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**From:** Karyna Shuliak <[REDACTED]>  
**Sent:** Wednesday, December 25, 2013 12:29 AM  
**To:** [REDACTED]  
**Subject:** Fwd: This excercise killed me!!!

Begin forwarded message:

From: Karyna Shuliak <[REDACTED]><=r>  
Subject: =/b>This excercise =illed me!!!

Date: =/b>September 14, 2013 at 3:49:11 PM EDT

To: =/b> [REDACTED] <[REDACTED]>, [REDACTED] <[REDACTED]>

<http://www.youtube.c=m/watch?v=i5nbFRUa79Q>