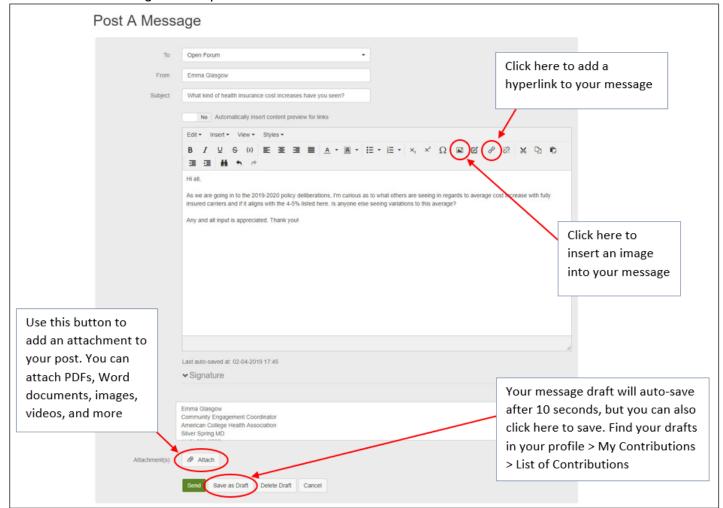
## How to Start a Discussion Thread

1. From the homepage, click on the "Start a Discussion" link on the blue toolbar.



2. Use the content box to create your message. In the "To" field, select the community where you'd like to post your discussion (most likely this will be "Open Forum"). Keep in mind that your post will be sent and available to everyone in that community. If you'd like to send a personal message to an individual member, you can send a direct message to that person instead.



3. When you are ready, hit "send" at the bottom of the page.

You can find your discussion post by clicking on the "Home" link on the blue toolbar. Here you will see all the most recent posts. There are several other ways to create a new discussion, including via the links in the email daily digest:



If you can't remember where you posted a discussion, you can search for the subject line or parts of the text you remember by using the search box on the blue toolbar. If you need to delete a post, please contact the site administrator.

