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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Friday, January 23, 2015 1:21 AM  
**To:** Kathy Ruemmler

landon thomas nyt=mes

I think you need to find some TV guy and just open yourself up. If she is lying then say so. But also say you did a lot of stupid stuff that you now regret. Because what she says becomes truth. And the more you lay low the worse it gets. You have to change the narrative.

It won't be =easy or fun. But you have to show world you are not what she says you are This is not going to go away.

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please note<=r>

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