

# Our Big 4-Oh! - Celebrating SPNN

The St. Paul Neighborhood Network (SPNN), a community media and technology center, is celebrating 40 years of helping St. Paul's citizens and organizations tell their stories and learn digital literacy skills. SPNN provides the tools and training for youths, adults and nonprofits to use technology to tell their stories, gain job skills and help shape the way our community operates. SPNN employs its cable access channels and other media platforms to share countless St. Paul stories with the public. Over the course of 40 years, these platforms have shared many chapters of St. Paul's communal story.

To celebrate 40 years of storytelling, we invite **you** to tell your SPNN's story. Between now and our official birthday, October 31, 2024, we want to share 40 stories representing the four decades of SPNN.

You want to tell your SPNN story, but what should you say? To help you start thinking, maybe your story is:

- A story or program you saw on SPNN that changed your outlook or your life.
- How SPNN helped you gain technology skills that you use in your work.
- Assistance such as access to video equipment, training to use equipment, or access to studio space, production and post-production assistance that you received from SPNN.
- A testimony about a regularly scheduled SPNN program that you watch.
- Stories that focus on BIPOC & LGBTQ+ communities
- Something, anything, that you depend on from SPNN that you cannot get elsewhere.

Please also include:

Name, Role (Youth, Staff, Member or Volunteer), You can also include when did you start your experience? How were you involved? What did you gain from SPNN? What is your favorite memory of SPNN?

Video stories should not exceed three minutes. They may be recorded with digital cameras or on your phone (please see the back of this sheet for tips on recording your story with a smart phone). **Format - H.264 - Mpeg4 1080, 4K or higher**

Once completed, **Please upload videos to our media drive ([follow link](#)) or use the QR code.**

SPNN has limited capacity to help you tell your story. To inquire about recording your story at SPNN's studios contact Bianca Rhodes at [rhodes@spnn.org](mailto:rhodes@spnn.org)

All stories submitted will be considered for broadcast on SPNN's technology platforms during our anniversary year and beyond. The submission of a story will constitute your release for broadcast.

If you have questions, please contact Bianca Rhodes at [rhodes@spnn.org](mailto:rhodes@spnn.org)

We look forward to seeing your stories!



# Tips For Taking Video Using a Smart Phone

You can record your personal story or your organization's story on a smart phone. To help make your story look great, here are some tips:

- **Clean your lens:** Phones get lint from our pockets and smears from our hands. Clean your lens with a soft cloth for a clearer video.
- **Avoid Back Lighting:** Avoid having a window or light source behind you. Instead, have the light source more to the side of you or behind you.
- **Switch your phone to airplane mode:** This will prevent you being interrupted by calls and alerts.
- **Hold your phone horizontally:** This is not what most social platforms are made for but makes for better video editing for the SPNN team.
- **Use both hands:** Always have two hands on the phone. Phone lenses generally have optical image stabilization built in, so they're pretty stable already. But using two hands produces even steadier footage.
- **Lock Focus and Exposure:** Tap on your phone's LCD (on the point you want to focus on), which will lock focus on Google Android devices, or holding your finger in place, which locks focus on the Apple iPhone. Most phones let you also lock or manually adjust the exposure, too.

**Avoid zoom on the phone:** It's better to move nearer to the subject to create close-ups than it is to use the phone's zoom function.