
Adam Lanza — a Timeline

Compiled by MATTHEW NOLAN

This document chronicles Adam Lanza’s life and noteworthy activities leading up to the Sandy Hook shooting. Other shootings are mentioned only if a specific connection to Lanza is known. Unsourced references to Lanza’s online activity rely on archived forum pages, which are available at School Shooters .info. Lanza’s alternate monikers have been set in bold.

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- 22 April 1992 Adam Peter Lanza is born to Peter and Nancy Lanza in Kingston, NH.
- 29 April 1992 At eight days old, Adam Lanza has an episode of apnea and stops breathing. He is admitted back to the hospital.¹
- Late 1994 Adam Lanza undergoes a “birth to three” evaluation in New Hampshire, ostensibly in order to qualify for state-provided support services for special-needs children. Significant impairment is noted, especially in relation to his having “created his own language.”

The developmental assessment completed by A.L.’s Birth to Three provider indicated that A.L. “fell well below expectations in social-personal development.” The evaluator was unable to understand any of A.L.’s language, needing his mother to serve as an interpreter throughout the testing. Evaluators concluded that A.L. presented with “significantly delayed development of articulation and expressive language skills.”²

- 1995 Adam begins preschool in Kingston, New Hampshire. He attends school several days

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per week, receiving special education support services, including speech support and occupational therapy as recommended by his individualized education plan (IEP).³

1997 The Sanborn Regional School District discontinues speech and language support services for Adam, “due to a perception that his challenges were not impeding his ability to learn.”⁴

Early April 1997 A neurological/developmental evaluation notes that Adam is an extremely active young child — he never sleeps through the night, continues to make up his own language, and reportedly does not like to be held, kissed or hugged. He is observed and reported to have odd repetitive behaviors and severe temper tantrums. He is reported, at times, to “sit and hit his head repeatedly.” He does not tolerate touch or textures and refuses to dress. Teachers report Adam is “very quiet during groups.”⁵

22 April 1997 Adam Lanza turns five.

Late April 1997 A.L.’s parents seek an independent evaluation from a local hospital. It appears that as a result of this hospital evaluation, special education supports were reinstated.

The independent evaluation, purportedly a speech and language assessment, showed that A.L. had several strengths that complemented his developmental challenges. A.L. was observed to be “friendly [and] bright,” with “good social language ability,” as well as a good sense of humor. The evaluator posited that A.L. may have had a sensory integration disorder, and that he displayed “many rituals” in his behavior. Significant speech and language support was recommended in addition to a follow-up with neurology, and work with an occupational therapist certified in sensory integration therapy.⁶

May 1997 The Sanborn Regional School District completes its own developmental assessment of Adam Lanza. The report accompanying the assessment notes that the district had previously decided to discontinue speech supports “because the disability [did] not interfere with educational abilities.” The updated assessment confirms that A.L. still has a dramatic discrepancy between expressive and receptive language abilities (a forty-two-point standard score difference). This meant that A.L. understood a great deal more than he could communicate and that his ability to make his needs known in a variety of settings was extremely limited or delayed. Adam would not or could not speak in groups and had noted difficulties with auditory memory and auditory processing — meaning he had difficulty taking in auditory information and then great difficulty putting out information. (Note that the 2014 report argues that “the school district should have considered the information from the speech and language evaluation and the neurological evaluation conducted in 1997 together, as reported findings were strongly suggestive of autism.”)⁷

May 1997 Adam Lanza’s individualized education plan (IEP) — updated as a result of the examinations in the preceding month — provides him with a classification of Speech and Language Impairment and the plan recommends resuming speech and language ser-

vices, twice weekly, with a focus on improving expressive language and articulation in spontaneous speech.⁸

- Fall 1997 An occupational therapy consultation by the school district notes that Adam displays inconsistent eye contact and scattered motor skills. Though there were reports of seizures in early childhood, records do not indicate whether these were actual epileptic episodes or simply vasovagal (fainting) episodes, or whether they were ever resolved through an in-depth neurological assessment.⁹
- 1998 The Lanza family moves to the Sandy Hook section of Newtown, Connecticut, after Adam's father, Peter, accepts a position with General Electric.¹⁰
- 22 April 1998 Adam turns six.
- Fall 1998 Adam Lanza begins first grade at Sandy Hook Elementary School. He is reported to be reading at grade level and is determined to be "above grade level" in math. Educational concerns at this time focused on written expression — attributed to A.L.'s speech delays; an articulation disorder (difficulty with the mechanics of speaking); and weak fine-motor skills (using hands and fingers in age-appropriate ways).¹¹
- October 1998 Adam's IEP team summary indicates that the focus of intervention was for speech and language impairment. Adam is to be provided with speech and language support thirty minutes weekly and occupational therapy support thirty minutes weekly. (Authors of the 2014 report would conclude that these durations were minimal and likely inadequate.)¹²
- 9 February 1999 Nancy Lanza e-mails a friend in Kingston about their move to Sandy Hook: "Adam is doing well here, and seems to be enjoying the new school."¹³
- 20 April 1999 Columbine High School shooting. Adam Lanza will join a forum dedicated to discussing this shooting ten years later.
- 22 April 1999 Adam celebrates his seventh birthday at the Duck Pin Bowling Alley in Danbury, Connecticut, with twenty friends from Sandy Hook Elementary school.¹⁴
- July 1999 Nancy Lanza undergoes a neurological evaluation. Results show that all testing was unremarkable, despite her claiming to numerous friends to have been suffering from a vague terminal illness at this time. The record notes that Mrs. Lanza was experiencing "significant stress in her life related to her husband." Additional medical testing was recommended along with "psychotherapy for [Mrs. Lanza's] emotional issues."¹⁵
- Fall 1999 Adam Lanza begins second grade. Due to Adam's difficulties functioning in groups, Nancy begins going to Sandy Hook Elementary School after hours to assist him with completing lessons. This arrangement continues through fifth grade.¹⁶
- Fall 1999 Early in second grade, Adam's occupational therapy is discontinued, although he is still having problems with fine-motor skills (e.g., shoe-tying and zipping his jacket).

On March 5th, 2013, I was tasked with establishing a school attendance timeline for the shooter pertaining to Sandy Hook School.

On March 6th, 2013, I met with [REDACTED] 04. All four have worked at Sandy Hook School for an extensive period of time. Furthermore, they worked at the School when the shooter attended. Through the memory of the aforementioned, yearbooks and a Sandy Hook School map we were able to obtain which classrooms the shooter was in while he attended Sandy Hook School (See attached copies of yearbooks and map). Here is a list of the following information:

First Grade – (1998 – 1999), Teacher [REDACTED] 04
 Second Grade – (1999-2000), Teacher [REDACTED] 04
 Third Grade – (2000-2001), Teacher [REDACTED] 04
 Fourth Grade – (2001-2002), Teachers [REDACTED] 04
 Fifth Grade – (2002-2003), Teacher [REDACTED] 04

Throughout the investigation, statements were made that Sandy Hook School had changed room numbers since the shooter attended. Meaning, the room numbers listed above may not have been the actual room numbers at the time.

Adam Lanza’s teachers and classrooms for his five years at Sandy Hook Elementary School, confirmed but redacted in the official report. Source: Official Report, book 8, file 00183424

Adults continue to describe A.L. as “conscientious, quiet, but more talkative since he was grouped with another second grade student.” He is described as attentive to detail. Sensory integration goals are removed from A.L.’s IEP. Emphasis remains on improving articulation through speech supports.¹⁷

22 April 2000 Adam turns eight.

Fall 2000 Adam begins third grade at Sandy Hook elementary. IEP reports note that his speech articulation has improved, although articulation difficulties were still seen to be impacting his ability to make his needs known in the regular classroom setting. During third grade, A.L. was reportedly “shy” and frequently ill. Records show that he needed to be drawn out in discussion. He was encouraged to participate and share his thoughts in school. There is no reference to repetitive or ritualistic behaviors during this period. An interim report in third grade indicates that A.L. made a “concerted effort to volunteer answers” but would not ask many questions. His work was “neat and thoughtful,” and he was a “good citizen.” He would follow rules, help others, and accept responsibility.¹⁸

22 April 2001 Adam turns nine.

18 May 2001 Nancy Lanza writes the following e-mail to Sandy Hook Elementary School administrators, confirming that despite Adam’s apparent progress in adapting to the class environment, he is at the same time experiencing anxiety and depression (names are removed in the source).

Adam is a quiet, considerate child with a tendency to withdraw. He has made tremendous strides in your school system and has benefited from speech therapy. He does, however, tend to ‘over focus’ on rules and can be very hard on himself as a result. This year has been a challenge due, in part, to a slight mismatch in teacher style and student style. I would like to take a moment to praise [teacher]’s recognition of this problem, as well as her efforts to resolve the issue. I realize the difficulty of modifying a classroom approach to accommodate an individual. [Another teacher] also has been very helpful in keeping Adam’s stress level at a minimum. I am hoping that next year Adam will be placed in a classroom with a more casual feel to it. He responds well to a nurturing environment, and I would

like his emphasis to be on learning rather than coping. He focuses on his work, enjoys structure and always adheres to the rules, but a certain level of strictness seems to bring on anxiety and depression. I have appreciated [teacher]’s willingness to work with me on this issue. I believe that if Adam is matched to the right environment for his particular learning style, the process could be less teacher-intensive. That would free Adam up to enjoy the learning process with a better result for everyone ...¹⁹

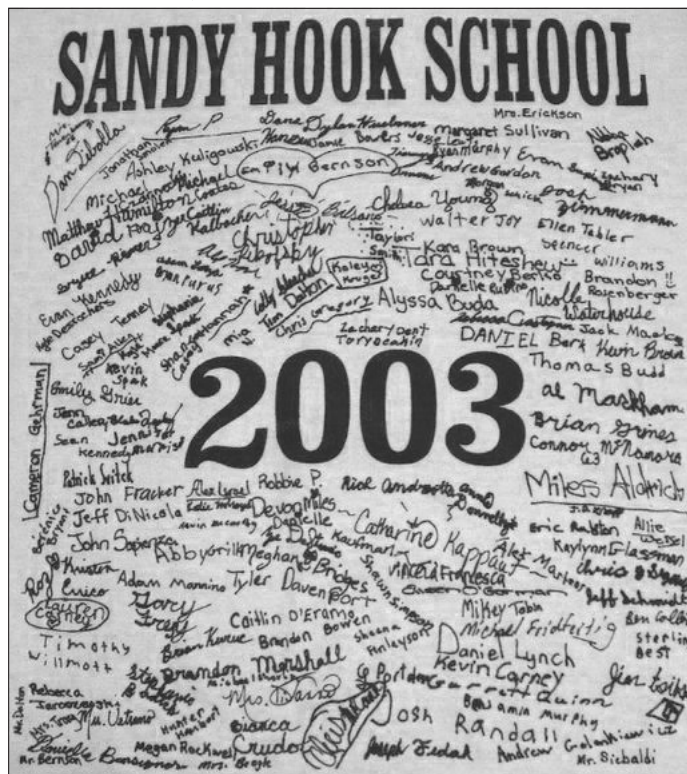
Fall 2001 Adam begins fourth grade at Sandy Hook elementary. He is deemed to have met all speech goals and is exited from special education. However, the speech report only indicates that A.L. had “no error sounds,” an observation that did not speak to A.L.’s challenges with expressive language.²⁰

22 April 2002 Adam turns ten.

2002 Adam Lanza’s parents separate. Peter moves out, leaving just Adam, his brother, and his mother, Nancy, in the Yogananda Street home in Newtown.²¹

Fall 2002 Adam begins fifth grade at Sandy Hook Elementary school.

2002–2003 school year Adam and another boy write and illustrate “The Big Book of Granny,” which is described



Adam signs a T-shirt along with the rest of the grade’s students (his fifth-grade year extending into 2003). Source: <http://www.usatoday.com/story/news/2012/12/18/adam-lanza-sandy-hook-student/1777525/>

On Thursday, August 29th, 2013, I was contacted by [REDACTED] [REDACTED] stated verbally that [REDACTED] [REDACTED] is currently residing [REDACTED] [REDACTED]. She stated that she spoke with [REDACTED] [REDACTED] about the shooter and that he doesn't remember too much about him. [REDACTED] [REDACTED] stated that Detectives would not be able to obtain a great deal of information from [REDACTED] [REDACTED] due to [REDACTED] [REDACTED], so she provided me with what she knew. [REDACTED] [REDACTED] grew up [REDACTED] [REDACTED]. [REDACTED] [REDACTED] and the shooter attended [REDACTED] [REDACTED] together at Sandy Hook School from [REDACTED] [REDACTED]. This information was confirmed through copies of the Sandy Hook School Directory. Furthermore, the School Directory shows that [REDACTED] [REDACTED] started attending Sandy Hook School in [REDACTED] [REDACTED] and only attended [REDACTED] [REDACTED] grade with the shooter during [REDACTED] [REDACTED]. (See attached.) Throughout the school year, as class projects were handed out, [REDACTED] [REDACTED] and the shooter would work together on them because of their close proximity at home. [REDACTED] [REDACTED] was unsure of them co-authoring "The Big Book of Granny", but it sounded reasonable that they would do so for school projects. [REDACTED] [REDACTED] and the shooter would ride bikes together in the neighborhood and do "boy stuff." The shooter has been over the [REDACTED] [REDACTED] residence on a few occasions and [REDACTED] [REDACTED] described him as having been being normal and polite. [REDACTED] [REDACTED] has been over the shooter's residence and there were never any worries or incidents that brought attention to [REDACTED] [REDACTED].

Investigation files confirm that the "Big Book of Granny" was written during the part of fifth grade when Adam was still attending Sandy Hook Elementary School. Source: Official Report, book 7, file 00194470

in later reports as "a very dramatic text, filled with images and narrative relating child murder, cannibalism, and taxidermy." There are conflicting reports as to which adults, if any, were made aware of it. As of 2013, the boy who collaborated with Adam on the project is living in a mental health facility; his mother recalls that he and Adam were close:

[Her son] spent a lot of time with Adam during this period of time. She told police that Adam and her son would do typical boy things together and would ride bikes and play in the neighborhood. Adam often spent time at this friend's house and the mother described Adam as "normal and polite." Her son had also been to Adam's house and had never reported any worries or unusual incidents.²²

Middle of 2002–2003 school year Adam Lanza, along with the rest of his fifth grade class at Sandy Hook Elementary, are moved to the new Reed Intermediate School.²³

2003 A pediatric record notes Adam's obsessive-compulsive tendencies, including hand washing, leading to excoriated skin, and clothing rituals. There is no documentation in the pediatric record of any exploration of these issues or of a referral to a mental-health specialist. The report (or perhaps another report from the same time period) also notes that Adam "plays this 'exercise/dance game' for recreation," referring to the game *Dance Dance Revolution*.²⁴

22 April 2003 Adam turns eleven.

Fall 2003 Adam begins sixth grade at Reed Intermediate School. According to school records, he exhibited good effort, made independent application of grade-level concepts and skills, and showed great insight into the motivation of characters in stories he read, as well as solving mathematics problems. He was described as well-liked by his peers and showing appropriate classroom behavior, though his record indicates that he still struggled initiating conversation with anyone.²⁵

April 2003 – April 2004 Per present-day recollections from Adam's father, Peter:

He noticed that when Adam was between the ages of 11 and 12, he began to seem a little different, less happy. To Mr. Lanza, Adam grew more anxious and frustrated, though he did not seem to Mr. Lanza to be angry or aggressive. He

Investigators record the discovery of a yearbook while searching the Lanza home, confirming that the shooter attended Newtown Middle School for seventh grade. Source: http://articles.courant.com/2013-06-30/news/hc-adam-landa-pediatric-records-20130629_1_nancy-landa-adam-landa-danbury-hospital

didn't like to be photographed or seen in pictures. Adam had trouble concentrating and seemed easily overloaded. He began avoiding eye contact and became increasingly anxious. Mr. Lanza reported that Adam experienced panic attacks that compelled his mother to come to school.²⁶

- 22 April 2004 Adam turns twelve.

- Fall 2004 Adam begins seventh grade at Newtown Middle School.²⁷

- 2005 Throughout this year, Adam has numerous sick visits to doctors for sore throats, difficulty breathing, and marked weight loss.²⁸

- April 2005 Concerned about his increasing anxiety at Newtown Middle School, Nancy Lanza moves Adam to a new school, St. Rose of Lima. Even though the move occurs so late in the school year, he does not complete the term, and only attends for eight weeks.²⁹

- 22 April 2005 Adam turns thirteen.

- April-June 2005 During Adam's brief attendance at St. Rose of Lima, his writing is sufficiently disturbing that his teacher brings it to the attention of the school principal:

After my years of experience teaching 7th-grade boys, I know how they are supposed to act. But I saw Adam as being not normal with very distinct anti-social issues. Adam was a very intelligent boy but he was also very quiet, barely spoke, and never responded to his classmates' kindness of trying to help him fit in ... I also remember Adam never wanting to participate in anything ... I truly do not believe that Adam's parents were upfront with teachers about Adam's mental capacities ... I remember giving creative writing assignments to students, instructing them to write a page or two on whatever they wanted to talk about ... Adam would write ten pages obsessing about battles, destruction and war. I have known 7th grade boys to talk about things like this, but Adam's level of violence was disturbing. I remember showing the writings to the principal at the time, Adam's creative writing was so graphic that it could not be shared.³⁰

- May / June 2005 Adam's parents abruptly withdraw him from St. Rose of Lima before the end of the school year, and he is "kept home for a period of time."³¹

- April–June 2005 Reports from the Yale Child Study Center in 2006 indicate that Adam did not return to St. Rose of Lima for eighth grade due to his views on religion, though it is not clear if this was a decision by the Lanza family or by the school’s staff: “A.L. disapproves of religion because it is ‘illogical’ ... [which] proved the downfall of a brief placement at a small supportive Catholic parochial school.” Despite this, he “wanted to keep wearing his school uniform for a time.”³²
- Early September 2005 Adam Lanza begins eighth grade at Newtown Middle School.
- 19 September 2005 Medical records note parental concerns regarding Adam not sleeping well, not eating well, and “sleeping a lot during the day.” The same record notes that his weight had dropped to 98 pounds. He was approximately 5’8” at that time.³³
- Between 20 and 30 September 2005 Nancy Lanza takes Adam to the emergency room at Danbury Hospital for an evaluation following anxiety episodes. She describes Adam to healthcare providers as having had “borderline autism” in the past, but having since “outgrown it.” She reports that Adam was having trouble in school, having trouble in groups, and exhibiting repetitive behaviors, which had gotten worse in recent days. She fears the “beginning of possible autism.”

Hospital records described him as “anxious,” “withdrawn,” and “hesitant to be touched.” He presented as agitated, hyper-vigilant, and overwhelmed with fear. The clinical consultation resulted in diagnoses of Anxiety Disorder, [Not Otherwise Specified]; Rule out Asperger Syndrome; Rule out Autistic Disorder, followed by a discharge diagnosis of Asperger Syndrome and Obsessive Compulsive Disorder.

Mrs. Lanza declined an extensive medical work up for A.L., indicating that he was already scheduled to see a psychiatrist in three weeks. A.L. was evaluated by the hospital crisis team and recommendations for therapeutic support were discussed with Mrs. Lanza. The hospital recommended additional evaluation by staff psychiatry. Mrs. Lanza declined this recommendation, stating that A.L. would be “better off” at home rather than staying at the hospital for further work-up. Mrs. Lanza thought that she could manage him at home and that he was not at risk or a danger to himself or others. Mrs. Lanza stated that she wanted to get him home because he was “very comfortable” at home and would not be as anxious.

Though Mrs. Lanza told hospital personnel that her sole reason for taking A.L. to the emergency room was to obtain medical permission to allow him to stay home from school indefinitely, the clinical team at Danbury Hospital provided information to her regarding next steps for evaluation and treatment. Hospital staff recommended a therapeutic educational placement at the Center for Child and Adolescent Treatment Services (CCATS), and the hospital offered a full evaluation of him to expedite admission to the school.

Mrs. Lanza declined the additional evaluation and referral as documented by the clinical team at Danbury Hospital. She requested that the hospital issue a note excusing A.L. from school due to the stress level it created for him. Hospital

-White Teddy Bear -Blue hanging folder labeled "Adam Home School", containing information about registration for 2005-2006 school year. -Yellow envelope from New Hampshire Department of Education, containing information on New Hampshire Standards f
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Investigators record finding documents in the Lanza home related to home-schooling Adam during his eighth-grade year. Source: Official Report, book 4, file 00177484

staff agreed to provide a note excusing A.L. from school for three days, pending an IEP meeting. Mrs. Lanza agreed in writing to return him to the Emergency Department should his anxiety symptoms increase at home.³⁴

11 September 2005 Paul Fox, M.D., diagnoses Adam Lanza with Asperger disorder. Dr. Fox “further indicated that Adam presented with significant social impairments and extreme anxiety, he lacks empathy and has very rigid thought processes.”³⁵

September-December 2005 At some point subsequent to Adam’s emergency department visit, Mrs. Lanza visited the administrator in her district office and indicated her desire to “home school” Adam. Mrs. Lanza recounted her visit with Adam to the emergency department and her concerns regarding his anxiety. The administrator remembered that Mrs. Lanza said she had to take Adam back home because he was so anxious in the emergency department that it felt “abusive” to keep him there. The administrator did not feel it would be appropriate to home-school Adam, and instead recommended that the family and school work together to try to meet Adam’s needs, even in unconventional ways if necessary.³⁶

18 October 2005 Dr. Fox provides Nancy with an “indefinite excuse” note to remove Adam from school, which stated that Adam “should not attend school due to the lack of an appropriate placement” and his “mounting overwhelming anxiety.”³⁷

Late November / early December 2005 Dr. Fox writes this e-mail to Newtown Public School officials:

A.L. is a 13 year old boy who I have evaluated on 9/30/05, 10/18/05, and 11/15/05. He meets the DSM IV criteria for Asperger’s Disorder. A.L. presents with a significant social impairment including lack of peer relationships, avoidance of eye to eye gaze, lack of understanding of how to play or interact with peers. He avoids peer interaction and is very anxious around strangers. He lacks empathy and tends to employ a very rigid systematic thought process. He demonstrates intense emotional rage when his systematic world is threatened due to his extreme need for routine. He tends to take a very literal interpretation of written and verbal material. Concepts like metaphor, symbolism and intangible references are exceedingly difficult for him and can cause significant distress. He tends to have an overly precise quality of speech and tends to not comprehend emotional expression in others. He is phobic [of] physical contact, even with his own mother who has been his most constant and consistent individual in his life.

Due to his extreme anxiety and emotional discord due to minor changes in routines and/or his expectations he is unable to attend school.

Due to his need for systematic precision and logic there needs to be modifications in the school curriculum. For example, the English curriculum should focus on the grammar and writing in a clear precise way. Literary choices should

tend to be more literal and less figurative. It would be constructive for A.L. to have an accelerated program in Math and Science by allowing him to take honor classes in the high school.

At this point I am strongly recommending that A.L. not be compelled to attend school. He has clearly demonstrated that the experience of the school setting which has an intolerable level of noise and unpredictable elements would promote extreme anxiety and discomfort.

If you have any questions please do not hesitate to call.³⁸

Late December 2005 An IEP meeting is convened in response to Dr. Fox's recommendations. The school district offers to evaluate Adam for the purpose of determining special education eligibility, primary disability, and what support should be provided at the school. This recommendation was declined by Nancy, who stated that evaluations at that time would "not be in Adam's best interests." The IEP indicated that A.L. was to receive up to ten hours of special education in the form of tutoring based on the psychiatrist's belief that A.L. could not function in a regular education environment. The educational record indicates that potential evaluators would begin to meet with A.L. as tutoring progressed to try to establish rapport with him. There is no evidence regarding how or if the recommended ten hours per week of homebound instruction was delivered during this school year.³⁹

January–March 2006 A.L. remains home with his mother. Records indicate that A.L. may have received tutoring from both his mother and father each week.⁴⁰

3 March 2006 The *Newtown Bee* publishes an article, "Newtown Middle School Lists Honor Students." Adam Lanza is listed under the eighth-grade honor roll.⁴¹

March 2006 The school district contacts Dr. Fox, requesting information about Adam's availability for standardized CMT (Connecticut Mastery Test) testing. He responds, indicating that Adam should be exempt. The school district responds:

In order to exempt [A.L.] from taking the CMTs, we need a letter from you indicating that he is unable to attend school and is medically/emotionally unavailable for homebound instruction for the testing period and the make-up testing period . . . without this letter, we are mandated to send a certified teacher to [A.L.]'s house to give him the test.⁴²

The psychiatrist responded with a faxed note that A.L. was "medically/emotionally unavailable to be tested (CMT)." According to the psychiatrist, A.L. could not and was not receiving home-bound or hospital-based tutoring and he was not attending school at all.⁴³

22 April 2006 Adam turns fourteen.

11 May 2006 The *Newtown Bee* publishes the third-quarter list of honor roll students at Newtown

Middle School. Adam Lanza is listed under the eighth-grade honor roll, indicating that he was not going to be held back despite not attending school at all this quarter.⁴⁴

June 2006 Medical records document Adam's raw hands due to over-washing.⁴⁵

A note to an unnamed medical professional records that Nancy wanted to set up a consultation to discuss Adam's weight loss.⁴⁶

IEP records note that Adam's primary disability was "to be determined," but the team agreed to defer evaluation due to his extreme anxiety and the psychiatrist's recommendations. A schedule of courses was listed for his possible ninth-grade entry into Newtown High School. (Note that the reports' authors state, "The IEP team could have, at this point, identified A.L.'s primary disability as Autism or Emotional Disturbance based on his diagnoses from the community psychiatrist.")⁴⁷

20 July 2006 The *Newtown Bee* publishes the year's list of honor roll students at Newtown Middle School. Adam Lanza is listed under the eighth-grade honor roll.⁴⁸

August 2006 A doctor's visit with Adam and Nancy confirms weight and health concerns and trouble sleeping. A.L. was ninety-four pounds at that time. The record indicated that he was "home schooled."⁴⁹

Fall 2006 Adam Lanza enters Newtown High School for ninth grade, returning to the school system after an absence of nearly an entire year, though he is not held back. Meanwhile, his brother moves out to attend university, leaving just Adam and Nancy in the home. Adam's attendance this year is scant, and based upon his IEP,

[In ninth grade] Adam had been receiving tutoring for major academic subjects (up to 10 hours) but had also begun to come to the High School for a combination of tutoring and classroom work in Chemistry, Math, and Latin, depending on his ability to handle the environment.⁵⁰

Fall 2006 Peter Lanza seeks help through his employee assistance program (EAP) to obtain a mental-health referral for Adam:

Per email correspondence from Mr. Lanza's EAP consultant, the family wanted to obtain "evaluation and treatment" for A.L.'s Obsessive Compulsive Disorder. The family indicated, according to EAP coordinator, that the Lanzas would be willing to travel within the state "if there [was] a program/therapist to help their son, and them, as his disorder [was] significantly impacting the family as well." Mr. Lanza's emails indicate that the family was looking for a specialist who would be specifically knowledgeable about working with children diagnosed with Obsessive-Compulsive Disorder and Asperger's Syndrome.⁵¹

13 September 2006 Dawson College shooting: one dead, twelve injured. The shooter commits suicide as police close in. Adam Lanza will contribute to the *Wikipedia* page associated with this event three years later.

- September 2006 A Connecticut well-child record documents that A.L. was diagnosed with obsessive-compulsive disorder, anxiety, and Asperger syndrome, and that he is to seek or is seeking psychiatric care in the community.⁵²
- 24 October 2006 Adam is seen at the Yale Child Study Center by a clinical psychiatrist, Dr. Robert King. Kathleen Koenig, an Advanced Practice Registered Nurse, also meets with Adam as part of this process. The evaluation was purportedly to determine if Adam had obsessive-compulsive disorder in the context of a putative diagnosis of Asperger syndrome. Dr. King sends a draft of his psychological evaluation of Adam Lanza to his parents, indicating that Lanza “appears to fall somewhere in the Pervasive Developmental Disorder (PDD) or Austistic Spectrum Disorder (ASD).”⁵³

The Yale psychiatrist’s initial report observed that A.L. presented as a “pale, gaunt, and awkward young adolescent standing rigidly with downcast gaze and declining to shake hands.”

Adam’s mother told the Yale psychiatrist that he used to look at people but did not anymore. Adam then asked rhetorically, “Why should I have to.” When the doctor explained all of the information that a person could learn by looking at a facial expression, such as a smile, Adam stated that people could interpret smiles differently: “Some primates smile when they are frightened.”

When asked for three magic wishes, Adam could not think of any and instead he said that “he would wish that whatever was granting the wishes would not exist.”

“Asked, ‘What is a friend?’ Adam replied, ‘It is difficult to define — in whose culture do you refer?’ Told ‘yours,’ he replied, ‘I do not know.’ Asked whether he would like to have more friends, Adam said no.”

According to the report, Adam displayed a variety of rigid, controlling, and avoidant behaviors including his refusal to open doors for himself because he did not like to touch the doorknobs, and his worries about contamination of grease, dirt, and dust. Adam was reported to be placing limits on his mother’s behavior (e.g. by not allowing her to lean on things because it was improper). He had a variety of food rituals as well, related to texture. The doctor noted that Adam had experienced a variety of marked changes in seventh grade, including no longer talking on the phone, using e-mail, or engaging in outdoor activities, and he had become increasingly socially withdrawn and reclusive. Adam reportedly had not had any psychological testing.

The doctor noted that it was “difficult to interpret” A.L.’s accelerated social withdrawal. However, the doctor considered that a “plausible explanation” might be that “social engagement (largely focused on activities) in the middle school years makes relatively few demands for social sophistication As Adam’s peers moved into early adolescence and middle school, the demands of social engagement changed dramatically, leaving Adam feeling more inadequate or ostracized, setting off a cycle of withdrawal and avoidance.”

[...]

“Beyond the impact of OCD symptoms on himself and his mother, we are very concerned about A.L.’s increasingly constricted social and educational world.

Much of emphasis has been on finding curricular level of instruction. Inability to tolerate even minimal interaction with even older more mature classmates will have grave consequences for his future education and social and occupational adaptation unless means of remediation are found. Inability to interact with classmates will prove increasingly deleterious to education. We believe it is very important to reframe the discussion with school from issues of curricular content to much more urgent issues of how to accommodate A.L.'s severe social disabilities in a way that would permit him to be around peers and to progress, rather than regress, socially, as well as academically."

"Understandably, A.L.'s parents have gone to great lengths to compensate for A.L.'s hypersensitivities and social difficulties and aversions by providing home-bound instruction.

However we believe that there is a significant risk to A.L. in creating, even with the best of intentions, a prosthetic environment which spares him having to encounter other students or to work to overcome his social difficulties. Having the emphasis on adapting the world to A.L., rather than helping him to adapt to the world, is a recipe for him to be a homebound recluse, unable to attend college or work productively into his twenties and thirties and beyond with mother becoming increasingly isolated and burdened."⁵⁴

25 October 2006 One day after Adam's evaluation by Yale, his mother Nancy e-mails the doctor regarding his recommendations, indicating that Adam would refuse taking any medication:

Thank you for taking the time to meet with Adam yesterday ... I wanted to let you know that the options you presented are not going to work at this time. I would like to save you any further investment of your time.

As I mentioned during the telephone conversation previous to our meeting, Adam's OCD component is strongly tied to Asperger Syndrome and he is adamantly opposed to medication. The OCD component is now based on superstition or in an effort to influence outside events or luck. I thought I had been clear that I was looking for individual intervention, perhaps some sort of behavior modification, for the Asperger Syndrome foremost, sensory integration disorder, and the two OCD like components that are impacting his ability to attend school.

His refusal to take medication would make it impossible for him to be part of the study group and will just further agitate him. He was quite angry about the line of questioning that the interview took. As you might expect from an Asperger child, he had no understanding of the metaphors, and was quite disturbed by the fairy godmother scenario you gave him. You mentioned that the wait list for treatment for Asperger is quite lengthy, and that the study group was the alternative. However, participation in a study group, with the implied possibility of medication, will not be helpful in this case. So while I very much appreciate your effort, this is not the right course of treatment for him."⁵⁵

26 October 2006 Nancy writes an e-mail describing Adam's experience during the Yale evaluation two days prior. The recipient's identity has not been disclosed:

She wrote in an email two days after the Yale evaluation that based on her research he did not “fit that mold.” He did not, according to her, have a “preoccupation with one interest, the inability to carry on a two-sided conversation, [or] the absence of caring about other’s expectations.”

She said that she felt “horrible” in the Yale interview process, and that A.L. was “frustrated, and angry and anxious” during the interview. “His palms were sweating so much that his shirt got wet and he looked like he could have cried at any moment.” Mrs. Lanza said that she felt like he was “being tortured.”

Mrs. Lanza wrote that the evaluation did not seem to have “even a glimmer of hope attached to it,” and may have made things worse. She was concerned that A.L. was so angry about “the whole thing,” that “short of strapping him down,” she didn’t think he would be willing to talk to another doctor for a long time.⁵⁶

(Note that the footnote accompanying this entry in the Child Advocate report states that “In fact, the Yale APRN that worked with A.L. after the initial evaluation also did not feel certain that A.L. had an Autism Spectrum Disorder, including Asperger’s Syndrome. Rather, this clinician concluded that A.L. was primarily debilitated by anxiety and Obsessive Compulsive Disorder. Whether these diagnoses were co-morbid with or, in lieu of an Autism Spectrum Disorder is unconfirmed.”)

1 December 2006 A psychological evaluation of Adam Lanza is performed by Newtown High School psychologist Michael Ridley. Follow-up evaluations are performed on the fifteenth and twenty-second later that month. Ridley concludes that “there is no evidence of a specific learning disability and that Adam’s issues relate to his identified emotional and/or Pervasive Developmental Disorder spectrum behaviors.”⁵⁷

Late 2006 According to **Smiggles**’s response to the “Shocked Beyond Belief” thread “How did you find this forum?,” Adam Lanza first discovers said forum, which he later registers to: “I think I found it through Google toward the end of 2006. I didn’t register for years because it seemed like the kind of website which would get you on a terrorist watch-list.”

December 2006 / Adam types a letter to his father, requesting certain video games. They are to be delivered on 6 January (likely a “Christmas” gift exchange, arranged around their visitation schedule).⁵⁸
January 2007

January 2007 Nancy writes to Kathleen Koenig, the APRN at Yale Child Studies Center, who had met with Adam again in the previous weeks:

It was actually the best meeting A.L. has had with anyone. He was calm and conversational on the way home, which is very unusual ... As far as his comfort level ... it isn’t just that he is painfully uncomfortable — he actually doesn’t feel safe. He often tells me that he is frightened, even in our own home and obviously more so in public. I think it is the fear that paralyzes him. His father will be bringing him over on Thursday so that I can get a couple of hours off, but please let me know if you need any input or if anything needs to be followed up at home.⁵⁹

1 February 2007 Nancy Lanza writes the following e-mail to Dr. Fox, concerning Adam’s ongoing treatment and his initial evaluation from Yale Center. This e-mail confirms that Adam’s treatment at Yale was the wish of Nancy’s estranged husband, Peter, and in asserting her firm hope that Dr. Fox (the community psychiatrist she prefers) really “take the lead role” in the process, she is likely trying to wrest control of Adam’s treatment back from his father.

Dear Dr. Fox,

Kathy Koenig will be contacting you at some point to discuss Adam. She is a clinician at Yale and has background In Asperger In teens. Adam’s father felt it was important to get Adam into that group and possibly (and eventually) get Adam into a teen support group over there. Whatever her suggestions are, I would like your thoughts on. You have spent the most time with Adam, and have the best understanding of his situation. The Yale group and Adam’s father are concerned about Adam’s socialization and that is something I hadn’t really focused on. I have been more concerned with keeping him as comfortable as possible and just getting through each day. Although there will be quite a few people involved in this process (Yale — Mike Ridiey [*sic*] — Sherry Earle), I really hope that you can take the lead role. Once everyone has had some Input, I was wondering if I could have an appointment with you to discuss what makes sense for Adam’s IEP.

I will be talking to Sherry Earle today about modifying the history. I will give her your number so that she can contact you with any questions.

Did you get a copy of the initial evaluation from Yale?

Thanks for all your help!⁶⁰

4 February 2007 Adam Lanza creates his first known *Wikipedia* account, **Blarvink**. He will not do anything with the account for another two months.⁶¹

7 February 2007 Kathleen Koenig, an Advanced Practice Registered Nurse at Yale Child Studies Center, has the last of four face-to-face meetings with Adam Lanza (the first taking place as early as October 2006). She determines a primary diagnosis of obsessive-compulsive disorder, with a secondary diagnosis of autism spectrum disorder:

Adam was described by the APRN as “emotionally paralyzed” and severely limited in his ability to lead a normal life. During her conversations with him, he asked questions about schizophrenia and Obsessive Compulsive Disorder, but was unwilling to share if he was experiencing any of the symptoms of the disorders. She discussed with him the clinical components of these disorders and those of psychotic depression. She described Adam as having “many rituals and prohibitions for his behavior and the behavior of others.” Adam agreed, in part, with the clinician that he was emotionally paralyzed by anxiety, but he did not feel that he suffered because of it, nor was he willing to take medication.⁶²

February 2007 Peter Lanza discusses Adam’s treatment at Yale with Nurse Koenig via e-mail, noting that Adam was “angry” about having to attend, that he “loathed” the clinician, and

that he did not think the “process [would] help him.” Adam was requesting to have Peter present during sessions. Her response:

The process of asking A.L. to talk with me directly about what is going on is critical. I appreciate that A.L.’s view is that he wouldn’t say anything differently if [the father] were in the room, but I think he’s wrong. His judgment about how social/family dynamics work in a therapy situation is no more on target than his views regarding doorknobs and hand-washing ... He wants to control how the treatment goes because his anxiety is nearly unbearable if he can’t feel he knows what’s going to happen. I understand that. At the same time, he can’t control the treatment because his thinking is distorted and irrational. I can’t agree to follow his lead!

In fact, when I talk with him alone he has to respond, and last time I pushed him a bit. I am not surprised that he was angry, that’s OK ... I told A.L. he has a biological disorder that can be helped with medication. I told him what the medicines are and why they can work.

I told him he’s living in a box right now, and the box will only get smaller over time if doesn’t get some treatment.

I’m fine to see him this week at 11. I am OK to talk with him and you at the beginning, but the session to address his issues has to be just him and me. I’d do it differently if I thought it would help, but I’m convinced it won’t. Let me know your reactions.⁶³

“Around February 2007” Mr. Lanza wrote to APRN Koenig that Adam seemed to making progress. Mr. Lanza recounted a recent outing to the arcade and the mall with Adam, where Adam was able to visit a number of different stores. Mr. Lanza wrote that Adam “ha[d] not wanted to do anything like that for over a year” and seemed to “enjoy the outing.” Mr. Lanza wrote that “it appears the time that you are spending with Adam may be paying off.” Mr. Lanza said he would follow up with a new appointment date.⁶⁴

Late February 2007 Nurse Koenig prescribes a small dose of the anti-depressant Celexa to Adam, apparently having overcome his previous total refusal to even consider medication. The resulting dispute indicates that the ensuing experience (real or imagined) undid any progress that had been made up to this point.

Immediately after prescribing the medication, the clinician received a call from the mother reporting that A.L. was “unable to raise his arm.” Mrs. Lanza stated that A.L. was attributing this symptom to the medication. An email from Mrs. Lanza to the clinic indicated that A.L. took the medication for three days. Mrs. Lanza wrote an email that A.L. experienced immediate and diverse symptoms associated with the medication, including “decreased appetite and nausea ... dizziness ... disorientation,” disjointed speech, and sweating. She stated that “he couldn’t think. He sat in his room, doing nothing.”

Despite the APRN’s attempt to convince the mother that the medication could not be producing the problems with A.L.’s arm, and that other symptoms could

be managed with time and appropriate dosing, Mrs. Lanza said A.L. would be discontinuing the medication.⁶⁵

- March 2007 Nurse Koenig, having not seen Adam since the administration of medication, contacts Adam's community psychiatrist, Dr. Fox, by e-mail, stating that all agreed it would be better for the family to "work with one provider," and that the "consensus" was that the community psychiatrist "would be the best person," given that Adam really liked and trusted him.⁶⁶
- 16 April 2007 Virginia Tech shooting. Five years later, Adam would reflect that this event represented a sort of peak in his excitement over mass murder: "My interest in mass murdered [*sic*] has been perfunctory for such a long time. The enthusiasm I had back when Virginia Tech happened feels like it's been gone for a hundred billion years. I don't care about anything. I'm just done with it all."⁶⁷
- 22 April 2007 Adam turns fifteen.
- May 2007 Peter Lanza contacts the Stamford Public Schools to see what special education programming that district could provide if Adam came to live with him.⁶⁸
- 7 June 2007 Adam, as **Blarvink**, makes an edit to the *Wikipedia* page for Newtown High School. His note (accurately) points out that he was deleting "vandalism" by a previous user, and thus he makes no actual contribution, but this edit does establish that he was closely reading the *Wikipedia* page for Newtown High School on this day.⁶⁹
- June 2007 Adam receives medical treatment because of irritated hands related to obsessive-compulsive hand washing. The note (possibly from the school nurse) states that he continued to be followed without medications by the community psychiatrist and that a referral had been made to another doctor for a neurology workup. There is no ongoing correspondence beyond 2006 or any exchange of treatment records between the community psychiatrist, a neurologist, and the district. It does not appear that a speech and language evaluation — recommended one month previous — ever took place.⁷⁰
- Summer 2007 The education team begins to prepare to "mainstream" Adam for his upcoming Sophomore year, "moving him from reliance on one-to-one tutoring to participation in classes."⁷¹
- A note from Newtown High's school nurse describes Adam as presenting with "high functioning" Asperger syndrome and anxiety. He was described by the nurse as "bright" and not wanting to be "defective." The nurse stated that he wanted to be in school to increase his knowledge. The nurse noted a list of preparations for A.L. to come to class early and leave later from the classroom, and his continuing high level of anxiety, germaphobia, and sensitivity to smells. The note emphasized that communications with A.L. must be very clear:

It is 'more scary if he does not understand and rocks and withdraws. Being unclear can be devastating to this child and his family.' He was to be brought

to the nurse [if injured?] because he cannot process pain. He is non-emotional. He was to e-mail teachers if he wanted to ask questions. There was concern that fire drills ‘might freak him out.’ This was to be addressed by having a teacher stay with him.⁷²

Adam was described in this note as having come a “long way” with his “crisis team” and assistance from a trusted school employee: the head of security (Richard Novia, who would become acquainted with Adam through the Newtown High tech club, which Novia ran.)⁷³

26 August 2007 Just before the start of tenth grade, “a communication from a psychiatrist stated that the doctor had reviewed [Adam’s] history with [Nancy] and that he was confident that Adam was prepared and ready to attend Newtown High School as a full time student that fall.”⁷⁴

28 August 2007 Adam Lanza, as **Blarvink**, makes an edit to the *Wikipedia* page for Newtown High School, updating the number of attending students. His note for this edit includes confirmation that he attended an assembly at Newtown High School (likely the “new student orientation” always held in August) that same day:

According to what the surrogate vice principal stated in the auditorium to the 9th and 10th grades on 8/28, there are 1,737 students in Newtown High School this year. I Updated the page accordingly.⁷⁵

Pre-fall 2007 Nancy writes to a staff member at Newtown High School, just before the start of the school year, affirming that [Adam] “insists on walking through that front door” and that he is “prepared.”⁷⁶

Fall 2007 Adam Lanza begins his sophomore year at Newtown High School. He is initially scheduled to take sociology, AP U.S. history, AP Chemistry, AP Physics, English, math, and Latin, though this plan does not last longer than a few months. He also joins the Newtown High School tech club, run by Richard Novia.⁷⁷

Nancy Lanza writes to one of Adam’s teachers (presumably the English teacher, given the content of the e-mail) regarding his special needs:

She informed one of A.L.’s teachers that he worried about dying, being bullied, and that he was acutely aware that he was different from other kids. She feared that any story that referenced these social issues in a way that Adam could identify with would bring on periods of insomnia and a loss of appetite. Mrs. Lanza also noted, “Another thing we might have trouble with is boy-meets-girl type [of literature]. An adapted reading list is being provided as a substitute for the standard curriculum.”⁷⁸

5 December 2007 Westroads Mall shooting: nine dead. Two years later, Lanza will edit the *Wikipedia* page on this incident.

- February 2008 By this point, Adam has dropped most of his mainstream classes, including sociology, history, chemistry, and physics, and has arranged to complete English as an “independent study.” These decisions were communicated through Nancy’s contact with the school. It became clear that the recommendation for full-time participation in regular classes was a goal that could not be met at that time.⁷⁹
- 14 February 2008 Northern Illinois University shooting: five killed; gunman commits suicide. The shooter is armed with a 9mm Glock 19, a 9mm Kurz Sig Sauer P232, a shotgun, and another handgun. An article related to this shooting will be found in the Lanza home by police almost five years later.⁸⁰
- February 2008 Adam Lanza’s medical records state that A.L. continued to be diagnosed with Asperger syndrome and obsessive-compulsive disorder, but the records do not indicate what, if any, treatment was being provided or should be provided. In fact, the well-visit form indicates that despite these issues, A.L. was receiving “no meds, and no psych.” Under the heading “Development,” next to sub-headings for “school,” “after school activities,” and “peer relations,” nothing is written except “10th grade.” The record notes that he was 112 pounds and almost 5’10” tall, suggesting possible anorexia at this time.⁸¹
- 11 March 2008 Richard Novia, who runs the Newtown High School tech club, is fired after an altercation with a student.⁸² (Some sources cite this as the reason Nancy Lanza opted not to re-enroll Adam at NHS after summer break 2008.⁸³)
- March 2008 Nancy is “again contemplating home-schooling A.L., but worried that he would later be unable to show [a college?] all of his work with the technology club or work study.”⁸⁴
- 22 April 2008 Adam turns sixteen.
- Summer 2008 Records indicate that Adam was to receive Extended School Year Services (ESY), in the form of one-on-one tutoring from school staff. ESY services are for youth who, due to the nature of their disabilities, need an extended school year to continue to make progress with their educational goals.⁸⁵
- May 2008 Adam takes the entrance exam to enroll at Western Connecticut State University. He declines to answer most of the personal profile questions about himself.⁸⁶
- Summer 2008 Adam attends WCSU, taking computer-science classes in Visual BASIC and website production.⁸⁷
- Adam hosts a “LAN party” at his home for the Newtown High Tech Club. Several friends attend. All reports from these friends indicate that nothing unusual happened; most of the attendees played *Warcraft 3*, Nancy met several of them, there were never any firearms seen, and Adam asked other students to take off their shoes and be “respectful of the house.” The party took place entirely in the basement, and none of the attendees entered the upper two floors of the house.⁸⁸
- August 2008 Medical records indicate that Adam has a history of constipation (possibly linked to

his weight and nutrition issues) and has been prescribed Miralax to symptomatically respond to this concern.⁸⁹

Fall 2008 Adam Lanza begins his junior year but does not attend any mainstream high school classes this year. His IEP continued to classify him as Other Health Impaired and continued to offer him ten hours of tutoring a week and a shortened school day, pending doctor's approval.⁹⁰

[Different source, overlapping info:] Adam Lanza almost entirely withdraws from public school, instead opting for home school, where "Nancy taught Adam the humanities and Peter met with Adam twice a week to handle the sciences." An interview with Peter Lanza documents several e-mails from Nancy around this time:

By 2008, when Adam turned sixteen and was going to school only for occasional events, Nancy's e-mails describe his escalating misery. "He had a horrible night ... He cried in the bathroom for 45 minutes and missed his first class." Two weeks later, she wrote, "I am hoping that he pulls together in time for school this afternoon, but it is doubtful. He has been sitting with his head to one side for over an hour doing nothing." Later that year: "Adam had a rough night. He moved EVERYTHING out of his room last night. He only kept his bed and wardrobe cabinet."⁹¹

2 September 2008 Adam Lanza begins the fall session at WCSU. He takes courses in data modeling and database design (which he later drops), as well as Introduction to Ethical Theory, an introductory philosophy course.⁹²

October 2008 Billing records show one payment from Nancy Lanza to Adam's community psychia-

Record of: Adam P Lanza						***** TRANSCRIPT TOTALS *****			
*** WARNING ***						Earned Hrs GPA Hrs Points GPA			
--No Address--						TOTAL INSTITUTION 15.00 15.00 49.02 3.26			
Issued To: Adam Lanza						TOTAL TRANSFER 0.00 0.00 0.00 0.00			
Course Level: Undergraduate						OVERALL 15.00 15.00 49.02 3.26			
SUBJ NO.	COURSE TITLE	CRED	GRD	PTS	R	***** END OF TRANSCRIPT *****			
INSTITUTION CREDIT:						T-Ehrs: Term Earned Hours, C-Ehrs: Cumulative Earned Hours			
T-Pls: Term Quality Points, C-Pls: Cumulative Quality Points						T-GPA Hrs: Term GPA Hours, C-GPA Hrs: Cumulative GPA Hours			
T-GPA: Term GPA, C-GPA: Cumulative GPA									
Summer 2008									
CS 110	Website Production	3.00	A-	11.01					
CS 143	Visual BASIC	3.00	A	12.00					
T-Ehrs: 6.00 T-GPA-Hrs: 6.00 T-Pls: 23.01 T-GPA: 3.83									
C-Ehrs: 6.00 C-GPA-Hrs: 6.00 C-Pls: 23.01 C-GPA: 3.83									
Fall 2008									
CS 205	Data Modeling and DB Design	4.00	W	0.00					
PHI 101	Introduction to Ethical Theo	3.00	C	6.00					
T-Ehrs: 3.00 T-GPA-Hrs: 3.00 T-Pls: 6.00 T-GPA: 2.00									
C-Ehrs: 9.00 C-GPA-Hrs: 9.00 C-Pls: 29.01 C-GPA: 3.22									
Spring 2009									
GSA 142	Introductory German I-Speak	3.00	W	0.00					
HIS 149	American History Since 1877	3.00	A-	11.01					
T-Ehrs: 3.00 T-GPA-Hrs: 3.00 T-Pls: 11.01 T-GPA: 3.67									
C-Ehrs: 12.00 C-GPA-Hrs: 12.00 C-Pls: 40.02 C-GPA: 3.33									
Summer 2009									
ECON 100	Princ of Macroeconomics	3.00	B	3.00					
T-Ehrs: 3.00 T-GPA-Hrs: 3.00 T-Pls: 9.00 T-GPA: 3.00									
C-Ehrs: 15.00 C-GPA-Hrs: 15.00 C-Pls: 49.02 C-GPA: 3.26									

Adam Lanza's transcript from WCSU, showing courses he took for credit toward his diploma from Newtown High School. Source: <http://www.nydailynews.com/news/national/lanza-college-records-suggest-troubling-state-mind-article-1.1305968>

trist, Dr. Fox; there had not been any such payments since July 2007, and there never is one again. He is never again seen by any mental-health professional.⁹³

August 2008 The following e-mail exchange takes place between Adam (first) and Nancy Lanza. The context of the conversation shows that they had been discussing college degrees and that the conversation had turned sour. Given the time of night, they were presumably both still at home during the e-mail exchange. E-mail from Adam Lanza (sixteen years old, eleventh grade) to his mother, 11:25 PM:

You do not seem to understand that I was attempting to comfort you with what I consider to be a maxim with which to live. You unfortunately probably still do not understand what I mean. As a disclaimer: I type nothing in this that is in a tone that is condescending, vindictive, malicious, snide, malignant, or any synonym that you can think of. I mean well.

If you believe that you wasted your life, as you seem to have insinuated, you will gain nothing from regretting it and will only depress yourself; you cannot change anything from the past. There is something that I can assure you of that will always be true: it does not matter if you live for the next one year, five years, ten years, fifteen years, twenty years, thirty years, fifty years or even 100 years; the day before you die you will regret ever worrying about your life instead of thinking of what you want to do.

Every new year that you do live, you will regret not having started anything that you wanted to do the year prior, only regretting the past more.

What I mean is that you should think of what you want to do today; not starting next year or next month, but today. Thinking that you are not going to be able to do anything in the future will only ensure that fate. Also thinking that you are too "old" is going to ensure the same fate.

It is not as though I do not mean that you are homeless and begging; I would spend my life savings to prevent that out of obligation for what you have done for me. My personality is merely inherently unmoving; I will not be upset over something that you cannot change. And you should not be upset either. What you should do is think about what you want to do.

I also want to mention that I purchased something two weeks ago on Newegg to double your computer's memory without even saying anything until now. I do not try to avoid doing anything for you as you seem to think. I am glad that I was born, and I appreciate your having taken care of me. (It is not my fault if you have not detected as much of an increase in speed as I would have liked, however; I blame its outdated processor. I would change that if I could, but it's not possible to do so for your model.) Please read the first paragraph again.⁹⁴

E-mail response from Mrs. Lanza, 1:05 AM:

I appreciate your effort to be a comfort to me. I apologize if I seemed angry or antagonistic. I was simply over emotional and as it is often the case worrying about the future. I admit that I have been feeling a bit overwhelmed by my circumstances lately, but in no way do I regret having raised two wonderful chil-

dren. I have high hopes for you both and will consider my life a success if you and Ryan live happy and productive lives.

There are a few things that I do regret . . . one of the biggest is that I dropped out of college, believing it to be more important to help your father get through college. Financially, it was impossible for us to afford a college education for both of us, and it seemed more important that he receive a diploma. In some ways I regret leaving the workforce as it has severely limited my prospects for the future, but again, it was a decision that I made to take more responsibility for the house and the children, and to allow your father to concentrate on his career. I do feel that I was able to be a better mother and have been able to put great effort into raising you and your brother, so that regret is mitigated in that respect. On the occasion that Ryan or you show some appreciation for my efforts, I feel completely justified in that choice and dually rewarded.

I know that it is harder for you to show appreciation, and that it does not come as a natural response. I really do not want you to feel obligated in that way. I do not expect any help, financial or otherwise, from you or your brother, and would not accept it if it were offered. I am certain that I will not be homeless or begging on a street corner, as your father is obligated by law and morality to see that my 30 years of service and sacrifice are compensated for. He has assured me that I will live a comfortable life and that my health expenses are covered. He is an honorable man. I am grateful that I was married to someone who honors his responsibilities. He has also taking [*sic*] responsibility to provide a college education for both you and your brother, so that neither of you will have to struggle and sacrifice as we did.

If you choose to, you will emerge from college with a master's degree of your choice, debt free, to pursue any career in life that you wish. When I think of what I would like to do for the future, I think I would like to get my college degree first. I just thought of that tonight, as a direct result of my conversation with you. I think it would be possible as I dropped out only a year shy of my degree, and it seems as I might be spending quite a bit of time on campus waiting for you to take classes, so why not take advantage of that?! I suppose I could take classes at the same time you are taking classes.

I agree with you when you say that I should try to think positively of the future and what I want to do today. There is nothing that I can do about my diagnosis, and I do try to be as healthy as I can, despite the prognosis. I am sure that you noticed that I exercise regularly and do my best to stay in good shape. It's not like I have the attitude that since I will be crippled anyway I may as well give up and get fat and sedentary now. I am working hard to stay as healthy as I can, for as long as I can.

At some point, I might like to start a business. I sometimes toy with the idea of an internet business like my friend, [L], owns. (Did I punctuate that last sentence correctly?) Her website is ██████. You should have a look at it sometime and let me know what you think of it.

Anyway, I would like you to know that no matter what, I am very proud of the person you are. I have no preconceived notion of how you should react or respond. I know that you tend to be more reserved and less emotional and I do

not perceive that as condescending malignant, or callous. You are pragmatic and stoical. These are fine attributes. I am glad to know that you are glad to be born and appreciate being taken care of. I love you very much and am more than happy to take care of you in any way I can. I suppose I have felt that you didn't even notice how hard I try to make things as tolerable as possible for you and that has made me feel sad in a way. I am much happier now, knowing that you do not despise me for bringing you into this world. Above all, I want you to be happy, no matter what you choose to do.

You may not think I notice, but my computer is working faster and I have been able to download bank statements faster and search the websites quicker. I was able to get baseball scores for all the games in a split second, and watch a video clip that a friend sent without any freezing. I didn't know that you had worked on it, so I thank you for your efforts. You should let me know when you do thoughtful things so that you can get credit!

As an aside, I am having a problem that has been ongoing for months. The cursor abruptly moves to a different place in text now and again when I am in the middle of typing a sentence. It is very strange and annoying. Maybe you can have a look at it sometime? Thank you for taking the time to send me this e-mail. I now understand your motive and meaning, and I truly appreciate it!⁹⁵

The Child Advocate report observes that this exchange “shows how freely [Nancy] shared her own anxieties and resentments with [Adam], as if he were an adult who could be a close confidante, and his response suggests that this may have been well beyond his relatively immature emotional capacities.”⁹⁶

Late 2008 Nancy Lanza meets with Adam's education team:

The school team agreed to consider granting high school credit for college assignments but did not support funding the family's unilateral decision to enroll Adam in college. A curriculum was cobbled together with Mrs. Lanza playing a role in selecting the books Adam would read. She continued to report that his ability to attend high school was negatively and significantly impacted by his acute anxiety and asserted that he functioned better when his class work was concentrated into a single time block as in a college setting.

Mr. Lanza communicated regularly with Adam regarding potential course work and college classes. He also connected with a consultant on college education for youth with Autism Spectrum disorders to gain insight and advice to help prepare Adam for post-secondary experience.⁹⁷

24 November 2008 Adam Lanza's parents file for divorce.⁹⁸

25 December 2008 A discussion takes place on the “*Super Columbine Massacre RPG*” forum that covers the topic of anarcho-primitivist philosophy, which Adam would demonstrate an obsessive interest in two years later. Although he had not yet joined the forum, he was actively reading it by this time.⁹⁹

2009 An otherwise undated “adolescent well-visit form” notes both nutrition and internet safety as areas of concern with regards to Adam:

A 2009 medical record also indicates that Adam was 5 feet, 10 inches tall and still weighed only 112 pounds. The same adolescent well-visit form indicates that the provider checked off that “anticipatory guidance” was provided regarding all issue areas contained on the form, including “nutrition advice,” “siblings/peer relationship” and “internet safety.” On the same form, under the heading “Development,” the provider noted that A.L. was in 11th grade and attending community college. Under “concerns,” it was noted that he had Asperger’s Syndrome and Obsessive Compulsive Disorder. Nothing was written under “after school activities” or “peer relations.” Under “Assessment,” the provider checked off “well child/normal growth and development.”¹⁰⁰

26 January 2009 Adam Lanza begins spring session at WCSU. He takes introductory German (a course he later drops) and American History Since 1877.¹⁰¹

16 February 2009 “Travis,” a domesticated chimpanzee owned by Sandra Herold in Stamford, CT, attacks Herold’s friend Charla Nash and is shot to death by officers responding to Herold’s resulting 911 call. Lanza would develop a fixation on this incident and call the college radio talk show *AnarchyRadio* to discuss it two years later.¹⁰²

March 2009 Efforts are made by school staff to connect Adam, through a job coach, with an employer in the community, and an e-mail to the team from that employer confirms that they were successful:

Adam interned with and was later employed for a time by an individual in the community for whom Adam did computer work. A written letter from this employer dated March 2009 indicated that A.L. was working “as an independent contractor” to resolve computer problems. The author of the letter indicated that A.L. was “cordial, professional” and displayed “expert attributes.”¹⁰³

March 2009 Education team records indicate that Adam’s schooling was going “much better,” and confirm that there continued to be no psychiatric involvement whatsoever.¹⁰⁴

2009 spring quarter
(’08-’09 school year) The German class, in particular, is cited as a personal struggle in Adam’s life:

Schoolwork often triggered a sense of hopelessness. “He was exhausted and lethargic all day, and said he was unable to concentrate and his homework isn’t done,” [Nancy] wrote. “He is on the verge of tears over not having his journal entries ready to pass in. He said he tried to concentrate and couldn’t and has been wondering why he is ‘such a loser’ and if there is anything he can do about it.” He had been taking classes at Western Connecticut State University — for high-school credit — but he struggled there. “He wouldn’t speak on the way home and had his hood completely covering his face,” Nancy wrote one day. “He went straight to his room and won’t eat. I gave him time alone to compose and have

tried to speak to him twice now, but he just keeps saying, ‘It does not matter’ and ‘leave me’ ‘I don’t want to speak of it.’” Two months later, Nancy recorded his despair when faced with some coursework in German: “He finally and tearfully said that he can’t complete the German. He can’t understand it. He has spent hours on the worksheets and can’t comprehend them.”¹⁰⁵

1 April 2009 Lanza registers the profile **Kaynbred** on www.glocktalk.com.¹⁰⁶

6 April 2009 The Polish student film *Bullet Time* is first released online with English subtitles.¹⁰⁷ Lanza would later demonstrate admiration for the film on the same forum that the film itself recommends for aspiring school shooters, “SCMRPG Discussion” (later called “Shocked Beyond Belief”).

22 April 2009 Adam turns seventeen. He is issued a Connecticut learner’s permit, #168573202.¹⁰⁸

2 May 2009 Lanza registers the profile **Kaynbred** on www.northeastshooters.com.¹⁰⁹

23 May 2009 Spring session at WCSU ends; summer break/session begins.¹¹⁰

June 2009 An e-mail from Nancy Lanza to Peter Lanza:

He wouldn’t go to the tutor today. He seemed like he would all along ... I checked with him several times during the day and he said he would go, and even 10 minutes before we should leave he was getting ready to go, but then had a melt-down and began to cry and couldn’t go. He said things like its pointless, and he doesn’t even know what he doesn’t know. I tried everything to assure him and let him know it wouldn’t matter if he hadn’t finished the work, or couldn’t finish, or didn’t understand, and that’s what the tutor would figure out ... even if we go back and review Algebra 1 ... but he couldn’t stop crying, so I said we could try again next week.¹¹¹

7 June 2009 Lanza registers the profile **Kaynbred** on *Wikipedia*.¹¹²

25 June 2009 Adam Lanza earns his diploma from Newtown High School; this is earned with college courses.¹¹³

Summer 2009 Adam receives this e-mail from his father, regarding Adam’s expressed desire to increase his course load (note: the source states only “2009” for the timing of this e-mail, but the context strongly suggests that it was sent after Adam received his diploma, since his course load up until that point was being determined by Nancy and the education team):

As we discussed, we will be working on your study skills in order to better prepare you for your upcoming increased college class load. Teaching post-graduate classes for the last 15 years makes me qualified to coach you.

I have cc’d your mother on this email and asked that she print it out and

place it on the counter. I will continue to include your mother on these emails until such time that you regularly check for, and respond to, emails from me.

We will review your Math homework this weekend when I am in Newtown. Please complete your Math homework by Friday night at midnight. This deadline is not arbitrary. Learning to set and meet deadlines is a critical factor in time management.

Time management in turn, is a key study skill. Over the years I had had a number of students that have encountered problems because they have underestimated the amount of time required to complete their assignments. I find that students who are good at time management always do better than their less disciplined peers. Let me know if you have any questions.

Dad.¹¹⁴

July 2009 An e-mail from Nancy to Peter continues that Adam is continuing to attend college, though it is not going well:

Something must have gone wrong with class today. He wouldn't speak on the way home and had his hood completely covering his face. He went straight to his room and won't eat. I gave him time alone to compose and have tried to speak to him twice now, but he just keeps saying "It does not matter" and "leave me" "I don't want to speak of it." Did you look at the syllabus? Is it possible he has already missed a deadline or not been prepared for a quiz/test? I don't know what I should do. I don't want to try to talk to him again because he sounds like he is on the verge of crying.¹¹⁵

- Summer 2009 Lanza drops out of Connecticut State University.¹¹⁶
- 4 August 2009 Collier Township shooting: George Sodini kills three and himself with three handguns, one of which was not fired. Adam Lanza makes edits to the *Wikipedia* page for this shooting two days later, confirming that he had accessed Sodini's personal website, where Sodini had detailed his plans and motivations for the shooting.
- 6 August 2009 Makes edit to talk page for *Wikipedia* article on Collier Township shooting.¹¹⁷
- 14 August 2009 Makes edit to talk page for *Wikipedia* article on Collier Township shooting.¹¹⁸
- 24 August 2009 Lanza registers for the course A+ Computer Repair at Norwalk Community College.¹¹⁹
- 25 August 2009 Lanza registers profile **Kaynbred** on www.thehighroad.org.¹²⁰
Posts to "The High Road" about AK-47 types.¹²¹
Posts to "The High Road" about 7.62 × 25 parts for an AR-15.¹²²
- 26 August 2009 Posts reply to "The High Road" about AK-47 types.¹²³
- 27 August 2009 Posts to "The High Road" about modifying select-fire weapons to fire fully-auto.¹²⁴
Posts to "The High Road," suggesting a Kel-Tec SU.¹²⁵

- 30 August 2009 Makes edit to *Wikipedia* article on Dawson College shooting.¹²⁶
- September 2009 Peter and Nancy, Adam’s parents, finalize their divorce.¹²⁷
- 7 September 2009 Posts to “The High Road” about Kel-Tec SU-16C’s legality.¹²⁸
- 19 September 2009 “Enlists” (registers) **Kaynbred** profile; ostensibly, starts playing *Combat Arms*.¹²⁹
- 12 October 2009 Posts to “The High Road” about the legality of a Skorpion in Connecticut.¹³⁰
- 13 October 2009 Posts to several “Glock Talk” threads, all having to do with PC hardware, not firearms.¹³¹
Posts reply to “The High Road” about Skorpion legality, noting his “fetish.”¹³²
- 18 November 2009 Lanza posts his preferred weapons loadout for *Combat Arms* in the thread “mg14c members please read” on the mg14c.net forums, as all members had been doing; this marks his “join date” for the clan.¹³³
- 9 December 2009 Makes edit to *Wikipedia* article on Kip Kinkel.¹³⁴
Makes edit to *Wikipedia* article on Larry Gene Ashbrook.¹³⁵
Makes edit to *Wikipedia* article on Luby’s massacre.¹³⁶
Makes edit to *Wikipedia* article on Westroads Mall shooting.¹³⁷
- 13 December 2009 Lanza responds to a thread “RL [real-life] Pictures” on the mg14c.net forums. He posts a childhood photo of himself (and possibly an adult photo, although this is not known for sure).
- 17 December 2009 Makes edits to his previous posts in the mg14c.net forums — apparently deleting almost everything he had posted a few days/weeks before.¹³⁸
- 30 December 2009 Lanza registers the username **Smiggles** at shockedbeyondbelief.com, a forum dedicated to the Columbine killers and the phenomenon of mass shootings in general. (For the full text of Lanza’s extant posts to “Shocked Beyond Belief,” see the document “Adam Lanza’s ‘Shocked Beyond Belief’ Posts” at *School Shooters .info*. See also the companion document “‘Shocked Beyond Belief’: Complete Threads.”)
- 31 December 2009 Sello Mall shooting: five are killed. The shooter later commits suicide at his apartment. Adam Lanza makes edits to the *Wikipedia* page associated with the event less than a month later.
- 2010 At some point this year, Adam Lanza attends Norwalk Community College but drops out after one semester.¹³⁹
- Late January / February 2010 Adam’s parents express concern to each other about his mental state as he approaches adulthood:

In early 2010, when Nancy told Peter that Adam had been crying hysterically on

the bathroom floor, Peter responded with uncharacteristic vehemence: “Adam needs to communicate the source of his sorrow. We have less than three months to help him before he is 18. I am convinced that when he turns 18 he will either try to enlist or just leave the house to become homeless.” Nancy replied, “I just spent 2 hours sitting outside his door, talking to him about why he is so upset. He failed every single test during that class, yet he thought he knew the material.” Later that day, she wrote, “I have the feeling when he said he would rather be homeless than to take any more tests, he really meant it.” Nancy said that Adam had been pretending to go to classes and passing his time in the library.¹⁴⁰

- 21 January 2010 Makes edit to *Wikipedia* article on Sello Mall Shooting.¹⁴¹
- 26 January 2010 Last activity logged in on www.glocktalk.com.
- 4 February 2010 Makes four edits to *Wikipedia* article on Richard Farley.¹⁴²
- 23 February 2010 Posts to “The High Road” about .25 ACP chambered pistols.¹⁴³
 Posts to “The High Road” about .25 ACP rifles.¹⁴⁴
 Last logged in at www.northeastshooters.com.¹⁴⁵
- Late February / early March 2010 Lanza quits his *Combat Arms* clan.
- 16 March 2010 Nancy Lanza orders an MD Arms 20-round drum magazine for her Saiga-12 12-gauge shotgun via the site www.gunbroker.com.¹⁴⁶
- April 2010 Adam announces to his parents that he wishes to enlist in the military and is rebuffed:

 Then he announced that he was going to enlist in the military when he turned eighteen, in April, 2010; he wanted to join the Army Rangers, an élite regiment. “What do you do?” Peter wondered. “You tell him, ‘Adam, that’s unrealistic’?”
 When the time came, Adam didn’t sign up.¹⁴⁷

 Same conversation with Nancy.¹⁴⁸
- 29 March 2010 Nancy Lanza completes the purchase of a Bushmaster XM-15 .223 from Krystopher DiBella at Riverview Gun Sales in East Windsor. This is the rifle used in the Sandy Hook shooting more than two years later.¹⁴⁹
- 4 April 2010 Last activity logged on www.thehighroad.org. This is the last known online activity associated with the **Kaynbred** moniker.
- 10 April 2010 Nancy Lanza completes the purchase of an Izmash 12-gauge shotgun. Adam Lanza brings this weapon to Sandy Hook two years later, but leaves it on the passenger seat of his car.¹⁵⁰
- 22 April 2010 Adam turns eighteen.

- 28 May 2010 Adam Lanza completes a Connecticut driver's license application.¹⁵¹
- Summer 2010 Adam cuts off contact with his father, following his father's engagement to another woman.¹⁵²
- September 2010 Adam sees his father, Peter, for the last time, as they visit the campus of a prospective alma mater for Adam after Peter had discouraged him from enlisting in the military:
- Peter took Adam to visit Norwich University, which has a military program, but they concluded that Adam should take classes at Norwalk Community College, near Stamford, before attempting campus life anywhere. Adam wanted to take five classes, but Peter said it was more than he could cope with, and suggested two classes that they could work on together. Peter went to pick him up for a weekend visit, and Adam refused to go. Peter said, "Adam, we've got to figure out a system so I can work with you." Adam was angry. "I hardly ever saw him pissed, but he was pissed," Peter recalled. "And it was, like, 'I'm taking the five classes. I'm taking them.'" It was September, 2010: the last time Peter saw his son.¹⁵³
- 18 September 2010 E-mail from Peter to Adam:
- A.L., I am very happy to hear from your mother that you are enjoying your classes. I hope that we can spend some time together soon, just let me know when you are available (even if only for a short period of time).¹⁵⁴
- 20 September 2010 Adam Lanza deletes his recent **Smiggles** posting history on "Shocked Beyond Belief," replacing the text of each of his posts with the word *redacted*.
- 9 October 2010 Nancy Lanza completes the sale or transfer of a firearm, per documents found in the home. Details on which firearm was sold/transferred have not been disclosed.¹⁵⁵
- Late 2010 Adam stops responding to his father Peter's e-mail messages. Peter continues to e-mail Adam going forward, but they never speak to or see each other again.¹⁵⁶
- 1 November 2010 Adam Lanza deletes his recent **Smiggles** posting history on "Shocked Beyond Belief," replacing the text of each of his posts with the word *redacted*. He does not post again for two months.
- 17 November 2010 Adam's e-mail to an unnamed "cyber acquaintance":
- It's amazing how fast time passes. It's hard to believe that it's already been this long. I'm sorry about my mood over the summer. I was more depressed than I had ever been before. When I apologized for it, you said that I wasn't behaving disrespectfully and that I never had been, but I don't think I've ever been as kind toward you as you deserve. I don't know how much it ever seemed like it, but I've always really appreciated your friendship. I've pretty much been a complete loner throughout my life but I'm sure that even if I had more friends, you'd still

be my favorite person I've met. I'd like it if we could do something together again sometime ... Please email back and we could figure out something amazing.¹⁵⁷

- December 2010 Adam Lanza begins corresponding via instant message under the username **Smiggles**.¹⁵⁸
- 2 December 2010 Peter e-mails Adam: "Hi. A.L. — I miss seeing you. I hope all is well with you. Let me know if and when you would like to shooting or go on a hike."¹⁵⁹
- 5 December 2010 Adam's grandfather on his father's side, Peter Lanza, Sr., dies at eighty-three.¹⁶⁰
- 25 December 2010 Adam Lanza has last contact with his brother, Ryan (may be an approximate date, given phrasing of source):
- After Christmas 2010, Adam Lanza had no contact with his older brother, Ryan, who had moved away for a job in New York City, according to records and a person with knowledge of the family.¹⁶¹
- 2011 Peter Lanza, Adam's father, remarries.¹⁶²
- 11 February 2011 Adam Lanza deletes his recent **Smiggles** posting history on "Shocked Beyond Belief," replacing the text of each of his posts with the word *redacted*. He does not post again for two months.
- 18 February 2011 Nancy and Adam Lanza shoot guns at Shooters Indoor Pistol Range in New Milford, CT.¹⁶³
- 16 March 2011 Nancy Lanza purchases a Sig Sauer P226 9mm pistol. Adam Lanza armed himself with this gun at Sandy Hook less than two years later, but never fired it.¹⁶⁴
- 24 March 2011 Nancy Lanza sells a Ruger Mini-14 Ranch Rifle to an unnamed party, apparently a gun store or pawn shop.¹⁶⁵
- 3 May 2011 Adam Lanza starts the thread "Other Games Like This?" at gamefaqs.com, essentially a review of *World of Warcraft* that begs for similar experiences.¹⁶⁶
- 28 May 2011 Adam Lanza deletes his recent **Smiggles** posting history on "Shocked Beyond Belief," replacing the text of each of his posts with the word *redacted*. He does not post again for two months.
- 13 July 2011 Peter's e-mail to Adam reflects his knowledge that Adam does not reply anymore: "Hi Adam — Just a note to say 'Hi', Please confirm receipt."¹⁶⁷
- 18 July 2011 Adam Lanza logs into gamefaqs.com as **Blarvink** for the last time.¹⁶⁸
- 22 July 2011 Anders Behring Breivik murders 77 in Norway bombing/shooting attack. Lanza is reported to have been interested in this specific event per materials found in the home.¹⁶⁹

- 29 August 2011 Nancy Lanza orders one Blackhawk Universal Tactical Sling and a custom gas plug for the Saiga shotgun online.¹⁷⁰
- 30 August 2011 **Smiggles** posts to the thread “moments that restore your faith in humanity,” expressing his respect for the actions and writings of Norwegian mass murderer Anders Breivik, as well as an interest in the Unabomber:
- I’m normally not interested in non-Kaczynski bombers, but the format and organization of everything involved was such an impressive instance of mass murder self-actualization that it seemed fictional. I wouldn’t call it encouraging, but it seemed motivational enough in some sense that it was the kind of thing you would find in a particularly macabre self-improvement book. Probably owing to watching too many mass murder movies, reading excerpts [of Breivik’s manifesto] almost had me at the edge of my seat in anticipation . . .
- 18 September 2011 **Smiggles** starts the thread “RIP Travis the Chimp!” at “Shocked Beyond Belief.”
- 12 October 2011 An e-mail is sent or received by someone in the Lanza home, with the subject line “re: Gunbroker.com.” The contents of the e-mail have not been disclosed.¹⁷¹
- 18 November 2011 Peter e-mails Nancy: “. . . I think you should tell Adam that he should plan to see me once per month to do something (hike, cross country ski, shooting etc.).”¹⁷²
- 10 December 2011 **Smiggles** posts to the “RIP Travis the Chimp!” thread he had started on “Shocked Beyond Belief”:
- I should call in on John Zerzan’s radio program about Travis. I’m really surprised that I haven’t been able to find anything he’s written or said about the incident, considering how often he brings up random acts of violence. It seems like Travis would be a poster-chimp of his philosophy.
- 11 December 2011 **Smiggles** posts to “Shocked Beyond Belief”:
- I spent all day ruminating over how much I hate culture. Now I’ve calmed down and am left lying on the floor, numbly perplexed over the foreign concept of loving life.
- 20 December 2011 “Greg” (Lanza) calls the radio show *AnarchyRadio* and speaks to the host about Travis the Chimp and the phenomenon of mass shootings. (For a transcript of Lanza’s call, see the document “Adam Lanza’s Call to *AnarchyRadio*” on *School Shooters.info*.)
- 21 December 2011 **Smiggles** posts twice to the “RIP Travis the Chimp!” thread he had started on “Shocked Beyond Belief”:
- Well, I feel schizophrenic

and:

My call starts at 38:00.

[http://www.archive.org/search.php?query ... 12-20-2011](http://www.archive.org/search.php?query...12-20-2011)

It didn't go as horribly as I anticipated. I wish that I hadn't spoken nonstop about Travis for so long, but I didn't want to seem crazy by randomly bringing up a chimpanzee for unknown reasons. And despite my failed attempt at having a normal voice, I at least sounded less incoherent than usual. I normally speak much softer and swifter, with less articulation, less inflection, and more mumbling.

21 December 2011 Paperwork is printed, later found in the Lanza home, entitled "Connecticut Gun Exchange, Glock 20SF 10mm FS 15 round FC." Presumably, this is the order confirmation for the Glock that Nancy finishes purchasing weeks later.¹⁷³

25 December 2011 **Smiggles** posts to "Shocked Beyond Belief":

I hate going through these extremely rare instances of wild mood swings that I have. I think this was the only time this year for me. I was as depressed as I get during my last post, and I'm fine with the interminable depression that I normally have, but now I'm incoherently giddy with glee. Well, relative to my baseline ... Except now that I'm giddy, I can't really say that I hate it because I think everything is delightful. If depressives cut themselves to feel better, I wonder what cutting a happy-go-lucker would do. Santa's supposed to be jolly. I hope he visits me tonight so I can find out.

23 January 2012 Adam Lanza places two phone calls to Optics Planet: the first lasts just over a minute; the second lasts four minutes and forty-six seconds. Per official report:

On 01/23/12, phone number 203-364-9879 connected to telephone number 800 504-5897 @ 1535 hours for one (1) minute and one (1) second and again @ 1535 hours for four (4) minutes and forty-six (46) seconds. Telephone number 800 504-5897 belongs to Optics Planet.com, a company that specializes in selling binoculars, rifle scopes, military style clothing and sporting goods.¹⁷⁴

28 February 2012 Adam Lanza logs on to "Shocked Beyond Belief" for the last time, submitting his final post as **Smiggles** to the thread "Anxiety and fear in American society: a history." In it, he explains his theory behind the phenomenon of mass shootings, and cites essays by John Zerzan. An excerpt:

Thinking of this society as the default state of existence is the reason why you think that humans would be "not well" for "no reason whatsoever". Civilization has not been present for 99% of the existence of hominids, and the only way that it's ever sustained is by indoctrinating each new child for years on end. The "wellness" that you speak of is solely defined by a child's submission to this process and their subsequent capacity to propagate civilization themselves. When civilization exists in a form where all forms of alienation (among many other

things) are rampant, as can be seen in the most recent incarnation within the last fifty years which AS5 talked about, new children will end up “not well” in all sorts of ways. You don’t even have to touch a topic as cryptic as mass murder to see an indication of this: you can look at a single symptom as egregious as the proliferation of antidepressants. And look in your own life. You’ve said that you’re afflicted by unrelenting anxiety and that you’re afraid to leave your house. Do you really think that the way you feel is not symptomatic of anything other than your own inexplicable defectiveness?

Kaynbred logs on to www.northeastshooters.com for the last time. This is the last known online activity associated with the **Kaynbred** moniker. Since there’s no record that he ever posted there after registering, it’s unclear why he returned to this forum so late compared to the other **Kaynbred**-associated forums. Perhaps he was accessing a private area of the forum.¹⁷⁵

5 January 2012 Nancy Lanza purchases a Glock 20SF pistol. This is the weapon Adam Lanza would commit suicide with less than a year later.¹⁷⁶

22 April 2012 Adam turns twenty years old. This is the same age that he previously compared Travis the Chimp to in terms of mental and emotional development at the time of his rampage and death (see the *AnarchyRadio* call).

June 2012 Adam Lanza cuts off contact with an unnamed friend he had met while playing *Dance Dance Revolution* at the local movie theatre.¹⁷⁷

20 July 2012 James Holmes kills twelve at an Aurora movie theatre, using a tactical shotgun, M&P15 rifle, and two Glock 22s. Note that this arsenal is similar to the weapons Lanza chose (two semiauto pistols, a long rifle, and a tactical shotgun).

23 July 2012 E-mail from Adam to “cyber-acquaintance”:

My interest in mass murdered [*sic*] has been perfunctory for such a long time. The enthusiasm I had back when Virginia Tech happened feels like it’s been gone for a hundred billion years. I don’t care about anything. I’m just done with it all.¹⁷⁸

Late October 2012 Hurricane Sandy hits the northeast coast. Electricity goes out at the Lanzas’ home for several days, but Adam refuses to leave when Nancy suggests they go to a hotel. Acquaintances of Nancy say that she told them Adam “basically shut down.”¹⁷⁹

15 November 2012 An e-mail from Nancy to Peter, after Peter expresses frustration that Adam has ignored his e-mails for over a year:

I will talk to him about that but I didn’t want to harass him. He has had a bad summer and actually stopped going out. He wouldn’t even go to the grocery store, so it’s been pretty stressful. Yesterday was the first time in moths [*sic*] I’ve been able to talk him into going to do his own shopping and his car battery

was actually dead because it sat so long. I ended up spending most of the day getting it fixed and now I am going to have to start pressuring him to go out all over again.¹⁸⁰

- 22 November 2012 Nancy Lanza travels to New England to visit family for Thanksgiving. She leaves Adam home by himself.¹⁸¹
- 1 December 2012 Nancy e-mails a friend, expressing concern about violent drawings she had found that Adam had made, one depicting “a woman clutching a religious item, like rosary beads, and holding a child, and she was getting all shot up in the back with blood flying everywhere.” She does not confront Adam about it. (Approximate date; source reports this taking place “two weeks before the shooting.”)¹⁸²
- 5 December 2012 Nancy e-mails a friend regarding a trip she was planning to take to London: “Sadly, that trip had to be rescheduled due to a couple of last minute problems on the home front ...”¹⁸³
- Late December 2012 Nancy writes Adam a check, with the date field reading “Christmas Day” and with the memo section reading “CZ 83” — a type of semiautomatic pistol. It’s unclear if the check was ever actually given to him.¹⁸⁴
- 10 December 2012 Nancy Lanza text-messages a friend regarding her trip to New Hampshire: “I was off to a rough start. Poor Adam bumped his head (really badly) and we were dealing with blood at 6:30 in the morning :(He is ok ... it looked worse than it actually is.”¹⁸⁵
- 11 December 2012 Nancy Lanza arrives in Bretton Woods, New Hampshire, for a two-night stay, leaving Adam alone at home in Newtown.¹⁸⁶

Adam Lanza sends the following e-mail to an unknown acquaintance, almost assuredly someone he had met through the Columbine forum, and perhaps the same person he wrote to in July:

I didn’t really look at the emails you sent earlier, so I guess I ought to respond now. About the Chinese mass stabbers, they blend together in my mind too much for me to say much. Although I guess that should make it even easier to talk about them ... I don’t know. Who am I to even say anything on the topic? The inexplicable mystery to me isn’t how there are massacres, but rather how there aren’t 100,000 of them every year. So when it comes to rates and such, causes and consequences, domestic or forging [*sic*], in whatever context, I’m just going to be completely making things up because I apparently don’t understand any of it.

I’m clueless about Olga Hepnarova. While granting that *modus operandi* really isn’t that important, I just can’t get into vehicular slaughterers. It seem too mediated, like using remote explosives (too hot). And knives stray too far from the whole “mass” aspect (too cold). The aesthetic of pistols tends to be just [*sic*] right.

A list of mass shooter suicide notes ... I never thought to compile such a thing before. I can’t remember ever thinking, “Whoa, that guy had a suicide note and

I'm just finding out about this?! If their existence is every [sic] divulged by the police, it tends to be pretty public knowledge; and if their contents are released, they're even more prominent. So I'm probably not privy to any information that you aren't already well-aware of. All I can offer is to say that you can probably rest easy knowing that you aren't overlooking too many lurking Jiverlys.

As far as the Holmies go ... well, the .gif of him dancing on a llama was cute. I guess that's all I can say about the whole Holmie thing since I can't really relate to it. I don't understand why there weren't the "he's just a poor misunderstood puppy who needs help" type flocking around Jared Loughner since that spiel ostensibly applied to him more than James Holmes. And speaking more generally, I don't really understand why Aurora shooting was considered such a big deal all-around, as if such a thing had never happened before. It's not like its 1984.¹⁸⁷

- 13 December 2012 The GPS unit in Adam Lanza's vehicle logs a trip to Chimney Swift, a road that goes by Sandy Hook Elementary, and then back home to Yogananda Street, from 9:09 AM to 9:32 AM (twenty-four hours before the Sandy Hook shooting). Lanza "turned right [off of Riverside] and drove past Dickenson Drive — the entry to Sandy Hook Elementary School. He continued approximately 0.6 mile, where he pulled off onto Chimney Swift Drive. There is no indication that he drove down Dickenson Drive onto school property." He then turns around and follows the same route back home.¹⁸⁸
Nancy Lanza returns home in the early evening.¹⁸⁹

- 14 December 2012 Sandy Hook shooting.

NOTES

The official reports cited below are available at School Shooters .info. Throughout this document, periods have been silently added to the abbreviation "AL," as used in the reports. The editors of the official reports appear to have substituted this abbreviation for Lanza's name even in quotations from primary sources; this usage is preserved here.

- 1 Office of the Child Advocate Report, page 15
- 2 Office of the Child Advocate Report, page 16
- 3 Office of the Child Advocate Report, page 17
- 4 Office of the Child Advocate Report, page 17
- 5 Office of the Child Advocate Report, page 17
- 6 Office of the Child Advocate Report, page 17
- 7 Office of the Child Advocate Report, page 18
- 8 Office of the Child Advocate Report, page 18
- 9 Office of the Child Advocate Report, page 18
- 10 Official Report Summary, page 28
- 11 Office of the Child Advocate Report, page 26
- 12 Office of the Child Advocate Report, page 27
- 13 <http://www.columbian.com/news/2013/feb/17/raising-adam-lanza/>
- 14 *Frontline: Raising Adam Lanza*
- 15 Office of the Child Advocate Report, page 30
- 16 Official Report, book 8, file 00018285; *Frontline: Raising Adam Lanza*

- 17 Office of the Child Advocate Report, page 27
- 18 Office of the Child Advocate Report, page 27
- 19 Office of the Child Advocate Report, page 28
- 20 Office of the Child Advocate Report, page 28
- 21 Office of the Child Advocate Report, page 25
- 22 Office of the Child Advocate Report, page 29
- 23 http://articles.courant.com/2013-03-21/community/hc-peter-lanza-parkers-newtown-20130321_1_nancy-lanza-raising-adam-lanza-peter-lanza
- 24 Office of the Child Advocate Report, pages 36 and 98
- 25 Office of the Child Advocate Report, page 29
- 26 Office of the Child Advocate Report, page 36
- 27 http://http://articles.courant.com/2013-06-30/news/hc-adam-lanza-pediatric-records-20130629_1_nancy-lanza-adam-lanza-danbury-hospital
- 28 Office of the Child Advocate report, page 40
- 29 http://articles.courant.com/2013-06-30/news/hc-adam-lanza-pediatric-records-20130629_1_nancy-lanza-adam-lanza-danbury-hospital
- 30 Office of the Child Advocate Report, page 37
- 31 Office of the Child Advocate Report, page 38
- 32 Office of the Child Advocate Report, pages 37-38
- 33 Office of the Child Advocate Report, page 40
- 34 Office of the Child Advocate Report, page 39
- 35 Official Report, book 8, file 00179889
- 36 Office of the Child Advocate Report, page 41
- 37 Office of the Child Advocate report, page 41
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