From:

Sent: To: Subject:

From: To: Subject: been very busy Date: Fri, 14 Dec 2007 01:23:41 -0600	
plus we have been job hunting online. already got a call from a temp agbut its swing and only 12.50 (hasn't contacted me at all)	ency. they are offering
but on the really awesome side, i've got an interview for a company that wouldn't that be awesome. much rather be seasonated is still useable until may and if they hire me on, that renews its useability may always be calling it temp and keeping the good ones.	al for that kind of pay. my series 7
this morning(thurs) got a reply email from the contact on this job but he and he hadn't yet so i literally was on my knees praying that i would he get the job, if not, that i would at least hear and know and i was just sta hands me the phone! how cool is that?	ar from him, if its Thy will, i would anding up when josh walks in and
i want to tell everyone but literally, only you know, my help me get rehired, and josh's we decided we weren't going to tell friends, neighbors,	b/c he was trying to
we decided we weren't going to tell mends, heighbors,	
MONEY!	ah,
so anyways, we have been busy. it seems i am cleaning, doing laundry, them to nap or watch a movie and if they are asleep or content, running	
	need to go now!

Sunday, December 20, 2009 1:35 PM Ellis Maxwell FW: been very busy -- susan powell

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From:

Sent: To: Subject:	Sunday, December 20, 2009 1:36 PM Ellis Maxwell FW: Your house in turmoil too?? susan powell
	our house in turmoil too?? n 2008 10:16:59 -0500
least gotten him to	on Thurs, so at least that's out of the way. Josh still wants to "try to get the wheat bucketed" but I've at a acknowledge my plans to leave Saturday or sometime Sunday. (I get off @ 5:30pm MT on Saturday). 'd get there by Tuesday, one way or another. He plans on us eating his dad out of house and home but re spending the
That's crazy that	
Obviously, I'd rath	ner all three of you come, or at
stick out or look to	I have it at home but I haven't tried it on yet. Don't want to clash but don't want to oo dressed down. Still need to think about what shoes to wear also
we are bringing of	y and bread to make and clean the bathrooms/vacuum. Pack as sparingly as possible, (b/c of stroller) ur bird but it will stay @ Josh's dad's. We sort of need to address the broken locks on our house and the same set and depending on when we leave, somewhat miraculously get sleep for a long drive. I'm by mind.
in that aspect.	
Love you!	
To: Powell, Susan	une 10, 2008 6:18 PM I Ir house in turmoil too??

Things are a little better over here. As of now, it's just me coming and I'm taking a flight on Friday night rather than Thursday.
This is pretty crazy all the hassel that has to go in getting us all together. Did that house actually close yesterday?? Didn't hear anything about the wheat ordeal sounds like yet another excuse to keep you there. Aren't guys great at making excuses!!
house in turmoil too??  Date: Tue, 10 Jun 2008 16:23:34 -0500  From:  To:
So now josh is just not responding when I tell him I plan on leaving Sunday. He reminds me that we can't go until we bucket the 3000 lbs of wheat that's been sitting in our garage. But he won't buy the oxygen absorbers (which can probably only be done online, which means we are waiting in addition to mail delivery.) and my opinion is, the wheat has been fine in the garage for the last month or so, what's another 2 weeks???
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From: Sent: To: Subject:	Sunday, December 20, 2009 1:37 PM Ellis Maxwell FW: update from yesterday susan powell
Subject: update from your Date: Mon, 14 Jul 2008 From:	
Bishop talked with me for a	an hour, opened with a prayer, and I was already almost in tears.
the merrier! Thank you all f	! The more for your support, help, and me bending your ear (so to speak)
this message or any inf	confidential and/or privileged information. If you are not the addressee or his for the addressee, you must not use, copy, disclose, or take any action based on formation herein. If you have received this message in error, please advise the reply e-mail and delete this message. Thank you for your cooperation."

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From: Sunday, December 20, 2009 1:38 PM Sent: Ellis Maxwell To: FW: josh update Subject: Subject: josh update Date: Fri, 18 Jul 2008 12:27:56 -0500 So while he was doing the job interview on Wed, I was setting up phone consultations with divorce lawyers. I did manage to get a hold of one and feel a lot better about my rights and what process. confidential and/or privileged information. If you are not the addressee or authorized to receive this for the addressee, you must not use, copy, disclose, or take any action based on this message or any information herein. If you have received this message in error, please advise the sender immediately by reply e-mail and delete this message. Thank you for your cooperation."

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From: Sent: To: Subject:	Sunday, December 20, 2009 1:39 PM Ellis Maxwell susan powell
Date: Sat, 26 Jul 2008 1	.1:25:04 -0500
My Wed: I spent in the yard blisters.	d: weeding, raking rocks out of the garden etc. Now exhausted, tired, and some big/raw
my friend wasn't around, I c	neer Day parade on tv. Feeling sorry for myself that I wasn't there. josh had to work but since ouldn't do the video tape of possessions so they can take it off the hard drive digital video I lazed around, laundry, cleaning, cooking, trying to nap and
Washed my hair, did make	up, picked clothes for the boys. C
Then I backed up the garba and bathtub drains.	ge disposal so josh got annoyed with me (no shocker) but all gung-ho with snaking the kitcher

He mentioned there are some "hard core mormons" a guy with "12 kids" and his boss and another guy that often refer to their "partner" so I think he is in a very diversified environment. He says they have rubber band gun fights and talk politics and they sound like a bunch of computer geeks. He continues to say he needs to "study more" and needs some project done by Monday to prove his worth. They gave him a work issued laptop and an identity badge so I know he feels special. I pray and hope that his skills will keep his company satisfied and he can stay long term. He did concede I guess, that he didn't want to do anything final with alternative commuting purchases until he knows this job is permanent.

He is still really interested in an electric bike and car, but I told him we should seek out the car pooling field first and domore research (I guess Judi Wade's daughter Tara commutes near me and supposed to be to work 7am-so that coul work for the winter) josh even suggests we pay the gas, the car pooler insures the car to make it fair.	

That's me in a nutshell-talk to you later!

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From: Sent:	Sunday, December 20, 2009 1:40 PM
To:	Ellis Maxwell
Subject:	FW: how i'm feeling right now about josh susan powell
_	
Subject: how i'm feeling	right now about iosh
Date: Sat, 2 Aug 2008 (	
Leave were Hiller and also it	Control December 19th 18th Inches Inc
	josh when I'm not with him, but then when we're together, we are both so quick to view every rds each other. And yes, once again, I admit, I'm not perfect either.
By next summer, things will	be a lot different and either way, it will be better.
Reveal your inner athlet	e and share it with friends on Windows Live. Share now!
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From: Sent: To: Subject:	Sunday, December 20, 2009 2:13 PM Ellis Maxwell Facebook msg susan powell
looking forward tojust	, not make something easy for me please!!!!
<u>×</u> .	
need to talk.	I'm sending you all the good luck I can. I'm here if you
× '.	
afraid of the D word any forward to have a happy	of if we have to go through an ugly divorce and splitting things and such but not more. obviously, if this is the kick in the pants that he needs and we can move a, loving, functional marriage that would be best. if not, then ugly or not, i'm not bjecting my boys to the environment/affects any longer.

From: Sent: To: Subject:	Sunday, December 20, 2009 1:42 PM Ellis Maxwell FW: hi susan powell
Subject: hi	
flashlight for a work nachos so well from less than 24 hr grateful for herbs! They ma before I went to bed I was r	e me a blessing. But thankfully, by 5 am I was picking tomatoes/peppers from the garden with a potluck and my head felt like its normal size. I'm still tired but gleeful that I've bounced back is ago. I did take an ibruprofen 800mg at 5am and once around lunch time but I'm soooo ke fun of me at work calling me the witch doctor, but also agree that it seems to work. Right niserable enough that I wanted to go to urgent care and pick up some antibiotics. But hoped I and I only have green onions out in the yard so I didn't feel like grating one to drip the juice in
	to say, "that's what allergies are like" right! Like a sinus infection where I wish my explode is the same as itchy, watery eyes and some sneezing. Whatever.
Be the filmmaker you al hit	ways wanted to be—learn how to burn a DVD with Windows®. Make your smash
Hotmail: Free, trusted a	nd rich email service. Get it now.

1

From: Sent:	Sunday, December 20, 2009 1:43 PM	
To: Subject:	Ellis Maxwell FW: how i'm feeling after what i've done so far susan powell	
Casjooti	The first of the f	
_		
Subject: how i'm feelin Date: Fri, 5 Sep 2008	g after what i've done so far	
Date: 111, 5 Sep 2000 .	7.04.33 0300	
		1

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From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 1:44 PM

To: Ellis Maxwell

**Subject:** FW: tell me what you think -- susan powell

### Mary

Subject: tell me what you think

Date: Tue, 23 Sep 2008 12:07:58 -0500 From: Susan.Powell@wellsfargo.com
To: maryleeann5@hotmail.com

I wouldn't bother trying to forward this to denise but tell me what you think

From: Powell, Susan

Sent: Tuesday, September 23, 2008 11:04 AM

To: Bagley, Linda G.

Subject: RE: breaking news more important than the market, tell me what you think

I still feel like he is trying to control me, we'll see how the conversation goes. I don't know if he has finally realized I moved my paycheck and if he'll demand I put it back. We've tried allowances before, I end up using it, he hords and then justifies his purchase for over the budget claiming another business expense....

**From:** Bagley, Linda G.

Sent: Tuesday, September 23, 2008 11:00 AM

To: Powell, Susan

Subject: RE: breaking news more important than the market, tell me what you think

Wow, if I read this the same as you, I think it is a positive note. \$300 seems like a lot of cash just for extras too. You could buy yourself some clothes if you want.

Thanks, Linda Bagley WMG Contact Center Toll Free (877) 823-7782 Direct (801) 536-2829

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From: Powell, Susan

Sent: Tuesday, September 23, 2008 10:57 AM

**To:** Bagley, Linda G.

Subject: breaking news more important than the market, tell me what you think

**From:** Josh Powell [mailto:jpowell@aspenit.net] **Sent:** Tuesday, September 23, 2008 10:45 AM

**To:** Powell, Susan

Subject: Plan to talk finance tonight?

It seems that the money thing is still stressful for both of us so as soon as we re-establish the budget tracking lets make allowances. It obviously has to be affordable to our overall budget, but I want a good decent amount of money in it for each. I was thinking about \$300 each per month. That would have to cover most side business and hobbies and anything outside of the main budget (or agreed spending). Then the side business income could enhance our own accounts if we can keep it from mingling to our other finances. Of course that gives us much more than \$300 potential with your hair business and me with my hobbies and businesses. It also keeps our main budget exactly in line.

We should also discuss the food and entertainment budgets also and how to start handling that spending (which accounts, etc). Also a strict mileage budget, etc.

Anyway, we could then force the rest of the money to bills or we must agree on any deviations. We could try it for a while anyway.

We may even be able to discuss these things briefly this evening since we are both off earlier. Does that sound alright?

Also, maybe try again on our "kids in bed by 8:30pm" goal. By the way, Braden was happy after getting some pain medicine. It may have been his teeth hurting last night.

Josh Powell IT Department - Developer Aspen Distribution 801-887-5385 direct

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From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 1:45 PM

To: Ellis Maxwell

**Subject:** FW: the big talk... -- susan powell

# Mary

Subject: the big talk...

Date: Thu, 25 Sep 2008 18:39:59 -0500 From: Susan.Powell@wellsfargo.com

To: <u>Amber.T.Hardman@wellsfargo.com</u>; <u>maryleeann5@hotmail.com</u>; <u>shannon.mulford@wellsfargo.com</u>; <u>rielynn0326@yahoo.com</u>; <u>snbutler3@msn.com</u>; <u>hanginginutah@gmail.com</u>; <u>thereisliberty@yahoo.com</u>;

sweetpeajudy@msn.com; kiirsih@yahoo.com; airfuzz@msn.com; indirria@gmail.com

So here's an update to basically summarize the results of the last 2 years of turmoil in my marriage...

I'm trying to work on not telling all the details of problems and accusations to everyone b/c part of josh's argument is that its "his business" so I'll just give the positive highlights...

I had to tell him that I moved my paycheck and 1k out of the accnt

(I accidentally changed his log in thinking I was creating my own, so it strengthened my argument when he discovered he couldn't access the bank accnt; I pointed out, "sucks doesn't it?"

I ended up having to give him the poorly worded but promise (not threat) of "I will pay tithing on my income or we will divorce"

To which his response was, "then the kids will know that the church tears families apart" and I didn't back down and said, "no it doesn't, you use to agree with me on this (paying tithing) ..."

He went downstairs and I began talking to his sister over the phone and she suggested that he still loves me deep down and I got the impression/spiritual etc that she was right but it I told her in doubt, that it was "WAY deep down"

Then he came upstairs and said he'd be willing to pay tithing on my income as long as all the funds are directed into and out of one accnt (joint that he can see of course) and I said that I would compromise as well and do an "allowance" like he wanted although I still don't think its necessary and gave other suggestions.

Then we were dealing with kids/dinner/bed time. And Wednesday I had off and before he left I said I needed money for groceries and he gave me a Walmart gift card that I ended up not using (didn't feel like dealing with kids/store/towing a bike/stroller etc) but at least it shows he is compromising/trusting me and he also suggested he should "start learning how to bake bread and make chili" another attempt to show compromise and hope....which is apparently being reflected in my voice.

Thanks for all the prayers and support, no I realize I'm not out of the woods yet, but I have real hope. Even while we were talking/arguing I got the same impression that he does love me and we can make it work.

Fvi!!!

### Susan Powell

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From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 2:15 PM

To: Ellis Maxwell

Subject: facebook -- susan powell

# Mary

### Mary Cox Estep October 17, 2008 at 8:03pm

Okay so I've tried four times going to your facebook message to leave you a comment (yesterday) and it kept freezing on me so I decided to write you a message instead and let you know I didn't forget. I actually sent you a message on myspace . . . not sure if you checked since it showed 9-22. So I hope you're birthday was grand and you didn't have to buy your own ice cream cake. What flavors were there? On another note, I hope you're doing okay. Haven't heard from you but assume you are busy considering all the overtime you've been putting in at the office. Give the boys a hug for me! HAPPY BIRTHDAY!

# **x**

### Susan Powell October 18, 2008 at 10:27am

my daycare lady informed josh to bake a cake, have the kids in bed, draw me a bath with candles etc. so what i came home to (i had to shift swap, work thurs noon-10:30pm and fri off) a disaster of kitchen/floors/counters etc dirty clothes and toys strewn about the house and at LEAST, the kids in bed. he was watching bits of SNL (the political funnies) and he suggested i frost the cake he had made (hence the disaster zone) i ended up cleaning the kitchen/house and going to bed at midnight and the next morning he had frosted the cake. we had a church carnival thing and when we came home, i demanded my presents.

He gave me a white out board to write in a calendar with pretty purple background but the lining was white discolored to yellow in parts, plastic. which he immediately noticed and said he would fix (yeah right-another project he'll never get to) and as he was handing it to Charlie to give to me and was using the disclaimer, "you better not complain b/c i spent money on this!" i ended up giving him a \$25 gift card to Home Depot that i earned from work and said he can use it for the house and stuff, saying "Happy Birthday, from mommy to daddy and the house" give a gift on your birthday... so i'm wondering if i should do tit for tat and give him a white board "to do" list or something lame like that for Christmas.

he's given me chocolate, stuffed animals, a glass vase with fake flowers arrangement, a peridot necklace for Christmas 2006, (i know it must have been on clearance/cheap-who buys that unless you have an august birthstone) and my birthday last year, chandeliers for the kitchen/dining room and now the whiteboard. he's spending \$40 here, \$100 something there to pimp out his bike so he can ride in the dark and then had me bike to work on my bday b/c i didn't start til noon and then he wouldn't have to bike in the dark and i'd pick up the van from him and drop off the bike. make sense? i think the cake mix/frosting cost the same as my actual present. lame, it doesn't look like he considered the price range, thought that counts or anything, like it was a bin of clearance next to the check out stand. wow, i'm bitter. i didn't end up buying the icecream cake b/c i came home to the one he made (and the huge mess from it, hello? does he know me at all???) but this is definiately not over. i'm doing a girls night and i just might start demanding i do multiple girl's night/month to spend some money that he doesn't seem capable of. maybe a shopping trip, dinner etc. it seems like he only penny pinches on groceries and presents for me! ugh!

anyways, thanks for letting me complain. so i'm trying really hard not to be enticed by overtime and coming home to spend time with my boys. i also just got a new calling, Relief Society Secretary, which means possibly weekly meetings and stuff on sundays and me trying to find time to straighten out the lists/paperwork and its been busy at work b/c everyone is stupid, paranoid, and making the phone lines busy and the market to go crazy.

curious, still a mccain fan? anyways, love you! miss you all! hope you can relax and get pregnant. maybe you two should try the candles/bath tub thing... oh well. when josh bought the cake/frosting there was pink and i asked, "oh! is this for when i have a baby girl?" still feel like i'm dreaming in that aspect but i am starting to play my cards and get my way so i'm not so celebate anymore at least. bye now



### Mary Cox Estep October 19, 2008 at 12:43pm

wow girl, that was quite a response. So did you end up going out for dinner last night?? I don't know what it is with your facebook page, but my computer always freezes so I can't look at anything or comment on your page, kind of sad. oh well. I sure hope you enjoyed some cake:)



### Susan Powell October 20, 2008 at 10:49am

no, he was procrastinating and we wanted to eat cake so there were some left over peanut butter sandwiches that the boys had, he ate some bean/chili i had made from the night before and i had cake and later, after the boys were in bed, a salad. although after church i put the kids down for a nap and left for a mtg at 1 (it got over in 45 min) and then went straight to a friend's house to give her a pink blanket i crocheted and ended up talking until 5pm so i enjoyed some me time and he was dealing with the kids wondering were i was,(ha ha-sucks don't it?) and then we loaded up and went to his sisters for dinner (his mom bought me a robe-this makes 4 total and i hardly use them) and he bought 2 dvds from the church distribution magazine/catalog, that's it! cheap white board and the dvds probably cost a buck each! i actually asked him why he likes to torment me by acting like its not important and dragging things out-HUGE let down. so when i have my girl's night and shopping and stuff i'm going to tell him it's b/c he never did anything for me/bday and he's always spending money on his bike or more tools etc and i'm the one working overtime!

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From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 1:47 PM

To: Ellis Maxwell

**Subject:** FW: i experienced something weird last night... -- susan powell

# Mary

From: mammasusan@hotmail.com To: susan.powell@wellsfargo.com

Subject: i experienced something weird last night...

Date: Tue, 28 Oct 2008 17:45:13 -0500

about 9:15pm on Mon night i was watching tv and i heard a boom and there was a power serge, my tv, washing machine and lights stayed on but sort of flickered. i was on my couch and saw a flash coming from the back of the house. as bright as if someone had flashed a camera right outside my window. and i went to the front of the house and saw that our street lights had gone out but all my neighborhood the house lights were still on. then i went to the back of the house towards the direction of the flash and in the distance, over the hils/houses/trees, the horizon was pinkish white and sort of pulsating like a quick sunrise/sunset back and forth for maybe 20 seconds and there was a weird noise like a generator or something that seemed to coincide with the pinkish lights dimming and brightening. and then nothing, i called a friend that lives further than me and she said she experienced the power surge but her house doesn't have windows in that direction and she lives further than me from the direction it came from. she suggested i call someone else that lives parallel to me, house facing same way. that person said she heard the boom and experienced the power surge but i seem to be the only one who "saw the lights"

i've heard it all, " i'm crazy, ailens, government cover up, a converter blown up, car accident with a light pole etc. i just thought i'd put this out there." and i said my prayers and read my scriptures particularly well last night. :-)

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From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 1:47 PM

To: Ellis Maxwell

**Subject:** FW: update on "that husband" -- susan powell

### Mary

From: mammasusan@hotmail.com
To: mammasusan@hotmail.com
Subject: update on "that husband"
Date: Fri, 31 Oct 2008 10:31:25 -0500

Sorry for the mass email but I need all the help I can get..

So about 2 months back I said, I'm paying tithing on my income or divorce (I later admitted poor choice of words) and he got angry and later compromised and said as long as my paycheck goes into the joint accnt and I pay tithe out of the joint accnt it would be ok, I paid it twice (paid every 2 wks) and then just a few days ago, it comes out that he "never really agreed to pay tithing" and said that it was the only contention in our marriage. He said he will compromise and actually spend money on dates and family fun (like zoo/circus etc) which has yet to happen and as long as I don't pay tithing to "heal our marriage"...until we "are millionaires" yes you read that right, millionaires. (and yes, I realize he's just once again manipulating me to get what he wants)

So fast for me this Sunday, I've got family and friends doing that for me. My parents are ready to help pay any lawyer fees/mediator (since I think its required) and if I am supposed to divorce him, I will know with assurance and somehow the divorce won't be as ugly as I fear (like him kidnapping the kids and taking me for broke...) I am planning on going to the temple soon and not leaving until I have my answer and I'm reminded that others fasting for me will strengthen me to get the answer I need.

(and yes, all of his arguments for why tithing isn't good I disagree with and have argued with him about but he doesn't want to listen/care about it so I'm asking the Lord if its worth to stay in this marriage and/or tolerate his constant manipulations with the assurance that our marriage will get better and stay or at least to know with a clear heart/mind that I AM supposed to divorce him and take action)

Thanks in advance for all your support!

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From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 2:18 PM

To: Ellis Maxwell susan powell

# Mary

### Susan Powell November 14, 2008 at 9:43pm

this was the msg between mike gifford and me, sorry about the cut and paste, but its much easier this way:

i wrote him a 3 page letter that was definitely written with divine inspiration. outlining how the gosple was central to our dating/proposal/engagement and marriage and how he gradually turned away and how he treats me like a roommate, dictating how i spend my money i earn and non job working time. and how he's alienated us from all family,friends,neighbors since he is too involved with polictics, and worrying and ignores any cues that his audience is not interested in his topic. and how he belittles me for believing in a higher being, having faith, and wanting to pay tithing and live my religion to its fullest (that was the answer in the temple)

and then i left everything up to him saying i wouldn't comromise anymore and i don't expect him to have overnight changes but i want religion to be a positive topic in my family without him trying to take away our children's free agency to choose (he is always trying to force his opinions on everyone else and the only way to get through to him is relate it to money or his boys...)

unfortunately, all he got initially out of the letter was, "no-you can't pay tithing b/c it's money out of the family budget and he doesn't believe good things happen if you pay tithing and religion just encourages fear and tithes is one of them."

so we had a 2 hr screaming fight last night. i got him to see some of my perspectives and he said he might be willing to start going to church. (i gave him your example of faith/tithing/real estate) along with other good examples but it really seems like he's digging in his heels on not paying tithing. his words are, "if i'm saving money by not having a cell phone, we carpool everywhere or do without so we are saving on a second car and you (me/susan) make bread from scratch and we are very tight on our groceries...then you can't just waste all that savings on paying tithing" and yes i've tried the argument that your hand has to be open on holding your money to allow you to receive anymore of it" and you have to put one foot in the dark sometimes to start seeing the light...

oddly, i'm working overtime this sunday and i had to do a shift swap next sunday so i kind of want/expect him to go to church without me...when we were driving to work this morning i was telling him about the new schedule (we move to 11) and how our oldest likes to visit certain people during sacrament etc...i'm wondering if i should compromise with not paying tithing for a little bit on the "gradual" concept of him going back to church.

in the very heated part of the argument, i would say, "then maybe you should move out, maybe this is over, you don't seem to want to change and always blame me for our problems" (like i complained about the cheap/lame bday present he gave me and he felt like he had gone out of his way for me...and that's why he's not affectionate to me, and i said i'd give him some credit for that since i didn't know he came back late from lunch to buy my present and since it wasn't on a list he felt like it was an extra-but this excuse still doesn't explain the last 4 years...)

so yeah, sorry so long but tell me what you think!!!

From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 1:48 PM

To: Ellis Maxwell

**Subject:** FW: i'm different now -- susan powell

# Mary

Subject: i'm different now

Date: Thu, 22 Jan 2009 16:25:01 -0600 From: Susan.Powell@wellsfargo.com

To: maryleeann5@hotmail.com; rielynn0326@yahoo.com

Since I can't frequent facebook or hotmail often anymore, I thought I'd give you a heads up. I changed my hair (and josh hasn't said anything) I'm brunette in most people's eyes (to cover the trashed blonde, bleach/color/perm) and cut it short. To about the chin, with layers, (barely could get it in a ponytail with the bottom in a cute curled under, left out way) in a messy-stylish way that I'm getting lots of positive feedback. I basically blow dry or air-dry my hair and either mousse or dry wax to the ends to sort of piece it to establish the messy look. I feel like me again!

**Susan Powell** 

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From: Mary Estep [maryleeann5@hotmail.com]
Sent: Sunday, December 20, 2009 1:49 PM

To: Ellis Maxwell

**Subject:** FW: work out and stuff -- susan powell

# Mary

From: Susan.Powell@wellsfargo.com To: maryleeann5@hotmail.com

Date: Tue, 2 Jun 2009 12:25:10 -0500

Subject: work out and stuff

I ran 40 minutes last night, josh wants me to run every other night (to save water from showers-is 3 days a week on the treadmill and one or 2 days with my dvds good, then any yard work as additional?)

It was 435 calories, 135 fat calories, 2.25 miles and I barely made it to the end without holding on. It seemed easier to jog then to speed walk at about the 4 and 4.5 mph pace...(there were lots of inclines) but I felt like I was cheating. And I was finished working out at 9pm, bed by 11:30...is that better? It does tire me out even if I exercise late and I know I'll get back into my routine of snooze button and guilty for not exercising if I tried to get up early in the morning. Its just so easy to fall out of bed to read scriptures and I get a lot out reading early am, and run at night, if I reversed those activities, I'd rush read to go to bed or hurry and watch tv and I'd sleep through the work out...

How's Marie? I couldn't tell if she knew I had deleted Patrick as my FB friend and I didn't want to stress her out, mom says she's definitely hormonal. I don't want to accidentally read Patrick's comments and be called "dumb and blind" again, he's supposed to be networking and nice on FB not rude and I looked, his friend edited his comment to make it more clear only afterwards.

I was still angry the next morning and was telling mom about it but was very clear with her that she doesn't need to tell him or marie anything but I doubt she can actually hold her tongue...she's still pretty computer dumb as far as how facebook functions... so I don't know if she really got it.

Like I told you and mom, I don't want to alienate myself from all my brother in laws...I get along great with josh's sister's husband...and I don't really count josh's other siblings in that same realm of importance since they eat and breathe negative. I feel like I just don't have much interaction with Morris, (not on fb, not a daily emailer etc) and Chad is a whole other story (who's lying, Denise/Chad/both/mom and dad??) and obviously not much daily interaction with them, I called last Saturday and the home # didn't work. But now to suddenly be considered a gossiping idiot or something to that affect with Patrick? Ergh!

Anyways, you do really look great at 34 wks and let me know about seeing all my camping etc pictures, I have to give you a username/password etc.

# Susan Powell Wells Fargo Investments

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