

To: [REDACTED]
From: Ted Waitt
Sent: Tue 4/6/2004 3:43:47 AM
Subject: From Heaven to Hell

Had a lousy afternoon, fighting angry with everyone, nothing going right and having to deal with shit that just wasn't settled. Nothing seemed to be right or going right. Left 4 days of heaven and went straight to hell.

Got home, and had a vigorous game of basketball with the kids. Boys against girls. Feel much better after some serious excercise. I showed off for the kids. [REDACTED] sked why I didn't play in college.

If you haven't done it, I recommend it. Excercise that is. Hopefully you get some sleep tonight, if you're up late call me if not we'll talk in the AM.