

```
[
  {
    "name": "Delivered-To",
    "value": "tonyqiu12345@gmail.com"
  },
  {
    "name": "Received",
    "value": "by 2002:a54:324e:0:b0:259:b0da:9376 with SMTP id
g14csp1910544ecs; Thu, 16 May 2024 08:10:03 -0700 (PDT)"
  },
  {
    "name": "X-Google-Smtp-Source",
    "value": "AGHT+IGFvQZ8r40VI4u3fimQRp4E8WqkoQdTdv4urjGRUHxg2qVXINBVj2
87ayiyluCb0V5I6i6U"
  },
  {
    "name": "X-Received",
    "value": "by 2002:a05:6102:b15:b0:47b:fd01:3034 with SMTP id
ada2fe7eead31-48077c1debdmr15591822137.17.1715872203623; Thu, 16 May
2024 08:10:03 -0700 (PDT)"
  },
  {
    "name": "ARC-Seal",
    "value": "i=1; a=rsa-sha256; t=1715872203; cv=none; d=google.com;
s=arc-20160816; b=fHTPkyHrHZgSI2cuW87oVt23gJcgH6qganSaZnPll09qW64aLx
VCVoU5vALu+eU7cW WfpTRwdPef6M1j624Ef3w0y9PQRuH4GUSEjNdNiYHafss
GlzPgOyLu9Y7A32H+dyGLPf MN1hIJ1NIV0K4wUhS+jHj/
bND0YVW3nFkh83grCeEkuhOQB2wHgWQHeOHSXKd7dQjQV0 YQJgX2CJNnN
Ob2KlvOaayBXhLNmuoqcoQzI1hHbQNUNKs9YAuggaaJR5UxYc3fVzaz9L XRPo5
wThZ+S1SyVISgwDctA5hg4YRxIQ+2wli9S57Gj8nD4PUmyKroJhWQLpT4P5Gk9o
X/Mw=="
  },
  {
    "name": "ARC-Message-Signature",
    "value": "i=1; a=rsa-sha256; c=relaxed/relaxed; d=google.com; s=arc-20160816;
h=to:list-unsubscribe:reply-to:subject:message-id:mime-version:from :date:dkim-
signature:dkim-signature;
bh=67dcw8+ZJgVUCqcgbbhuRq5dv9bfAE4BuYkSjN1MFdEA=;
fh=XnSVOVWmjWOxoqr/SvfEjkZhCys425HihkfOEoNCnTg=;
b=Ety9si42GYUbsEBNbOeWFn6UHOjBKnLHiFELXAorjy3lUX4E6WcHm+Xyt4M8BYB/
Bf JhX/
ngxE+1+1S/30JEgz80zJWzAF2QgroHFx9TMspPszlvXZvnJCCG052TUa5b/
ZLJzM QV5qtShYpdZeykCu5mwWyPvLMQeuuS1dJYTylMsZk+koBhQ36W59063h
l21wxlzm0eIP qgNvq5nn63QxkWXQr4u5o8zzwmqHrMDs4vgyd8QkW/
ek15GbxXlVvE5Mm2FO2wtW+EnF QAws74qsNK268nlHGJBJ1+hntwseNNJIVLot
LxBrO16EXEfR98oVrBOQHznyGRiDDIH3 xAiW==; dara=google.com"
  }
]
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},
{
  "name": "ARC-Authentication-Results",
  "value": "i=1; mx.google.com; dkim=pass header.i=@medium.com header.s=m1
header.b=JsN+iLG9; dkim=pass header.i=@sendgrid.info header.s=smtpapi
header.b=Sy2LpiGm; spf=pass (google.com: domain of bounces+1823150-b449-
tonyqiu12345@gmail.com@email.medium.com designates 149.72.199.196 as permitted
sender) smtp.mailfrom=\"bounces+1823150-b449-
tonyqiu12345@gmail.com@email.medium.com\"; dmarc=pass (p=REJECT
sp=REJECT dis=NONE) header.from=medium.com"
},
{
  "name": "Return-Path",
  "value": "<bounces+1823150-b449-tonyqiu12345@gmail.com@email.medium.com>"
},
{
  "name": "Received",
  "value": "from o15.email.medium.com (o15.email.medium.com.
[149.72.199.196]) by mx.google.com with ESMTPS id
ada2fe7eead31-4806cb7e43esi2803355137.122.2024.05.16.08.10.02 for
<tonyqiu12345@gmail.com> (version=TLS1_3
cipher=TLS_AES_128_GCM_SHA256 bits=128/128); Thu, 16 May 2024 08:10:03
-0700 (PDT)"
},
{
  "name": "Received-SPF",
  "value": "pass (google.com: domain of bounces+1823150-b449-
tonyqiu12345@gmail.com@email.medium.com designates 149.72.199.196 as permitted
sender) client-ip=149.72.199.196;"
},
{
  "name": "Authentication-Results",
  "value": "mx.google.com; dkim=pass header.i=@medium.com header.s=m1
header.b=JsN+iLG9; dkim=pass header.i=@sendgrid.info header.s=smtpapi
header.b=Sy2LpiGm; spf=pass (google.com: domain of bounces+1823150-b449-
tonyqiu12345@gmail.com@email.medium.com designates 149.72.199.196 as permitted
sender) smtp.mailfrom=\"bounces+1823150-b449-
tonyqiu12345@gmail.com@email.medium.com\"; dmarc=pass (p=REJECT
sp=REJECT dis=NONE) header.from=medium.com"
},
{
  "name": "DKIM-Signature",
  "value": "v=1; a=rsa-sha256; c=relaxed/relaxed; d=medium.com; h=content-
type:from:mime-version:subject:reply-to:list-unsubscribe: x-feedback-id:to:cc:content-
type:from:subject:to; s=m1;
bh=67dcw8+ZJgVUCqcgbhRq5dv9bfAE4BuYkSjN1MFdEA=;
```

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b=JsN+iLG9jFRY6ToNAObiJisu7TvBnpM7L8XPASp9r/
x1ZsRcGtoEaMP05Wod7FBR4RQZ km1/
BCT6gkimG0LBye4jJrUoIDvflajsytsH68VmN6xjXRJeO/hQR5jayImf/jMxzFlqRk
UrUfsmVTetzheN6UZgV27IAIKNPUMtqQ="
},
{
  "name": "DKIM-Signature",
  "value": "v=1; a=rsa-sha256; c=relaxed/relaxed; d=sendgrid.info; h=content-
type:from:mime-version:subject:reply-to:list-unsubscribe: x-feedback-id:to:cc:content-
type:from:subject:to; s=smtapi;
bh=67dcw8+ZJgVUCqcgbhurq5dv9bfAE4BuYkSjN1MFdEA=;
b=Sy2LpiGmLu7sZKwuyGfsvBcfW2IOirJtmqQOIqjUHit4UrinR7Hv6TrY7N2FMDnq6bkt
gPygLGOmbmfNw7FeScIKZs9T0up8wvf28R5ptyw5CBc8bcKe/9FE3wp8cxxTMI2Zj9Q4/
l 5G+sJDAA5mxvgO1/Vegw/qzmG+D1eiHIY="
},
{
  "name": "Received",
  "value": "by filterdrecv-6b69b88c4f-glmz7 with SMTP id filterdrecv-6b69b88c4f-
glmz7-1-664620DD-19B      2024-05-16 15:06:05.708726896 +0000 UTC
m=+1441500.841757718"
},
{
  "name": "Received",
  "value": "from MTgyMzE1MA (unknown) by geopod-ismtpd-9 (SG) with HTTP id
47NQ-hvURTSVsq_My45wng Thu, 16 May 2024 15:06:05.602 +0000 (UTC)"
},
{
  "name": "Content-Type",
  "value": "multipart/alternative;
boundary=f0732260e5c2109005e864f226b855f9d37d8c4c753d1997eccc7985b748"
},
{
  "name": "Date",
  "value": "Thu, 16 May 2024 15:10:00 +0000 (UTC)"
},
{
  "name": "From",
  "value": "Medium Daily Edition <newsletters@medium.com>"
},
{
  "name": "Mime-Version",
  "value": "1.0"
},
{
  "name": "Message-ID",
  "value": "<47NQ-hvURTSVsq_My45wng@geopod-ismtpd-9>"
}
```

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,
{
  "name": "Subject",
  "value": "Design is intelligence made visible"
},
{
  "name": "Reply-To",
  "value": "tips@medium.com"
},
{
  "name": "List-Unsubscribe",
  "value": "<https://medium.com/me/email-settings/7e5c5bd1f983/ad49abbdeab1?source=email-7e5c5bd1f983-1715871965446-newsletter.v3-15f753907972-----890083cb_afa4_42ed_acb4_0c0f0e00a003-----bf3f56c7deec&type=newsletterV3&collectionId=15f753907972&newsletterV3Id=bf3f56c7deec&nonce=ee1c8dc3-3cff-49bf-bac3-5a08b50332d7>"
},
{
  "name": "X-Feedback-ID",
  "value": "1823150:SG"
},
{
  "name": "X-SG-EID",
  "value": "u001.55w7ZmMf2EEI2GsC3Do5zEychVSIstWFFzC1IGpNcoYxAIKUX/HLfqIKsWC0rOR6zuyJvRfiDIqzqRLoszbHxxEh8hog+4/+BrNHQOjJTnAJvXqunNgFvnqRXZXabBkuvLC+F8gzsm5/hXxkWyRkXzKnd7NgfuidQFrUPH65bnqYcUmEZWBeQRYpGstEGFKNs6cXJycRP3OW4RXZL82vE2j/Tx5vezG0RMV+BEk6klpTjJPzDLO4b4mTwUTTmKkSI2zfGx1r7d+NRq+PDuCkzw=="
},
{
  "name": "X-SG-ID",
  "value": "u001.SdBcvi+Evd/bQef8eZF3BrtqQydNGN7RhAzGvGSSVHEF8JCOsaxwB+l7pNI87i3HCryr2p7b5ESSjzDHZA2ED/I2cVezJJLIx8sl2zdV4zL1p3RfvkO7EuUANM+SbOXUWGTDr5puLa6DLsc/luEK7Uq2dc4j+YX5VldG+uKswpP7T/wZKOSqyg5kjE/pgLBpkg4hhMxe6angFG9eu+QCjeCdilz9qCQJA79Zx0oAz9WxGq/YewGVJ9XER7h3eq7"
},
{
  "name": "To",
  "value": "tonyqiu12345@gmail.com"
},
{
  "name": "X-Entity-ID",
  "value": "u001.I3AiiuQ1n1f53DefyRUfLw=="
}
```

