Gary Richard Schoener
2608 Pleasant Ave. S.
Minneapolis, MN 55408

12 June 1983

Dear Harold,

I just got back from out of town and got your letter of May 9. Sorry to be answering it a month late.

Sorry to hear about the problems with Lil. From a distance it is difficult to comment on such things.

The biggest problem with the situation, as you describe it, is that many of the symptoms are quite chronic. So, even though it may have gotten worse in recent years, Lil may well have been somewhat chronically depressed, which means that it won't be easy to change for several reasons:

1. She is used to it and may not "hurt" enough to be motivated to change. This can be a sort of "been down so long it looks like up to me" situation.

2. There may be a chemical basis to it. Although not well understood (psychiatry is in its infancy at best), we arepretty clear that some depressions, especially chronic ones, have a chemical basis. Correction of this is sometimes possible, but require some experimentation with different antidepressants until the proper one is found--assuming that one of them does work. But, this requires perserverance and cooperation on the part of the client. Feedback as to effects is key, and it can take several weeks to see for sure if a given antidepressant is working.

3. Whenever depression is chronic the depressed person has often found ways to find rewards in being depressed.

There are no tricks to getting someone to get help. A somewhat chronically depressed, angry, and cynical person is one of the hardest types of people to go get help. And, even if you get her in, it is very unlikely that any praeticioner could do so impress her as to be able to get her attention long enough to do any good.

Beyond what sounds like depression, Lil sounds quite socially and emotionally withdrawn.

From what you say, I would also have concerns about something else. Some of Lil's behavior sounds like it could be a bit organic. By this I mean that underneath the depression and withdrawal may be some early senility or other organic brain syndrome. While I don't want to get carried away with this notion, especially since I'm basing my concerns on second-hand observations from a distance, given her age such a thing is more likely.

So, I don't know what to suggest other than that you try to make sure that you're getting emotional support from other sources. It sounds a bit grim.

It is sad to have someone remain that isolated and distant when one can remember better times. It sounds like she got angry about something a long while ago and just won't let go of it. Whatever the cause, it doesn't sound hopeful. The best thing you can do is take care of yourself.

If you do "go" first as you expect, and as statistics would predict for all of us males, then she will have to fend for herself. She may either come alive or may end up institutionalized. IT's hard to predict. Sometimes very hostile people can't redirect their energy after yearsof being withdrawn and angry--sometimes they can.

It sounds likeyou've been able to keep active and productive vis a vis the case. I admire your determination and energy.

I continue to be busy with the walk-in clinic. We recently got some national publicity for our volunteerism which is suddenly in style again. They did a national study and found nothing even in the same ballpark. It's hard to believe that we're in our 14th year--I suddenly feel old!

We continue to put therapists who abuse their clients out of business and the professions are generally getting more active in doing something about this problem. There are now self-help groups, run by consumers, in Oregon, New York City, and Ft. Worth,Texas.

By the way, out of the blue, after a number of years, I heard from Fred Newcomb, who's in Atlanta, Georgia. He's out of work and minding the kids. Marylynn has a job. They've had to move to find work.

Gary Richard Schoener
2608 Pleasant Ave. S.
Minneapolis, MN 55408

As you probably know, Jerry Policoff got a good job in Fayetteville and is down there. I just had a long talk on the phone with him. I managed to see him last Dec. when I was in New York city for a conference on psychotherapy abuse.

Vince Salandria has remarried. He and Livy broke up over Ernie's (their son) drug problem which got blamed on Vince and then denied. Sadly Ernie killed a man in a drug deal and Vince turned him in. It was a long painful period of time but Vince seems to have gradually recovered.

Now for my news: I'm engaged to get married in Sept. I met a woman last year who finally seems like the right one. I had enough relationships that didn't work out to know the difference.

She is the director of Ebenezer Ctr. on Aging which does research and consultation in special housing issues and other issues related to aging. We hit it off right away and the relationship has continued to blossom. So, on Sept. 3 we expect to be married. I'm 38 and she's 35. It's her second marriage--she was married for 4 years to an MD and got her divorce 4 1/2 yrs. ago.

Right now we're in the midst of trying to plan things, find a house, etc. etc.

When you mentioned you were 70 I felt even older than 38. I was a young man when we first met and you were I think about 55. Those ######## were some fun and exciting times and I have a lot of fond memories of them. I recently gave Katherine,(Gray), my fiance, those early articles to read, to give her some feel about the assassination work. She found them interesting. It was fun to re-read them myself. And, recently I was in Dallas for an ex-roommates wedding and took people on an "assassin's tour of Dallas."

Please give my regards to Jim and take care of yourself. You've certainly had a few health problems.

Best wishes.

Gary

Dear Gary, 6/18/83

While the best news in your letter is your engagement, I am impressed by the professional recognition you continue to get and more, that the articles make it clear that this recognition is earned. You should feel proud.

Maybe I'm too new-fashioned, by why the hell wait for September for marriage? Do I have to tell you how wonderful it can be?

If you take a travelling honeymoon or drive to see your parents, I hope you can find time for a slight detour. In addition to wanting to see you again, I'd like you to see what there is, physically, to show for what I've done.

Your letter is informative and helpful. I'll be rereading it. Your reference to chemical causes gets to one of my concerns, Lil's virtual addition to a wide assortment and large number of odds and ends of things, like vitamins, that she gets from General Nutrition and learns about largely from Prevention. I'm not suggesting that these are or are not contributory and the depression and related problems predates all of this, but they are important to her and I wonder if so many and so many combinations may not be hurtful. For example, she is loosing her hair. Going along with this, she simply doesn't trust doctors. At GHA she had real cause, but not since. She'll go to her chiropractor, who does her good, but I had to lean on her to go to our family doctor when she had bronchitis, as we both still do, despite antibiotic treatment. (Mine has lingered since late February and there were complications with it, now past.)

I am completely satisfied about the origin, by which I mean whether or not there were earlier causes I did not observe. She reacted very strongly to the helicopter overflights, which were ruinous and very frustrating. I was not sharp or analytical enough at the time and was simply overwhelmed by the odd manifestations that were physical and frightening. Unless you've had experience with this kind of thing, I'm sure it is difficult if not impossible to believe.

From my observation you are quite correct in what I'd put differently, that depression provides its own reward. I've regarded it as a self-feeding pile, self-perpetuating, self-motivating, and comes to have more meaning and significance than anytning else. Clung to like Linus' blanket. It becomes the way of life and everything is subordinated to it. Perpetuating it is the main thing.

There was a time when we went to a psychologist we both liked, apopropos of your saying it is unlikely one could impress her enough to be able to get her attention, and that time made it all worse, to a degree beacuse I was too polite, tolerant and disciplined. She corrupted the entire thing, I'm sure not consciously, and she drew sustainance for her depression from it. There cam a time when he could not avoid the obvious depression she reflected. I'm not sure but I think I caused this display in the hope it could do some good. He immediately had a psychiatrist observe her, an anti-depressant was prescribed, and it appeared to do some good, but he never renewed the prescription and she did not ask for any renewal. Not since, either. Of course, she insists she isn't depressed but she won't even consider the symptoms. Despite what you say, I'd like to get in printed form what I heard on a Baltimore TV public service announcment and show it to her. She has all the four major symptoms they reported.

I don't know if I told you that I tried to learn more about depression from the local mental health clinic. I went there and asked, was referredmto a case worker who said the last person Lil had seen would call me and he didn't. I called back twice and finally he did. He would not even discuss depression with me without Lil's writing him a letter in which she discussed such things as what she wants out of life. She refused. Finally, I pushed her and she wrote a letter sayins she'd OK his seeing me. ~~Hats [illegible] know where he is going~~

I've seen him twice and while I don't see where he is going of why, I'm assuming he knows and I'm trying to go with him. He did tell me something comprehensible about depression. He said it is anger turned inward. I buy that, going back to what I believe is causative. I don't know how much I'll see him. Third visit this coming week.

With a fink judge and excessively timid Jim representing me the FBI/DJ took a very evil and entirely wrong twist and prevailed, which results in their having what for me are interesting problems. They got an order for discovery and then an order that I pay their legal costs in procuring their order. Only I ignored the order, terrifying Jim, who tried to mislead and coerce me into agreeing to it. The FBI's lawyer actually made a pretext call to Jim and threatened to have me thrown in jail. I told Jim let him. So he backed off and hasn't charged me with contempt. But I've not let him back off enough: he still faces charging me with contempt for refusing to pay the legal fees. As I won't. Then he'll have to chicken out and expose the frivolousness of what he's been up to and the judge's finkery or make his move, wgich will lead to the airing of many issues at the appeals level, after this fink judge rubberstamps whatever the FBI asks for. There is a hearing on the 23rd but I have no rifle there. (It is the suit for the Dallas and New Orleans JFK records.) As the case now stands, there is no way it won't go up on appeal. I think that the excesses and abuses are such that even in today's climate the appeals court will have trouble with the case record, and the FBI will, too.

I've been trying to end the litigation under decent and honorable terms but the FBI/DJ will not permit this and seeks improper and ulterior ends by prolonging it. So I have to make that impossible, or come as close as I can. And this means going after them on the record and under oath, which I've done extensively. Can be interesting before it is over. And I may by then be representing myself. This has been a great burden for Jim and he, flowerboy that he remains, simply can't bring himself to be a real adversary in the adversary system. He hasn't and he won't learn how to fight and this is a major cause, as he refuses to even consider, in the interminably delays the FBI contrives.

Oh, well, it has led to disclosure of many records, if not close to all.

Lil's younger sister drove us up to Wilmington Tuesday, my first trip anywhere except to the DC surgeon since 1980 surgery. I expected it to tire me and it did, but not too much, and it was great to see my mother, who is 92 and to a degree still happy despite her medical and physical limitations. Good to see others, too, particularly a high-school friend who is one of theinventors of nylon and is in partial retirement after a very successful career with Dupont. He is an international consultant and has seen much of t e world that wayk.And remains the decent man he was 50 years ago,which is pretty good after a life in management in the corporate world. The long lunch with him was a joy. I had another pleasant surprise when I spoke to another friend of that period I could not get to see. He'd retired at 60 or a little younger. I asked him why, was he ill. His response was simply: how much money does one really need? He had enough so he got out of stockbrokering and is enjoying life.

Please excuse the typos. I've answered as soon as I got your letter and much now get back to work on the cited litigation. I spent the morning in the walking therapy even though tired and that takes a hunk out of every day. Which will never discourage me from taking that time, however.

Sorry to hear about the tragedy in Vince's life but glad that he is remarried. I hope he is happy. Some years ago, lacking Vince's address, I sent some FBI records indi ating its Phila. records on him to Harold Feldman. I never heard from either.

Thanks and good luck!