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----- VBBS Main Menu -----  
Return here with "main"   Get help with "help"  
  m = feedback messages   s = SIG messages  
  f = files                term to get TERM  
  ! = conference          bye to logout  
  new = goto new files    quit to logout  
  misc = account maintainance menu  
  dl = download           ul = upload  
  proto = pick a file transfer protocol  
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```