Lyris (Cornell email list service software)

Situation: Add yourself to an email list (so you can send a message to a closed list) AND not receive email from the list since you are not part of that group.

http://www.it.cornell.edu/services/elist/howto/user/custom.cfm

Delivery Type:

- **nomail** - Receive no mail from this list. This is useful if you want to temporarily stop receiving messages, but don't want to unsubscribe. (To start receiving mail again, send another SET command with one of the the other three message type options.)