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**SendTo:** jraab @ vt.edu (janice raab) @ Internet @ WORLDCOM  
**CopyTo:**  
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**BlindCopyTo:** CN=R econd/O=ARRB  
**From:** CN=Laura Denk/O=ARRB  
**DisplayFromDomain:**  
**DisplayDate:** 01/08/1997  
**DisplayDate\_Time:** 9:30:42 AM  
**ComposedDate:** 01/08/1997  
**ComposedDate\_Time:** 9:12:48 AM  
**Subject:** Re: -No Subject-

Hi there. I am definitely NOT going to Canaan Valley (yes -- the cabin IS in Canaan Valley), but you might be. Here's the deal. Talked to Colleen at length again last night. She said that she has asked a few people if they would want to go, but has not yet received a "yes." She has, however, received a few "maybes." If her people all say "no," then you & Ron have an anniversary hideaway cabin to yourselves & Colleen will stay with Sue & Cathy. Colleen is going to let me know today what her people say, so I will be able to tell you for sure sometime today. She knows that you need to find dog-sitters, etc. . . so she will be sure to let me know. Will you e-mail me your Blacksburg phone number again? I am going to Colleen's right after work & I will call you when I get there (6:30ish). Sorry to keep you guys on hold. This will probably all be moot anyway, because it is supposed to start snowing/icing tomorrow & none of us will even be able to get to W.Va. Now -- for resolution progress: Monday night -- in bed at 10. Asleep by 10:30. Slept till 7:20 (sleeping in was an accident caused by not setting alarm.) Tuesday night -- in bed at 10:15. Asleep by 10:50. Awakened at 2:45. Awake till 3:50. Slept till 6:20. (Not so good, but it probably balanced out Monday night.) So -- I'm doing better, but I still have room for improvement. By the way, it is very hard to fall asleep so early. I keep thinking of all the things I could be doing if I were still awake. Oh, well. I suppose I'll get used to it. Talk to you this evening. Bye  
 Laura To: Laura\_denk @ jfk-arrrb.gov @ Internet cc: Laura Denk/ARRB From: jraab @ vt.edu (janice raab) @ Internet @ WORLDCOM Date: 01/07/97 08:17:12 PM CST Subject: -No Subject- Laura Thanks for the message. Ron and I are flexible about this weekend, so just let us know as soon as you do so we can make plans. The big one, like you, is what to do with dogs. Caanan valley is closer, about 3.5 hrs from here and the same for you guys. That would be more appealing. Keep us posted. wrt new year's resolutions, I'm now two days down. Ran 6.5 again today. Felt tired and upset tummy, maybe something to do with the black bean soup I had for lunch. It did not agree with me very well. I'm not accomplishing early to bed. Made midnight the last two nights. Getting up at 6:30 makes me tired. May do better tonight as there is a PhD student working on his prelim presentation on the computer I need to do work on. Not tragic, I'll just do it tomorrow. gives me more time to study and sleep. Talk to you soon Janice

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