
From: Kathy Ruemmler <[REDACTED]>
Sent: Wednesday, October 22, 2014 9:35 AM
To: jeffrey E.
Subject: Re:

I'll try going natural -- will take a run this evening, and then drink some wine. :-).

On Wednesday, October 22, 2014, jeffrey E. <jeevacation@gmail.com> wrote:> would you like me to organize some for you tonite?

>
> On Wed, Oct 22, 2014 at 5:31 AM, Kathy Ruemmler <[REDACTED]>
<mailto:[REDACTED]> wrote:
>>
> I should have brought ambien with me. Hopefully will sleep tonight. =C2
>>
>> On Wednesday, October 22, 2014, jeffrey E. >jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:
>> > nothing more important than you getting your rest.=C2 hot bath, sleep early
>>
>> >=n Wed, Oct 22, 2014 at 5:22 AM, Kathy Ruemmler <[REDACTED]>
<mailto:[REDACTED]> > wrote:
>> >=gt;
>> > Not at all. Only got about 2 hours total. Feel like crap.
>>>
>> > On Wednesday, October 22= 2014, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:
>> > slept well?
>>=>>
>>> > --
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