from ailments and also to 'vacation' as we moderns might say.

"Mr. Jeffries, of Hodgenville, passed through this place last Thursday en-route for Sand Lick Spring. He is equipped with a complete camping outfit, and will spend the Summer at the above named health resort." This was early August 1907. "Mr.

W.E. Jeffries and family, of Hodgenville, who have been at Sand Lick Springs for several weeks, started homeward last Thursday."

"Sand Lick Springs—The healing waters of the Sand Lick Springs, 13 miles South of Columbia, is gradually but certainly claiming the attention of many of the people in this section and some remarkable results have been placed to its credit. Louis Young, son of John Young, is one of the latest to be blessed by its healing properties. For nearly four years he has been compelled to use crutches, due to rheumatism, but only a stay of two or three weeks has enabled him to throw his crutches aside. He feels that he will soon be entirely well." [1908]

"Mr. James Holladay and wife passed here [Joppa community] one day this week en-route to Sand Lick Spring to spend a month... Mr. James Holladay is also attending the Springs and evidence of returning youth are beginning to show. These facts reaching the ear of Mr. J.T. Page, of this city, have stirred within him a longing to bathe in its pools believing it the fountain that Desota (sic) sought. More than one hundred people were at the Springs last Sunday."

"Mr. John Troutman who has spent quite a while at Hot Spring, Ark., and other noted health resorts for rheumatism, has spent the last three weeks at Sand Lick Springs, and pronounces it the strongest and best water he has used. All that is needed to make it a great health resort is a boarding house."

Michael C. Watson



TAXES FIRST OR TAXES LAST

I'm committed to the people of our county to make sure they understand the decisions that have to be made in their overall best interest. Hopefully the next few paragraphs will help clear the fog, or the muddy water that has held up progress for far too long.

The need for taxes runs our federal, state, and county government, like it or not. Without it these government forms would surely perish. I'd like to offer this solid explanation of why we all need to pay our part during our designated time.

If we are lucky enough to live an average life span and pay our dues through taxation, we need to remember our days are numbered, and when we retire, get sick, or die, the next generation of payroll check receivers paying occupational tax to Adair County will be paying for the services/things you feel you deserve.

This brings me back to a lifelong quote. There is no such thing as a free lunch! We all are lucky to live in the United States of America. Be happy.

I say this because, I know there is a big light shining at the end of the tunnel. I am excited for this year of 2026, seeds of hard work are sprouting and the green buds are turning into leaves! It is a beautiful time of year. Just in time for derby days.

I met a lot of opposition from the fearless five in my early weeks in the County

Judge's office. I saw early on this particular set of Magistrates had been calling the shots during the prior administrations. During one of my early conversations I discussed with them the need for revenue and they all agreed. The difference was I told some of the Magistrates I was not afraid to push things forward and would do it with or without them and that is exactly what I have done. Imagine what we could have accomplished if they wouldn't have fought/sabotaged every plan or idea the whole term! They were so afraid of losing a vote. Knowing they needed revenue for over 8 years or longer for some of them serving. They did nothing to help keep this county from going bankrupt but benefited their own pocketbooks! That was their main concern...not you...not the county. Let that sink in!

Despite the nay-sayers, negative comments, backstabbers, and the constant chaos with the help of believers that want better for Adair County we keep turning the wheels of progress. There will be a reveal in the near future sprouting soon. This will exemplify that persistence and a steady focused push can result in a goal accomplished. As always thanks for all the encouragement and continued support.

Still standing and pushing for progress for the Citizens of Adair County.

Your Judge,
Larry Russell Bryant

Ask Dr. Angelia

Dr. Angelia S. Bryant, Certified and Licensed Counselor
angelia.s.bryant@gmail.com

"I wanted to talk about it. I wanted to scream. I wanted to yell. I wanted to shout about it. But all I could do was whisper, 'I'm fine.'" -Unknown

Small Steps Toward a Better Day

There is a difference between growing older and growing bitter. We all know people who seem to carry every disappointment, every hurt, every betrayal, every unfair moment like a heavy sack over their shoulder. They replay old wounds, relive old arguments, and revisit old losses until bitterness becomes part of their identity. But age does not have to do that to us.

In fact, I believe one of the great gifts of growing older is that we finally begin to learn what matters and what does not. We stop worrying so much about pleasing everyone. We become less interested in proving ourselves and more interested in enjoying our lives. We begin to realize that peace is more valuable

than being right, that joy is more important than perfection, and that time is too precious to spend all the time on anger.

The older I get, the more I understand that bitterness steals from us. It steals our laughter. It steals our sleep. It steals our relationships. It steals our ability to enjoy a beautiful spring day, a good meal, a grandchild's laugh, or an evening sitting on the patio with someone we love.

Psychologist Erik Erikson believed that the final stage of life is a struggle between what he called "Ego Integrity" and "Despair." In simple words, we reach a point where we either look back on our lives with acceptance, gratitude, and a sense of meaning—or

we look back with regret, anger, and despair.

Most of us have known heartbreak. We have buried loved ones, lost friendships, endured disappointment, worried over children, struggled financially, battled illnesses, and carried burdens we never expected. None of us reach this stage of life without scars.

But Erikson believed that healthy aging comes when we can look at the whole picture of our lives, the good, the hard, the beautiful, and the painful, and still say, "It was worth it."

That is not denial. That is wisdom. Growing older without becoming bitter means choosing gratitude over resentment. It means deciding not to let one painful chapter define the entire story. It means refusing to spend the last third of our lives angry about what should have happened, or never happened.

Instead, we can ask different questions. Who do I still love? What still brings me joy? What wisdom can I share? What beauty can I still notice? What laughter can I still create?

There is something deeply beautiful about people who have lived long enough to know pain, but who still choose kindness. People who have every reason to be hard but remain soft. People who have been disappointed but still expect goodness. Those are the people we are drawn to. Those are the people who make us feel safe.

As I grow older, I want to be that kind of person. I want to become someone who still notices flowers blooming, still smiles when great grandchildren run through the house, still enjoys a good meal, still laughs loudly, still forgives, still believes people can change, and still thanks God for one more day. Because growing older is a privilege. Growing bitter is a choice.

And I hope we choose wisely.

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:31-32 And above all, Love God and People. Amen.

University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Extension News

Agriculture and Natural Resources

Nick Roy
Adair County Extension Office

Haymaking Season Around the Corner

Last year's wet spring created significant challenges for producing high-quality hay for livestock. Many first cuttings were delayed until June, and although yields were often high, forage nutrient density was quite low. The single most important factor affecting hay quality is the stage of maturity at harvest. For optimal quality, hay should be cut when the plant is transitioning from the vegetative stage to the reproductive (flowering) stage.

While weather conditions are beyond our control, we can take steps now to prepare for the upcoming hay season. Getting equipment ready early positions us to take advantage of favorable forecasts when they arise. If conditions allow, consider beginning first harvests in late April or early May. Cutting hay earlier will reduce yield, but forage quality will be exceptional. In addition, any yield sacrificed initially can often be recovered through strong regrowth of cool-season grasses, resulting in a productive second cutting by late June.

Hay producers should

also consider the option of wrapping baled forages. Round-baled silage can be an effective way to harvest and preserve high-quality forage when harvest windows are narrow. Ideally, forages should be baled at a moisture content of 40–60%. Bales should be dense and wrapped thoroughly with plastic to ensure complete exclusion of oxygen and proper fermentation. Baling forage at moisture levels above 60% can increase the risk of feeding problems and should be avoided.

Producers should also be vigilant for poison hemlock and avoid harvesting any field areas where this plant is present. Poison hemlock is potentially toxic to both livestock and humans, whether consumed during vegetative growth stages or after the plant has dried in harvested forage.

Ideally, poison hemlock should be controlled with herbicide applications made during the plant's early vegetative growth stage in late winter or early spring, or with a fall herbicide treatment. At this point in the season, effective control

See **ROY**,
Cont. on **Page A8**

We welcome your thoughts and opinions. **LETTERS TO THE EDITOR** can be sent to **THE ADAIR PROGRESS 98 Grant Lane • Columbia, KY 42728** or **editorial@adairprogress.com** (Letters **MUST** be signed, and may be edited for content)



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