

**From:** Alford [REDACTED]  
**To:** jeffrey E. <jeevacation@gmail.com>  
**Subject:** Re:  
**Sent:** Friday, October 21, 2016 8:25:45 PM

As you enter yacht haven, it's the far left...all the way at the end..Prana and Rock City Wellness are like 2 doors apart

"Make it so that even the capital you'll spend in the future, is working extremely hard for you today"

-Unknown

On Oct 21, 2016, at 4:09 PM, jeffrey E. <jeevacation@gmail.com> wrote:

where at yacht haven . it is a studio"?

On Fri, Oct 21, 2016 at 4:07 PM, Alford <[REDACTED]> wrote:

Ok no problem, we'll meet then.

No there is none at my gym, but there's one at yacht haven grand that's real good (Prana) and there's a chiropractor right next door to that as well...Rock City Wellness

"Make it so that even the capital you'll spend in the future, is working extremely hard for you today"

-Unknown

On Oct 21, 2016, at 3:29 PM, jeffrey E. <jeevacation@gmail.com> wrote:

im in town all next week, lets dot it then. at your gyn is there a strong massuer or maseuse , ?

On Fri, Oct 21, 2016 at 3:22 PM, Alford <[REDACTED]> wrote:

I get off at 4pm...would you be available to me and where if possible?

"Make it so that even the capital you'll spend in the future, is working extremely hard for you today"

-Unknown

On Oct 20, 2016, at 9:35 PM, jeffrey E. <jeevacation@gmail.com> wrote:

Tomirw

On Thursday, October 20, 2016, Alford <[REDACTED]> wrote:

Good night,

I'm on the 6am-4pm shift  
I'm off Wednesday and Thursday next week.

If any of this can work with your schedule maybe we can meet.

"Make it so that even the capital you'll spend in the future, is working  
extremely hard for you today"

-Unknown

On Oct 15, 2016, at 11:32 AM, jeffrey E. <jeevacation@gmail.com> wrote:

Ok

On Saturday, 15 October 2016, Alford <[REDACTED]>  
wrote:

Ok,  
when you return back on island. I would  
like to share a venture and how I'm going  
to approach it. and get your feed back on  
it.

"Make it so that even the capital you'll spend in the future, is working  
extremely hard for you today"

-Unknown

On Oct 15, 2016, at 10:31 AM, jeffrey E. <jeevacation@gmail.com>  
wrote:

No

On Saturday, 15 October 2016, Alford <[REDACTED]>  
wrote:

Yes, I'm at work. Will you  
be pre-clearing?

"Make it so that even the capital you'll spend in the future, is working extremely hard for you today"

-Unknown

On Oct 15, 2016, at 6:17 AM, jeffrey E. <jeevacation@gmail.com> wrote:

at the airport  
at 645 if you  
are around

On Mon, Jul 18, 2016 at 4:13 PM, Alford



wrote:

Good  
afternoon,  
will you be  
available and  
on island on  
Thursday?

"Tell the world what you intend to do, but first show it"  
-Napoleon Hill

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