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  {
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g14csp2408992ecs;    Fri, 17 May 2024 05:00:49 -0700 (PDT)"
  },
  {
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2024 05:00:49 -0700 (PDT)"
  },
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s=arc-20160816;    b=MIH4LG1qwnA3sS5wqX2rrkLI2TX1fiIVKW0AZGDwF1o6tBov8
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  },
  {
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version:from:date:content-transfer-encoding:dkim-signature    :dkim-signature;
bh=xnA6pjEvYBSACtRZcGcDUyyTYeTI07YGqDFEUK2lauQ=;
fh=XnSVOVWmjWOxoqr/SvfEjkZhCys425HihkfOEoNCnTg=;    b=NQgBoktcVN59rkQ
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  }
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header.s=smtpapi header.b=s07Kd72K; spf=pass (google.com: domain of
bounces+3922174-bb39-tonyqiu12345=gmail.com@mail.bowldigest.com designates
168.245.79.180 as permitted sender) smtp.mailfrom=\"bounces+3922174-bb39-
tonyqiu12345=gmail.com@mail.bowldigest.com\"; dmarc=pass (p=QUARANTINE
sp=QUARANTINE dis=NONE) header.from=bowldigest.com"
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{
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[168.245.79.180]) by mx.google.com with ESMTPS id
af79cd13be357-792bf30a7a5si2006238385a.276.2024.05.17.05.00.48 for
<tonyqiu12345@gmail.com> (version=TLS1_3
cipher=TLS_AES_128_GCM_SHA256 bits=128/128); Fri, 17 May 2024 05:00:49
-0700 (PDT)"
},
{
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tonyqiu12345=gmail.com@mail.bowldigest.com designates 168.245.79.180 as
permitted sender) client-ip=168.245.79.180;"
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header.b=s07Kd72K; spf=pass (google.com: domain of bounces+3922174-bb39-
tonyqiu12345=gmail.com@mail.bowldigest.com designates 168.245.79.180 as
permitted sender) smtp.mailfrom=\"bounces+3922174-bb39-
tonyqiu12345=gmail.com@mail.bowldigest.com\"; dmarc=pass (p=QUARANTINE
sp=QUARANTINE dis=NONE) header.from=bowldigest.com"
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unsubscribe:list-unsubscribe-post:cc:content-type:from: subject:to; s=s1;
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unsubscribe-post:cc:content-type:from: subject:to; s=smtpapi;
bh=xnA6pjEvYBSACtRZcGcDUyyTYeTI07YGqDFEUK2lauQ=;
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+0000 UTC m=+1507231.657036723"

},
{
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ZtJlt0P5RaGzlevgetNBqw Fri, 17 May 2024 09:21:41.307 +0000 (UTC)"

},
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  "value": "\"How do you deal with people asking you to do dumb ...\""
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},
{
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},
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  "name": "List-Unsubscribe",
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