**Email Validation**

* 1. Read the email address input from the user and store it in a variable called email
* 2. Check if the email contains only one "@" character
* 3. If the email contains more than one "@" character, or if it doesn't contain any "@" character, then the email is invalid
* 4. Split the email address into two parts: the username and the domain name
* 5. Check if the username and the domain name meet the following requirements:
* a. The username can contain letters, numbers, dots, underscores, and hyphens
* b. The username cannot start or end with a dot, underscore, or hyphen
* c. The domain name can contain letters, numbers, dots, and hyphens
* d. The domain name must contain at least one dot and cannot start or end with a dot or a hyphen
* 6. If the username and the domain name meet the requirements, then the email is valid. Otherwise, the email is invalid.
* 7. Return a message to the user indicating whether the email is valid or invalid..