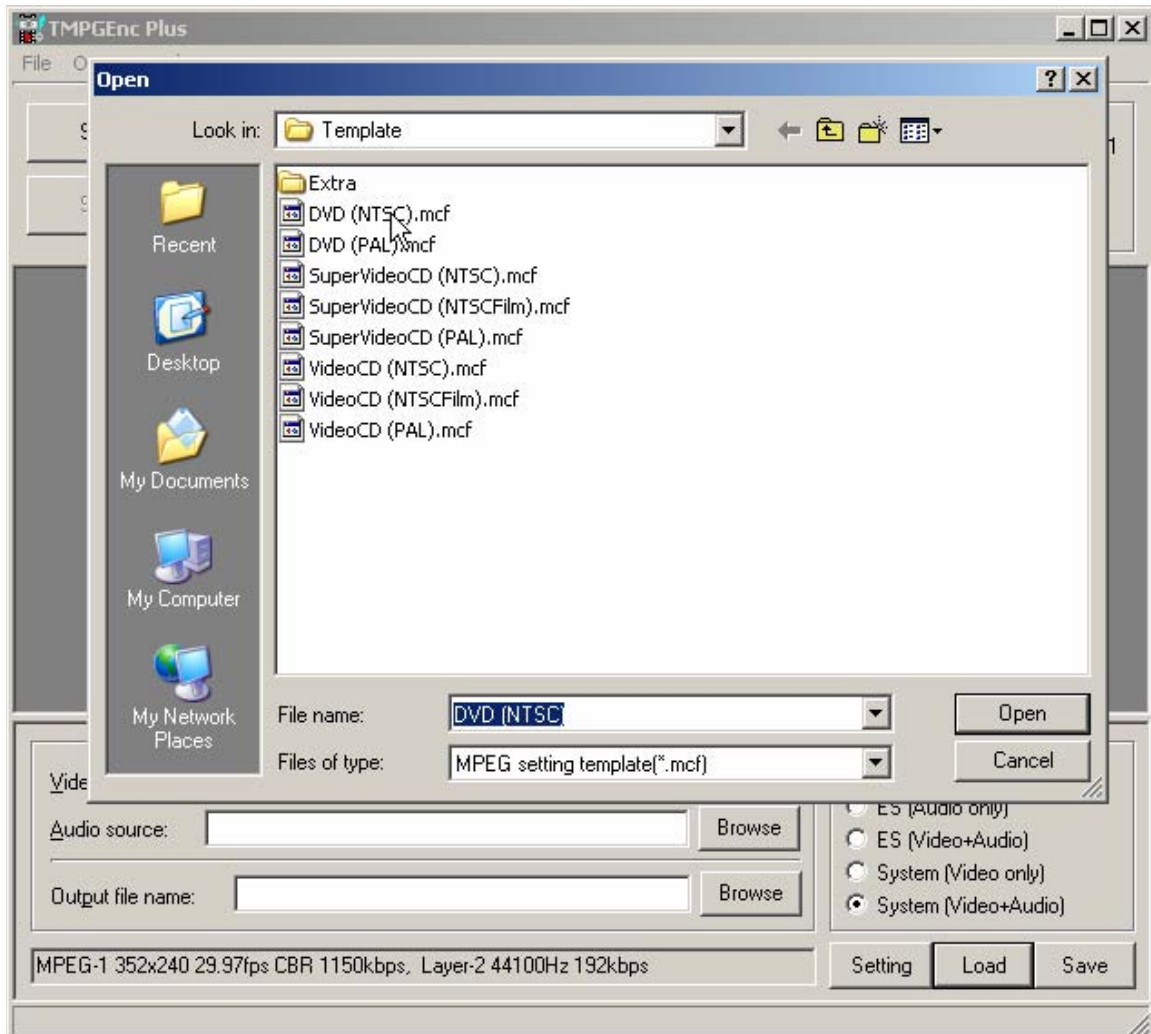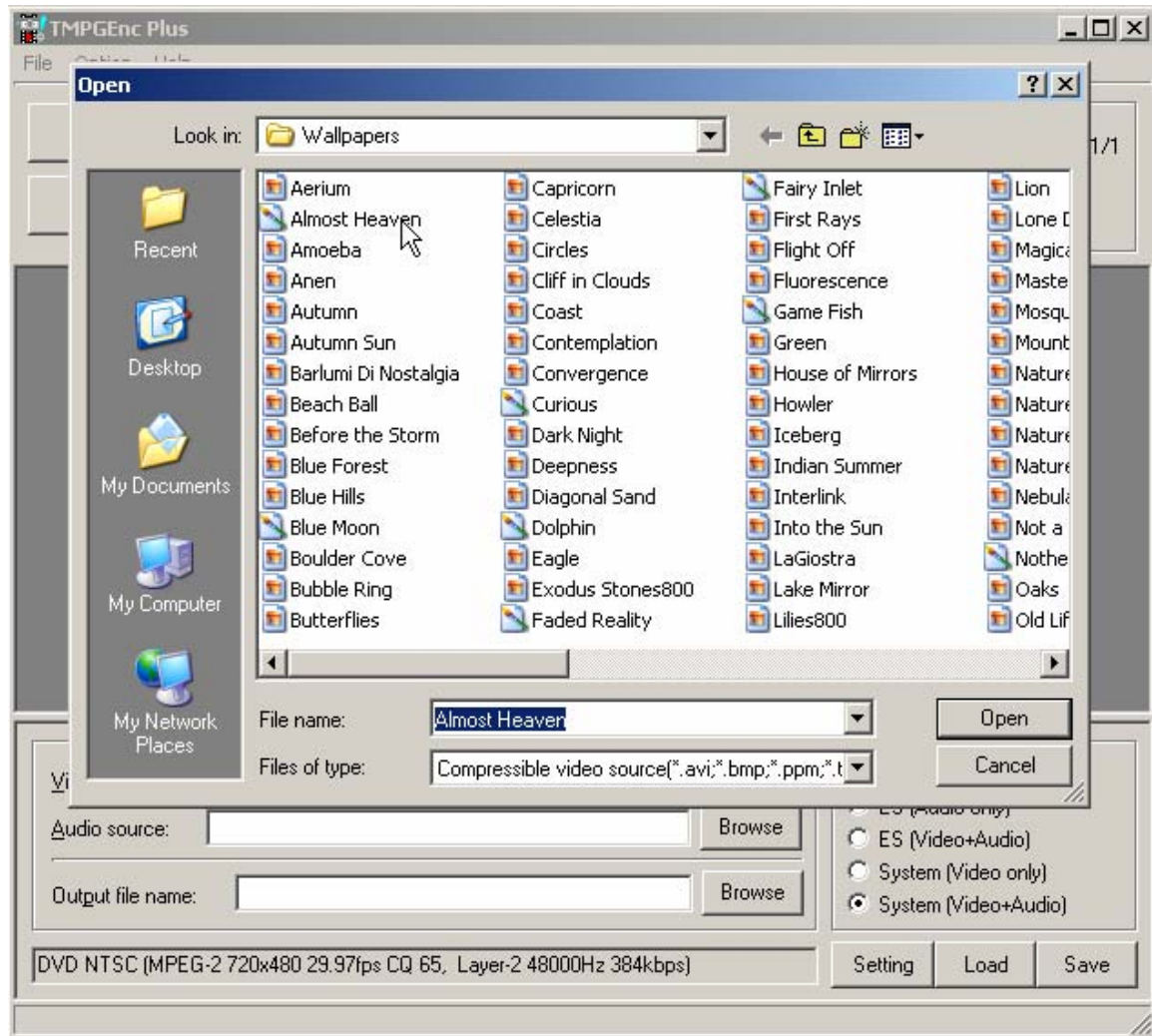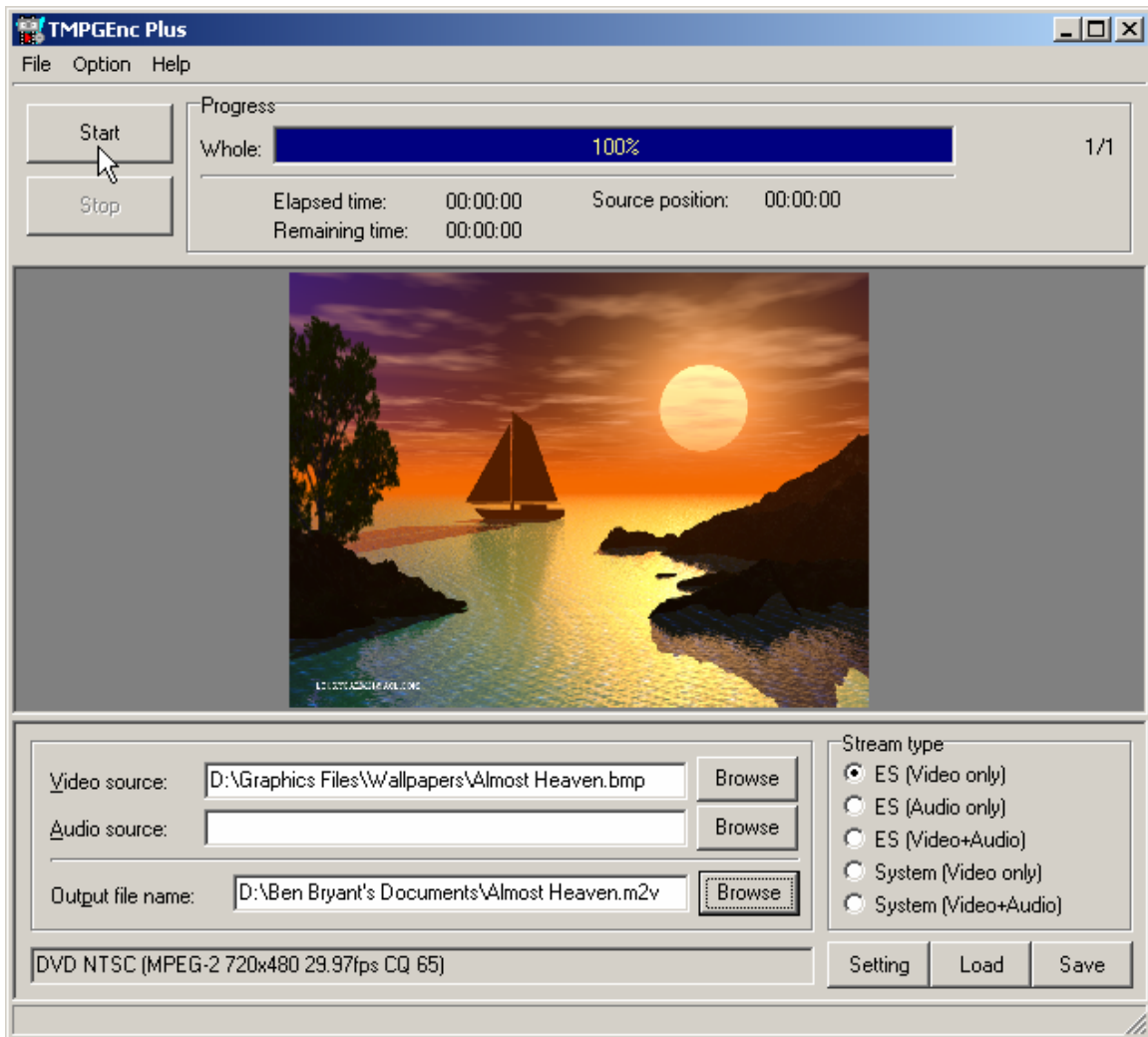# How to Create an Insert Disc 2 Video

1. Load Photoshop, create any 720x480 image, and save it in Bitmap (.bmp) format
2. Start TMPGEnc Plus and close the Project Wizard. Click the Load button and choose the DVD (NTFC).mcf template
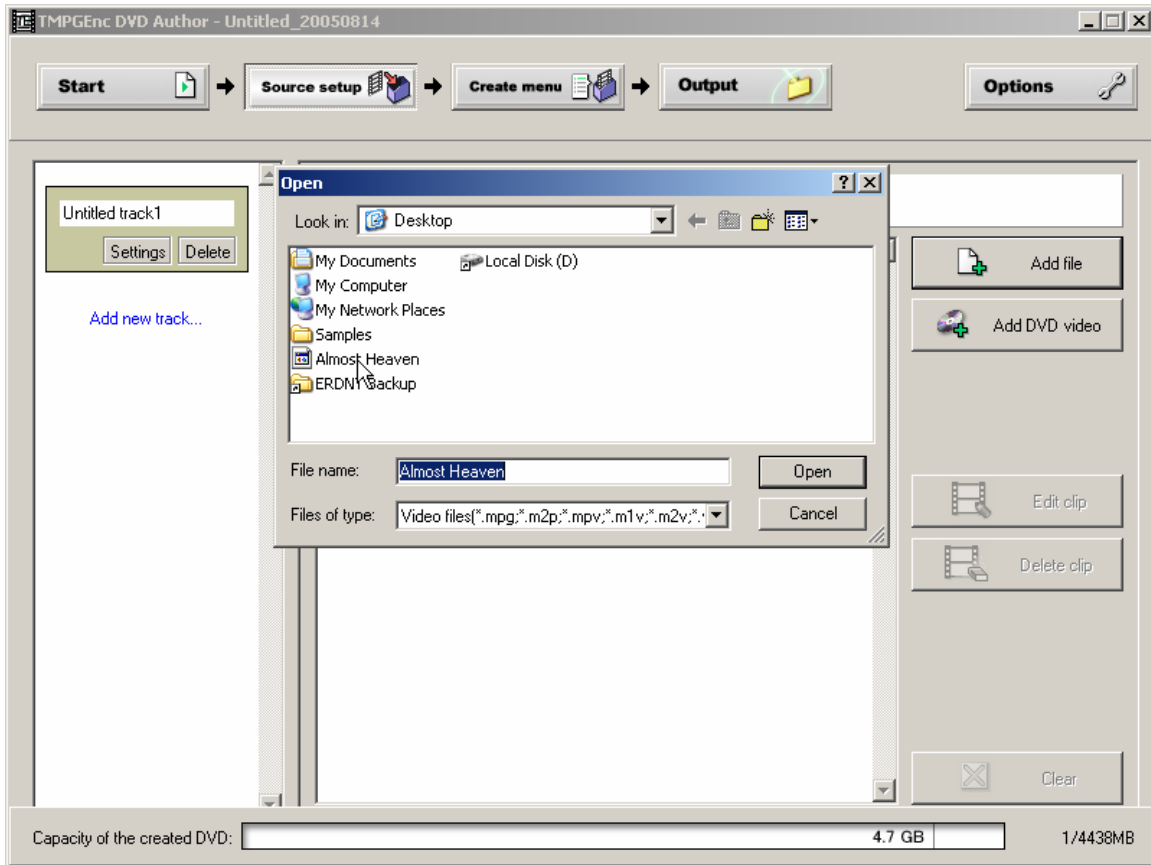
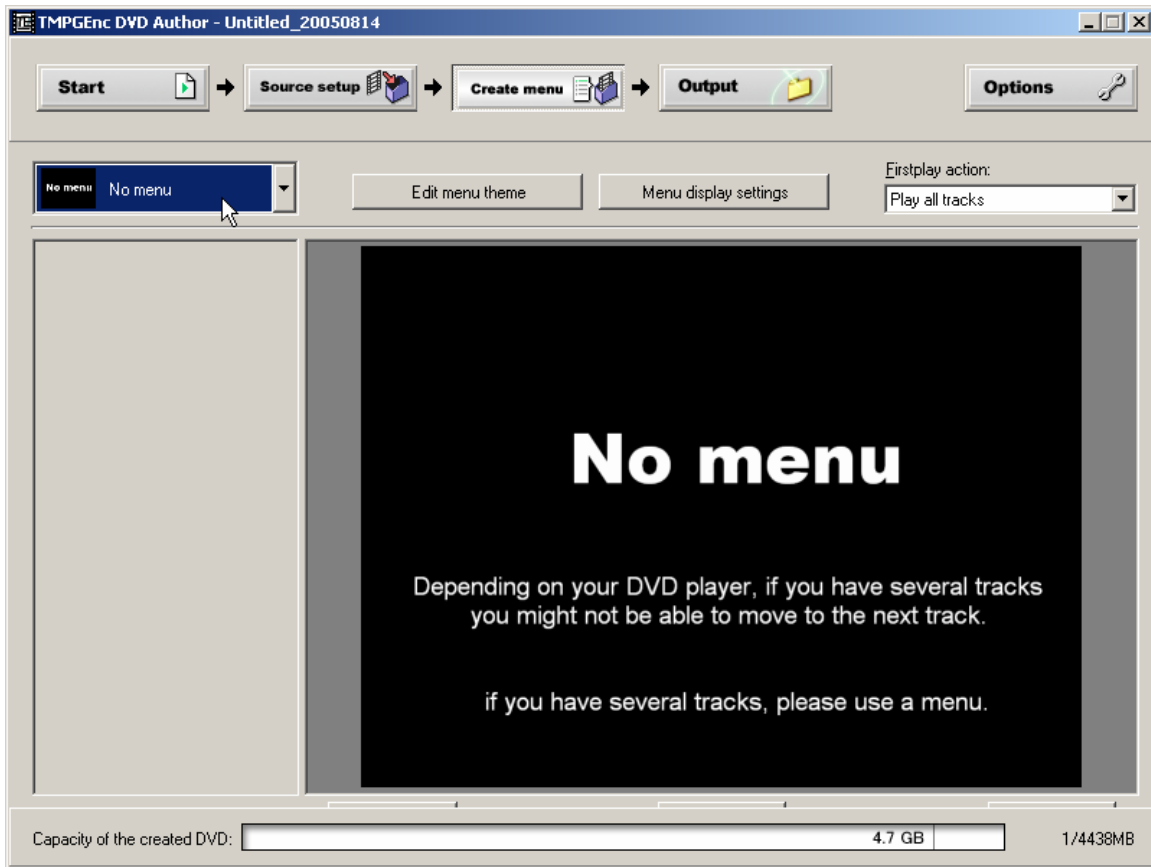3. On the Video source, click Browse and open the saved Bitmap image

4. On the Output file name, click Browse to create a new name and the location to save a .m2v file, and then click Start to begin the process

5. Start TMPGEnc DVD Author, press the Create new project button, click the Add file button, open the saved .m2v file, and then click OK

6. Select the Create menu tab, click the drop-down arrow, and choose "No menu"

7. Press the Output tab, click Brown to choose the location where to save the file, and then press the Begin output button. This will create an Insert Disc 2 video file within a VIDEO_TS folder and an empty AUDIO_TS folder to use with DVDShrink