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

It really comes down to put=ing almond milk in my coffee in the morning and eating less cheese, which c=n't be bad.

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

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

On S=t, May 12, 2018 at 7:59 AM Kathy Ruemmler <████████>  
<mailto:████████> > wrote:

Not being religious about i=, 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.co=>>  
wrote:

why? no wine an= excercise enough, dont ask too much of yourself

On Sat, May 12, 2018 at 7:54 AM Kathy R=emmller <████████>  
<mailto:████████> > wrote:

<=iv dir="auto">

No, because it is too good and I am going v=gan for May. I was just trying to remember the name and it was drivin= 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 som=thing and send

On=Fri, May 11, 2018 at 8:51 PM Kathy Ruemmler <████████>  
<mailto:████████> > wrote:  
=div>

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

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= please note

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