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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Saturday, May 12, 2018 12:09 PM  
**To:** Kathy Ruemmler  
**Subject:** Re:

ok, always keep in mind that your mental health comes before your butt

On Sat, May 12, 2018 at 8:07 AM Kathy Ruemmler <[REDACTED]> wrote:  
<div>

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

<div class="gmail\_quote">  
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:

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. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

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

wrote:

What is the name of the ice cream place in Cambridge that had ridiculously delicious ice cream? =A0 You gave me toasted s'more.

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=A0 please note

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