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**From:** Kathy Ruemmler <[REDACTED]>  
**Sent:** Saturday, May 12, 2018 12:08 PM  
**To:** jeffrey E.  
**Subject:** Re:

It really comes down to putting almond milk in my coffee in the morning and eating less cheese, which can't be bad.

On May 12, 2018, at 8:01 AM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

ok, just want you to be peaceful, vegan sometimes makes women fragile

On Sat, May 12, 2018 at 7:59 AM Kathy Ruemmler <[REDACTED]>  
<mailto:[REDACTED]> > wrote:

Not being religious about it, but when I did it at the fat farm I felt good.

On May 12, 2018, at 7:56 AM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

why? no wine and exercise enough, don't ask too much of yourself

On Sat, May 12, 2018 at 7:54 AM Kathy Ruemmler <[REDACTED]>  
<mailto:[REDACTED]> > wrote:

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No, because it is too good and I am going vegan for May. I was just trying to remember the name and it was driving me crazy.

On May 12, 2018, at 7:06 AM, jeffrey E. <a href="mailto:jeevacation@gmail.com" target="\_blank">jeevacation@gmail.com> wrote:

emack and bolio . do you want me to get you something and send

On Fri, May 11, 2018 at 8:51 PM Kathy Ruemmler <[REDACTED]>  
<mailto:[REDACTED]> > wrote:  
=</div>

What is the name of the ice cream place in Cambridge that had ridiculously delicious ice cream? You gave me too=ted s'more.

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