██████ to help?

Sent from my iPhone

```xml
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
        <key>date-last-viewed</key>
        <integer>0</integer>
        <key>date-received</key>
        <integer>1244457686</integer>
        <key>flags</key>
        <integer>8590195713</integer>
        <key>remote-id</key>
        <string>23685</string>
</dict>
</plist>
```