

Subj: Re: email addresses, etc.  
Date: Thu, Oct 17, 1996 9:01 AM EDT  
From: HTHALLJR@aol.com  
To: osdhallb@spinach.mscs.huji.ac.il (danielhallbartholomew)  
CC: hthall@acs2.byu.edu (huntingtontracyhall), HallSibs@aol.com  
(mrs&pallansp), qureshi@go.com.jo (dean&zinawheeler),  
ENV#u#ASST@fsgate.byu.edu (patrick&susannamalone), IRHall@aol.com  
(ida-roselangfordhall)

[Note: I'm sorry if you've already received this. I got an error message from AOL, and don't know who has received it and who hasn't]

Hi, Daniel!

I've copied this letter to some of my favorite people; their addresses are in the CC list. (The new "HallSibs" screen name is exclusively for the use of the children. I have discontinued the "ehhBetsy" screen name on my AOL account, which they formerly shared with Betsy; I think it best that she now obtain her own E-mail account.)

It was wonderful to get E-mail from you! You sound great! I went over to G&G Hall's last night to pick up two cinnamon rolls which Virginia saved for me (she returned to Arlington today. Barry has a law firm retreat in Deer Valley, I think, but is gone from Provo now. Monday evening your folks had Barry and me for dinner -- a great stew, and Barry had to "eat and run" because he and Virginia had set up your cousin Emily for a blind date with a good friend of theirs from Arlington.

While I was talking to my mother, Sherlene came by on the way home from work, and I shared most of one of my rolls with her. (I made her beg for it piece by piece.) My Evil rolls were fantastic, but Grandpa wasn't too enthusiastic about the special sugar-free rolls Virginia made for him. Sherlene had

beginning to get back that old "creative" feeling: I feel that I'm actually beginning to make a contribution again and feeling a bit more hopeful about the future.

Sherlene said you've already found a few friends and are enjoying the LDS community there. What a wonderful Church this is! For the first time, I listened to conference from the viewpoint of a divorcing person, and I was so thakfull for the compassion and love expressed to all the members by the brethren. I was especially grateful for Pres. Hinkley's remarks about single parents. I am thankful for the wonderful children the Lord has loaned to me.

The divorce has taught me, more than ever, not to "lean on the arm of flesh". I am thankful for the continuing love of my children and feel that I still have much to look forward to in my relationship with them. But I now know by my own experience that the Lord is the one in whom I must place all my trust.

Congratulations on beginning this wonderful adventure. I wish you every happiness and success. Please keep in touch.

Love,

Tracy

----- Headers -----  
From HTHALLJR@aol.com Thu Oct 17 09:01:17 1996  
Return-Path: HTHALLJR@aol.com  
Received: from emout02.mail.aol.com (emout02.mx.aol.com [198.81.11.93])  
by emin30.mail.aol.com (8.6.12/8.6.12) with ESMTP id JAA28748; Thu, 17  
Oct 1996 09:01:16 -0400

just

gotten your E-mail address and gave it to me. I believe that the AOL address for Liz & Marty which Sherlene also gave me is obsolete, but I don't have their new address.

I got your mail about early this morning. A few hours sleep and then "sleepless in Provo." A frequent occurrence these days. I took two ibuprofen (it works quite well for me as a sleep aid) and finally got back to sleep.

You asked how I'm handling the divorce. I appreciate your efforts to maintain contact with both Betsy and me. So many people feel the need to take sides, and it's painful to lose old friends. Just to keep some grip on reality I've confided "my side" to my parents, my brother David, your parents

(whose own experience has been so valuable to me), two close friends, my attorney, and my bishop, but I've asked them all to maintain confidence.

I'll be content to argue my case before the court and hope that the judge can help us reach the best outcome.

Of course I'm deeply concerned about the effect of all this on our children.

Betsy and I were both required to take a state-mandated "parenting" course:

the message was that we should do everything possible to keep parental conflict away from our children, avoid "brainwashing" them about the other

spouse, and try, in divorce, to be better and more cooperative parents than we were in marriage. I really believe this is wise, and I'm doing my best to

comply. (It's not just a suggestion: it's the law).

I would really appreciate knowing more about your experience when your parents almost divorced. Please be frank with me and tell me what bothered

you most and warn me if I'm doing anything to hurt my children.

I was pretty depressed when I realized that the divorce would be

necessary,  
and had already seen a psychiatrist to obtain a prescription for Zoloft.  
But  
it didn't help me much. After I had to leave my home the reality of the  
divorce finally settled on me, I fell into the worst depression of my life.  
I spent most of August in bed. My brother David helped me (and through  
me,  
Betsy) by giving me advances on my Department of Energy subcontract  
with  
Novatek, and my folks gave me a place to crash until I could get up the  
energy to look for a place to live.

I've finally found some medication that helps: I've been taking  
Phenfluramine and Fenteramine for about six weeks now. Most people use  
it  
for weight loss, but they've discovered that it helps many people with  
depression -- especially those who don't respond to traditional  
antidepressants. I had a few weird side effects for a few weeks:  
impaired  
short-term memory, stomach upset and diarrhea, the usual dry mouth and  
thirst, easily remedied by taking lots of water, which is good for me  
anyway,  
and one incident of powerful dreams or hallucinations where I literally  
experienced all sensations from brief snatches of my life -- like a "sneak  
preview" of the "life movie" people speak of who have had near-death  
experiences (no, I'm sure I wasn't near death). It was so weird because I  
didn't just remember the incidents -- I actually lived them again, with  
apparent full consciousness as if I was there, but I was completely  
asleep.  
Hated to wake up from that one, as the memories were good. Good to  
realize  
I do have many good memories. Anyway, the only side-effect that remains  
is a  
constant sense of being full. I've got to force myself to eat and maintain  
my proper weight.

I was able to work half time in September and am now working full time  
and