

```
*----- E-Mail Menu -----*
| [R] Read Mail    [W] Write Mail    [S] Show Mail    |
| [Z] Read New Mail [U] Upload Files to a User [N] Show New Mail |
| [D] Download Mail                                     |
| [F] Find a User  [T] Trash Mail    [X] Previous Menu |
| [M] Main Menu                                         |
*-----*
```