
From: [REDACTED]
Sent: Sunday, January 16, 2011 6:19 PM
To: Je vacation; Scott Denett
Subject: Gym

Ready for eq test in gym,
Sent via BlackBerry by AT&T

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1295201931</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>22</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>128575</string>
</dict>
</plist>
```