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**From:** [REDACTED] >  
**Sent:** Wednesday, March 13, 2013 8:37 PM  
**To:** Jeffrey Epstein; [REDACTED]; Karyna Shuliak

Lyn is forcing me into the shower to be washed. I beg her not to, out of laz=ness, but she is so strict. She won't let me go more than 2 days without a s=ower. When I ask for more time she only gives me an hours grace and then re=urns! We should have her take care of Jen!!!!!!!

Sent from my iPhone=?xml version=.0" encoding=TF-8"?> <!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN"  
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