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|  |  | bottom to top | top to bottom |
| Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah Blah | This text should be in the middle of the cell | Text above should be vertical from bottom to top | Text above should be vertical from top to bottom |