Nathan finished up his last meeting early...Claudia called to say he is =n his way...I let her know you were taking a walk but that Nathan can =ome on by whenever he likes ...she said maybe Nathan would walk =lowly...=?xml version=.0" encoding=TF-8"?> <!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">

```xml
<plist version=.0">
<dict>
        <key>conversation-id</key>
        <integer>189089</integer>
        <key>date-last-viewed</key>
        <integer>0</integer>
        <key>date-received</key>
        <integer>1306525840</integer>
        <key>flags</key>
        <integer>8590195713</integer>
        <key>gmail-label-ids</key>
        <array>
                <integer>6</integer>
                <integer>2</integer>
        </array>
        <key>remote-id</key>
        <string>157851</string>
</dict>
</plist>
```