

Former resident publishes first book

A former Rockcastle resident, Dana Mize, 59, recently published his first book. The book is titled, "Born Into Hell." Although this is his first book, Mize has published several poems as well as a song.

The book is based on a true story. It tells of the many horrifying things he saw as a child growing up in the deep country. Mize has seen terrifying things that no one, especially a child, would want to witness.

Mize spoke of the difference in today's times, compared to when he was a small child.

"There is absolutely no comparison. Where we lived when I was a child, was at least five miles from the grocery store and the post office. We being the oldest, I got all the chores. I even helped out in the coal mines in order to survive. Some families would draw a little check. This would help them to pay for their groceries and raise some of their food," Mize said.

To this day, the past haunts Mize. He has to deal with what he saw as a child.

"At night when I go to sleep, I have to tie both of my arms down. This is to keep me from hurting myself as I fight the past in my sleep," he stated.

The fight is so mentally brutal that the physical pain is unbearable.

"I've woke up bleeding, I have suffered from broken hands and legs, trying to escape the past," Mize said. "I've continued... I've seen people talking of their repressed memories that actually got me to thinking about writing the book. I do not understand how they can forget their past. I do not believe in repressed memories. If something that happened in the past was painful to you, it will stay with you for the rest of your life."

"The repressed memories kept bringing up on several different subjects, is what made me think about it. Some people speak of repressed memories as teenagers. I can't even repress what happened when I was three years old. It's still there in black and white," he said.

Everyone has goals, things they want to accomplish in the future. Mize spoke of his, "Right now, the doctors have got me totally disabled to do anything. However, my goal is to write another book and get it published, as well as some more of my poems. I am going to use for my grandchildren's education. An education is a very important thing to have."

It took him only three weeks to write a spine-tingling book on a painful subject he knows so much about.

"What I saw on a daily basis started when I was three years old. If I could repress the memories I carry with me I would, but the pain is too great. The memories of my past, I still carry with me, fighting them daily," Mize said.

Mize does have hobbies outside of his writing.

"Fishing is my main thing. I read the Bible a lot. When I start reading, I won't stop until I've completed it. I read everything I can get my hands on. I've written several poems, two of which I am proud of, 'Loving You and Me' and 'Dreadful.' I like to enjoy life," Mize commented.

The book is available online to viewers who are interested in hearing Mize's chilling, true story. It can be viewed at www.firstbooks.com. To purchase the book, click on Buy. The cost of the book is \$3.95.

"Born Into Hell" Introduction

This is a true story, a story I've tried to forget. It just won't go away. The nightmares still torture me. The violence I saw as a child is still with me every night. It all flashes through my mind in seconds, and I still get that shaky feeling inside. I have trouble writing about it.

I've seen my mother beaten until she was unconscious, time after time. I've seen her shot twice, and she never went to the doctor. I was shot down and then beaten in the head with the rifle barrel. All this happened when I was just a kid.

All of these people with their repressed memories is what inspired me to write this. I don't believe them to be true. It happened, and it hurt, it will stay with you for life. I'd give a million dollars if I could repress mine. That is, if I had a million dollars.

I am fifty nine years old and now trying my right arm to the bed. My nightmares are so violent I've hurt myself. I've also hit my girlfriend, and won't sleep with her anymore.

All of this started when I was three years old. I've tried alcohol and mind altering drugs, but nothing works. You can tell me something about walking through the valley of the

shadow of death, and I can tell you what it's like. Read this story at your own risk. I'll not be responsible for anyone's nightmares but my own.

"Games"

(Cont. from A9)

Participants can also pick up booklets at the following locations: Valvoline Instant Oil Change locations in Louisville and Northern Kentucky, McDonald's Restaurants in Central/Southeastern Kentucky, Meijer Stores in Lexington, Central Bank locations, Verizon Phone Kiosks, Verizon Wireless Kiosks, local parks and recreation departments, public libraries, Ashland/Marathon stations.

There is also a schedule of events for the Summer Games.

July 20-22: archery, adult basketball, canoeing/kayaking, disc golf, driving, Equestrian (saddle seat), power tumbling, soccer (adult), softball, tennis and tennis, track and field.

July 27-29: basketball (youth), bowling, chess, croquet, cycling, fencing, golf, gymnastics, horseback, martial arts, racquetball, shooting, soccer (youth), softball, swimming, table tennis, tennis, track and field, volleyball and SK, Road Race.

In addition to the two major week-ends of play, the Games will hold a sailing event on July 14, and an orienteering competition on August 4-5.

The Bluegrass State Games are designed to provide Kentuckians of all ages and abilities an opportunity to participate in statewide, family-oriented sports festivals styled after the Olympic Games.

They are co-hosted by the Lexington-Fayette Urban County Government, the Commonwealth of Kentucky and the University of Kentucky.

Ashland Inc. and the Valvoline Company are four sponsors of the Bluegrass State Games. Present sponsors are Verizon, the Kentucky Education Savings Plan Trust, Lexington Herald-Leader, and Meijer/Pepp's/Cola.

Other sponsors include Kentucky Utilities Co.; Lexington Convention and Visitors Bureau; Lexington Area Sports Authority; Lexington Legends; Lexington Hotel/Motel Association; Lexington Marathon; McDonald's of Central and Southeastern Kentucky; Central Bank; Radisson Plaza Hotel; Trust for Life; Kentucky Broadcasters Association; Kentucky Press Association; Kentucky Cable Telecommunications Association; KET-TV; The Kentucky Network; Champions for a Drug-Free Kentucky and the Kentucky National Guard.

"Housing"

(Cont. from front)

going to have strong economies, better student achievement and a better future for all Kentuckians, we must have more affordable housing," he said.

Kentucky Housing, the state housing finance agency, also offers low interest home buyer loans, homeownership education and counseling, rental housing programs, financing, a variety of rental assistance and housing rehabilitation programs for the entire state.

For more information about Kentucky Housing Corporation, visit the Corporation's Web site at www.kyhousing.org, or call Daniel Boone at (606) 256-5315.

"Indictments"

(Cont. from front)

stripping property valued at over \$1,000. The Kirby's are also accused of hitting Bullock during the burglary.

Their bonds were set at \$10,000 cash, ten percent cash or \$1,000. James E. Denney, 31, of Rt. 5, Mt. Vernon was indicted on three counts stemming from a December 8, 2000 incident involving William Alexander and Gray during the altercation. He was also indicted for being a persistent felony offender, because he had previously been convicted of trafficking in a controlled substance.

His bond was set at \$10,000 cash or property.

James Ellis Renner, 44, of Tully Payne Road, Mt. Vernon was indicted on a count of receiving stolen property belonging to Jim Miller and valued at over \$300. He was also indicted on a charge of possession of a controlled substance.

He is accused of having illegal drugs in his possession on May 28. Roy Dale Frederick, 36, of Chestnut Ridge Road, Mt. Vernon, was indicted on one count of trafficking

in a controlled substance, first degree.

He is accused of possessing Methamphetamine with the intent to distribute, on March 1. His bond was set at \$10,000 cash.

Dana G. Ellison, 27, of Copper Creek, Ricky Dale Madden, 43, of Mt. Vernon and Gary T. Elliott, Jr., 33, also of Mt. Vernon were all indicted on three counts stemming from a May 1999 traffic stop by Kentucky State Trooper Lyle Owen.

The three are accused of possessing Methamphetamine with the intent to distribute it.

They are also accused of possessing scales, pipes and a scanner.

Circuit Judge William Cain set the three men's bond at \$25,000 cash each.

Lewis Cotton, 22, of Richmond Street, Mt. Vernon was indicted on one count of fourth degree assault. He is accused of hitting Johnnie Roundtree on February 25.

Glenn Miller, 38, of Nicholasville, was indicted on a charge of being a persistent felony offender. Miller was indicted last September on a charge of burglary.

According to court records, he has already been convicted of sexual abuse and burglary in Jessamine County.

"Brodhead"

(Cont. from front)

lems again at Castle Village Apartments.

Bussell said that the new manager at the apartment complex was not cooperating with him in trying to police the area and keep it safe for those residents not causing a lot of problems.

Bussell said that he was making several trips a day to Castle Village, but that he was receiving absolutely no help from the new manager.

He said a lot of problems stemmed from fights between live-in couples.

"One man came home, took the front door off its hinges and threw all of the stuff in the apartment outside."

Bussell said that he arrested the man, but that he was let out of jail in only a short period of time.

Councilman Whipple suggested that the city write the owners of the apartment complex and tell them if they did not cooperate, the city would instruct their officers not to patrol the area.

City Attorney John Ford, who was attending his first meeting, told Wilcox that he did not think the city could do that because the apartment complex was in the city limits and Ford said that the people in the complex who were not causing any problems should be afforded police protection.

Bussell said that he also thought there was someone making methamphetamine in one of the apartments, but that he had been unable to obtain a search warrant from the county attorney because no one had bought any meth from the apartment.

The council agreed to write the owners of the complex a letter and ask for their cooperation in trying to police the area.

"Senior Center"

(Cont. from front)

The court also went into executive session the discuss the fate of newly appointed 91 director Bonnie Roark.

Mrs. Roark is also Director of the Chemical Stockpile Emergency Preparedness Program.

Carolius said that he was concerned about Mrs. Roark having both jobs in the case of a real emergency such as the tornado at London a couple of weeks ago.

Carolius said the court took no action, and will discuss the matter at a later date.

Mrs. Roark was appointed by the 911 board to replace Tim Cameron, who resigned a couple of weeks ago.

The court also discussed the po-

sition of Solid Waste Coordinator.

The county is currently without one.

Carolius said that former Coordinator Scotty Berryman was now helping 911 with the mapping of the county for the enhanced version of 911.

The court did not hire anyone to replace Berryman.

The court also heard from Ronald J. Elbehr and Boyd Graves with the H. C. Nutting Company, who asked the court to allow them to assist the court in implementing a cell phone tower ordinance for the county.

Elbehr told the court that in the next seven years there would be seven times as many towers in the United States as there are now and that if the county did their ordinance correctly

they could realize revenue from cell phone companies and they could also limit the number that would be built in the county.

Elbehr told the court that his company would even process the applications for the county and that there would be no cost to the county for their services.

The court took no action and told the men they would take their request under consideration.

The court also heard from Don Miller, the new owner of the Renfro Valley KOA Campground.

Miller presented the court with a petition with 24 signatures asking that Red Foley Road and Medical Springs Road be resurfaced.

Both roads lead to the KOA Campground at Renfro Valley.

Gardening & Landscaping Tips

By: Max Phelps

Yards to Paradise

Waterfeatures: Growing Home Landscaping Phenomenon

While the typical yard may have a swimming pool of a hot tub, a growing number of yards (front and back) are sporting new waterfalls and Koi or goldfish ponds.

I have completed six waterfalls in the past year. Besides a fountain in Berea Cemetery these were residential projects. Others are in planning. Perhaps as we grow older we want to get back closer to our roots—to nature—to the wilds. A lot of folks are "getting back to nature" by bringing those features of nature they like to their property in or near cities. Trees and rocks are standard in a lot of landscaped yards. Waterfalls and watergardens are highlights in the landscape of a growing number of folks.

Or perhaps it is the phenomenon known as "cocooning" (staying at home and spending leisure time with family and friends) that is responsible for the trend to create and enjoy "paradise" at home.

Waterfalls are a rapidly-growing thing with these folks. Maybe you would like a water-garden but be scared by initial cost, or prospects of upkeep? For the cost of a swimming pool or hot tub, you can have a quality waterfall, stream or fish pond in your yard. And it is likely to bring longer-lasting and more frequent joy than either the pool or the hot tub.

Consider the dollars spent by a family of four in Florida or Gatlinburg or Myrtle Beach in a week. For a growing number of homeowners, investing travel dollars at one's home makes real good sense. (And the enjoyment is substantial and often—no just one time a year.)

And as to maintenance—ask someone what's involved in keeping up a pool or hot tub. A waterfall and pond are less trouble than either. In fact, consider the time spent mowing and caring for a spot of lawn. With a waterfall and pond you eliminate some yard... and the small amount of pond maintenance will be fun compared to law mowing.

If you think like something you, think carefully before jumping headlong into one of these water features. Type, size, location need planning. Consider the level of the land, the amount of sunlight, the view from inside, the view from the deck/

patio... improperly built or too-small will lead to re-building later.

There are do-it-yourself kits, but unless you have a knack or love for learning and doing new things, you'll probably want to have someone with experience to create your new residential waterfeature.

Happy "ponding" in your paradise!

"A Child's Landscape Ideas"

By Melissa Phelps

(14-year-old daughter of Max Phelps) As you jealous of your neighbor's yard because it's the best one in town? Want to change that? Here are few of their and our secrets so you can have the best yard in town.

Color: A very important step to a beautiful land/landscape. Lots of flowers are recommended when adding colors. Reds, purples and whites makes a romantic look, while white, pink, blue and other pastels will soothe the soul.

Rocks: From rock gardens to a single rock in a flower bed or a fountain, rocks are a great additive to land/landscapes. There are many kinds of rocks, and if used just right, are all beautiful. In a flower bed, black mulch would be a great background for any but just a drop of a pink or white rock! A huge boulder of sandstone would be pretty in a bed of cypress mulch and a couple of weeping willows or weeping cherries for a background. Even in rocky dry mud, marble would be very nice.

Wood: Trees help the environment and look great in your land/landscape. Decorative trees like weeping willows, weeping cherries, etc. For a real fancy house try shade gardens, when used wisely, trees are very attractive and are nice for shade over an eating area.

Simple ideas like benches or chairs are nice. For more elaboration, try arbors, huts, bridges over ponds, hammocks, picnic tables, gazebos, fountains, etc. For a real fancy house try shade gardens, when used wisely, trees are very attractive and are nice for shade over an eating area.

Nightlights: Lights under water and around your waterfall or landscape can help you enjoy many more hours in your yard. Underwater lights are very beautiful when used, so are solar or electric ones for your yard. Midnight walks are very fun.

Animals: From frogs to fish to snails or any kind of house pet, they will adapt to your land/landscape. Cats and dogs will most likely drink out of your pond and swim at fish. Fish can be trained to eat out of your hand and are fun to feed. Frogs can have a beautiful concert at night to go and listen to. You might even have tadpoles in the late spring! Bird feeders are an excellent choice—especially hummingbird feeders.

Fruit trees and bushes: Trees and bushes are nice around your yard and pond, but fruit! Kids will have lots of fun hours outside tasting the many fruits in your land/landscape. Adults also enjoy the sweet fruits.

Swim Lessons

June 18th - 29th

8 to 9 p.m.

\$40 per child

Cedar Rapids Country Club

*Children must be able to stand in at least 3 ft. of water

To sign-up, call

256-4112

United States District Court Eastern District of Kentucky

Criminal No. 99-139

United States of America Plaintiff

VS. Charles Franklin Ashcraft

Anna Ashcraft Defendants

Notice is hereby given that on December 8, 2000 in the above-captioned case, the Honorable Jennifer B. Coffman, United States District judge for the Eastern District of Kentucky, entered an Order condemning and forfeiting the following property:

Currency: \$2,550.00 (Two Thousand Five hundred Fifty-Five Dollars) in United States currency.

YOU ARE HEREBY NOTIFIED that the United States intends to dispose of this property in such manner as the United States Attorney General may direct. Pursuant to Title 21, United States Code, Section 853(n), (1), if you have a legal interest in this property, WITHIN THIRTY (30) DAYS of receipt of this notice, you must petition the United States District court for the Eastern District of Kentucky for a hearing to adjudicate the validity of your alleged legal interest in this property. If a hearing is requested, it shall be held before the Court alone, without a jury. THE PETITION must be signed by the petitioner under penalty of perjury, as established in 28 U.S.C. § 1746, and shall set forth the nature and extent of your right title or interest in each item of property, the time and circumstances of your acquisition of the right, title or interest in each item of property and any additional facts supporting your claim and the relief sought. Pursuant to Title 21, United States Code, § 853(n) (2), NEITHER A DEFENDANT IN THE

ABOVE-STYLED CASE NOR HIS AGENT IS ENTITLED TO FILE A PETITION, ANY HEARING on your petition shall, to the extent practicable and consistent with the interests of justice, be held within thirty (30) days of the filing of your petition. The court may consolidate your hearing on the petition with any other hearings requested on any other petitions filed by any other person other than the defendant named above. YOU HAVE THE RIGHT at the hearing to testify and present evidence and witnesses on your own behalf and cross examine witnesses who appear at the hearing. IF YOU FAIL TO FILE A PETITION TO ASSERT YOUR RIGHT, TITLE OR INTEREST IN THE ABOVE-DESCRIBED PROPERTY WITHIN THIRTY (30) DAYS OF THIS NOTICE, YOUR RIGHT, TITLE AND INTEREST IN THIS PROPERTY SHALL BE LOST AND FORFEITED TO THE UNITED STATES. THE UNITED STATES THEN SHALL HAVE CLEAR TITLE TO THE PROPERTY HEREIN DESCRIBED AND MAY WARRANT GOOD TITLE TO ANY SUBSEQUENT PURCHASER OR TRANSFERREE. All petitions must be filed with the United States District Court for the Eastern District of Kentucky, London Docket, at the following address: United States District Court Clerk, P.O. Box 5121, London, Kentucky 40505-5121. You must serve a copy of your petition upon the United States Attorney at the following address: Joseph L. Farniaron, United States Attorney, David Y. Olinger, Jr., Assistant U.S. Attorney, Forefront Unit, 110 West Vine Street, Suite 400, Lexington, Kentucky 40502-1671.

Dated: May 23, 2001
Steven E. Stone
Acting United States Marshal
United States Marshal's Service
Eastern District of Kentucky

