



# KENTUCKY MUFON NEWSLETTER



pg. 1

Vol. 1 Issue 4

Traveling into the new millennium..the time is now!!!

November 1998

## **MY STORY....**

## **..FOUR HOURS OF TERROR!!!**

A few months ago.. I went to run some errands that should have took no longer than forty-five minutes at the most. But when I returned to my mother's house, I discovered four hours had past.

My mother was very upset because upon making a few phone calls, no-one had seen or heard from me.

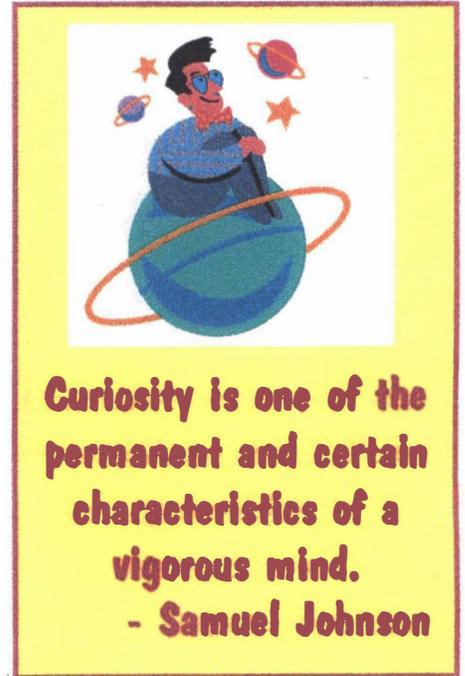
My memory was that I had went to three different places and then back to my mothers. As I said before, this would have taken no longer than an hour.. I was shocked when I realized what time it was and I had no memory of where I had been for those four hours.

The memories came later that night and in the following days more pieces of the puzzle started coming together.

I've had, in the past 20 years, missing time and other encoun

ters. This was the most terrifying one I have ever experienced. The only words I can think of to describe what happened to me was, I was interrogated, drugged, and tortured mentally and physically. As a women, what was done to me will never be wiped from my mind. I suspect that the four men that detained me were government operatives.

Continued on page 2.....



## **KENTUCKY MUFON NEWSLETTER** **SUBSCRIPTION**

Beginning January 1999, there will be a subscription charge for the newsletter. The yearly cost is \$22.00.

You will receive 12 monthly issues of informative, UFO related information. The newsletters will contain approximately 6 to 12 pages per issue. The money collected for the subscription will go towards printing expenses and conferences.

The newsletter will also be covering stories dealing with paranormal events surrounding UFO sightings. It will be dedicated to not only personal abduction but the spirituality that comes from the knowledge of abductions. You can't have one without the other.

To subscribe, see the subscription coupon on the editor's page.



**There are support meetings held every second Thursday and the last Friday of each month in Elizabethtown, KY. If you are in need of someone to help listen to your story, this is where you want to go..Don't be afraid, there are a variety of different types of people there. For information, check the Editor's Page.**

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What I can remember of their appearance was their haircuts, which I always refer to as military crewcuts, the black suits, and for some reason, I have a very vivid memory of their shoes which were so shiny and black.

Now I don't consider myself to be someone that is so important or have so much knowledge that I would be such a threat that these scare tactics would be used on me. As best as I can remember, they were very interested in retrieving information that I apparently had received from my encounters with the extra-terrestrials.

Recently, I had three puncture marks on my head that were in the shape of a triangle (which over the past ten years I've had them many times).

I don't know what they represent. What I do know is that at certain times over the years, I have been given visions of future events which as the years passed, these visions became realities.

The main focus of their questions was wanting to know what was going to be happening in the next two years.

Apparently, the ET's had put a very strong block on my memory. I wasn't able to tell them anything even though quite a bit of pain was inflicted upon me. I was told that at anytime anywhere they could take me and do anything they wished to do to me.

I recall seeing a hypodermic needle and being told that it had a new strain of the Aids virus that would cause horrible suffering before death. To the best of my memory, they didn't inject me with this. Apparently, this is being reserved for another time if I do

not comply with the demands they have placed upon me and that would be to stop all research and communications that I have been involved with in the past four years.

I was burned twice with a cigarette and the one that did this seemed to receive a sadistic amount of satisfaction from my cries. They had



Look for part 2 in Dec. issue

information that I had never shared with anyone. I was repeatedly asked about a map that I had been shown years ago where cataclysmic events were to happen. Many of these things have already come to pass in the past ten years.

Why do they need this information? I know I'm not the only one who has been given details of future events. There are many, many people out there who must know just as much as I. I'm aware that a big battle between good and evil is happening or is escalating at this time frame. I also am aware that many people are so afraid that they completely stop asking questions and try to live in the illusion that this world is no different than what has been.

We have thrown into high gear where man things and many truths must come out. The battle lines have been drawn. Humankind will have to make the choice of which side they wish to take.

A friend of mine tells me that perhaps the path to take is of one that leads you to walk in the middle. Maybe some people can do this and it is probably the easy path to take; but to me the battle is for the soul and I can't walk down the middle. You can torture, mame, or kill the body; but you can't touch my soul.



## **KY MUFON OFFERS LIBRARY FEATURE!**

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**To request the book or video list write to the Archives Address (listed on editor's page) and we will mail or e-mail you that day. We offer this in a effort to help keep you the most informed members in the world.**

**--Scott Voight**

# FACES OF THE VISITORS: A SURVEY OF ALIEN CONTACT

## BY MICHAEL LINDEMANN

### PART ONE



pg. 3

**Introduction...**The modern era of UFO encounters, dating roughly from the end of World War II, contained from its inception an implicit argument over the character and motives of "the visitors." The earliest military studies of UFOs, undertaken in secret, were driven in part by a genuine fear of hostile invasion from space. That fear exploded into popular culture in the early fifties, epitomized by such films as "War of the Worlds" and "Invasion of the Body Snatchers." At the same time, while the first generation of serious civilian ufologists fixated on distant objects in the sky, an odd assortment of so-called contactees began attracting hordes of followers, some merely curious but many entranced and adoring, to hear their stories of benevolent, godlike beings from other worlds.

The gross dichotomy between hostile invaders and benevolent space brothers might have been expected to fade as decades of research advanced our understanding of UFO phenomena. But exactly the opposite has happened instead. Today, the argument over the character and motives of "the visitors" is more starkly drawn than ever.

It must of course be acknowledged at the outset that a more fundamental question overlays the questions of visitor character and motives--and that is the question concerning whether or not UFO phenomena and alleged "alien visitation" represent anything otherworldly at all. But for purposes of this special report, that question will be set aside. Here we will assume that "the visitors" are real, in order to examine the deeply divided opinions about who "they" are and what they may be doing on our planet.

**Part One....**The Beginning of The End?? Among the current generation of serious researchers, Temple University history professor David M. Jacobs, Ph.D., stands out both as a scholar of the phenomena and as a proponent of the darkest scenario of alien invasion. Jacobs' concept of the invasion bears no resemblance to the popular six-gun mythology of films like "Independence Day," Where grotesquely tentacled aliens stand in for Saddam Hussein and heroic American flyboys kick them back to the stone age. The "real" invasion -- and for Jacobs it is absolutely real -- is more terrifying than that,

because it is utterly surreptitious yet unstoppable. We are doomed as a species, Jacob believes, and we didn't even see it coming.

"The aliens have fooled us," he writes in his disturbing new book, "The Threat What the Aliens Really Want, and How They Plan To Get It" (Simon & Schuster, 1998). "They lulled us into an attitude of disbelief, and hence complacency, at the very beginning of our awareness of their presence. Thus, we were unable to understand the dimensions of the threat they pose and act to intervene. Now it may be too late. My own complacency is gone, replaced by a sense of profound apprehension and even dread....Now I fear for the future of my own children."

Jacobs is hardly alone in his forebodings. Budd Hopkins, arguably the most influential abduction researcher on earth, shares Jacobs' view that alien intruders are quietly engineering a huge population of hybrid beings, mixing human and alien genetic material toward the end goal of supplanting present-day humanity with an "improved" race answerable to the aliens' designs for planet earth.

As Jacobs sees it, "It is now possible to discern at least four specific programs that the aliens have put into effect to achieve their goal: "1.) The Abduction Program: The aliens initially selected human victims around the world and instituted procedures to take these humans and their progeny from their environments without detection. "2.) The Breeding Program: The aliens collect human sperm and eggs, genetically alter the fertilized embryo, incubate fetuses in human hosts, and make humans mentally and physically interact with the offspring for proper hybrid development. "3.) The Hybridization Program: The aliens refine the hybrids by continual alteration and breeding with humans over the generations to become more human while retaining crucial alien characteristics. Perhaps humans are also altered over time and acquire alien characteristics. "4.) The Integration Program: The aliens prepare the abductees for future events. Eventually, the hybrids or the aliens themselves integrate into human society and assume control."

[Part 2 will be in the next issue.....](#)



# FROM CYBERSPACE TO YOUR PLACE



For those of you who do not have access to the Internet  
This is your Link!!!!!!

pg. 4

NOT A HOAX!!  
Vatican Admits  
On National  
TV That ET  
Contact IS REAL

--by Richard Boylan, PhD

Monsignor Corrado Balducci, a Vatican theologian insider close to the Pope has gone on national Italian television five times in recent months to proclaim that extraterrestrial contact is a real phenomenon. The prelate announced that the Vatican is receiving much information about extraterrestrials and their contacts with humans from its Nuncios (embassies) in various countries, such as Mexico, Chile and Venezuela. Monsignor Balducci said that he is on a Vatican commission looking into extraterrestrial encounters and how to cope with

the emerging general realization of extra-terrestrial contact.

Balducci provided the Catholic Church's analysis of extraterrestrials, emphasizing that extraterrestrial encounters "are NOT demonic, they are NOT due to psychological impairment, they are NOT a case of entity attachment, but these encounters deserve to be studied carefully." Since Monsignor Balducci is a Vatican expert exorcist, and since the Catholic Church has historically demonized many new phenomena that were poorly understood, his proclaiming the Vatican's non-censure of these encounters is all the more remarkable. Balducci revealed to a visiting American clinical professional from the Academy of Clinical

Close Encounter Therapists, that the Vatican is closely following this phenomenon.

Parallel information from MJ- 1 2 scientist Dr. Michael Wolf suggests that the Vatican is concerned that it will have a major doctrinal updating situation on its hands when extraterrestrial contact becomes authoritatively announced by world governments over the next several years.

Forwarded by  
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Author of:  
Close Extraterrestrial Encounters  
Labored Journey To The Stars  
Project Epiphany



## BOOK REVIEW

*The Secret School*

By: *Whitley Strieber*

Reviewed By: *Becky Sanders*

This book I have found to be by far the most enjoyable book Whitley Strieber has to date written dealing with Alien Abductions.

So imagine being a child at the age of 8 or 9 having memories of being taken from his/her bedroom in the middle of the night to meet with other children of similar ages being taken to a deserted grove, Olmos Basin, this was their school house where the alien beings taught them approximately nine secret lessons.

Now you might ask yourself what these secret lessons were. Well you will have to read the book to find out what they are. We can't give up everything in these book reviews! Here's a few little clue; it has to do with the creation of life, and the structures on Mars.

Also the possibility of intelligent life on Mars, and how many people who have reached their mid to late 40's that are starting to have memories of an unhuman nature.

What I found interesting and a little upsetting about this book was that it actually pushed a few of my

buttons that I didn't like. Now let me explain this a little bit-----

To all of you who choose to read this review, I myself and other people I have recently encountered are experiencing the same thing. Folks the memories are coming back.

We don't want to get too deep here, we do recommend you read this book; If for nothing else just to see what Strieber has predicted for our future; after all he does make quite a few predictions and hopefully some of us will be around to see if they come true or not.

On a pyramid scale of 1 to 10, this book rates at least an 8. That is all that I can say about this book without giving up everything that is interesting in the book. Trust me it is a good one.  
--B.S.

**\*\*Check It Out\*\***

If you would like to checkout Whitley Strieber's web site -here's how ----- [www.strieber.com](http://www.strieber.com)

# How Do I Make It From Here....To *THERE?*

## *A Self-Help Guide for Abductees*

*By Katharina Wilson*

In 1987 I found myself re-evaluating my view of reality and asking a lot of unusual questions: Why am I looking for aliens in my backyard? Am I crazy? Why do I have all of these unusual memories? What am I going to do with the information? Who can I possibly tell?

I felt so different from everyone I had ever known, with the exception of my fiancé Erik (who is now my husband). He was the only person who understood me, it is now eight years later, and I know I would not be here today if it had not been for his constant love and support.

Although I had had Conscious memories since I was six years old, I simply had no place to put the information. Aliens don't exist, so obviously, the only other 'person' that could be paralyzing me, floating me outside my house, and communicating with me inside my head, was God.

Well, that explanation worked through my childhood, but when I was sixteen and had a sighting of three hamburger-shaped crafts with yellow, red, and blue lights around their midsections, something changed. Something nudged me, almost pushing me over. I experienced an awakening. As I looked at those three crafts I felt strong feelings of confirmation and familiarity. I knew who they were: I had always known about them.

I told several of my friends in school the next day and was reminded that you just didn't talk about such things. I didn't speak about my sighting for another decade, until I had to, for my own sanity. When you accumulate enough conscious memories of being visited by alien Beings, there comes a time when the (proverbial) pot begins to bubble over. I had to release what I had been holding inside for my entire life: They are here.

I published my life-story and my journal of eleven years as it relates to the experience phenomenon in *The Alien Jigsaw*. Like so many others who have interacted with nonhuman Beings, I reached a point where I felt compelled to share my information with the world. I realized that one way I could turn this into something positive was to share my information and educate the public about the alien Beings.

The reason for writing this guide is that I often think back to how I felt in 1987, and about the resources that were available to me. When I think about all of the people going through their own awakening (and remembering what I went through in 1987), I find myself asking new questions: What if you can't work with someone like Budd Hopkins or Dr. John Mack? What if you don't have a MUFON organization in your city, or perhaps you do, but they are not active? What if you are alone and you do not have anyone you can talk to about your experiences? What do you do then?

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Katharina Wilson continued.....

## 8 Self-Help Ways To Gain Control

### Keep A Journal

Keeping a journal helped me in many ways. In *The Alien Jigsaw* I describe my journal as, "my silent, and therefore, most trusted companion." I started keeping my journal in 1983 and I quickly discovered that it helped me to release a lot of the memories and pent-up emotions relating to my unusual experiences and dreams. At that time I had no idea how important this journal would become. It turned out that I was able to document specific details about my abduction experiences that I would not have remembered over the course of many years.

### A Creative Outlet

It is not only important to write with words, but it also helps to re-create what you remember. Since I hadn't tried to draw since my childhood, I never considered the possibility that I could draw. I was encouraged to draw what I remembered by the psychologist I was working with in 1988. I quickly discovered that illustrating what I remembered was very helpful. In many ways, it was relaxing for me. I experienced both a sense of relief and closure when I was able to get the image out of my mind and onto a sheet of paper. Even if you don't think you can, you should try to illustrate, paint, sketch, or sculpt what you remember. You will probably be surprised with your results. And most importantly, there may come a time when you will want to share your information and artwork with others. If YOU illustrate your memories while they are still fresh in your mind, you will remember more details than you realize.

### Hypnosis

The decision to undergo hypnosis should not be taken lightly. It is neither wise nor recommended to look in the yellow pages for a hypnotherapist who will regress you for the purposes of uncovering possible memories of abduction. There are several things you will want to consider.

First, hypnosis is often described as a state of relaxation during which you retain a certain amount of control. However, what the therapist says to you and how they say it can have long-lasting effects on you. People can be led to answer questions in a particular manner while under hypnosis. Because of this, you will want to make certain that the person you choose to hypnotize you has been through training specifically for hypnosis and is experienced. You should also speak with at least one other abductee who has been hypnotized by the person.<sup>1</sup>

Something else you will want to consider is your support system. Often, after you begin hypnosis you will have many new memories to assimilate. Will you have some one you can talk to about them? Do you have a friend or spouse who will support you while you pursue this type of investigation? If you are experiencing family problems or problems at work, the last thing you need to deal with are a flood of memories about aliens who may have abducted you.<sup>2</sup>

A third point to consider is your answer to the question: Am I having enough memories and serious enough problems with my memories to warrant undergoing hypnosis? As the saying goes, "if it isn't broken, don't fix it." You should not undergo hypnosis simply because you are curious about being an alien abductee. If you are not having problems or memories of events relating to the phenomenon, then I recommend that you do not undergo hypnosis.

And finally, when exploring lost or partial memories, you should remember that hypnosis is not a "cure." You will no doubt have many questions after hypnosis, the first of which will be, "Was it real?" And, no one can answer this question but You.

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Katharina continued....

Remember to obtain a professional referral before undergoing regressive hypnosis. Treat the health of your mind the same way you would treat the health of your body.

### *A Psychological Evaluation*

It was important for me to seek out health care specialists for two reasons. Since I was eighteen, I had experienced migraine headaches and none of the nine doctors I had seen over the years could tell me why. And, I also came to suspect that what I was remembering were real events. In light of these two recurring events in my life, I believed both psychological and medical evaluations were important in an investigation of my abduction experiences.

Over the past ten years I have undergone a CAT scan and an MRI scan of my brain. I have also had a CAT scan of my sinus cavity, and two complete psychological evaluations: one by a psychologist who did not believe in the existence of UFOs and one by a psychologist who did. Neither evaluation showed signs of mental instability nor mental illness. And, none of the medical evaluations showed any evidence of disease. Having given my opinion and recommendations concerning hypnosis, you should know that the scientific community is rather closed-minded when it comes to considering the reality of the abduction phenomenon.

The most popular explanations for abduction memories are False Memory Syndrome (FMS), Sleep Paralysis, and Fantasy Prone Personality (FPP). I think it is important for people to know that these 'syndromes' are not officially recognized in the DSM-III-R (the Diagnostic and Statistical Manual of Mental Disorders) and do not scientifically explain a phenomenon as organized and as widespread as the abduction phenomenon.

The closest diagnosis that meets the symptomatology of abductions is Post Traumatic Stress Disorder, or PTSD.

The following information in italics was summarized from *Abnormal Psychology and Modern Life*. Its authors, Carson, Butcher, and Coleman describe PTSD:

*"In posttraumatic stress disorder, the stressor is uncommon. This means it is outside the realm of typical human experience and it is psychologically traumatic."*

For experiencers of abduction the stressor is certainly associated with events that are uncommon. Even the most benign encounter can be considered uncommon.

*"The traumatic event is persistently reexperienced: the individual may have intrusive, recurring thoughts or distressing dreams."*

One example is something that I used to have distressing dreams about, and a subject that my readers often bring up in their letters to me: recurring dreams about having to save their children or their pets from being taken by the aliens.

*"The individual persistently avoids stimuli associated with the trauma, for example, he or she tries to avoid activities related to the incident or blocks out the memory of certain aspects of the experience."*

Imagine driving out of your way everyday because you are terrified of a specific stretch of road, or not ever having children because you are generally terrified of the idea, but do not know why.

*"The individual may experience persistent symptoms of increased arousal, for example, staying awake at night or having difficulty concentrating."*

*continued on page 9.....*

Katharina Continued...

Experiencers of abduction will often wake up at the same time every night for an unknown reason. (The time most often reported to me is between two o'clock and three-thirty in the morning). Staying awake at night has been described to me by abductees as a way to "postpone the inevitable." They sense they are going to be abducted, and it seems to be the only way they can fight back. However, they are quick to add that eventually the aliens will win because they ( the abductees) have to sleep some time.

And finally, *"The individual experiences the symptoms for at least one month."*

What we have learned about abductions is that they are life-long, and they don't go away simply because we are not, at present, on board a craft being examined.

Fortunately, there are other steps you can take to help yourself alleviate the isolation associated with abduction experiences.

**Part 2 of this article will be in the next issue and will be continuing with the self-help ways to gain control... To learn more about Ms. Wilsons visit her Web Site at [www.alienjigsaw.com](http://www.alienjigsaw.com) or you can go to the Kentucky MUFON site at [www.geocities.com/~kentuckymufon](http://www.geocities.com/~kentuckymufon) and go to our Elite Forum page and click on past Lectures and click on Katharinas link.**

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On Saturday October 24th Members of Kentucky MUFON hosted a Skywatch on the farm Wilbur Markham and Kathie Grimes. We had a wonderful time getting to know one another better and to Skywatch. October is noted as the best time to Skywatch. The skys are so clear, and since it's the most active time of the year for sightings, in the Ohio Valley. We researched the area before coming out. The research included, topographical maps, checking for scheduled satellites that would cross the area, checking and locating any areas for seismic activities.

The evening was spent sharing stories, information techniques and special equipment. Some of the equipment included Telescopes, night scopes, and binoculars We had a fantastic view of the heavens since the farm was located on the second highest elevation in Western Kentucky. The night skies entertained us with a beautiful Meteor shower and many wishes were cast upon falling stars.

Kentucky MUFON would like to thank our host Kathie and Wilbur for inviting us out and for such warm hospitality, they provided hot soup, stew, coffee and a fire to warm ourselves. Our findings were mixed. We learned the location merits more research. We look forward to the next Skywatch we look forward to seeing you there. Keep in mind this is a function you can do with your children. Who knows we may all learn something together. We will have pictures in the next issue!

**Mutual UFO Network, Inc.**

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