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**From:** Kathy Ruemmler <[REDACTED]>  
**Sent:** Saturday, May 12, 2018 12:34 PM  
**To:** jeffrey E.  
**Subject:** Re:

Yes, I know, but they are n=t unrelated.

On May 12, 2018, at 8:09 AM, jeffrey E. &l=jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wro=e:

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

On Sat, May 12, 2=18 at 8:07 AM Kathy Ruemmler <[REDACTED]>

It really comes down to putting almond m=lk in my coffee in the morning and eating less cheese, which can't b= bad.

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

[REDACTED]

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> w=ote:

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

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

[REDACTED]

No, because it is t=o good and I am going vegan for May. I was just trying to remember th= name and it was driving me crazy.

On May 12, 2018, at 7=06 AM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

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

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

What is the name of 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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