```python
# Temperature Converter using Hungarian Notation

# Prompt user for name
Sname = input(print("Welcome Ezequiel's temp converter: "))

# Prompt user for a temperature value (can be a real number)
fltTemperature = float(input("Enter the temperature: "))

# Prompt user for the unit (Fahrenheit or Celsius)
strUnit = input("Enter 'F' or 'f' for Fahrenheit, or 'C' or 'c' for Celsius: ").strip().lower()

# Validate the input unit
if strUnit not in ('f', 'c'):
    print("Enter an F or C")
    exit()   # Exit the program if the unit is invalid

# Perform the conversion based on the input unit
if strUnit == 'f':
    # Convert Fahrenheit to Celsius: (F - 32) * 5/9
    fltCelsius = (fltTemperature - 32) * 5 / 9
    print(f"{fltTemperature}° Fahrenheit is {fltCelsius:.1f}° Celsius")
elif strUnit == 'c':
    # Convert Celsius to Fahrenheit: (C * 9/5) + 32
    fltFahrenheit = (fltTemperature * 9 / 5) + 32
    print(f"{fltTemperature}° Celsius is {fltFahrenheit:.1f}° Fahrenheit")
```