```
+-----------------------------------------------------------------------+
¦ SPEED MESSAGE                                                         ¦
¦-----------------------------------------------------------------------¦
¦ To:¦------------------------------ ¦ From:¦------------------------------ ¦
¦    ¦------------------------------ ¦      ¦------------------------------ ¦
¦    ¦------------------------------ ¦      ¦------------------------------ ¦
¦    ¦------------------------------ ¦      ¦------------------------------ ¦
¦    ¦------------------------------ ¦      ¦------------------------------ ¦
¦    ¦------------------------------ ¦      ¦------------------------------ ¦
¦-----------------------------------------------------------------------¦
¦ Subject:                                   ¦Date:                ¦
¦-----------------------------------------------------------------------¦
¦                            MESSAGE                                    ¦
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```