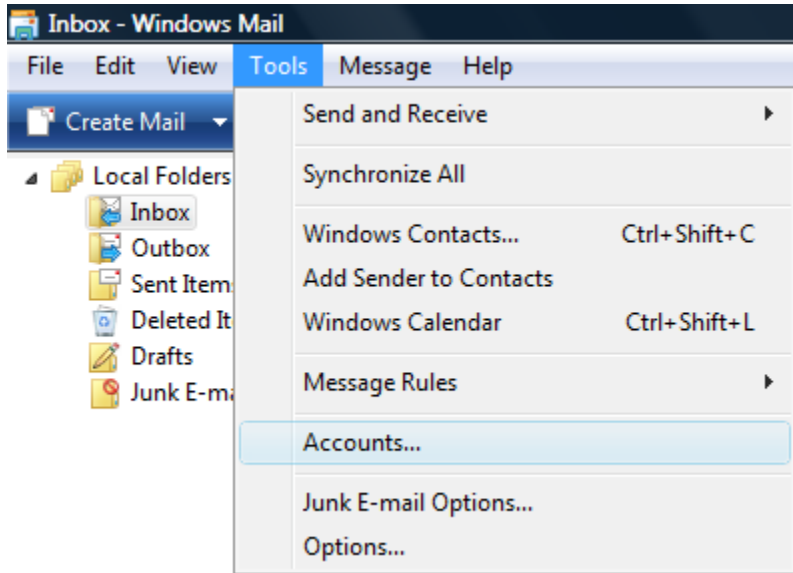


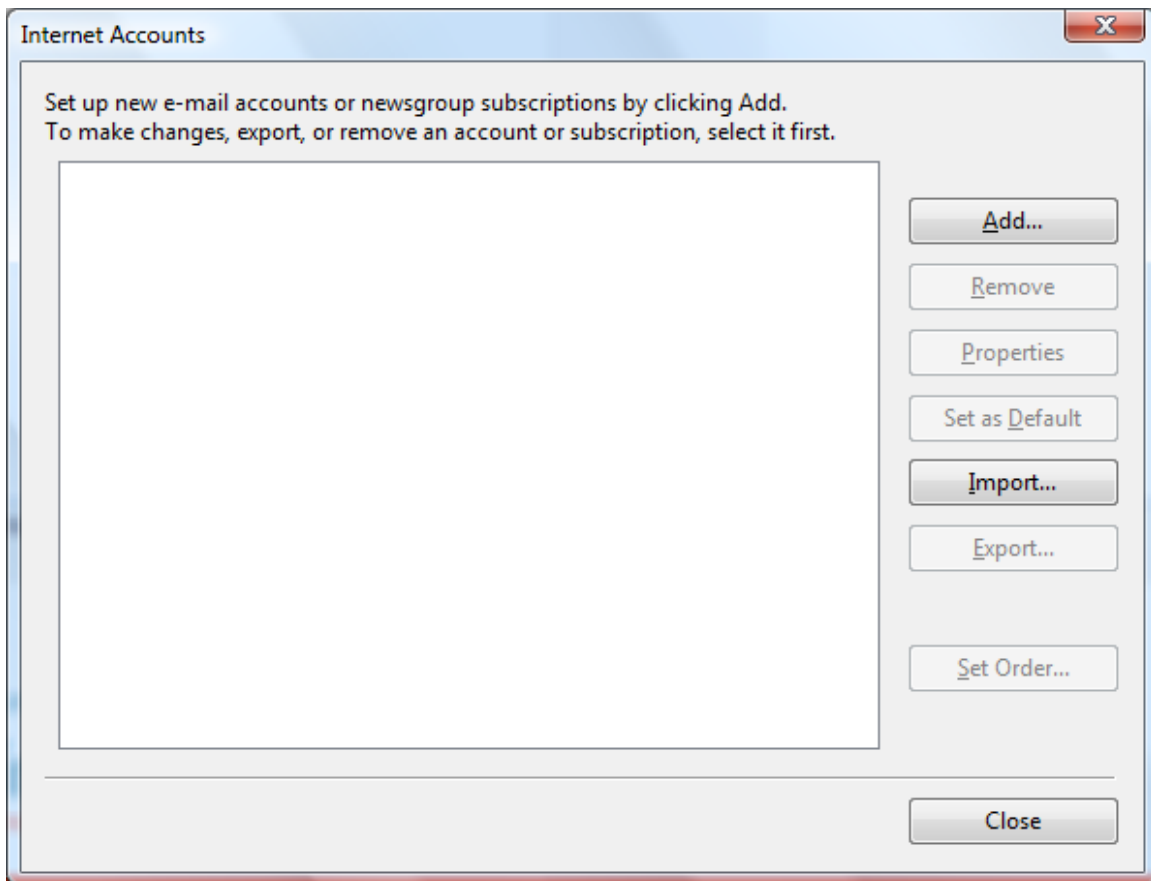
Setting up Windows Mail (Windows Vista)



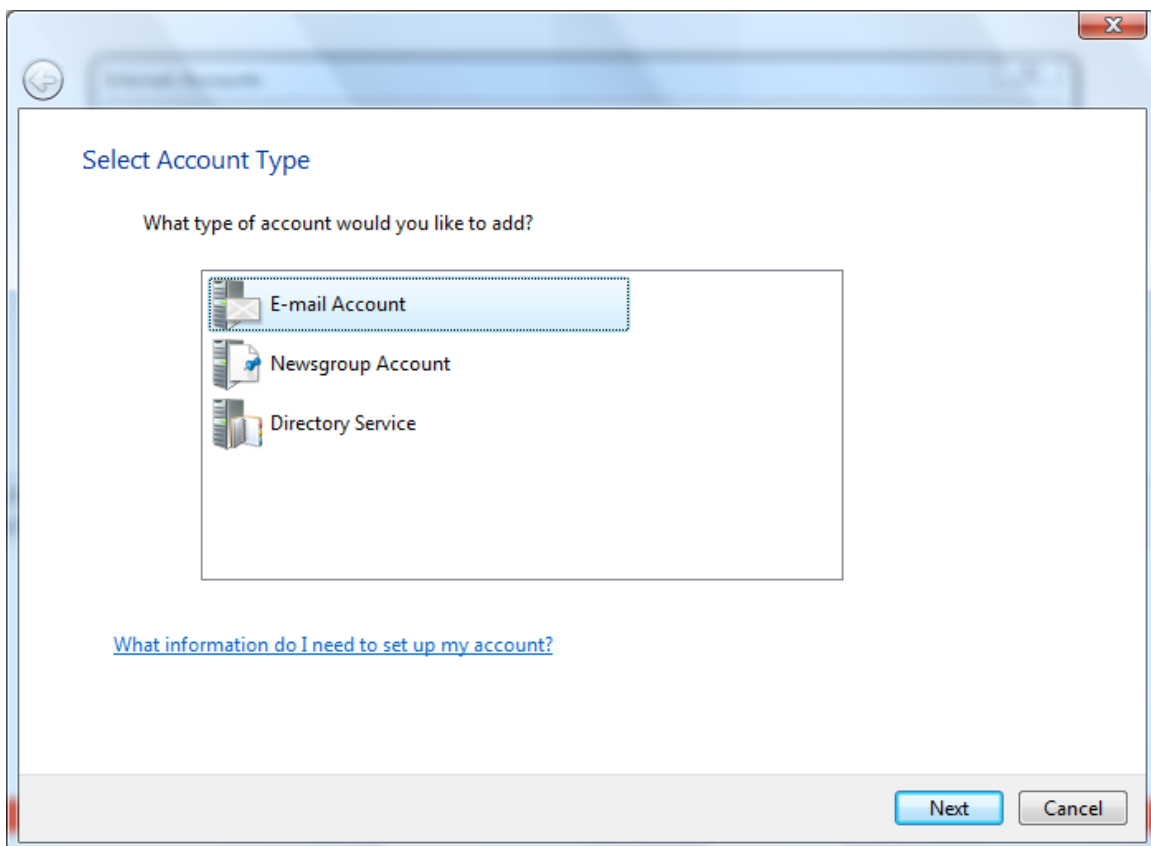
To begin, open up Windows Mail.



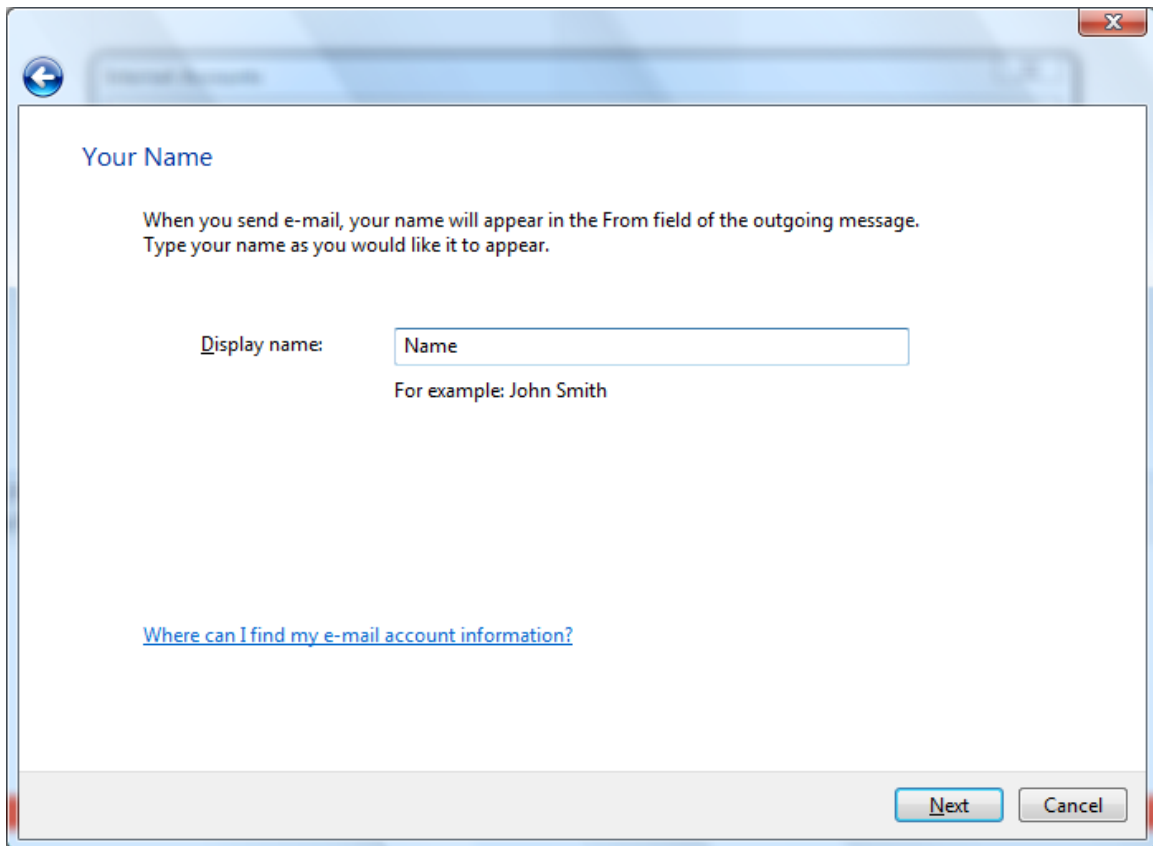
Once you're in Windows Mail, click on 'Tools' and then go to 'Accounts'. This takes you to the 'Internet Accounts' window.



Typically, you'll want to remove any old accounts before going further.
To setup a new account, click on 'Add'.



'E-mail Account' should already be chosen, so just click 'Next'.

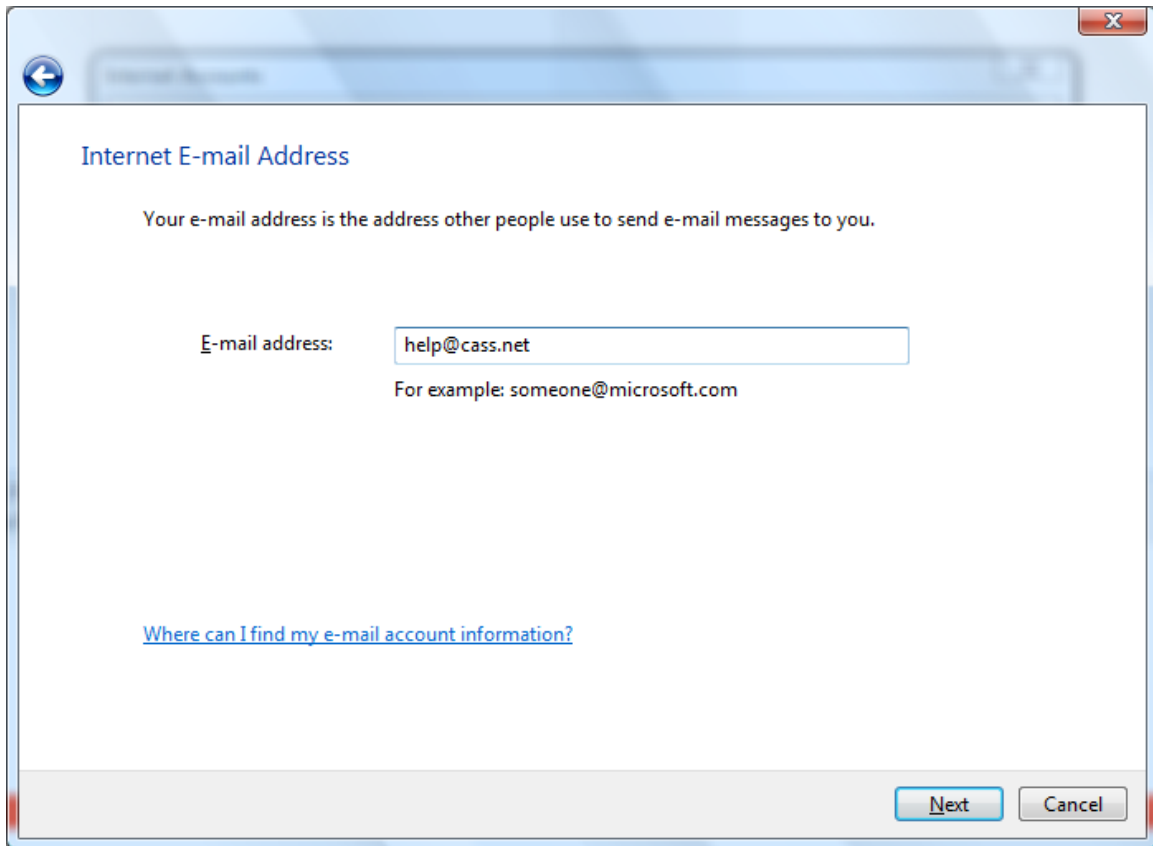


The screenshot shows a dialog box with a title bar containing a back arrow on the left and a close 'X' on the right. The main content area is titled 'Your Name' in blue. Below the title, there is explanatory text: 'When you send e-mail, your name will appear in the From field of the outgoing message. Type your name as you would like it to appear.' This is followed by a label 'Display name:' and a text input field containing the word 'Name'. Below the input field, it says 'For example: John Smith'. At the bottom of the dialog, there is a blue hyperlink that reads 'Where can I find my e-mail account information?'. In the bottom right corner, there are two buttons: 'Next' and 'Cancel'.

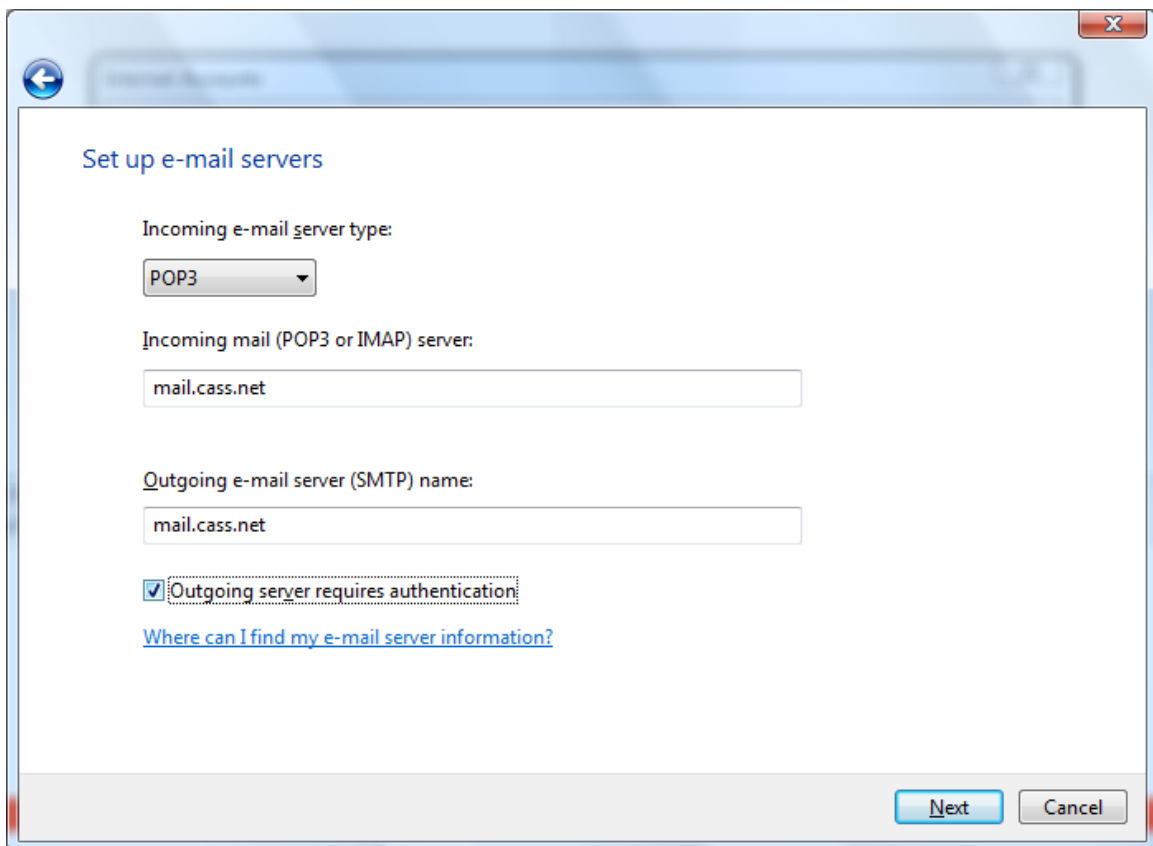
It asks first for your 'Display name'.

Whatever is typed in here will show up next to your email address when you send an email.

After you type something in, click 'Next'.

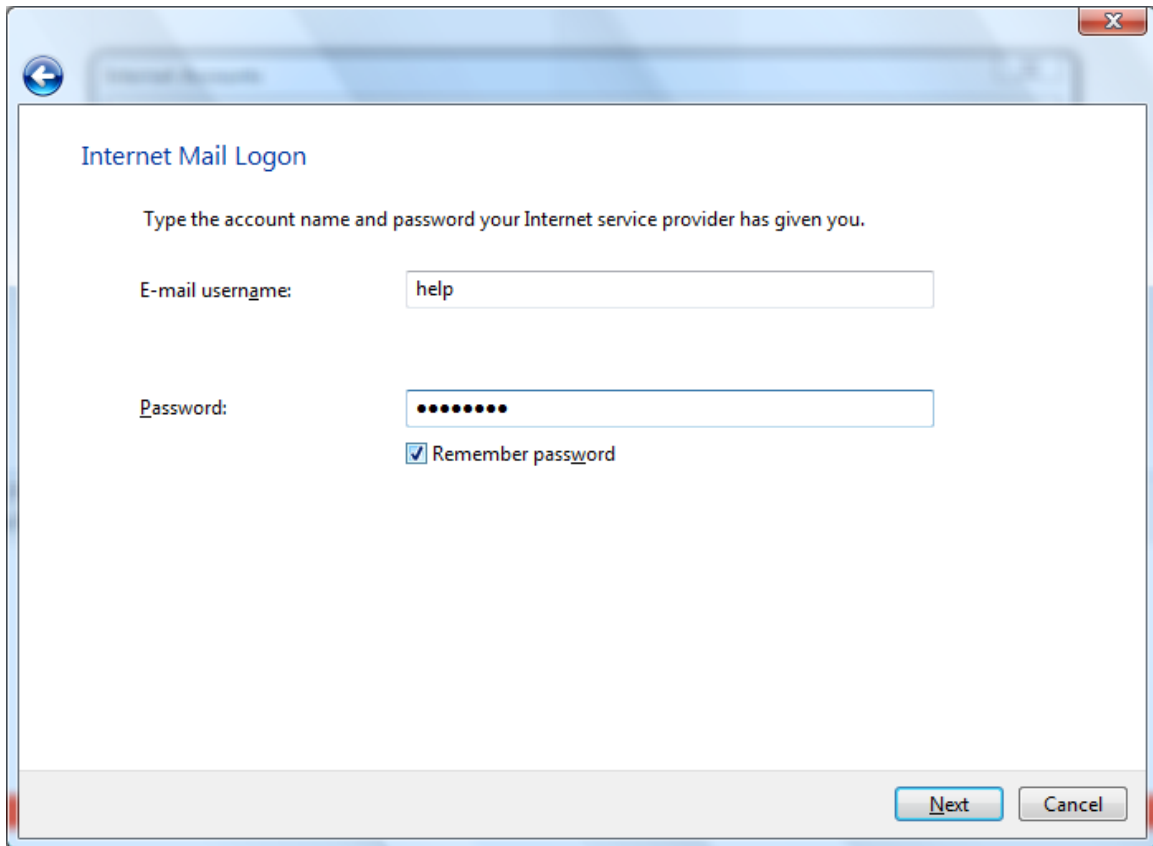


Now, it asks for the E-mail address. Simply type in yours in, and then click 'Next'.



Now it needs the server information. Incoming e-mail server type should already be 'POP3', this is correct.

Below, for both the Incoming and the Outgoing mail servers, you'll want to type:
mail.cass.net
Then check 'Outgoing server requires authentication', and click 'Next'.

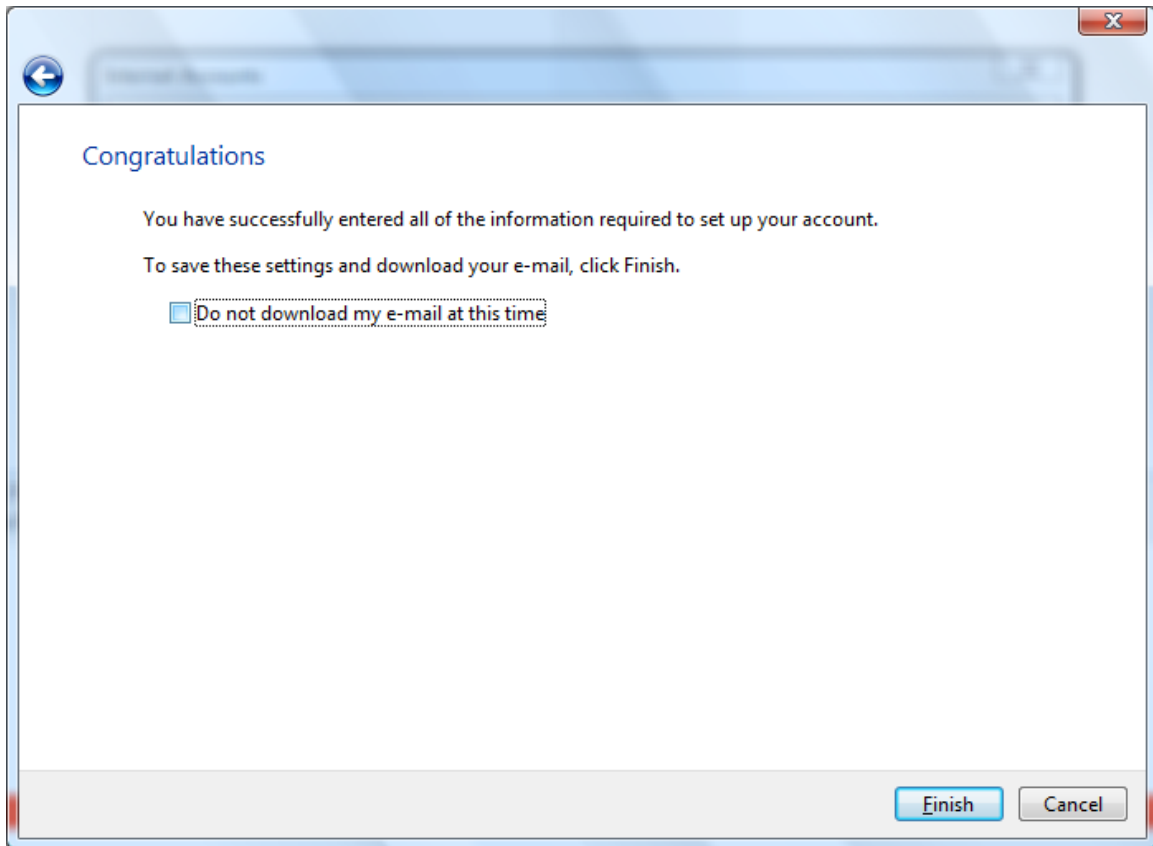


The image shows a screenshot of a Windows dialog box titled "Internet Mail Logon". The dialog box has a blue header bar with a back arrow icon on the left and a close button (X) on the right. Below the header, the text "Internet Mail Logon" is displayed in blue. Underneath, there is a instruction: "Type the account name and password your Internet service provider has given you." There are two input fields: "E-mail username:" with the text "help" entered, and "Password:" with a masked password represented by eight black dots. Below the password field is a checked checkbox labeled "Remember password". At the bottom right of the dialog box, there are two buttons: "Next" and "Cancel".

Here it asks for the username, and it should already be in there. It's the first part of your email address.

Below that, you need to type in your password, and check 'Remember password' if you'd like.

Click 'Next'.



Almost done, go ahead and click 'Finish'.

This takes you back to the 'Internet Accounts' window with the new account in place. Windows Mail is now set up and ready to go, just hit 'Close' at the bottom right.