```php
<?php
    if (isset($_POST['l']) and $_POST['l'] == "Send") {
        $toemail = "david@dvernon.com";
        $subj = "Email Form From Website: ".$_POST['subject'];
        $body = $_POST['message']."\r\rMessage Sent From:\rName: ".$_POST['name']."\rEmail:
".$_POST['email']."\rRE: ".$_POST['subject'];
        if (check_email($_POST['email'])) {
            mail($toemail,$subj,$body,"From: no_reply@dvernon.com");
            echo "
    <h3>The following E-Mail was sent successfully.</h3>
    <label class='lay4col-lbl' align='right'>Your Name:</label><span class='lay2col-
fld'>".$_POST['name']."</span><br class='clr' />
    <label class='lay4col-lbl' align='right'>Your E-Mail:</label><span class='lay2col-
fld'>".$_POST['email']."</span><br class='clr' />
    <label class='lay4col-lbl' align='right'>Subject:</label><span class='lay2col-fld'>".$_POST['subject']."</span><br
class='clr' /><br class='clr' />
    <label class='lay4col-lbl' align='right'>Message:</label><span class='lay2col-
fld'>".$_POST['message']."</span><br class='clr' />";
        } else {
            echo "
    <h3>The Email Address You Entered Is Invalid.</h3>";
        }
    } else {
?>
    <div>
  You may email me directly at: <a href='mailto:david@dvernon.com'>david@dvernon.com</a><br>
  or you may use the form below.
  </div>
  <hr />
    <form name='guestbook' method='post' action='index.php?p=<?php echo $_SESSION['myContent']->pIdx; ?>'>
        <label class='lay4col-lbl' align='right'>Your Name:</label><input class='lay2col-fld' type='text'
name='name'><br class='clr' />
        <label class='lay4col-lbl' align='right'>Your E-Mail:</label><input class='lay2col-fld' type='text'
name='email'><br class='clr' />
        <label class='lay4col-lbl' align='right'>Subject:</label>
        <select class='lay2col-fld' name='subject'>
        <option selected>Questions Regarding Site Development</option>
        <option>Questions Regarding Application Development</option>
        <option>Request Resume or Code Samples</option>
        <option>Available Employement Opportunities You May Have</option>
        <option>Other Reason Not Listed Above</option>
      </select><br class='clr' />
        <label class='lay4col-lbl' align='right'>Message:</label><textarea class='lay2col-txt' name='message'
cols='70'></textarea><br class='clr' />
        <label class='lay4col-lbl' align='right'> </label><input class='lay4col-btn' type='submit' name='l'
value='Send'><br class='clr' />
    </form>
<?php
    }
?>
```