```qbasic
' QBasic Friendly Letter Design
CLS
PRINT "----------------------------------------"
PRINT "| Your Name |"
PRINT "| Your Address |"
PRINT "| City, State ZIP |"
PRINT "----------------------------------------"
PRINT
PRINT "Date: " + STR$(DATE)
PRINT
PRINT "Dear [Friend's Name],"
PRINT
PRINT "I hope this letter finds you in great health and high spirits!"
PRINT
PRINT "I wanted to take a moment to tell you about [insert a personal
update or story]."
PRINT
PRINT "It would be lovely to hear back from you! Please share what's new
in your life."
PRINT
PRINT "Take care and looking forward to your reply!"
PRINT
PRINT "Sincerely,"
PRINT
PRINT "Your Name"
PRINT
END
```