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V I D E O

To add a still or movie element to a movie composite so that it displays or runs inside that composite:

With Adobe After Effects™ 3.0 (or higher) open:

- Open the Composite folder of the movie you want to change.
- Select the Adobe Photoshop™ file in the folder.
- Press Command H. (MAC platform)
- Press Control H (Pc platform)
- Navigate to the still or movie file you will be using to replace the blank red Command/Control H screen and click OK to choose it. The Adobe Photoshop™ file name will change and the new element will be dropped into the After Effects™ time line.
- Press the space bar to see the new element play or display inside the movie.
- To render and save your new composite, refer to your After Effects™ manual for specific instructions.

For other hints and tips about using movie files, refer to EyeWire's Tips and Tricks. <http://www.eyewire.com/tips/>

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