```
[
  {
    "name": "Delivered-To",
    "value": "tonyqiu12345@gmail.com"
  },
  {
    "name": "Received",
    "value": "by 2002:a54:324e:0:b0:259:b0da:9376 with SMTP id
g14csp1986247ecs;      Thu, 16 May 2024 10:12:27 -0700 (PDT)"
  },
  {
    "name": "X-Google-Smtp-Source",
    "value": "AGHT+IGTRkGpDazLTXCHnM5gMr18UROyRtI32DCGkcXwEaouAFBhKT3
Y7UP+/3kMiCi8XZhsYzka"
  },
  {
    "name": "X-Received",
    "value": "by 2002:a17:90a:5d88:b0:2b4:32ae:9a17 with SMTP id
98e67ed59e1d1-2b6cc56a7d2mr17695068a91.11.1715879547330;      Thu, 16 May
2024 10:12:27 -0700 (PDT)"
  },
  {
    "name": "ARC-Seal",
    "value": "i=1; a=rsa-sha256; t=1715879547; cv=none;      d=google.com;
s=arc-20160816;      b=OfrmNafUrd6nOCnVP8ZYDd2hIvktHQAoCRFeW+aAsUYz4nL
gpUHUOanYbQK0aItjNm      IVjdoCH/9v097foxm6UeL5E8FiISVcIRbIbNo5VbONhwx3
DsAz07ey3+MNbLgOPEmjoC      PVC4dFHkCK2AtssXyhpzQYA1SMPxd8H4nsNnog
9wKIcYydBhAiURiT1GPBbOKHFzmY1K      G86ucP324A11g0P49KAAT+lxGbcWGD
CP6cFUeILQ4R1htxBq9H0QuoGpLxzJG8D2jd5t      7YKsaZS+4Ir0ySbYq8lAI4aj86m
L8IJQRcYxP2u4yAspZmhUOzv5ST1OXWAwpKKPRU9P      K+vg=="
  },
  {
    "name": "ARC-Message-Signature",
    "value": "i=1; a=rsa-sha256; c=relaxed/relaxed; d=google.com; s=arc-20160816;
h=reply-to:from:subject:mime-version:date:to:list-unsubscribe-post      :message-
id:list-unsubscribe:dkim-signature;
bh=9zPt0gtR5HowDH8wR9R8LjgDGfiqezhgqfFfMsLp3CY=;
fh=XnSVOVWmjWOxoqr/SvfEjkZhCys425HihkfOEoNCnTg=;      b=YAOynb/
nvXfIgPTvh5R6/oTS7k+RwOwOwN5qLmk38USXsZoSoyGpb6OBxr0cZtvLsU
Ixu7ptLeGRI5BPCwzizApdgUzHCrvmhFr1O30H73b+w+iKSF2eUPUYRjicqetIV7H/
qi      H5j/VJynF0PZV9O2tCh24AZGAJT/
Y7SkuyO4Wt1bFsociqM6mDvKo18DoLniA4FJe6Fk      BdTLiTWXoJwO1ODAKajQNf
QINDzUzMJ1likNEZ3qRPHk69J7S7u+zPVnhxHyxWC4nI6D      mG5I/XmABX2JXbfG
D4MTH8Zua6dbeDrdvaswQM1IcI4+XrhwPrsy+zrG06H7ULCcNN22      1BNA==;
dara=google.com"
  },
```

```
  {
    "name": "ARC-Authentication-Results",
    "value": "i=1; mx.google.com;        dkim=pass header.i=@today.getpocket.com
header.s=scph0222 header.b=JjNUIiwS;        spf=pass (google.com: domain of
msprvs1=198666yzeywhq=bounces-266693-460@today.getpocket.com designates
223.165.122.182 as permitted sender) smtp.mailfrom=\"msprvs1=198666yZeYWHQ=bo
unces-266693-460@today.getpocket.com\";        dmarc=pass (p=REJECT sp=NONE
dis=NONE) header.from=getpocket.com"
  },
  {
    "name": "Return-Path",
    "value":
"<msprvs1=198666yZeYWHQ=bounces-266693-460@today.getpocket.com>"
  },
  {
    "name": "Received",
    "value": "from qvwm.today.getpocket.com (qvwm.today.getpocket.com.
[223.165.122.182])        by mx.google.com with ESMTPS id
98e67ed59e1d1-2b9df19cc20si3834322a91.23.2024.05.16.10.12.26        for
<tonyqiu12345@gmail.com>        (version=TLS1_2 cipher=ECDHE-ECDSA-AES128-
GCM-SHA256 bits=128/128);        Thu, 16 May 2024 10:12:27 -0700 (PDT)"
  },
  {
    "name": "Received-SPF",
    "value": "pass (google.com: domain of
msprvs1=198666yzeywhq=bounces-266693-460@today.getpocket.com designates
223.165.122.182 as permitted sender) client-ip=223.165.122.182;"
  },
  {
    "name": "Authentication-Results",
    "value": "mx.google.com;        dkim=pass header.i=@today.getpocket.com
header.s=scph0222 header.b=JjNUIiwS;        spf=pass (google.com: domain of
msprvs1=198666yzeywhq=bounces-266693-460@today.getpocket.com designates
223.165.122.182 as permitted sender) smtp.mailfrom=\"msprvs1=198666yZeYWHQ=bo
unces-266693-460@today.getpocket.com\";        dmarc=pass (p=REJECT sp=NONE
dis=NONE) header.from=getpocket.com"
  },
  {
    "name": "X-MSFBL",
    "value": "H3hAgoNGLmmN4t6hix6wDRhin/M+6yS5gEYAvBHY8SI=|
eyJzdWJhY2NvdW50X2l
kIjoiNDYwIiwiY3VzdG9tZXJfaWQiOiIyNjY2OTMiLCJ0ZW5hbnRfaWQiOiJzcGM
iLCJyIjoidG9ueXFpdTEyMzQ1QGdtYWlsLmNvbSIsIm1lc3NhZ2VfaWQiOiI2NjQ
2NzEzZTQ2NjYxNmJkMTM1YSJ9"
  },
  {
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    "name": "DKIM-Signature",
    "value": "v=1; a=rsa-sha256; c=relaxed/relaxed; d=today.getpocket.com; s=scph0222;
t=1715879537; i=@today.getpocket.com;
bh=9zPt0gtR5HowDH8wR9R8LjgDGfiqezhgqfFfMsLp3CY=; h=List-
Unsubscribe:Message-ID:List-Unsubscribe-Post:To:Date:\t Content-
Type:Subject:From:From:To:Cc:Subject; b=JjNUliwSJ3shGCarZGP0ZAuNyz9pdssDWW
cTwVPPY71K56VezgZ6295j7aCFbnW3l\t
F1p/30vN283Z8n1bpJJtfPpaJhkiZNVwJIAxCPy/PD2e9vXSdoZSNr7eC0j91Zjfdp\t
mXQ07GRIaTbkek6bXWYcm6j2ofLBAajJCQsG4MCI="
  },
  {
    "name": "List-Unsubscribe",
    "value": "<https://05.emailinboundprocessing.com/enc_user/list_unsubscribe?d=%24
1%24JW1bZLLQ2lLqkhKCUbJxaw%3D%3D%24YrycTSN7mVLJysBaf%2B12P0WGoj
Qpq69e47%2FAjyKPCu%2F8CP%2B5mj%2BIERRBIsOX%0AqadjieYBb3%2F26%2Br
zxLwSr0tqIxVnPxssM8k%2FZ10BMwk3m9ETYHw5211OwAWX%0AU6aY6qU3A4l4jW
G1ajcVtjsibczrrr5C5Hvpx168xg5%2B4MyayqM4%2F8913qfu%0A42%2BByzVG6XxdP
FqV5l%2BizLc7QefupFeT%2FuvTeKZi2p1UpilY0jF%2B8h9gdQvg%0AecXrOROIMZBr
RnQ4YS%2BH3u1pXLCWWN%2FmrsrBKRazxKVVr3Du%2FpuRHGecvc1O%0AK%2
BHQ%2F7Fe%2FduFDBPKCI1ZPGmwAc0RXnEzfjf%2F%2B7pljqhh1XmFS3Z9ZpgAjI
CA%0AdZ4%3D&1=1>,<mailto:4_ohnllbnkn3ayzp747abx474bug4dhcehsemev1h9axru
xk5zk5d1nw@unsubscribe-05.emailinboundprocessing.com?subject=Unsubscribe%20
pnrcgsqj3rr630mulr7vv5xkx51jgj007a5kxmjxpnwovcfd&body=DO_NOT_DELETE-fqwv1
cuynzs7tt8b6fe3kfg9ere1dbme8jxhi71v79q75mpxzzyk0ww87g67o510wi93m4t9fzqah5d
mi6l67hpp-DO_NOT_DELETE>"
  },
  {
    "name": "Message-ID",
    "value": "<A5.31.20404.17E36466@gi.mta1vrest.cc.prd.sparkpost>"
  },
  {
    "name": "List-Unsubscribe-Post",
    "value": "List-Unsubscribe=One-Click"
  },
  {
    "name": "To",
    "value": "tonyqiu12345@gmail.com"
  },
  {
    "name": "Date",
    "value": "Thu, 16 May 2024 17:12:17 +0000"
  },
  {
    "name": "Content-Type",
    "value": "multipart/alternative; boundary=\"_----
uRDvlOYIIbFQcydhg1PqHQ===_BE/21-20404-17E36466\""

    },
    {
      "name": "MIME-Version",
      "value": "1.0"
    },
    {
      "name": "Subject",
      "value": "The Baby Reindeer Mess Was Inevitable"
    },
    {
      "name": "From",
      "value": "Pocket <team@today.getpocket.com>"
    },
    {
      "name": "Reply-To",
      "value": "noreply@getpocket.com"
    }
]