

Very large Sent Items folder

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Date: 03/11/05

Date: Thu, 10 Mar 2005 17:37:12 -0800

My sent folder has been acting strange lately, sometimes listing sent mail, sometimes just showing a blank. Then I started getting an error message (0x800C0131) everytime I tried to send a new mail msg, and found the resolution from a previous question. Moving the folders.dbx to folders.old did the trick. Now my sent folder is empty. In windows explorer, my Sent Items folder size is almost 700MBs. Can I still get to old sent mail to try to clean it out, or can I just delete it?