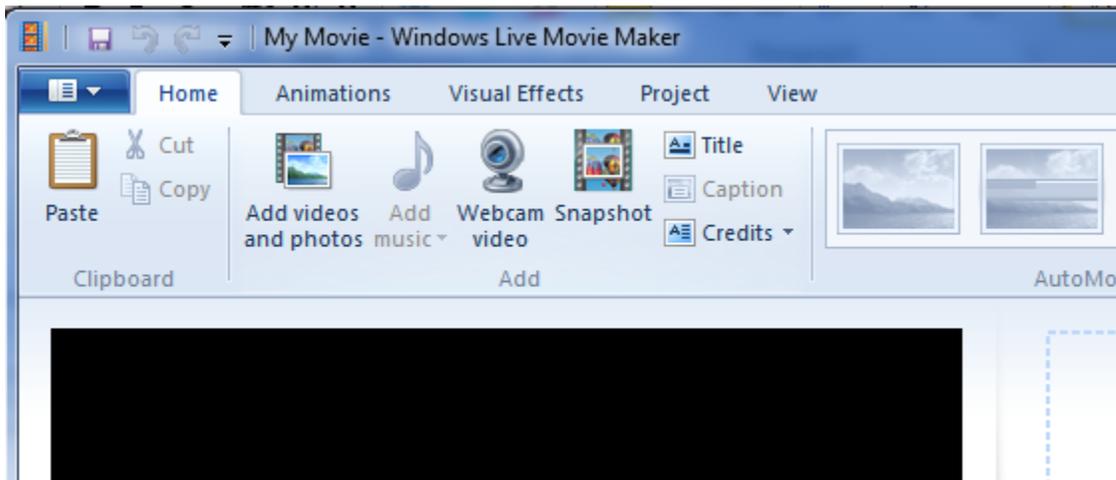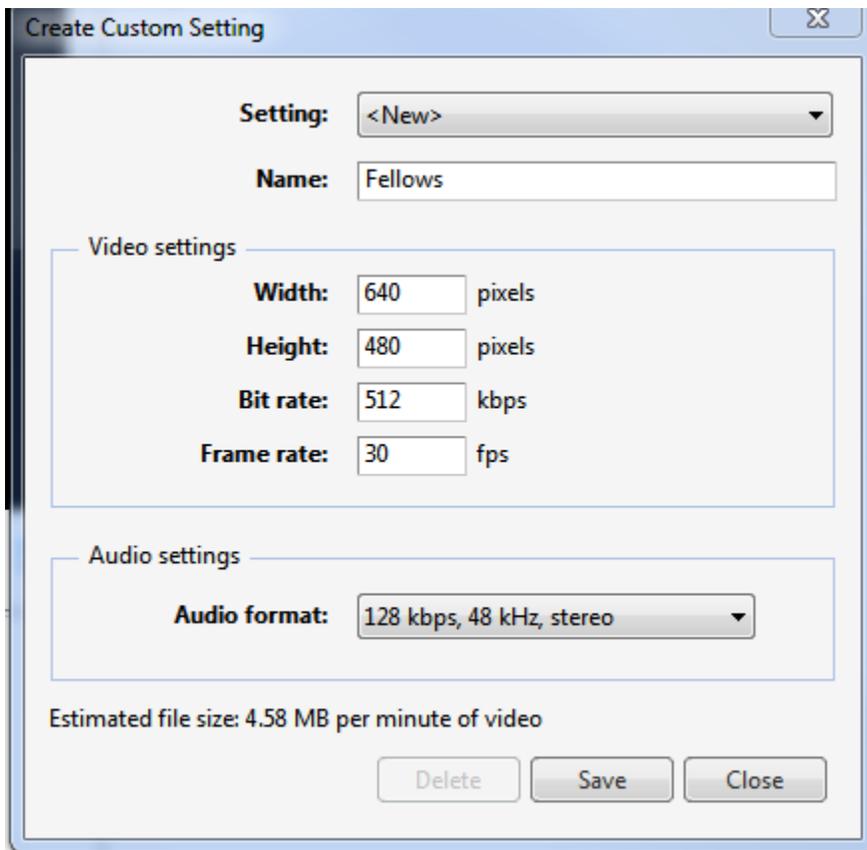These instructions are for Windows Live Movie Maker which is different than Windows Movie Maker

Go to the File drop down menu and select Save movie

At the bottom of the choices select Create custom setting…

Set the settings as follows

Then click Save and on the next window and accept the default name of Fellows and click Save again

Then go back to the file drop down menu and select Save movie again

This time at the bottom of the menu there will be choice that says Fellows, select it.

You will then be prompted for the file name and where you want to save it. Pick a name and location for your movie and then click Save.

The resulting file should be less than the maximum size allowed for application submission.