THIS IS HOW MY DELL 6500 Latitude is set up
settings as of May 26 2013 7:15 am
incoming.verizon.net   POP/SMTP (Default)

My Name   incoming Mail Server (POP3):   pop.verizon.net
My e-mail   Outgoing Mail Server (SMTP): smtp.verizon.net

MY user Name
MY Password Remember PWD

in More Settings---   Outgoing Server--- My Outgoing Server Requires authentication
                                                          Use same settings as my incoming mail server
                             Connection---Connect Using my local area network (LAN)

                             Advanced
                                    Incoming Server (POP3)   995
                                          this server requires an encrypted connection
                                    Outgoing Server (SMTP)   465
                                          this server requires an encrypted connection

 TO SET UP or CHECK EMAIL IN WINDOWS 7 Professional :
 Start>>Control Panel>>Mail>>then set up as above