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**From:** Kathy Ruemmler <[kathyruemmler@gmail.com](mailto:kathyruemmler@gmail.com)>  
**Sent:** Saturday, May 12, 2018 12:34 PM  
**To:** jeffrey E.  
**Subject:** Re:

Yes, I know, but they are not unrelated.

On May 12, 2018, at 8:09 AM, jeffrey E. &lt;[jeevacation@gmail.com](mailto:jeevacation@gmail.com)<<mailto:jeevacation@gmail.com>>> wrote:

ok, &nbsp; always keep in mind that your mental health comes before your but=

On Sat, May 12, 2018 at 8:07 AM Kathy Ruemmler <

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:

Not=being religious about it, but when I did it at the fat farm I felt good.&nb=p;

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

why?= no wine and exercise enough, dont ask too much of yours=if

On Sat, May 12= 2018 at 7:54 AM Kathy Ruemmler

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

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

[REDACTED] Fri, May 11, 2018 at 8:51 PM Kathy Ruemmler

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

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&=bsp; please note

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