
From: jeffrey E. <jeevacation@gmail.com>
Sent: Saturday, May 12, 2018 12:42 PM
To: Kathy Ruemmler
Subject: Re:

haha

On Sat, May 12, 2018 at 8:34 AM Kathy Ruemmler [REDACTED] > wrote:

Yes, I know, b=t they are not unrelated.

On May 12, 2018, at 8:09 AM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

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:

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

On May 12, 2018, at 8:01 AM, jeffrey E. <jeevacation@gmail.com> wro=e:

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

On Sat, =ay 12, 2018 at 7:59 AM Kathy Ruemmler [REDACTED]

[REDACTED] > wrote:

Not bein= religious about it, but when I did it at the fat farm I felt good. <=div>

On May 12, 2018, at 7:56 AM, jeffrey E. <jeevacation@gmail.com> wro=e:

why? =C2 no wine and excercise enough, dont ask too much of yours=lf

On Sat, May 1=, 2018 at 7:54 AM Kathy Ruemmler [REDACTED]

[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> wrote:

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

On Fri, May 11, 2018 at 8:51 PM Kathy Rummel > wrote:

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