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**From:** [REDACTED]>  
**Sent:** Monday, March 31, 2014 5:08 AM  
**To:** Karyna Shuliak  
**Subject:** Re: Steaks :)

I'm so happy to hear! All is good here. My Mom just got in : ) So =t's a great day. I miss you guys. —Parsnips mash, cleaver girl! =

On Mar 30, 2014, at 6:03 PM, Karyna Shuliak <[REDACTED]> =rote:

> Oh, sorry, are you in pain?

> The steaks turned out great, I followed your recipe exactly and made a =arsnip mash with it, so he was very happy:) Thank you!!!

> On Mar 30, 2014, at 4:43 PM, [REDACTED] > =rote:

>

>> Of course - Sorry, i didn't phone back immediately- that time of =he month. It's past now and I'm reachable. How are things? How did =he steak turn out? Xx

>>

>>

>> On Mar 30, 2014, at 12:25 PM, Karyna Shuliak [REDACTED] > wrote:

>>

>>> Thank you Jen!

>>>

>>> Sent from my iPhone

>>>

>>> On Mar 30, 2014, at 12:20 PM, [REDACTED] > =rote:

>>>

>>> <JE Steak 1-29-13.xls>

>>>

>>> it hasn't changed in some time. If you haven't yet, you can put =he other steaks in the freezer to keep them longer.

Do note they take a =ull day to thaw out.

>>

>

<?xml version=.0" encoding=TF-8"?>

<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">

<plist version=.0">

<dict>

  <key>conversation-id</key>

  <integer>22483</integer>

  <key>date-last-viewed</key>

  <integer>0</integer>

  <key>date-received</key>

  <integer>1396242492</integer>

  <key>flags</key>

  <integer>8623750145</integer>

  <key>remote-id</key>

```
<string>11318</string>
</dict>
</plist>
```