

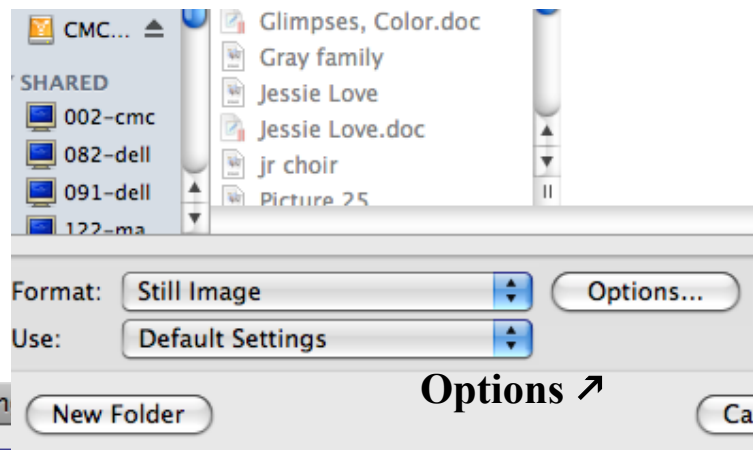
Capturing a Still from Final Cut Pro for The CMC Frame of Fame

1. Open your project sequence in Final Cut.
2. Place the timeline **playhead** over the image you want to capture, so that the image appears in the canvas.
 - Choose an image with an identifying title for the picture. For instance, use a close up with a lower third title which identifies your show. Or create a simple title to identify the show.

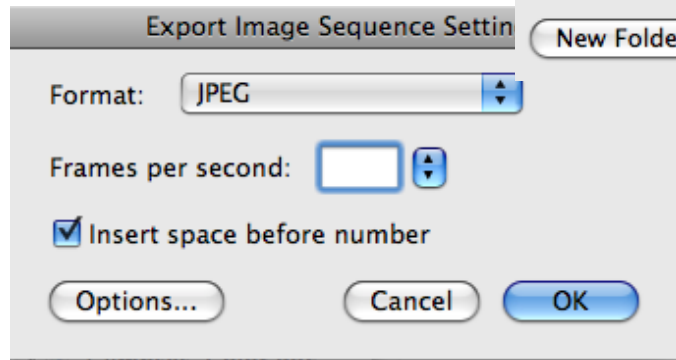


3. From the Final Cut menu choose
FILE > EXPORT > **Using Quicktime Conversion...**

4. In the SAVE window, change the Format field to **STILL IMAGE** > Options > Format > **JPEG**



Still image →



5. Type in a file name in the SAVE AS field and highlight the folder on your flash drive or computer drive where you'd like to save the file.
6. If you are working from home, bring in your flash drive to transfer the file, or send an email postmaster @ communitymedia.org. Put **Frame of Fame** in the subject line. Don't forget to attach the jpeg file. If you edit here, you can ask to borrow a flash drive to transfer the JPEG

We will include the still in the rotation on our digital picture frame in the lobby!