



## Video 14 of 14, Video Journalism Workshop Transcription

### [First Segment]

**Speaker (Prof. Bill Gentile):** So, before we start to see these things, you know, I really want to thank all of you guys for being here. It's been an honor and a pleasure to have you all here. It always is. You, this has been a really special group. You guys (have) been terrific. I really enjoyed working with all of you. And you know, before we see these pieces, it's really important to acknowledge, you know, the engine inside of these workshops and the engine inside of all of these workshops are really the assistants that I have working with me starting from Bruce going, well, actually, my colleague as opposed to my assistant, you know, Brad, Betsy. Where is Sarah?

**Sarah:** Right here.

### [APPLAUSE]

**Speaker (Prof. Bill Gentile):** Sarah back there. You know, all of these guys...

**Rhett:** Nice.

**Speaker (Prof. Bill Gentile):** You know, they're like the nurses in hospitals. Nothing moves without these guys, you know.

### [LAUGHTER]

**Speaker (Prof. Bill Gentile):** Particularly in the post-production stage when we had...so many challenges here to deal with. You know, Premiere, Final Cut, Final Cut Express, you know, all of this stuff. I can't do anything without these guys. These guys make these things happen. They really do. So, I really, you know, appreciate everything you guys have put into this workshop. So...

**Sarah:** Can we?

**Chad:** Yeah.

**Speaker (Prof. Bill Gentile):** Yeah, sorry. Kalpana, you want to say something about this piece. You have anything to...you want to add before we see it?

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**Kalpana:** About the film?

**Speaker (Prof. Bill Gentile):** Yeah.

**Kalpana:** Oh.

**Speaker (Prof. Bill Gentile):** Anything good, bad, ugly about the whole thing?

**Kalpana:** Well, I mean, I wish I had a little more time.

[LAUGHTER]

**Kalpana:** That's fine but if it **wasn't** on the field.

**Rhett:** No kidding? Yeah.

**Kalpana:** Then you just can't wait...

**Speaker (Prof. Bill Gentile):** Yeah.

**Kalpana:** ...to be perfect.

**Speaker (Prof. Bill Gentile):** Yeah.

**Kalpana:** So, the idea is to, you know, sort of, develop the skills to be able to do it really fast. And you...

**Speaker (Prof. Bill Gentile):** Sometimes...

**Kalpana:** ...let it go.

**Speaker (Prof. Bill Gentile):** Sometimes, the measure of a real practitioner, professional practitioner is, you know, just they're dealing and they go out there and deal with what you have to deal with whatever it is, get what you can, and then come back and make something out of it. You know?

**Kalpana:** Right.

**Speaker (Prof. Bill Gentile):** Sometimes, that's it. Okay. So, let's watch this piece.

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**[VIDEO: Home Away From Home]**

**Kalpana:** Mohammad Ganawet [00:02:40] immigrated with his wife and three young daughters to the United States from Iran where he worked as a pharmacist. Unable to practice a craft in the US, Mohammad became a butcher at the Afghan Market in Alexandria, Virginia. Like so many others, Mohammad found a new home at this market—the nucleus and anchor of a community from the Middle East and Central Asia.

**Female Grocer 1:** I love this store. Everything is Afghani food. The, like, cookies, like candies of [00:03:26] --

**Female Grocer 2:** It's easy for...

**Female Grocer 1:** Everything from Afghanistan.

**Female Grocer 2:** ...easy for shopping in. All things is fresh meat and...

**Market Owner:** Our business is like, you know, family business. So, people come from faraway because they're starved. They find here is like back home. They cannot find it in an American market.

**Kalpana:** Yeah.

**Market Owner:** So, we are trying to get from back home, from, you know, overseas, basically and everything is natural and organic.

**Female Grocer 1:** Feel comfortable, you know.

**Female Grocer 2:** Yes.

**Female Grocer 1:** Because he is such a nice guy. That's why.

[LAUGHS].

**Market Owner:** And I'm so happy they are satisfied about it.

**Kalpana:** Mohammad's work is the first step toward lamb's head soup or Kala Pacha, a popular breakfast delicacy in Afghanistan.

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**Female Grocer 4:** They're just making, we call it Kala Pacha which is, I'm sure you don't want to know about that. But head and...

[CROSSTALK]

**Female Grocer 4:** It's a specialty. It's actually, here they don't care. They shave the feet and they actually make it into a very, very delicious soup...and it's a delicacy in Afghanistan. So, when I walked in, they told me that it's ready. I was like, "Oh well, I better go and get some before it's all gone." You know, my parents used to come here and it's just that—cultural connection is there. So, I don't have to explain anything to the butcher. I'd say, "This is what I want and that's what I want."

**Kalpana:** Now, Mohammad's daughters are grown and married. For them, too, the Afghan Market of Alexandria, Virginia is home away from home.

[End of video presentation]

**Speaker (Prof. Bill Gentile):** ...thing to do. And you have...

**Rhett:** It used to be that. It used to be mine.

**Speaker (Prof. Bill Gentile):** ...another, you have another diploma.

**Kalpana:** Oh, thank you so much.

**Speaker (Prof. Bill Gentile):** Thank you very much. [LAUGHS].

[APPLAUSE]

**Speaker (Prof. Bill Gentile):** And not to be undone by my competitors or anybody else, I am going to give you one of these things just to prove to everybody that...

**Kalpana:** I have survived.

[APPLAUSE]



**Speaker (Prof. Bill Gentile):** ...you have survived the video journalism workshop.

**Kalpana:** That is fantastic.

**Speaker (Prof. Bill Gentile):** Medium is good or small?

**Kalpana:** That, I guess it'll work.

**Speaker (Prof. Bill Gentile):** What do...

**Kalpana:** Oh no. I don't think small.

**Speaker (Prof. Bill Gentile):** No? You take a medium.

**Kalpana:** I take a medium.

**Speaker (Prof. Bill Gentile):** Okay.

**Kalpana:** Thank you so much.

**Speaker (Prof. Bill Gentile):** You're welcome.

**Kalpana:** I really appreciate it.

**[Second Segment]**

***[Ivan's Video Journalism Workshop piece]***

**Ivan:** Pupusa, El Salvador's favorite foods are becoming increasingly popular in the United States but these stuffed tortillas are being adapted to the American palate. Jaime Arbaiza is the owner of La Casita Pupuseria and Market in Silver Spring, Maryland just seven miles north of the White House.

**Jaime Arbaiza:** As I see more and more Salvadoran businesses pop up over the years, they've been more emboldened, more confident to bring their own food to this place and mix it up a little bit, maybe Americanize, their plates, you know, Americanize—

**Ivan:** Arbaiza is the son of Salvadorans who fled their country in the 1980's because of the armed conflict supported by the [Inaudible

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00:06:56] government. That war is over now and the two cultures share numerous commonality.

**Jaime Arbaiza:** American culture is engrained with all other cultures. There was the Irish, the Italians and so many other countries before, the Japanese. It ends up becoming part of the American fabric and I think as the Americans have pupusas and—well tried some of the warm food in general, namely pupusas which have become more and more popular.

**Ivan:** When Arbaiza's parents created La Casita Market 10 years ago, they made their pupusa with local ingredients.

**Jaime Arabize:** But they had to use what they had on hand, you know, like they couldn't bring over the (delicatessen) from El Salvador or you weren't going to get the corn mill to grind the corn over here. So, you use the harina which is Mexican. We use the mozzarella cheese which we use, which is made in a local dairy. But, I think, at the end of the day, what we try to do, we just make the best food product as possible.

**Ivan:** The original recipe of pupusas have been modified for the American market. That's why La Casita cooks vegetarian pupusas and created a smaller version for a couple of pies.

**Jaime Arbaiza:** I think it's very important to have that staple in American culture, to have a pupusa there, something to point to. They'll say there, "Yes, this is something that we have contributed to, not just American food or just food in general, but American culture.

**Ivan:** That culture includes not just La Casita but also La Casablanca. Even President Obama enjoys the occasional pupusa.

**Jaime Arbaiza:** El Salvador is, I think, a very proud culture in general and, from what I heard, when President Obama made a trip a couple of years ago, he actually had some pupusas out there and I heard he really enjoyed this one.

[End of video presentation]



**Ann:** I think the real shot was when they were working the dough.

[CROSSTALK]

**Rhett:** Really? The pink is, that corned beef?

**Ivan:** Not exactly. I think the pink is...

**Speaker (Prof. Bill Gentile):** It's mais, no?

**Ivan:** Yeah, it looks pink because the type of beans, you know, that are eaten in El Salvador are red.

**Rhett:** Oh.

**Ann:** Oh.

**Ivan:** And mixed with the cheese, you know.

**Rhett:** Oh, okay.

**Ivan:** Okay.

**Ann:** It was a great interview, Ivan.

**Rhett:** Wow.

**Ivan:** Gracias.

**Kalpana:** I know.

**Speaker (Prof. Bill Gentile):** Gracias.

**Rhett:** Yeah.

**Ivan:** Gracias.

**Ann:** Yeah, you're awesome.

**Ivan:** Gracias.

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**Chad:** Congratulations.

**Ivan:** Gracias.

**Speaker (Prof. Bill Gentile):** Media no?

**Ivan:** Yeah, yeah.

**Speaker (Prof. Bill Gentile):** Now, you have to wear this all over Los Angeles so that I, you generate a lot of publicity for me, okay.

[LAUGHTER]

[Third Segment]

**Speaker (Prof. Bill Gentile):** Who's this? Ah, this is Sarah's piece that she wanted you guys to see. It's actually wonderful. It's very, she did this on my class this semester and she's wildly accomplished.

**Sarah:** I had three months not three days.

[LAUGHTER]

**Speaker (Prof. Bill Gentile):** That's right, yeah. But let's watch this 'cause it's actually, it's a really impressive production that Sarah did.

[VIDEO: America's Wilderness]

**Patrick Wilson:** My name is Patrick and I'm a college professor. My volunteer work is at—with the Potomac Appalachian Trail Club. My job is to get young people involved. You want to get them so enthusiastic that their enthusiasm rubs off and their friends are so compelled to come out and volunteer.

**Drew Robison:** I'm Drew Robison. I'm a graduate student. I study a biogeochemistry. I am so with wilderness. It's just nice to get away. It's nice to be able to disconnect.

**Patrick Wilson:** When I first got into this, I was walking down trails. I hiked all the time and backpacked like you guys and I was like, I just assumed that trails were maintained by people packing them



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down. That was my idea. I didn't know that in the wilderness they're all done by hand and they're using hand tools.

**Patrick Wilson:** This tree is off the ground and it's a little bit of an angle. So, we're definitely going to cut it. You'll have yourself the slot lines up. You lower it down just a tiny bit. Make sure it should be the next.

**Stephanie Cruz Maysonet:** Okay.

**Patrick Wilson:** Nice and tight. Using the traditional tools, it's addictive. You're in touch with what you're doing. It's not pulling a trigger on the motor. Just like that, okay? Then down, just pull. Don't push.

**Patrick Wilson:** You don't hear power tools going. You don't smell exhaust. The plants and animals are not affected by it.

**Stephanie Cruz Maysonet:** My name is Stephanie. Coming from in college's perspective, you are actually getting at the conservation of the area by providing this trail.

**Patrick Wilson:** Okay, pull. Okay.

**Amy Grady:** My name is Amy Grady and I am a graduate student working on a Ph.D.

**Drew Robison:** We're good at it.

**Drew Robison:** When we're working all together and you accomplish something as a group, that's an incredible bonding experience and to do that in the wilderness really makes it that much more enjoyable.

**Patrick Wilson:** You begin lowering your hand and just hold it, there we go. Okay, now. Okay, good.

**Patrick Wilson:** Kind of have a personal interest in each tree. You know, five years from now, I'll show it to someone. "This

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tree is—oh, yeah. We talked with this group from UVA and we cut this tree and it was some of them their first time sawing and I remember this particular tree." Most of the trees I can remember.

**Grace Randolph:** My name is Grace and I'm a mother. I think it's important to help maintain the trails because it keeps them accessible. Having these trails is a way that people can have a space to go, feel really connected.

**Amy Grady:** You know, you're sort of maxing your technology to the wilderness and it feels right. The peace that you get, the calmness and the meditation that you naturally have when you're with the wilderness, that's irreplaceable. And so, if there are some things that I can do to preserve it with the filming and anytime I sponsor efforts like that, I think it's really valuable.

**Patrick Wilson:** All right. We'll take it out of this. Let's stop. Yeah. Yes.

**Amy Grady:** Yahoo.

**Patrick Wilson:** Yes, there it goes.

**Amy Grady:** Roll, roll.

**Drew Robison:** I grew up enjoying wilderness. To just kind of view something, you kind of get numb to. You get used to it—to take the time, to take care of something, you really find a new found appreciation.

[End of video presentation]

**Speaker (Prof. Bill Gentile):** Sarah works with the National Park Service and all of these agencies, now all of these government organizations need people who can generate videos, you know, like we were talking about before. Everybody wants to do this stuff. So, you know, that's the value of what we're trying to do here. Okay, Sarah, thanks for that.

**Sarah:** Thanks, yes. I remember that wasn't the final version but it's close.



**Speaker (Prof. Bill Gentile):** Okay.

**[Fourth Segment]**

**Speaker (Prof. Bill Gentile):** "Honor Guard" and this is Karen.

**Karen:** Yes.

***[VIDEO: Honor Guard Guarding Honor]***

**Karen:** This day, for 71 years, has been a day to remember the 3,500 lives killed or wounded at Pearl Harbor. For Don and Marie Halter of Waldorf, Maryland, it is their first trip to the US Navy Memorial in Washington, DC. They are honoring not only their peers from the great history of the nation but also all Americans who have offered their lives in service to others from the revolutionary war of 1812 to all those in service today around the world. Veterans themselves, Marie served among the first women volunteers. Don was a submariner during the Korean conflict.

**Cardiel Serban Smith:** I'm from Circuit, Maryland. My name is Cardiel Serban Smith.

**Marie Halter:** You're from where?

**Cardiel Serban Smith:** Circuit, Maryland.

**Don Halter:** Incredible, we...

**Marie Halter:** Circuit, Maryland.

**Don Halter:** ...come from Waldorf.

**Marie Halter:** We're from Waldorf.

**Karen:** This visit by the Halters provides a chance to show that respect is earned and given by those who have served—across all generations.

**Cardiel Serban Smith:** I worked in Great Lakes.

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**Don Halter:** Great Lakes? I did, too.

**Cardiel Serban Smith:** I'm going on five years and I just come back from the deployment from Kuwait.

**Don Halter:** Oh.

**Cardiel Serban Smith:** So, we're there for more months.

**Marie Halter:** Thank you so much. It was a pleasure to meet you.

**Cardiel Serban Smith:** Pleasure and nice to meet you.

**Marie Halter:** And you stay happy and healthy and safe in the service, all right.

**Cardiel Serban Smith:** Thank you, thank you for doing it for our nation, I appreciate it.

**Marie Halter:** We have a nice young man.

**Karen:** What is the idea of what we just saw today, the ceremony and everything that happened through the day?

**Marie Halter:** Oh, I thought it was very moving, very touching and a great way to honor those remaining and those who have been in all the different wars especially Pear Harbor for today. I thought it was a wonderful idea.

**Karen:** Is this something you'd like to see happen at the Maryland that turns...

**Marie Halter:** Absolutely.

**Don Halter:** Oh, yes.

**Marie Halter:** Yes, we're planning things...

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**Don Halter:** We're going to have...

**Marie Halter:** ...like this.

**Don Halter:** ...many programs there.

**Marie Halter:** Uh-hmm.

**Karen:** When are you two, what are you doing for the grand opening?

**Marie Halter:** Well, it's going to be what you call a soft opening. In other words, everything will be finished but enough so that the public come in.

**Karen:** Today's ceremony validates the Halters' dream to build the Maryland Veterans Memorial Museum at Charles County. It also energizes them to continue.

[End of video presentation]

**Karen:** Thank you so very much.

[APPLAUSE]

**Speaker (Prof. Bill Gentile):** You're welcome.

**Karen:** We did survive, don't you think? It's been crazy day.

**Speaker (Prof. Bill Gentile):** When you, the original of this thing and I think the beginning of the piece could use a little bit of work in, balancing the, sound.

**Karen:** Yes.

**Speaker (Prof. Bill Gentile):** But that's fine.

**Karen:** That's right.

**Speaker (Prof. Bill Gentile):** But all the material was there, you know. All you have to do is...

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**Kalpana:** That's great material.

**Chad:** Uh-hmm.

**Karen:** Well...

**Speaker (Prof. Bill Gentile):** Yeah, the images are terrific. I mean, the way you laid it around is great.

**Karen:** This whole idea of controlling, you know, the controlling focus of your story. You have to cut way off the steps that doesn't make sense, go straight to it.

**Speaker (Prof. Bill Gentile):** You're in here somewhere. I hope.

[LAUGHTER]

**Karen:** Well, thank you, Bill. And thank you all. I learned from each individual, every single one of you

[APPLAUSE]

**Speaker (Prof. Bill Gentile):** Here you are.

**Karen:** Thank you.

**Speaker (Prof. Bill Gentile):** Thank you. It's great to have you here.

**Karen:** Hope to see you all on Facebook.

[LAUGHTER]

[Fifth Segment]

**Rhett:** This is Steinar's?

**Chad:** Steinar's?

**Speaker (Prof. Bill Gentile):** This is Steinar's piece.

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**Rhett:** Oh.

**Chad:** Yeah.

**Speaker (Prof. Bill Gentile):** Yeah.

**Rhett:** Right.

**Speaker (Prof. Bill Gentile):** It's a really...

**Chad:** Yeah.

**Speaker (Prof. Bill Gentile):** Steinar, you did this terrific work before you got here. Very, very powerful piece I tell you. Anyway, let's watch this.

**[VIDEO: I'm Still Here]**

**Misty Marche Couington:** Christmas is always good with my husband here but it will be very different this year. We had a baby in October and we, I don't have her here with us anymore. Oh, what we have is a box, a memory box.

**Delonte Rivens:** This one here is a box that was given by the hospital, was, have her fingerprint, footprints in here and a couple of pieces of her hair that they put and I placed it on Ziploc bag with a bow which I tie on it. And there's two of them, one mine's and one hers. This is the best way of remembering our lost child. And if you open it up, it has a sonogram. It also has this, she got from the hospital, a pack of...I'm right here, right here baby...

**Misty Marche Couington:** I see.

**Steinar:** Misty lost some ability to speak after finding her baby dead in the crib ten days ago. The loss of their sixth legal child from Sudden Infant Death Syndrome is only the most recent in a series of tragedies in her and her husband Delontes' life.

**Delonte Rivens:** In 1995, my brother was shot, gunned down in Southeast Washington, DC. at approximately 8:30 by a off-duty police officer. He was alive for 15 years of age. I had a lot of death of my family. Right after my brother was murdered, five

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years later my father passed from lung cancer. Right after my father passed from lung cancer, seven years later, my mother passed from a brain aneurysm.

Right after my mother passed, a year later, my mother's mother, let's make that my grandmother, passed. So, all this happened, you know, in all my life. So, I can...

**Steinar:** Death and imprisonment have been his lifelong companions.

**Delonte Rivens:** I went from prison to prison for five years. I was 16. [\[inaudible 0:22:10.4\]](#) home when I was 21. I stayed home 13 months. I got incarcerated again for selling drugs. I'm there 28 months. And then after 9 months, I got incarcerated again. This got to stop. This has to stop.

**Steinar:** To make it stop, Delonte has come here.

**Delonte Rivens:** We need to go.

**Steinar:** —...o DC Central Kitchen, an NGO helping the disadvantaged.

**Cooking Instructor:** Hey don't go [\[inaudible 00:22:36\]](#).

**Steinar:** Three months ago, he entered a culinary class. If he graduates in January, he can get a job as a chef. The cooking instructor announces an upcoming exam.

**Cooking Instructor:** How long have you got? You have to be ready at 2:30.

**Steinar:** Delonte must prepare baked chicken and rice. If he can't, he could be forced out of the class. The dropout rate for the course is high.

**Delonte Rivens:** People getting burnt out, people getting frustrated. We started all with 27 people in the class and it's like 15 now. And out of all the people who went here, I could guarantee you that I was trying one of the ones who really thought I was only one of the first people who even leave the program or getting put out of the program.



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**Cooking Instructor:** I have 3:30 on your turn [00:23:26]. Okay, Delonte.

**Delonte Rivens:** After this fried chicken, fried rice. I sautéed it.

**Cooking Instructor:** Uh-hmm.

**Delonte Rivens:** As it was frying.

**Cooking Instructor:** Baked them?

**Delonte Rivens:** Yeah, all baked.

**Cooking Instructor:** Oh, all baked. Well, I'd say this is a little raw because of the difference in the sizes. This should be put a little bit long. And now the rice is slightly salty. But overall, it's actually, you did a great job frying the chicken. It's actually golden brown. It's really, really good. So just don't use them there. Do you have some questions? Talk to me.

**Delonte Rivens:** No.

**Cooking Instructor:** [Laughs].

**Delonte Rivens:** Yeah, I passed. I'm definitely happy. Well done me. I definitely want to stick [00:24:18] with this. I'm definitely want to stick with this. Three more weeks and I'm finished. I'm graduating. I will walk across the stage with my, you know, with my serving and tasting. I'm not finished. Once I finish this, I'm going back to school to [Inaudible 0:24:33.5], you know, in this field to become an executive chef.

**Male Cook:** You're still waiting [24:39]?

**Delonte Rivens:** I'm still here. I'm still here. I don't have no choice at this point if I want to better my life.

**Misty Marche Couington:** I hope it will be, I can. I see his graduation. I want something else to be proud of since our daughter isn't here.

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**Delonte Rivens:** No one is allowed [25:29] in this space more than a hug. You could calm down, okay?

**Misty Marche Couington:** Okay.

**Delonte Rivens:** All right?

**Misty Marche Couington:** Yeah.

**Delonte Rivens:** All right, all right. I'm doing it for myself. I'm doing this for my family. I'm doing this for our daughter that, you know, left us but I know she'll be happy and proud.

**Delonte Rivens:** All right, give me a kiss.

**Misty Marche Couington:** [SOBBING].

**Delonte Rivens:** Come on, come on.

[End of video presentation]

**Chad:** Wow.

**Kalpana:** Wow.

[APPLAUSE]

**Chad:** Wow. It's amazing. Nice work.

**Kalpana:** Yeah.

**Chad:** Good job.

**Speaker (Prof. Bill Gentile):** Pretty hard to watch.

**Chad:** Yeah.

**Kalpana:** He made us teary.

**Speaker (Prof. Bill Gentile):** Great job, Steinar.

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**Chad:** Nice one.

**Speaker (Prof. Bill Gentile):** Terrific job.

**Rhett:** Camera work was amazing.

**Chad:** Yeah, very neat camera work.

**Speaker (Prof. Bill Gentile):** Great job. Here you go.

**Steinar:** Thank you, Bill.

**Speaker (Prof. Bill Gentile):** And I'm lucky. I'm glad I got some extra large of this.

[LAUGHTER]

**Chad:** Norwegian size.

**Speaker (Prof. Bill Gentile):** Are you a large or extra large? This is Norwegian, yeah.

**Steinar:** Yeah, that's good.

**Speaker (Prof. Bill Gentile):** Are you okay with that? Okay, well there.

**Rhett:** No problem [inaudible 26:48].

**Speaker (Prof. Bill Gentile):** What do, you want a bigger one?

[LAUGHTER]

**Speaker (Prof. Bill Gentile):** No, great. [LAUGHS]. I have a bigger one if you want one.

**Steinar:** No, no, no.

**Speaker (Prof. Bill Gentile):** That'll fit you?

**Steinar:** This is good.

**Speaker (Prof. Bill Gentile):** All right.

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**[Sixth Segment]**

**Speaker (Prof. Bill Gentile):** Ann.

**Ann:** Oh.

**Speaker (Prof. Bill Gentile):** — this is you, yeah?

**Ann:** Oh, yeah, from Syria with love.

**Speaker (Prof. Bill Gentile):** From Syria with love.

**Ann:** I had no title.

**Speaker (Prof. Bill Gentile):** I think this worked out wonderfully. I mean, that you, I think you came for, and you, and with a really hard situation here, you know, with the restaurant and some technical issues and I think it really worked out great. Okay. We could use something light hearted at this point, don't you think?

**[LAUGHTER]**

**Speaker (Prof. Bill Gentile):** I hope this guy isn't going to bust out crying.

**Ann:** Sweetness.

**Chad:** Sweetness in life.

**Speaker (Prof. Bill Gentile):** Yeah, he is sweet this guy. I really like this guy, your main character.

**[VIDEO]**

**Reda Asaad:** It's love. So, I believe I have love in every aspect in this life. When you love, you'll have your peace of mind. When you hate, you cannot sleep. You just love and then grow. The same approach for food. My name is Reda Asaad and I'm originally from Syria. I used to be a journalist, a reporter. And when I was 31 years old, old enough, I came to America for better future.

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Currently, I'm a teacher beside I'm the owner of Bistro LaZeez and I kept hearing about, you know, my chicken sauce for more than 25 years. Every time I have people over or my students, I keep hearing the same thing, "You have fantastic spices, fantastic sauce. Do something about it." When I opened the restaurant, you know, they were joking that, "Oh, you shift your career from teaching." I said, "No no no, I'm adding something. I'm feeding brain, now I'm feeding the stomach."

I love people. I love people and in the restaurant it's like a theater or, you know, you see the feedback right away. One of them said, "Oh my God, your food, the imagery of my grandma." And another man said, "My goodness. I'm away from my wife for, you know, a long time. This food reminds me of my wife." You know, this makes me so happy because they feel that the food they are eating is homemade food.

We're here a family and I always tell them, "I'm not your boss," like they know any other bosses and I'm like a father, like a brother.

Number one here is the chicken, the smile, babies, [LAUGHS] chicken. First of all, I marinate it with more than 12 spices. You name it. We care about vegetable foods and this kind of ingredients I'm trying to put them in my food. I use a lot of luck [00:30:05], be careful. I do my best to move things. If I succeed, I deserve it. And when you do a job, you know, when you give love and effort and care, you'll make it.

[End of video presentation]

[APPLAUSE]

**Speaker (Prof. Bill Gentile):** You did great. Okay. Are you happy with the piece? It turned out great. Congratulations.

**Ann:** Thank you.

**Speaker (Prof. Bill Gentile):** Lovely. And this is, oops, this is you.

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**Ann:** Great.

**Speaker (Prof. Bill Gentile):** Thank you.

**Ann:** Thank you.

**Speaker (Prof. Bill Gentile):** And, there you go.

**Ann:** That's very the very thing.

**Speaker (Prof. Bill Gentile):** Thanks. Congratulations.

**Ann:** Thank you.

**Speaker (Prof. Bill Gentile):** Very nice piece. We're almost there. The guy seems like a really nice guy, huh?

**Sarah:** Yes.

**Chad:** Yeah.

**Speaker (Prof. Bill Gentile):** The restaurant owner?

**Sarah:** Yes, yes.

**Chad:** Uh-hmm.

**Kalpana:** Uh-hmm.

**Speaker (Prof. Bill Gentile):** He's a sweet guy.

**[Seventh Segment]**

**Speaker (Prof. Bill Gentile):** Chad, you did a really nice job on this piece.

**Chad:** Thank you.

**Speaker (Prof. Bill Gentile):** Really nice job.

***[VIDEO: The Flow of Art]***

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**Elaine S. Wilson:** So I'm not, first and foremost, a print maker. I'm first and foremost a painter but print making has really changed the way I paint. And so I like to periodically do printing because it changes the way my brain thinks.

**Chad:** Elaine Wilson is an artist and a teacher. She works at a community college in Ann Arbor, Michigan and for the past few months she's been working as an artist and residence at the Pyramid Atlantic Art Center in Silver Spring, Maryland.

**Elaine S. Wilson:** I've been an artist for, oh, I would say 45 years and I'm not going to tell you how old I am but it'll, I've been working a long time and the difference between really serious artists, really good artists is attention to detail and not being satisfied with an okay result. People think being an artist is a heck of a lot of fun but I taught for years and one of the things that I've learned to tell my students is there are parts that are tedious and you have to work, figure out in your head how to stay focused and alert through things that are, seemed tedious.

Oh, I'm in the middle of a process of making a, aquatint which is a kind of intaglio plate. So, intaglio is the word that's used to cover a wide range of processes that are done to a metal plate to make a print.

**Chad:** But for Elaine, it's not just about making art. It's also about a state of mind. She calls it "flow."

**Elaine S. Wilson:** When you are really deeply engaged in an activity and runners experienced it when they're running. Anyone who's doing a piece of work that any kind of work that requires concentration and once you reach a certain level of skill or a level of where you could that work without with, and your brain is really, totally focused on it, engaged with it but you're no longer struggling to do it. It's not a struggle. Your brain gets this thing called flow which is, it's really kind of ideal mental state to be in.

**Chad:** Flow. Athletes call it "the zone." Zen masters call it "being present." People of faith call it "experiencing God." Whatever you call it, it may be the most peaceful state of the human mind.



**Elaine S. Wilson:** I draw, I paint, I do, you can't, but once you get into that place where you have flow and your head is completely there.

**Chad:** For Elaine Wilson, life is about flow and today she's there.

[End of video presentation]

[APPLAUSE]

**Rhett:** Chad, it's really great.

[LAUGHTER]

**Speaker (Prof. Bill Gentile):** Dude, where did you get that flow music, man, huh? Huh? You got the flow of music at the end of that piece.

**Chad:** I like it.

**Rhett:** My God.

**Speaker (Prof. Bill Gentile):** It's dynamite.

**Rhett:** Good Zen stuff.

**Chad:** Thank you.

**Speaker (Prof. Bill Gentile):** You got dynamite stuff there.

**Chad:** Thank you, yeah. I am so exhausted.

**Speaker (Prof. Bill Gentile):** No kidding. [LAUGHS]

**Bruce Jones:** The work, what you started with to where you've got to.

**Speaker (Prof. Bill Gentile):** I know. It's an...

**Bruce Jones:** It's just unbelievable.

**Speaker (Prof. Bill Gentile):** Light years, light years.



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**Rhett:** Yeah.

**Speaker (Prof. Bill Gentile):** Yeah.

**Chad:** Yeah. And almost no B roll of Elaine not talking. [LAUGHS].

**Speaker (Prof. Bill Gentile):** I know. Well, she had, he says, luckily she had the mask on part of the time. So, you can roll anything you wanted to underneath that.

**Chad:** Well, Betsy taught me that trick.

**Speaker (Prof. Bill Gentile):** Yeah.

**Sarah:** It's great.

**Chad:** And so did Sarah.

**Speaker (Prof. Bill Gentile):** Did you bring the mask with you to the place?

**Chad:** Yeah. [LAUGHS].

**Speaker (Prof. Bill Gentile):** [LAUGHS].

**Chad:** Thank you.

**Speaker (Prof. Bill Gentile):** You're welcome.

**Chad:** Thank you very much.

**Kalpana:** That was great narration, too.

**Sarah:** Uh-hmm.

**Rhett:** Yeah, it was.

**Speaker (Prof. Bill Gentile):** Yeah, yeah.

**Sarah:** It was great narration.

**Speaker (Prof. Bill Gentile):** There you go, man.

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**Rhett:** Less is more.

**Speaker (Prof. Bill Gentile):** The next one will have like, you know, "You survived the flow session."

**Chad:** I like it. I like that, well I want everybody to know I was in the flow during the entire Bill Gentile workshop. So...

**Speaker (Prof. Bill Gentile):** Great.

**Chad:** ...thank you for that.

**Speaker (Prof. Bill Gentile):** You're welcome, you're welcome, great work.

**Chad:** Okay, thanks a lot. I appreciate it much.

**Speaker (Prof. Bill Gentile):** You're welcome. Okay, who's next?

**Bruce Jones:** You got great stuff.

**[Eighth Segment]**

**Speaker (Prof. Bill Gentile):** These guys are cool. I like these guys.

**Ann:** They are really funny looking.

**Speaker (Prof. Bill Gentile):** Yeah, they are.

**[LAUGHTER]**

**Speaker (Prof. Bill Gentile):** So, you've seen it, all right. I mean, some of the pieces feel like a little bit of those, that tweaking, you know, that we didn't have time for.

**Rhett:** Oh, yeah, lot's of it.

**Speaker (Prof. Bill Gentile):** Yeah. It's all right. It's okay. You've got the process, though.

**Rhett:** Uh-hmm.

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**[VIDEO: The Home Brewers' Dream]**

**Rhett:** Brewing craft beer professionally is the dream of many home brewers. Home brewers have fostered a national explosion of boutique micro-breweries and brew hubs. Best friends and former home brewers Mike McGarvey and Dave Coleman are living that dream and after partnering with other breweries are in the production at their own brewery in an industrial area in Northwest DC.

Mike McGarvey didn't always crawl around in stainless steel tanks. He had been a successful engineer and business consultant.

**Dave Coleman:** That's Mike McGarvey. He is our CEO, our head brewer, and my best friend. So together, we actually put our thing together and build this kind of crazy brewery that you are standing in right now. We don't have lots of money. We don't compromise. We don't have rich uncles and grandfathers who left us, wills and trust funds, most of them are cheaters. So, we're working class babies. You look around, this is our lab. **This is basically** what we have access to. We should have a lot better than very expensive, multiple-hundred dollar homebrew set up. We have difficulties to convert it into **stock pots [00:37:34]** and Mike convert it with some guy from college into a—these are brew kettles.

**Rhett:** Maintaining their links with the home brewing community, Mike and Dave have a thriving homebrew shop on one side of the former warehouse that houses their brewery.

**Male Employee 1:** And so, we try to cater to all different types of brewing. Thanks a lot. **Maybe I'll see [00:37:55]** you guys later.

**Male Customer 1:** Yeah, yeah.

**Male Employee 1:** And you're next.

**Female Customer:** Hi.

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**Male Employee 1:** Hi [Ethel](#) [38:01].

**Female Customer:** Excuse me, do you [inaudible 38:02]?

**Rhett:** Brewing on this scale is not just about the creative process and enjoying the product with your friends and discriminating customers. Brewing is fraught with challenges, equipment failures, setbacks and plenty of hard work.

**Male Employee 2:** Corn syrup, malt, just, you know, supplies gave me. These are all the micro-breweries get.

**Mike McGarvey:** Enough?

**Male Employee 2:** Went in, went in [00:38:43] more.

**Mike McGarvey:** How come this is six. We'll go through that. Oh, hold out. We'll agree to that one of that line [00:39:09] and figured it out.

**Male Employee 2:** Thank you very much.

**Mike McGarvey:** Okay, we do.

**Mike McGarvey:** I'll do. It needs some counting the number of boxes that are smashed.

**Rhett:** Oh, really.

**Mike McGarvey:** For whatever reason.

**Rhett:** At one of the busiest periods of the year and equipment, crisis strikes. The chiller unit on the roof of the brewery suffers a failure leaving the brewery dead in the water for up to a week. Time is wasting since 3 Stars has more demand for its beer than it can fill on a normal day.

**Mike McGarvey:** So, today is Friday. We're working on, right now, I've got the chiller down. Chillers are the piece of equipment that

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keeps the temperature within our tanks constant. [PHONE RINGS]. I should, I got to take this call.

Thanks.

**Dave Coleman:** You're standing. Oh, car ran into the McDonald's and eaten the club there [00:40:16]. All of, all that...

[LAUGHTER]

**Dave Coleman:** ...are both inside now. So, just [inaudible 40:19] at me, those are my last leverage, man, is how that went.

**Mike McGarvey:** What are they like? [40:23]

**Dave Coleman:** Columbians just backed up, cops everywhere like literally an Audi [00:40:26] wagon ran right into the front steps of the docks. I mean, there were bricks everywhere, all big new favor [00:40:31] for the bomb.

**Mike McGarvey:** She is like Ms. Universe with that turn [00:40:34]?

**Dave Coleman:** [LAUGHS].

**Mike McGarvey:** All three names [00:40:36]—that's three underneath the black burgers [40:38] now.

**Dave Coleman:** You guys are going to have a drive through [00:40:40] but a good day. There, how about you? We'll talk of it inside.

**Mike McGarvey:** Actually, I was going to check my e-mails see if the quote came in. I got to see guys working on quotes that seemed to be like Monday will be impossible.

**Dave Coleman:** Oh, I like that impossible.

**Mike McGarvey:** But I've been through a couple, we don't have chillers that small. Here's one. And I think I had certainly can shine [00:41:11] looks like an entry pass someone. I had to go.

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**Dave Coleman:** Well. Okay, only for a few hours. Oh men, what a day.

**Rhett:** The next day, Mike reserves a rental chiller that can buy them the valuable time while a permanent fix is found. For the moment, they are back in business.

**Dave Coleman:** Who is thirsty? Somebody talk to me...

*[Video of a growler party]*

**Rhett:** Once a week, Mike and Dave host a growler party at the brewery. The attendees appreciate their award winning beer.

**Male Customer 3:** It's a great beer. I think you can go and try beer at the house of, you know, where you can comfort yourself. You know, their staff there and they're [inaudible 42:31] offers themselves.

**Mike McGarvey:** So, we're looking at expansion and adding tanks but right now this is our limiter and unfortunately we can't brew enough beer into these tanks right now with demands in market. So, we're looking forward to expansion but for now this is all we have.

**Rhett:** At the moment, 3 Stars is only producing kegs for about 30 local bars and restaurants. In the future, they hope to expand their production and perhaps bottle to broaden their reach. Partnering and collaborating with other breweries such as Oliver's Ales, performing community poverty outreach and supporting the local arts community, 3 Stars has become a positive local force.

**Dave Coleman:** That's it.

[End of video presentation]

[LAUGHTER]

[APPLAUSE]



**Speaker (Prof. Bill Gentile):** Good. That turned out so nicely, Rhett, really nicely man.

**Rhett:** Wow, I've never thought anything goes so...

**Anne:** What a character?

**Rhett:** That's what really makes it.

**Speaker (Prof. Bill Gentile):** Yeah, these are Brad's friends.

**Rhett:** Yeah, yeah. Those are great guys.

**Speaker (Prof. Bill Gentile):** Congratulations.

**Rhett:** Thanks so much.

**Speaker (Prof. Bill Gentile):** Fantastic.

**Rhett:** This was great.

**Speaker (Prof. Bill Gentile):** Really, really nice work.

**Rhett:** Oh, thank you.

**Speaker (Prof. Bill Gentile):** Really, really nice work.

**Rhett:** I appreciate that.

**Speaker (Prof. Bill Gentile):** Great stuff.

**Rhett:** Oh.

**Speaker (Prof. Bill Gentile):** I'm glad I got a couple of extra large, too.

**[LAUGHTER]**

**Rhett:** Oh, yeah. I might be able to fill that out.

**Speaker (Prof. Bill Gentile):** That will suit you.

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**[APPLAUSE]**

**Speaker (Prof. Bill Gentile):** Thank you all again, guys.

**Chad:** Yeah.

**Speaker (Prof. Bill Gentile):** I hope this helps you, you know, do the things you want to do, achieve the things you want to achieve. You've always got our friend here. This house is always yours. Please, if you need anything in the future, you know, you can always count on me. Thanks again. Join us again.

**[APPLAUSE]**

**[END]**