```php
<?php

        // The email you want to send this information to.
        $to = "yourname@email.grcc.edu";

        // The From address to appear in the email.
        $from = "\"Website Email Form\" <$to>";

        // Lets error and die if someone is not
        // posting to this file.
        if ( !$_POST ) { die( "Error: Mothod must be POST" ); }

        // Now lets see if the variable "f" exists
        // If not error out.
        if ( !$_POST['f'] ) { die( "Error: 'f' varable empty" ); }

        // Now lets process everything else.

        // Set a short variable so we don't have to use "$_POST['f']" everywhere.
        $f = $_POST['f'];

        // Create the $body variable.
        $body = "";

        // Now sets loop though the $f array and build the email BODY.

        foreach ( $f as $name => $value )
        {

                // The $name would be "email" in the $f['email']
                // The $value would contain the information the user typed in such as their email address.

                // the function ucfirst() just uppercases the frist letter in $name to make it look prettier.

                // Notice I'm using ".=" and not "="  This will append data onto the end of whats
                // currently stored in the $body variable.

                $body .= ucfirst($name) .":  ". $value ."\n";

        }


        $subject = $_POST['subject'];
        $headers = "From: $from" . "\r\n" .
        $headers .= "X-Mailer: PHP/" . phpversion();

        // This function send out the email.
        // See http://us2.php.net/manual/en/function.mail.php for detailed help.

        $sent = mail( $to, $subject, $body, $headers );

        // If $sent == 0 then the email failed to sent out.
        if ( !$sent ) {
                echo "Error sending out email";
        }
        // Else if $sent == 1 it was sent!
        else {
                if ( $_POST['redir'] ) { header( "Location: ". $_POST['redir'] ); exit; }
                echo "Email sent!";
        }

?>
```