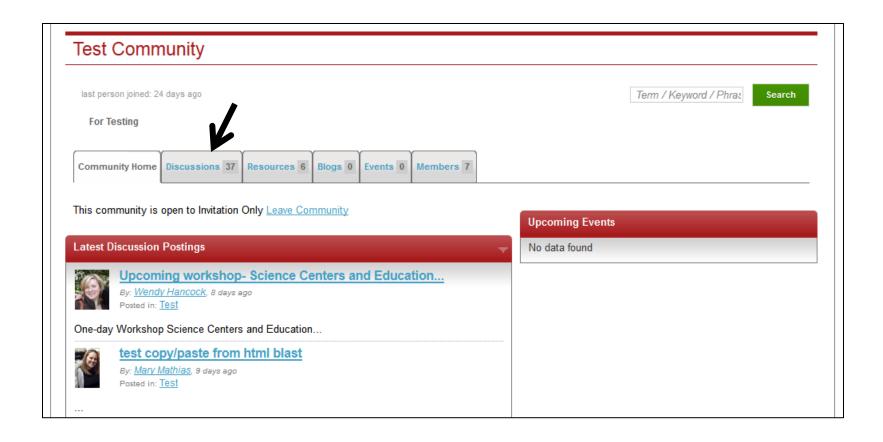
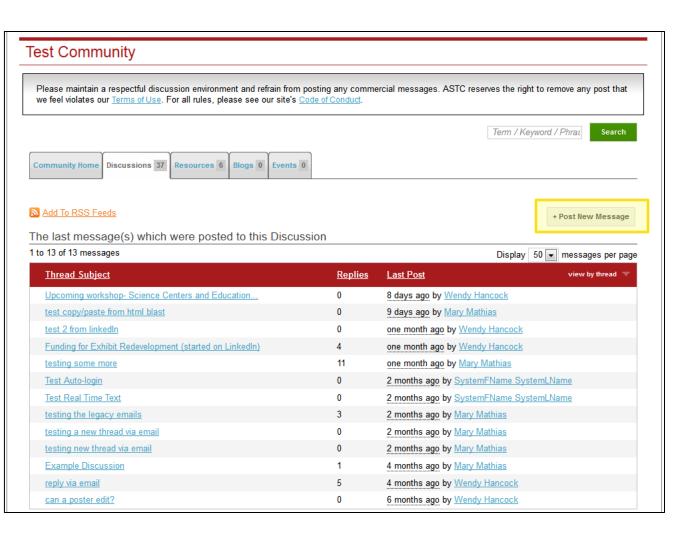


From the home page of the community to which you like to post your message, click the Discussions tab.







To start a new discussion, click Post New Message (highlighted to the left).



#### Post a Message From Mary Mathias To \* Test Cross Post To No Additional Discussion ▼ Subject \* Type Your Subject Here Message Switch to reader compliant editor ▼ B I U abe | ½ ∷ Ω ▼ ⅓ ≥ 2 € € € ♥ ♥ ▼ ○ Type your message here. You can use the options at the top of the text box to add formatting to your message. Mary Mathias Association Services Coordinator Association of Science-Technology Centers Washington DC Cancel

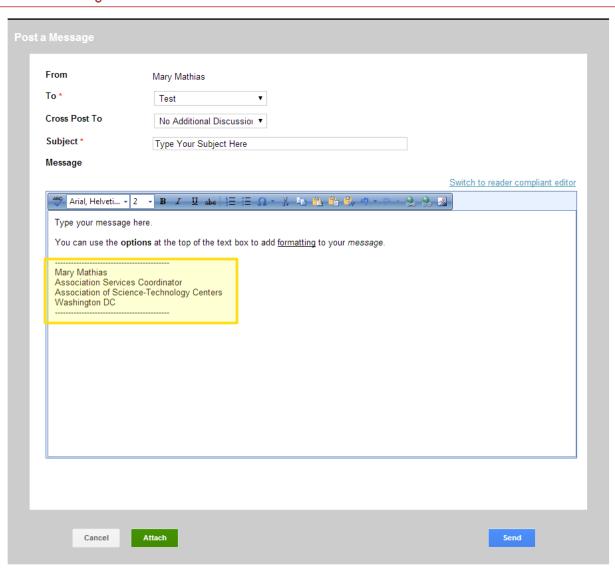
Make sure the community to which you want to post is selected from the drop down menu next to To. You have the option of cross posting the same message in one additional community, which can be selected from the drop down menu next to Cross Post To.

Type your message above the autogenerated signature (see the next page for info on changing this signature). You can format your message using the options at the top of the text box.

When you're ready to post your message, click Send beneath the text box.



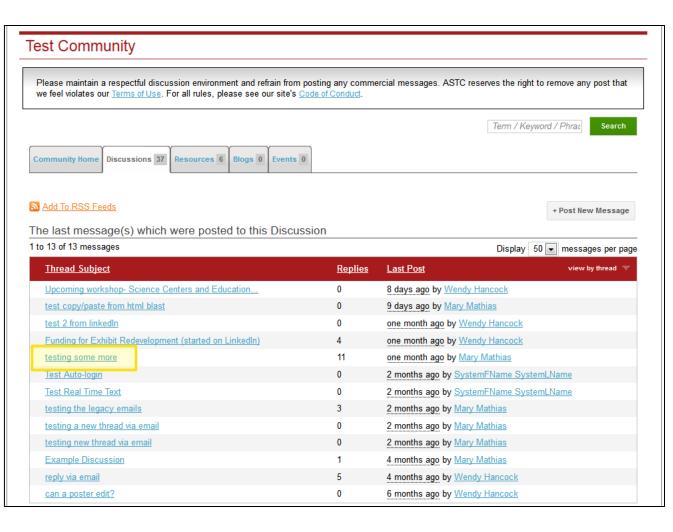
#### Post a Message



In the body of your post, you will see an auto-generated signature (highlighted to the left). To change the content of your signature, hover your cursor over My Profile in the navigation bar and click My Signature from the drop down menu that appears (see below).







To reply to an existing discussion, click the subject of the discussion thread in the list of existing discussions.



To reply to the discussion thread, click Reply to Discussion next to the message to which you'd like to respond. Then, follow the same steps for typing your message from page 3.

[The links to the right of the message will also appear in your email notifications if you receive Real Time or Daily Digest emails.]

