HELP,C,78

* Menu Navigation *

Use the right and left arrow keys <- -> to change menus. Use the up and
down arrow keys to position the highlight bar of the current menu.
Press <Enter> ÄÙ to select the highlighted menu item. Press <Esc> at any
prompt to abort the selected item and return to the previous menu.

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* Cursor Navigation Keys *

Key   Action

->   Right one position
<-   Left one position
          Next field, down one row
          Previous field, up one row
PgDn   Display next screen
PgUp   Display previous screen
End   End of field, end of line
Home   Beginning of field, left margin
Backspace Delete Previous character
Tab   Next field
Shift-Tab Previous field
ÄÙ   Next field, confirm
Esc   cancel, abort changes
Del   Delete currently selected character
Ins   Toggle insert mode
F10   Save work and exit
Ctrl_End   Save work and exit
Ctrl_Home Move into memo field