
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 healt= comes before your butt

On Sat, May 12, 2018 at 8:07 AM Kathy Ruemmler <[REDACTED]> wrote:
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It re=llly comes down to putting almond milk in my coffee in the morning and eati=g 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 peac=ful, vegan sometimes makes women fragile

<=div class="gmail_quote">
On Sat, May 12, 2018 at 7:59 AM =athy Ruemmler <[REDACTED]>
<mailto:[REDACTED]> > wrote:

Not being religious about it, bu= 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=excercise enough, dont 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 g=ing 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. <jeevacat=on@gmail.com <mailto:jeevacation@gmail.com>> wrote:

emack and bolio . do you want me to =et you something and send

wrote:

What is the name of the =ce 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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