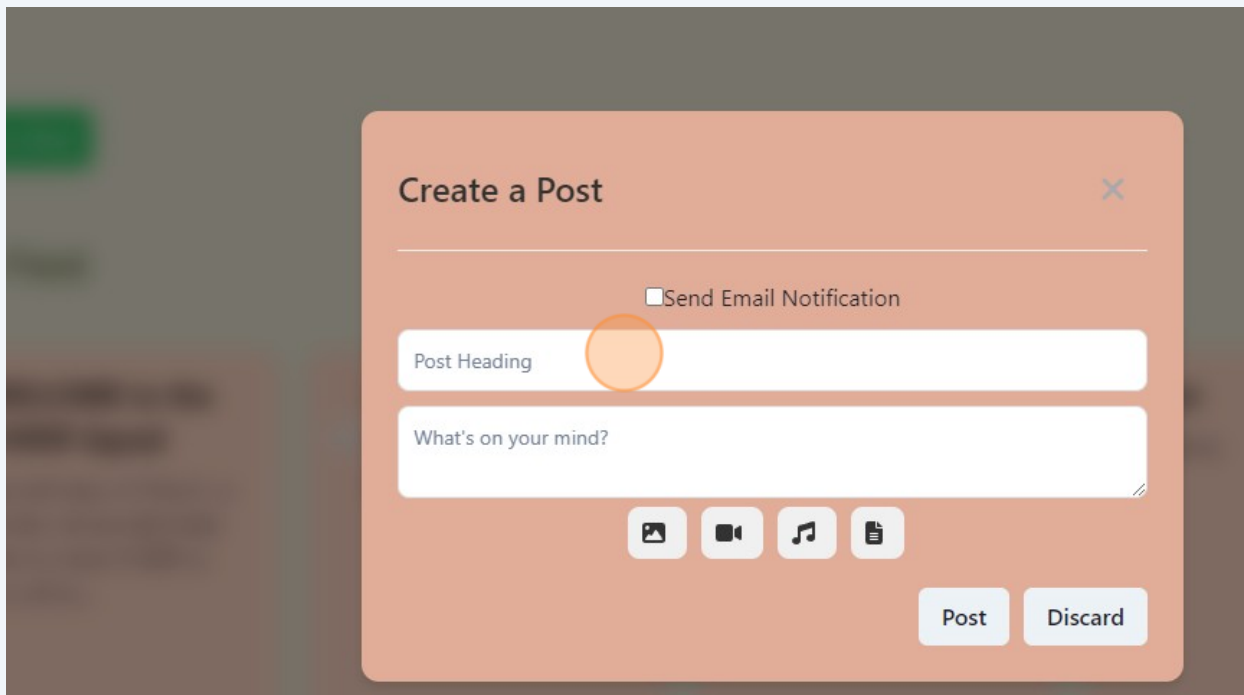


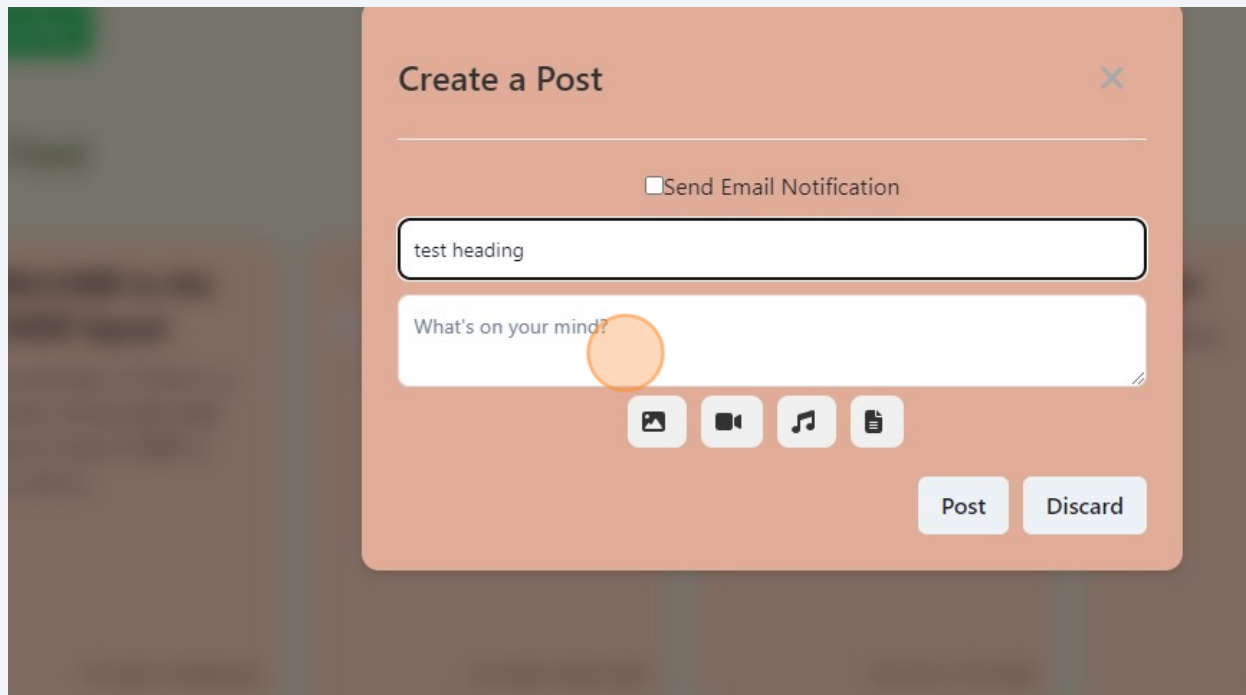


- 3 Click the "Post Heading" field.



- 4 Type "test heading"


- 5 Click the "What's on your mind?" field.



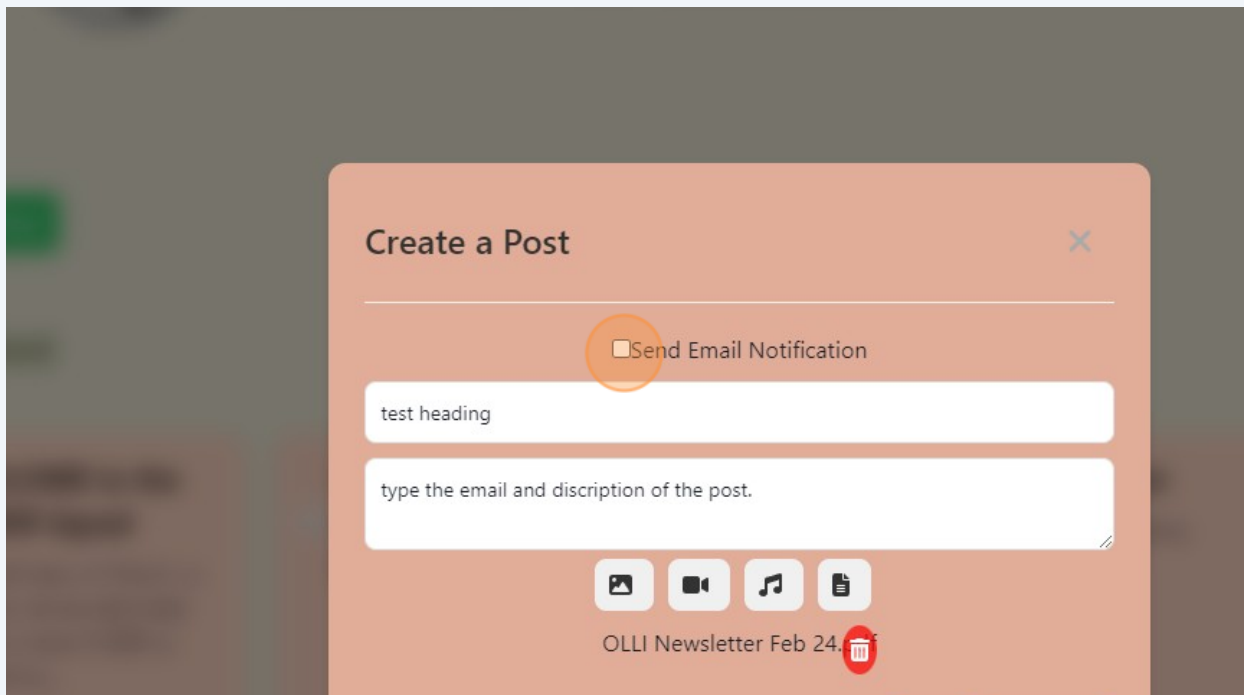
- 6 Type "type the email and discription of the post."

7 Click this icon.



 The Send Email button is only if need to be send as email

8 Click the "Send Email Notification" field.



9 Click "Post"

