

## Journalist of the Month Shoots Videos into National Spotlight

Sgt. Jennifer Calaway, [2nd Marine Expeditionary Brigade](#), has been selected as the DVIDS Videographer of the Month for her work covering [Operation Moshtarak](#) in Afghanistan and her overall technical execution.

Several of Calaway's Moshtarak videos, including "[Generals Address Troops](#)" and "[Operation Moshtarak Interviews and B-Roll](#)," were featured on national and local media outlets like [CNN](#), [Yahoo News](#) and [KSLA-TV](#). She also produced footage of the [flag raising ceremony](#) that took place in Marjah, Feb. 25, which ran on [Fox News](#), [Sky News](#) and Washington, D.C.'s [WJLA-TV](#).

Calaway's technical execution was superb. She had good exposure, nice framing, clear audio and provided detailed slate information. Her shot selections were visually appealing and useful to external media. Her video packages were also well produced and have been used by internal military media including the repeated airing of "[Now Zad Reconstruction](#)" on the Pentagon Channel.

When conducting interviews for sound bites in her b-roll and packages, she chose appealing backgrounds for her subjects.

Finally, Calaway stayed in communication with the [DVIDS video editors](#) whenever changes or updates needed to be made. She also included her e-mail address on her slates, making it easier for the editors and media specialists to get in touch.

To see more of Calaway's work, check out her [journalist portfolio](#).



Sgt. Jennifer Calaway

### Transitioning from Standard to High Definition Submissions

With more than 600 high definition files archived on DVIDS, submitting high definition videos is a growing demand. DVIDS has received HD files from remote areas in Afghanistan, Iraq and Haiti, but there are key facts to remember when formatting and uploading high definition versus standard definition videos:

- Units should use the [SD to HD transition guide](#) to make sure they are sending the proper format of video.
- Windows Media is a good format to send HD as long as the bit rate is above two megabytes per second and no higher than 20 megabytes per second.
- HD uploads should not have a duration over five minutes to keep the file size lower. Most HD uploads are around two minutes.
- When uploading footage through the DVIDS Web site, make sure to write down the batch number in case you need to contact the [DVIDS video editors](#) about the files.
- HD files should be published two hours from the time we receive notification. If your file is not published, e-mail the [video editors](#).

#### Army Standard for Standard Definition:

- Format: QuickTime Codec: H.264
- Quality: 100
- Frame width (Pixels): 720
- Frame height (Pixels): 480
- Frame rate (fps): 29.97
- Field order: lowest field first
- Pixel aspect ratio: D1/DV NTSC (0.9)
- Bitrate: 3,000 kps (low bandwidth)
- 10,000 kps (high bandwidth)

#### Army Standard for High Definition:

- Format: QuickTime Codec: H.264
- Quality: 100
- Frame width (Pixels): 1280
- Frame height (Pixels): 720
- Frame rate (fps): 29.97
- Field order: progressive
- Pixel aspect ratio: Square (1.0)
- Bitrate: 3,000 kps (low bandwidth)
- 10,000 kps (high bandwidth)

