

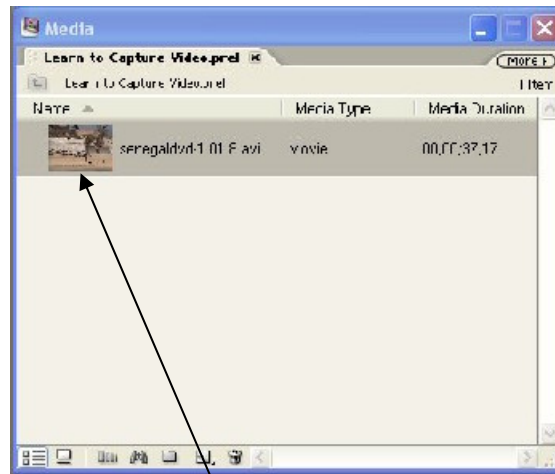
How to Capture Stills from a VHS Tape

Equipment needed: Computer, VCR, Dazzle device

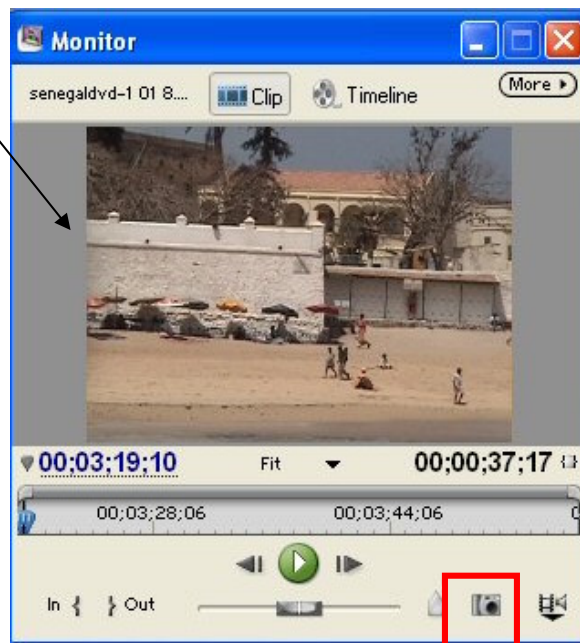
Software needed: Adobe Premiere Elements

This tutorial assumes that you have already learned how to capture video from a VHS tape. If not, please refer to the tutorial entitled “How to Capture Video from a VHS Tape.” We will begin this tutorial at the point at which you already have a video clip captured in Adobe Premiere elements.

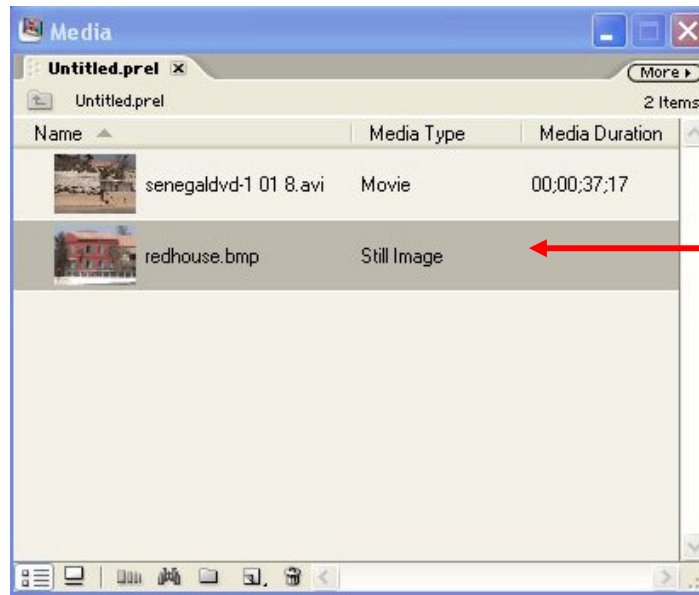
1. Once you have captured a video clip in Premiere Elements, a thumbnail of that clip will be placed in your media window:



2. To place that clip in the monitor window, double click on the thumbnail and the opening frame will appear in the monitor.



3. Press the green Play button to begin playing the video clip. When you get to the scene you want to capture as a still image, click the Camera icon in the lower right-hand corner of the Monitor window.
4. A dialogue box will pop up asking you to name the file and choose a location where you want to save it. Once you do this and click OK to save the file, a thumbnail of your still image will be placed in the media window and a permanent copy will be saved in the folder you designated.



5. Notice that the default format for still images is .bmp. You may want to reformat the image since .bmp images are VERY large files. To convert the file format, simply open Adobe Photoshop Elements, open the image and then choose File > Save As, give it a name, choose the folder where you want to save it and select as the File Type .jpg.

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