



REENTRY PACKET

National Web-based Reentry Resource Center

www.fairshake.net

PO Box 63, Westby, WI 54667

The willingness to accept responsibility for one's own life is the source from which self-respect springs.

~ Joan Didion

We cannot think of being acceptable to others until we have first proven acceptable to ourselves.

~ Malcolm X

The curious paradox is that when I accept myself just as I am, then I can change.

~ Carl Rogers

THANK YOU!

Fair Shake is grateful for donations of expertise, time and financial support in the creation of this publication. Several notable professionals have donated materials to share freely with the incarcerated community and the stakeholders who support them. Many eyes have read the content and shared their critiques and suggestions. (I hope you will feel comfortable sharing yours.) Thanks to our donors (many of whom are incarcerated!) who have made it possible for us to put this Reentry Packet into your hands.

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Employment

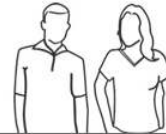
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Fair Shake Website and Software Home Page



Be kind; everyone you meet is
fighting a hard battle.

— John Watson



Sign In | Member Menu ▾

search our site...

Reentry
Resources

Information
Center

Member
Menu

About
Fair Shake

Sign up for our
E-news!

Support Us

Donate!

We are a 501(c)(3) charity and
all donations are tax deductible
Thanks Supporters!



Photo by David Y. Lee for The Fortune Society

Are you ready to
get a Fair Shake?

START HERE!

Please print our
Quick Start Guide
to help you find everything we offer



Fair Shake Reentry Tool Kit

- Resource Directory
- Reentry Packet
- Ownership Manual
- Building Computer Skills
- Find a Job
- Become a Member!
- Educate Yourself!

For Formerly and Currently Incarcerated People

You have big hurdles. We have powerful
tools to help you get beyond them!

For Property Managers

Successful reentry is not possible without
a place to live.

For Corrections / Reentry Professionals

We have a number of tools for you to help
incarcerated people prepare to return to the
community.

For Family and Friends

Special support for special relationships

For Employers

We have tools to support you in making
informed, careful hiring decisions.

For Community

Neighbors, Students, Advocates.
We all play an important role in reentry.

Reentry News

- Bureau of Prisons Commits to Prison Reform
Click on the link to find a summary of the most significant
reforms at the BOP, starting from arrival and continuing
until the return home. And call this toll-free reentry hotline
for resources and support! 877-895-9196
- The Baltimore Sun: Port Covington should commit to
hiring ex-offenders
What can be done to keep people from cycling back into
the system? Let's start with jobs. Sustainable
employment may be our single best opportunity to
significantly reduce recidivism.
- CA Voters Choice: End Death Penalty, or Speed It Up
Voters will decide between Prop 62 which would end the

More news in our archives



Videos



Damon Horowitz - Philosophy in Prison
Damon Horowitz teaches philosophy through
the Prison University Project.

3:51



Benefits of Fair Shake Membership
Fair Shake has created several FREE tools
exclusively for those coming home.

3:41



Victor Frankl - Why to Believe in Others
Victor Frankl, author of Man's Search for
Meaning shares his perspective on having
faith in humanity.

Are You Ready For A Fair Shake?

Hi. I'm Sue Kastensen and I'm the founder and director of Fair Shake, a resource center for everyone involved in supporting successful reentry. (Which includes everyone.)

I understand that those coming home from prison have a huge hurdle to overcome in making a successful transition to life-after-prison. We have created unique tools for you and also for those who support you. I believe we have something for everyone.

Just a few of Fair Shake's FREE tools:

- The nation's largest reentry Resource Directory, with over 14,500 entries and 300+ reentry guides
- Employment tools for both formerly incarcerated people *and* employers
- An Educate Yourself! section with links to many free web-based education resources
- FREE Member-only tools: incl. document storage, email account and a Personal Web Page

Finding your specific resources while you are incarcerated:

I cannot do this for you; I'm busy driving all over the country! I created Fair Shake to be a self-service reentry center so anyone can access the Resource Directory, print a Reentry Packet, check out the employment and employer page (bonding, tax incentives, ban the box info), and much more. Create a 'wish list' for a family member, a friend, a mentor, your case manager or other support person to find resources for you on our website. (Find out more on the Resource Directory pages in this packet.) They can access the directory for free! And then they simply click on the resources, save them, print them and mail them (or hand them) to you. They can print the state and local reentry guides as well.

The entire website is available offline in a Software Application

Several institutions are now utilizing our free software application so incarcerated individuals can look through the website and Resource Directory for themselves. In addition to searching through the Resource Directory, users can learn to use a computer and understand how to find information on large, informational websites. The software application can be used on any stand-alone computer and is often accessed on computers within a library, the reentry office, Career Resource Center or computer lab. We hope you will share this information with educators, reentry clerks, etc.

Fair Shake is not for everyone.

Getting a fair shake does not come without effort. Fair Shake is for doers, builders, busybodies, thinkers and planners! It's like a huge reentry hardware store with a wide variety of information. At Fair Shake, you design and construct your reentry project!

Reentry is not a one-size-fits-all uniform transition. 'What Works' is different for each unique individual.

It will take time to get through the options in our website so it's like a gift that keeps on giving. And when you're ready, you can give back to Fair Shake - which will be a gift to everyone else - by sharing your prerelease reentry studies and preparation, your resources (and reviews!), and your post-release joys, challenges, tips or ideas from your transition for those coming behind you. We can create our own reentry safety net, best practices and evidence...and we need YOU to make it possible.

Please continue to revisit Fair Shake for information for as long as you like. You might need employment support or temporary housing right away. You might wish to store documents on our server. Once the excitement of the transition is over you might want to look at the *Working Through Depression* document again. And in 6 months you might be ready to check out the Educate Yourself! area. We're here for you.

We are all given different opportunities and challenges throughout our lives. Through awareness, desire, willingness and support we can increase our opportunities and decrease our challenges. The transition won't be easy, but nothing worthwhile ever is. A fair shake is not given to us, it's something we must create. So let's create it together! Ubuntu!

To Our Successful Transitions,

Sue Kastensen
Founder and Director



SUE KASTENSEN'S BIO:

This is the information I submit to various organizations before I present Fair Shake.



Sue is the founder and director of Fair Shake, a web-based prisoner reentry resource center. She holds a bachelor's degree in Individualized Learning from Viterbo University in La Crosse, WI, which she received 26 years after graduating from Walden III, an alternative high school in Racine, WI. She is currently a student in the Masters of Education program at Rutgers University in New Brunswick, NJ.



Sue created Sue's Amazing Lip Stuff and Sun Dog Hemp Body Care in 1993 which she sold to Dr. Bronner's Magic Soaps in 2005. She founded of Fair World Project in 2008 and formally organized Fair Shake in 2009. Sue is the former board chair of the Domestic Fair Trade Association, the Viroqua Food Coop and the Midwest Organic Services Association. In 2015, Sue received the Correctional Education Association's Ralph Kaplan Award for Technological Advancement in Correctional Education Setting. In 2014, she was recognized by the White House Office of Science and Technology Policy for using technology in a prison setting, and recognized again by the White House in 2016 as a Champion of Change for Fair Chance Opportunities.

QUALIFICATIONS FOR REENTRY WORK: This is my history before and moving into the above. My history has made me who I am today and has given me my unique qualifications to create Fair Shake.

June 3rd, 1963: Born in Milwaukee, WI. Given up for adoption by 19 year old parents.

Late Sept. 1963: Adopted by family in Racine, WI. K - 3 Attended public school

Age 10: Grade 4 - Switched to Catholic school. Age 12: Started running away, first group home.

Age 13: Entered 'the system'. 1976 - 1981 spent in group homes, foster homes, jail, reform school, and running away. Graduated from Walden III H.S. and released from the system on my 18th birthday.

1983: took Native American Ethnobotany in college; started making many things including lip balm.

1986: Moved to mountains in CO with my young family

1987 - 1994 Snowmaker in winter. Lived without running water, cooked and heated wood, amateur competitor snowboarder in the halfpipe.

1993 - Started lip balm company and made DARE to Think bumper stickers; sold both on Grateful Dead tour.



1999: Sue's Amazing Lip Stuff / Sun Dog in full swing. An employee asked if I would consider hiring a friend coming home from prison soon. Over the next 5 years I educated myself anew about the criminal justice system that I vowed as a child to never again be a part of.

During the 6 formative years that I spent involved in the juvenile justice system I did a great deal of raising myself alongside my young 'delinquent' peers. With little or no family support, sent far away from friends and familiar surroundings, we shaped our identities, determined our boundaries and became responsible for our actions and aspirations. By the time I ran away at 16, I felt like I should have been an emancipated adult. By the time I started having kids - at 19 - I felt like I was 25. (Fortunately the 'age-extending' stopped in my mid-30's and I have managed to continue to feel like I'm in my mid-30's ever since. ~ :)

The life I've lived, the choices I've made, and the things I've committed myself to learning have given me great tools for starting Fair Shake, building the Reentry Packet, and coming into prisons to talk about reentry. Since I had to 'be myself' as I moved through all of those environments, I became comfortable being uncomfortable. I believe it is this particular characteristic that gives me a space to look at myself and know that I don't have it all 'together'- and that's okay. I believe this is true for everyone. We have enough contributions and questions to move forward and that's all we need. We become more capable as we go. We're never complete. Count on me to keep trying, building, improving, problem-solving, learning and connecting to construct the lasting change we all seek. I hope you will join me!

Fair Shake Reentry Community Center

We often receive letters and email messages from people expressing gratitude for what we offer here through Fair Shake. We want you to know that we are grateful for what you contribute to Fair Shake, too! We can only solve this reentry puzzle - and reduce the 76.6% recidivism rate - together. The stronger we become, the stronger our society becomes. We need your help to educate our citizens - our neighbors, families, educators, business leaders, and especially the next generation - about people like you who are rejoining society ready for a fair chance!

What do you think they need - or want - to see to get a 'fair understanding' of people coming home? What attributes demonstrate prosocial intentions?

In the past year we have seen significant growth in our BOP Trulincs readership and also in our communications with people incarcerated in state institutions. We have added many new pages to the website and the Reentry Packet in response to requests and ideas. Many thanks to those who share our information with others, and also to those who share information with us!

We would like to think of a way to regularly and freely (as in: no cost, if possible) engage with people in state facilities who are interested in joining a conversation about reentry ideas. Hopefully this paragraph will inspire creative readers to start working on this problem right away. I'll keep thinking on it, too!

We need to remember that diverse groups of people working towards a common goal is not an easy task under any circumstances. We often have to sort through individual agendas and barriers created within a community. As we grow our commitment to improving reentry outcomes, so must we grow in our abilities to listen to each other and think as creatively and constructively as we possibly can. After all, as Einstein reminded us: "We cannot solve our problems using the same thinking we used when we created them".

As we engage in conversations around creating ways to demonstrate prosocial intentions, we hope to shine the light of intentional and engaged thinking into the darkness of hesitation, fear, reluctance and confusion. We must create - even in the tiniest increments - positive change. Please let us know what's working and what's not. What helps people feel strong, engaged, valued, thoughtful and intentional? What seems to bring people down about reentry planning? And then how can we get or do more of the first and less of the second?

ONLY YOU CAN CREATE - AND PROVIDE - THE EVIDENCE FOR 'WHAT WORKS'.

We can collaboratively craft a powerful cultural shift around successful reentry on the inside that can carry over and be well understood by those on the outside.

Our goal is to find ways to prove pro-social behaviors and intentions while people are incarcerated so they have the proof they need for society ready when they come home. I think we can figure it out, but it will take working together...which will take time.

Peer learning through discussion groups and workshops could facilitate ideas, make great strides toward 'proving pro-social' intentions, and also perhaps provide a way to communicate with larger national reentry conversations. What do you think? I'm just brainstorming; but this seems a decent place to start.

I encourage you to reflect, philosophize, share ideas, ask questions and build this community!
Ubuntu!

There is absolutely no inevitability as long as there is a willingness to contemplate what is happening.

~ Marshall McLuhan

Building the Reentry Community Center There are many ways to engage ~

Volunteer!

While incarcerated:

- Please share your resources with us to build our directory for everyone!
- Also, please share your experiences contacting resources so we can keep our Directory current and accurate. (Returned letter? Great / lousy experience?)
- What kind of 'best practices' are going on that we could learn from and share with others? Are you involved in reentry studies or groups?
- If Fair Shake has not been to your facility, or if our software is not there currently, would you share our information with educators and/or reentry coordinators?

After incarceration:

- Please share your reviews of the resources/organizations you've encountered.
- Share additional resources, and volunteer to locate more resources for the packet.
- Write your thoughts, advice, how things weren't like you'd expected them to be and how they were...or were even better than you expected?
- Make a list of 'What Worked' with your Reentry Preparation
- What do we need to add to the packet? To our software? To our website?

Join The Conversation!

While in the BOP:

We send out a newsy email at least once per month and we often ask our readers to share their opinions so we can share with the group and all learn more together. Our readership - as of Jan 2017 - is around 370 and our readers are located in every area of the country.

Connect with us through Trulincs at: [**outreach@fairshake.net**](mailto:outreach@fairshake.net)

Sign us up as Fair Shake (instead of a person's name)

While in a State or Private Facility:

We receive letters from peer facilitators, adult educators and reentry study groups hoping to get involved but we have not yet figured out how to communicate with state people on a monthly or bi-weekly basis. But we want to!

We've been asked to communicate with individuals who have JPay. I'm not sure what I will do with this query just yet, either. Does JPay allow for 'newsletters'?

Please help us think through this one: how can we share 'best practices' or even 'trial and success/error' practices, reentry study ideas and personal development ideas with people in state facilities?

We hope you will share your 'Best Practices' and ideas for reengaging with your family, friends and neighbors ~

Please support us so we can support you! *Donate individually or as a group.*

Fair Shake exists because of you. We receive 100% of our funding through donations. We must remain free for all incarcerated people, and their supporters, to create paths for successful reentry. Money cannot be a barrier to access the packet or resources.

It is important that we remain **FREE TO:**

- Maintain America's largest resource data base - FREE FOR EVERYONE TO USE - without 'referrals', 'contracts', partners' or other 'strings'
- Mail our Reentry Packet to anyone who asks for one
- Provide computer learning opportunities to acclimate people to technology
- Be a national Community Center for ideas originating in prisons around the country
- Listen and respond to the needs, questions and suggestions of the incarcerated
- Support confidence-, strength- and capability-building while deconstructing institutionalization
- Bring reentry stakeholders together to unify a vision of successful reentry
- Construct **What Works** with those who will provide the PROOF (you).
- Debunk the Myths *They All Come Out The Same* and *They Only Become Better Criminals*
- Present Fair Shake LIVE in institutions around the country.

And

FREE FROM:

- Data mining, counting heads or claiming your success as our success. (see Conflicts above)
- Advertising
- Conformity, Homogenization
- Political or Religious Agendas; Fair Shake is Inclusive.
- Conflicts of Interest
- Becoming Marketers and Sales People instead of listeners and community builders

THANK YOU, DONORS, FOR KEEPING FAIR SHAKE GOING!

What are all of Fair Shake's services and tools worth to you?

\$1 per month? \$10 for a year? \$25 for you and the person with no money or family?

The only way we can stay free to be creative, free from outside control, free of advertisements is through YOUR SUPPORT. Check this out:

If everyone going home this year: 600,000 people

donated 1 MP3 song: x \$2

Fair Shake's income: \$1,200,000...could last for more than 6 years!

We need to keep everything FREE so that anyone who is looking for support, resources, information or even advice, can find it in our community. Charging for services excludes people. It also turns those who are serving the community into Sales People instead of Community Service Providers. We want to be FREE to hear your requests and ideas! Let's discuss ways to fuel Fair Shake. Like all aspects of Reentry, we can do this better together!

Please send checks of any size (we receive stamps sometimes, too!) to:

Fair Shake PO Box 63 Westby, WI 54667

We also accept credit card donations through our website: **www.fairshake.net**

Fair Shake is a 501(c)(3) non-profit. All donations are tax deductible.

Building Our Community

I drive around the country to introduce Fair Shake in prisons and to have reentry conversations with those inside. I have a 'Bubble Truck' which basically means I wear my heart on my sleeve: I do what pleases me and over the past decade I've found out it pleases others, too. Since I have people's attention with my unique design, I thought I would push the envelope a little to engage them in what I'm doing, too! My camper says: *Ubuntu. I am because we are.* on all four sides.



On the back of the truck, next to the Fair Shake logo and website address, I have written:

Our Criminal Justice System is Broken. Who Can We Trust To Fix It? We ALL Deserve A Fair Shake.

What do you think?

I want people all over the country to check us out on their gizmos (phone, tablet, etc) and become familiar with the concept of reentry to help us ALL stop the 'revolving door'. (The most recent BJS study (2010) showed a shocking 76.6% recidivism rate within 5 years of release.)

New Pages on our Website:

Incarcerated and Formerly Incarcerated Authors

We created an Incarcerated and Formerly Incarcerated Authors page on our website/software to showcase the literary accomplishments of incarcerated people. It is no easy feat to write a book in prison! We want our website visitors and all stakeholders to have access to these works as we learn about them and have the opportunity to review them. We hope that by listing the books, the public will learn more about the skills and creativity found in our prisons, and we also hope to inspire more writers!

Our criteria for listing book listed is as follows:

- The author must be currently or formerly incarcerated.
- The titles we list must have been written during incarceration.
- The book must have a positive message over all
- The book must be purchasable through Amazon or other DOC/BOP approved sellers.

Other pages include:

- Greif, Gratitude, Ubuntu, Cognitive Biases, Belief (we will add these to the next packet!)
- Veterans Page
- LBGTQIA Page
- Entrepreneurship Programs
- Sex Offense Reentry Support
- Plus huge additions to the Formerly and Currently Incarcerated Page!
- Several pages on managing your health: Diabetes, Heart Condition, High Blood pressure, etc
- Self-Study and Peer Learning Reentry Packet Study Guide

Pages to Add (to the website and the packet!)

We hope you will share your ideas about what should go on these pages.


- Native People's Page
- Women's page
- Youth page

And many more to come! What pages do you think we should add?

WELCOME TO FAIR SHAKE!

Fair Shake is loaded with all kinds of reentry information. It's like a hardware store for reentry that includes resources, information and even tools and materials for building bridges of transformation and trust. You can find everything you are looking for from the home page; this guide will show you how!

Three important items for you to remember:

1. If you ever get lost on our website, click on our logo →  (upper left corner) and you will return to the home page.
2. All words in blue are links! Click on them to look at pages on our website, to visit other valuable websites or read documents that you can also print. > [Resource Directory](#)
> [Resource Directory](#)
3. Icon Key: available offline and online
 available online only
 documents to read or print from the Fair Shake website


Now, what are you looking for?

In this document:

1. Reentry Resources
 State and Local Reentry Guides
2. Employment Support
3. Building Computer Skills
4. Educate Yourself!
5. Finding Specific Pages

1. REENTRY RESOURCES:

...for job training, staffing agencies, felony-friendly employers, housing, family support, medical and dental health care, food, financial literacy, mental health support, voting and licensing information, opportunities to volunteer and much more!

1. Below the photo, under the words **Fair Shake Reentry Tool Kit**, click on the words **Resource Directory**
2. In the search form, enter your state and city – or your zip code – and the distance you are willing to travel to find resources (5 – 100 miles) and click on 
3. Below the search area you will now see the cities, state and national resources we have identified in your search area. The resources are inside the folders you see on the page.
4. Click on a folder and it will open to show you resources in that category. If you would like to save a resource to print - or save for later - click on **+ save**.



Fair Shake Reentry Tool Kit

- > Resource Directory
- > **Reentry Packet**
- > Ownership Manual
- > Building Computer Skills
- > Preparing for Work
- > Become a Member!

5. Continue to open all of the files that interest you...in the state and national listings too.
The resources in the state and national folders are available in your area!
6. When you've saved all the resources you want to follow up on, go to the top of the page to see the tabs above the search area. Click on the tab that says **Print Saved Resources**
7. Review the resources you have saved. If you selected resources you no longer want to keep, click on **Delete** (on the right side of the page) and remove it from your list.
8. When you are ready to Print or Save selected resources, click on (Print or Save Resources) on the upper right. You can then save the page to your computer or print your resources to carry with you.

STATE AND LOCAL REENTRY GUIDES:

1. On the **Resource Directory** page, directly below the search form, you can see the words **STATE AND LOCAL REENTRY GUIDES**
2. Click on the box that says 'all' to select your state or
3. Scroll down the page to get to your state and see what other guides have to offer too!

2. EMPLOYMENT SUPPORT:

If you've come to Fair Shake to build your resume, prepare for an interview, get bonding and tax incentive information that you can offer employers, and utilize some super-great FREE tools available only to formerly incarcerated people, this is the page for you.

1. Below the photo, under the words **Fair Shake Reentry Tool Kit**, click on **Preparing for Work**
2. Scroll down the page to find what all types of employment related documents, website links, videos and more. **ALL OF THE BLUE WORDS ARE LINKS TO PAGES, DOCUMENTS, WEBSITES and VIDEOS.**
3. Create a Personal Web Page profile to share details about your skills and characteristics which will supplement your resume and job applications.
4. If you'd like to improve your computer skills, scroll down the middle of the page to find the **New to Computers?** link on the right side of the page.
5. Please remember that job training, staffing agencies, felony-friendly employers, workforce development and more are found in our **Resource Directory** (see above)



Fair Shake Reentry Tool Kit

- > Resource Directory
- > Reentry Packet
- > Ownership Manual
- > Building Computer Skills
- > **Preparing for Work**
- > Become a Member!

3. TO LEARN HOW TO USE COMPUTERS:

Fair Shake has created a self-paced interactive computer tutorial to prepare learners to use a mouse and a keyboard, learn needed skills to take the GED online, and also create and store documents and files for employment.

Once you understand the basics, Fair Shake has more information as you move into the next level of using your computer. We offer information on organizing data, keyboard shortcuts, protecting yourself online and tutorials for our member tools such as using email, data storage and creating a personal web page.



Fair Shake Reentry Tool Kit

- > Resource Directory
- > Reentry Packet
- > Ownership Manual
- > **Building Computer Skills**
- > Preparing for Work
- > Become a Member!

1. Below the photo, under the words **Fair Shake Reentry Tool Kit**, click on the **Building Computer Skills** page.
2. For beginners or newer users, click on the **Computer Basics tutorial**
3. For more experienced users, scroll down the page to see what we have found or created to share with you.

4. FREE EDUCATION OPPORTUNITIES:

The internet has a wealth of information for those seeking to educate themselves. The Khan Academy offers lessons for the absolute beginner and for the aspiring astronomer, Code Academy offers many self-directed lessons that can lead to employment in computer-related jobs, and the Education Portal offers a huge variety of information for fun and for credit. Many more opportunities await you on this page!



1. On the right side of the home page you'll see 4 purple tabs. Hover your mouse (don't click!) over the tab / words **Information Center**. When you see the menu open, click your cursor on the words **Educate Yourself!**
1. Here you can choose which type of education area you are interested in: **Traditional** (material used from Kindergarten through College) or **Non-traditional** (life skills such as cooking, managing time, financial literacy; free online books, employment skills)
2. Click on one of the green buttons (Education Basics, Higher Education, Life Skills, Employment Skills) to check out the resources we have listed.

5. FIND ANY PAGE:



You can find all the pages on our website - from almost any location on our website - by hovering over the four menu tabs on the left side of our home page. Here's how:

1. Look to the left side of any page and you will see a dark purple column. Do you see the words: **Reentry Resources**, **Information Center**, **Member Menu** and **About Fair Shake**?
2. Move your mouse cursor (don't click) over the words **Reentry Resources** at the top of the column. The Menu Title will change to light-purple and the Menu will appear to the right.
3. Next move your cursor (don't click) over the words in the menu. Both the light blue words in the headings and the darker blue words under the headings are links. Hover over any of the titles and the color will change to orange and a line will be added underneath. This is your indicator that you have found a link! (this is true everywhere on our website)
4. Click on any link and you will go to that page on our website.

Note: If you are ever unsure of where you are, here are three options to guide you:

- a. Click on the logo (upper left corner) to go back to the home page
 - b. Click the left-pointing arrow next to the address bar to go back one page
 - c. Hover over the menu again and click on the page you want to visit
5. You can also find all of our pages listed on one page by scrolling to the bottom of any page and clicking on the words **Site Map**, located near the center of the page.