```
[
  {
    "name": "Delivered-To",
    "value": "tonyqiu12345@gmail.com"
  },
  {
    "name": "Received",
    "value": "by 2002:a54:324e:0:b0:259:b0da:9376 with SMTP id
g14csp2612863ecs;      Fri, 17 May 2024 10:39:07 -0700 (PDT)"
  },
  {
    "name": "X-Google-Smtp-Source",
    "value": "AGHT+IGaEzsJIOmVxYSq+1UZfYLaL6AOcW+ZAiQmQsqrH/
S9uAEBWoK1wn54bT3OtANMHnNTp7yL"
  },
  {
    "name": "X-Received",
    "value": "by 2002:a17:902:ef8a:b0:1e4:9616:d967 with SMTP id
d9443c01a7336-1ef43d1704dmr190138765ad.15.1715967546645;      Fri, 17 May
2024 10:39:06 -0700 (PDT)"
  },
  {
    "name": "ARC-Seal",
    "value": "i=1; a=rsa-sha256; t=1715967546; cv=none;      d=google.com;
s=arc-20160816;      b=qVR0U1ywapgLj79ixHM7v0RZSYNVx3yeNvP/
TMLCnCN0tZCFhEnNu5HivKczpQd/mB      TN9Ahf/
Gf4cL2hVZeG3LKmlKWRwQT0RcQTY6MLQzndpD8BIxdVPAkmgiSR/
CQZMX0yjQ      lf2FqwaN3VUNMeHXL4S9fezxxBan65jGPUJbnNhMcUaDx9MqKAC
FsZDH32hxVtWErh2E      ddvWrjrVEvWIAAxltovhQb8UtnZBlUxFSn+e0gyqpv8OlPqdr
h3l+iylZ1jFsy8YNQWG      CZSAa15itUJrio724FunS4vWqf8DY0fuDhBOGr+qimStw/
Qq+44vqsi8WLkR7S4upRls      ACfQ=="
  },
  {
    "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=AkVJR48aGkxwYyKXl16sO7U96w4/
SgEoG9bnXQRpYs0=;      fh=XnSVOVWmjWOxoqr/
SvfEjkZhCys425HihkfOEoNCnTg=;      b=sATVKr1+uwMnrKto8DtIFOQMV/
hnTkMi8Bm7ngf2RNGXCyADUnpNR/u1x1EaNKmr5y      SXgshfGcSDXbizkd81fX0+
dZSdVEWGp9AXmUH50UzVXVzhCzYO75yYnUu8sicsqlPXn1      qP/5kCbr9Yu8qloZ
Pk0h9+iwMT94yVA2voSDy1paZMqEYdnVrrB9mEe9l4CGenq1RTRF
Rz3otzDNKlBbERnHdUMId/
XpqJuW8UgEU8m2aMTex0hfZFzaLGvdM8XvSxjUYDNm9Ov9
NQWhgkmVPqS7IcwOJBSljr1K/
NHOGwYeJJRT2A3w754zQ9juBjCnprE9l3Qqp4fUWeIF      xnVA==;
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=eZmYwGIA;        spf=pass (google.com: domain of
msprvs1=198678gbyx80m=bounces-266693-460@today.getpocket.com designates
223.165.123.154 as permitted sender) smtp.mailfrom=\"msprvs1=198678GbYX80m=bo
unces-266693-460@today.getpocket.com\";        dmarc=pass (p=REJECT sp=NONE
dis=NONE) header.from=getpocket.com"
  },
  {
    "name": "Return-Path",
    "value":
"<msprvs1=198678GbYX80m=bounces-266693-460@today.getpocket.com>"
  },
  {
    "name": "Received",
    "value": "from qwtv.today.getpocket.com (qwtv.today.getpocket.com.
[223.165.123.154])        by mx.google.com with ESMTPS id
d9443c01a7336-1ef0bf315ecsi183137415ad.328.2024.05.17.10.39.06        for
<tonyqiu12345@gmail.com>        (version=TLS1_2 cipher=ECDHE-ECDSA-AES128-
GCM-SHA256 bits=128/128);        Fri, 17 May 2024 10:39:06 -0700 (PDT)"
  },
  {
    "name": "Received-SPF",
    "value": "pass (google.com: domain of
msprvs1=198678gbyx80m=bounces-266693-460@today.getpocket.com designates
223.165.123.154 as permitted sender) client-ip=223.165.123.154;"
  },
  {
    "name": "Authentication-Results",
    "value": "mx.google.com;        dkim=pass header.i=@today.getpocket.com
header.s=scph0222 header.b=eZmYwGIA;        spf=pass (google.com: domain of
msprvs1=198678gbyx80m=bounces-266693-460@today.getpocket.com designates
223.165.123.154 as permitted sender) smtp.mailfrom=\"msprvs1=198678GbYX80m=bo
unces-266693-460@today.getpocket.com\";        dmarc=pass (p=REJECT sp=NONE
dis=NONE) header.from=getpocket.com"
  },
  {
    "name": "X-MSFBL",
    "value": "T6pBerVgQZ1WpF7P8YdBnMhsCcqDUDDS6FrLvUo0ylA=|
eyJ0ZW5hbnRfaWQiOiJ
zcGMiLCJyIjoidG9ueXFpdTEyMzQ1QGdtYWlsLmNvbSIsInN1YmFjY291bnRfaWQ
iOiI0NjAiLCJtZXNzYWdlX2lkIjoiNjY0NjM2OTY0NzY2Mzg4NTBjZTMiLCJjdXN
0b21lcl9pZCI6IjI2NjY5MyJ9"
  },
```

```
{
  "name": "DKIM-Signature",
  "value": "v=1; a=rsa-sha256; c=relaxed/relaxed; d=today.getpocket.com; s=scph0222;
t=1715967542; i=@today.getpocket.com; bh=AkVJR48aGkxwYyKXl16sO7U96w4/
SgEoG9bnXQRpYs0=; h=List-Unsubscribe:Message-ID:List-Unsubscribe-Post:To:Date:
\t Content-Type:Subject:From:From:To:Cc:Subject; b=eZmYwGlAC1ekeclEgTfBr/0L3g9g
Am1TBaGDKxzHMVtUsPFhs2R9dbkAfrLAky67h\t Rc6U9/
FnT24hO1MCTa7MpazvHTt2DIRB1rgZoozBU/7tsTeTVC0e4u45NzUv8hlwSQ\t
nqCMG4jHyxV8XTRTkKGJvxa1TwT0ro444yF8lu2c="
},
{
  "name": "List-Unsubscribe",
  "value": "<https://05.emailinboundprocessing.com/enc_user/list_unsubscribe?d=%24
1%24M2hvtNyeJtV%2BMbKVT9hIVg%3D%3D%24LkZy2Uu529IhSIrdcv4PhHatmhNq1
uWXf%2BSdLyRcLFfPaPnkxSBL98MAHelj%0AOirbIM%2Bpo3Y63%2F11V9OPZzx7Q
TfQxSMFCvguKxrOweaHgrgGXkk3HPCypVef%0AmSbAggW2IFzjihdwxeJ1AZghjmJrjJ
3d%2BH%2B53dobLfUvefQhEnwCqijiUXWO%0Az1FW4%2Bwj%2FuELk%2BtrM6NSG
G6%2FIYVs%2FmM16txpWJyGAbkcLd8YybHjUkswErVy%0A%2FtLX0HCaTBeUOIyY
s4T%2BD7bopm1IKWE82flOWlV6XPELVdNY3VIArVJ6PNpU%0Agh3km0%2F1NJOh0
MswthkddA9XMwCXNVjL9kxqtXNGOyIsgAJORt%2BMU8l%2Ba9cw%0A%2FwE%3D&
1=1>,<mailto:4_oc478m9k2dufghi1fl8ljc3f90ux6wnu1cumhp2rph5ijbs7m6oeap@unsub
scribe-05.emailinboundprocessing.com?subject=Unsubscribe%20pnrcgsqj3rr630mulr7v
v5xkx51jgj007a5kxmjxpnwovcfd&body=DO_NOT_DELETE-fqwv1dxi9cchgs9iwezviatl5
84flm0f3xjbmajvqy4fg3279vujuqy6zdcmab5wzyhxhoia0ictl683bf336xrh-
DO_NOT_DELETE>"
},
{
  "name": "Message-ID",
  "value": "<3E.C0.13594.63697466@iy.mta1vrest.cc.prd.sparkpost>"
},
{
  "name": "List-Unsubscribe-Post",
  "value": "List-Unsubscribe=One-Click"
},
{
  "name": "To",
  "value": "tonyqiu12345@gmail.com"
},
{
  "name": "Date",
  "value": "Fri, 17 May 2024 17:39:02 +0000"
},
{
  "name": "Content-Type",
  "value": "multipart/alternative; boundary=\"_----nLOjKo1kK17JsTbS7wx8BQ===_C9/
C0-13594-63697466\""
```

```json
    },
    {
      "name": "MIME-Version",
      "value": "1.0"
    },
    {
      "name": "Subject",
      "value": "To Have or Not to Have Breakfast?"
    },
    {
      "name": "From",
      "value": "Pocket <team@today.getpocket.com>"
    },
    {
      "name": "Reply-To",
      "value": "noreply@getpocket.com"
    }
  ]
```