

## What is a Podcast? / What is Podcasting?

A Google search > define: Podcast

Results in:

Podcasting, a portmanteau of Apple's "iPod" and "broadcasting", is a method of publishing files to the Internet, allowing users to subscribe to a feed and receive new files automatically by subscription, usually at no cost. It first became popular in late 2004, used largely for audio files.

Wikipedia defines podcating as:

**Podcasting** is the distribution of audio or video files, such as radio programs or music videos, over the Internet using either RSS or Atom syndication for listening on mobile devices and personal computers. A **podcast** is a web feed of audio or video files placed on the Internet for anyone to download or subscribe. Podcasters' websites also may offer direct download of their files, but the subscription feed of automatically delivered new content is what distinguishes a podcast from a simple download or real-time streaming (see below). Usually, the podcast features one type of "show" with new episodes either sporadically or at planned intervals such as daily, weekly, etc. Besides that there are podcast networks that feature multiple shows on the same feed. Podcasting's essence is about creating content (audio and/or video) for an audience that wants to listen when they want, where they want, and how they want.

### Podcasting In General

Creating a podcast requires very careful planning. The better or tighter your planning phase is, the smoother the actual production of the podcast will go. Technology needed to develop a podcast are: 1) A desktop or laptop; 2) A microphone or digital media recorder such as an iRiver or a MiniDisc Recorder; 3) Audio Editing Software, such as Audacity or GarageBand; and 4) An application to help you create the "enclosures" of the podcast, such as Podifier. There are many other alternatives to the technology mentioned above, but for the sake of this paper, and our sanity, I've selected a few names from a very long list. Regardless of which platform you prefer, the components to create and generate a podcast are the same. Later on in the "Resources" section of this paper, you'll find a larger selection of technology available.

Podcasts cover a very broad spectrum of topics. Since there are no Federal Regulations to oblige by, the Podcaster (the emcee whose voice you hear on the podcast), does not need to file for a license, unlike traditional radio, which must adhere to guidelines set forth by the government.

As a direct result for not having a license, anyone can generate a podcast and therefore there are no restrictions to what topics are discussed nor how "clean" the language may be.

And unlike traditional radio, once your podcast is available on the web, it is then part of a “global” market as opposed to a “regional” one. This means that your listening audience can, literally, span the entire world and not just a small local geographic area.

Podcasts are, by and far, FREE – but there is a movement to make some podcasts accessible only for members who shell out fees. An example of this is slowly making its way through the music industry.

Definition of an “enclosure” can be found here:

[http://en.wikipedia.org/wiki/RSS\\_enclosure](http://en.wikipedia.org/wiki/RSS_enclosure)

### **Industry and Podcasts**

Many industries have launched podcasts to keep people informed of any new developments, news or updates to existing issues. And although many of these podcasts are free to download and listen to, there is some degree of work and planning involved in creating a podcast that people will “tune-in” for on a regular basis.

The music industry has helped podcasting immensely! Independent producers and unsigned artists are using podcast technology to reach the masses. By the letter of the law, P2P (peer-to-peer) services are legal and podcasts are free. It’s no wonder groups such as the Arctic Monkeys or Gnarls Barkley have reached superstardom in the mainstream music world, simply based on the number of times their music has been downloaded.

Usually podcasts involve music. But chances are the music you find will not be from any artist you may recognize. The music comes from unsigned artists who are looking to break into the industry.

There is a “buzz” to make podcasts with artist we all recognize. But to be able to listen to such artists would require us to A) become a member/subscriber to an online services or B) pay-as-we-go. Understandable since the music is of course copywritten and both the artists and their labels would need to be paid.

Other industries are also pushing and promoting podcasts. Sports are a major promoter for podcasts. Take a listen to ESPN Radio from their website. There you’ll have a choice to either “play” the audio, “download” it to your computer or go to i-Tunes to send it to your iPod. The news can now be downloaded as a podcast. Listen to CNN and get the latest information or download a “video podcast” also known as a “vodcast” and watch the news or a CNN program such as Glenn Beck. Auto maker BMW offers podcasts off its website. IBM is another company offering podcasts to their customers. These industries are utilizing the same technology that was mentioned earlier and are targeting customers and the general public-at-large. Now education is following this trend to target students, fellow instructors, parents and the communities they serve. Below are the various URLs referred to above:

ESPN Radio - <http://espnradio.espn.go.com/espnradio/podcast/index>  
CNN - <http://www.cnn.com/services/podcasting/>  
BMW - <http://podcast.bmw.com/en>  
IBM - <http://www.ibm.com/investor/viewpoint/podcast/05-08-05-1.phtml>

### **Education and Podcasts**

Imagine if you could download a podcast to help you learn how to properly pronounce words in a different language or learn English as a second language. Or perhaps find a podcast where an interview with a WWII veteran offers you a personal point-of-view of the events that occurred on December 7, 1941. You might find a podcast involving a discussion on diversity issues and the media. These are examples of “podcasts from the classroom.”

It’s true that there are no limits to the topics podcasts cover and in education that is also the case. As an instructor, one can opt to have his/her lectures available for downloading to a digital media player, such as an iPod, Creative Zen or the new Microsoft Zune to be listened to for reviewing purposes. Science experiments and field trips can generate discussions that could make great podcasts, which can then generate further discussions outside of the classroom after downloading and listening to them.

Podcasting has been around for a few years and yet is still considered “new”. Education doesn’t end at institutions but has expanded to include Corporate Training. In areas such as Graphic Design and Multimedia, you can download either a podcast for listening or a vodcast to see how various techniques are achieved.

By providing the fuel to generate creative, intellectual and worthwhile podcasts for various fields of study, you can then use podcasts in developing countries where technology and education are now beginning to take form shaping the country’s infrastructure.

Using podcasts in the classroom can give you a first person point-of-view of what is happening in “hot spots” around the world. Listen in on how things in Darfur are progressing from those who are there trying to make a difference. Or, listen to podcasts from both sides of the Israeli and Palestinian conflict in the Middle-East. These sorts of podcast are created by people who live in a world where violence and conflict have become a way of life. The news that we listen to may have a biased and/or scewed perspective of the situation and it’s usually a good idea to get another perspective. Podcasts allow you the opportunity to hear various sides of an issue which allows you to formulate your own opinion of a situation. Below are some URLs that illustrate the examples listed above:

Medicins Sans Frontieres - <http://www.msf.org/>  
iPod - <http://www.apple.com/itunes/>  
Creative Zen - <http://www.creative.com/>  
Microsoft ZUNE (article from Podcasting News) - <http://www.podcastingnews.com/2006/09/14/microsoft-zune-first-look/>

## Conclusion

Although podcasting is a relatively new media, newer forms are already making their way to a digital media player near you. These newer forms are known as “enhanced podcasts.” They are designed to deliver photos and other images in synchronization with the audio of the podcast much like a slide show. As you can imagine, the file size will be much larger than a standard podcast and therefore may take longer to download. Below are URLs where you can find information on enhanced podcasts:

MakeZine - <http://www.makezine.com/extras/43.html>

Digital Producer - <http://www.digitalproducer.com/articles/viewarticle.jsp?id=37839>

Students benefit from podcasts in many ways. Not only can they download music legally to share with friends, but can learn about the latest business trends, or learn how to market their skills in an ever-changing economy, or listen in on a first person point-of-view from someone who has been on the front lines battling the insurgents in Iraq.

Podcasting is an experience that is fresh, current, entertaining, informative and in many cases, insightful. Where a moment in time is captured for the world to hear and share and become a part of human history.

Below are various lists of resources. These lists include information on how-to create podcasts for both PC and Mac; the sort of technology needed to develop a podcast, along with some free downloads, and where to upload it once it’s done. There is information on books that can be purchased from your local bookstore, as well as online resources and directories which can provide you with many useful examples of podcasts.

### From the user side:

-Where to find podcasts on various topics?

[www.acidplanet.com/](http://www.acidplanet.com/)

<http://www.virginradio.co.uk/thestation/podcasts/index.html>

[http://www.npr.org/rss/podcast/podcast\\_detail.php?siteId=4819382](http://www.npr.org/rss/podcast/podcast_detail.php?siteId=4819382)

### Samples for podcasts

-Music, Business & Finance, Technology, News, Educational, etc  
(Demonstration of examples of various podcasts.)

University of Wisconsin: <http://engage.doit.wisc.edu/podcasting/teachAndLearn/>

Librivox: <http://www.librivox.org/>

Podcast and Portable Media Expo: <http://www.portablemediaexpo.com/audio.htm>

NPR: [http://www.npr.org/rss/podcast/podcast\\_directory.php](http://www.npr.org/rss/podcast/podcast_directory.php)

Media Artist Secrets: <http://www.fmstudio.com/blog/index.html>

Podcast from the West Bank in the Gaza Strip: <http://www.rabble.ca/rpn/btw/>

### **From the creators side:**

#### **-Tools of the trade**

- Microphones / Flash Drive / Digital Recorders  
iRiver ([www.iriveramerica.com](http://www.iriveramerica.com)), iTalk (for iPods [www.apple.com](http://www.apple.com))

#### **-Free Software vs. Consumer Software vs. Professional Software**

- Audacity (<http://audacity.sourceforge.net/download/>)
- Adobe Audition (<http://www.adobe.com/products/audition/main.html>)
- Sony ACID  
(<http://www.sonymediasoftware.com/products/acidfamily.asp>)
- GarageBand (<http://www.apple.com/ilife/garageband/>)
- Soundtrack (<http://www.apple.com/finalcutexpress/soundtrack.html>)

#### **-Generating Enclosures**

- MP3 Tag Tools (<http://sourceforge.net/projects/massid3lib>)
- Podifier (<http://www.podifier.com/>)

#### **-Where to host your podcast?**

- Our Media (<http://www.ourmedia.org/>)
- Gcast (<http://www.gcast.com/?nr=1&&s=60900592>)
- CastPost (<http://www.castpost.com/>)
- SwitchPod (<http://www.switchpod.com/>)
- iTunes (<http://www.apple.com/itunes/>)
- SlipCast (<http://slapcast.com/>)
- eSnips (<http://www.esnips.com/signin/index.jsp>)
- ShockPod (<http://www.shockpod.com/>)

#### **-Can you upload to your existing website?**

Yes, you can! The one drawback to this is that unless you have a method of monitoring the number of times it's been downloaded, you'll never know how well your podcast is doing. Monitoring how many times your website has been visited does not mean your podcast has been downloaded either.

#### **-What is an Aggregator / News Reader?**

- As defined by Google:

<http://www.google.com/search?hl=en&q=define%3A+News+Aggregators>

- As defined by Wikipedia:

[http://en.wikipedia.org/wiki/News\\_aggregator](http://en.wikipedia.org/wiki/News_aggregator)

- List of Aggregators (from Wikipedia)

[http://en.wikipedia.org/wiki/List\\_of\\_news\\_aggregators](http://en.wikipedia.org/wiki/List_of_news_aggregators)

### **Copyright Issues**

- Creative Commons – <http://creativecommons.org/>

**For additional resources on:**

- Creative Commons
- Intellectual Property
- Fair Use Act
- Digital Millennium Copyright Act

See this webpage for additional websites:

[http://faculty.plattsburgh.edu/edwin.vega/copyright\\_information.htm](http://faculty.plattsburgh.edu/edwin.vega/copyright_information.htm)

**Applications where podcasts can be beneficial:**

- Books on Tape/CD
- Review lessons
- Conduct Interviews
- Archiving & Documentation
- Learn a new language
- TOD – Teaching-On-Demand

**Who is currently using podcasts?****Companies/Corporations**

- CNN - <http://www.cnn.com/services/podcasting/>
- Podcast and Portable Media Expo -  
<http://www.portablemediaexpo.com/audio.htm>
- Disney - <http://disney.go.com/music/podcasts/today/index.html>
- NPR - [http://www.npr.org/rss/podcast/podcast\\_directory.php](http://www.npr.org/rss/podcast/podcast_directory.php)
- ABC News - <http://abcnews.go.com/Technology/Podcasting/>

**Education**

- Education Podcast Network - <http://epnweb.org/>
- San Francisco Museum of Modern Art -  
[http://www.sfmoma.org/education/edu\\_podcasts.html](http://www.sfmoma.org/education/edu_podcasts.html)
- Apple - <http://www.apple.com/education/podcasting/>
- Ball State University –  
<http://www.bsu.edu/library/article/0,1894,163773-11770-35591,00.html>
- The Newsletter of the National Institute for Technology and Liberal Education  
[http://newsletter.nitle.org/v4\\_n3\\_summer2005/news.php](http://newsletter.nitle.org/v4_n3_summer2005/news.php)  
(Scroll down to the middle of the page: Article by Bryan Alexander)

**Training**

- Media Artist Secrets –  
<http://www.fmstudio.com/blog/index.html>

**What's next?**

- VODcasting – Video-On-Demand
- Vlogging – Video Blogging

- Moblogging – Mobile Blogging
- VCasts – Video Casts

### **List of resources:**

Adam Curry - <http://www.curry.com/>  
(One of the godfathers of podcasting.)

### **For Mac:**

<http://www.engadget.com/2004/10/05/engadget-podcast-001-10-05-2004-how-to-podcasting-get/> - Engadget  
<http://www.stager.org/podcasting.html> - Gary S. Stager  
<http://macs.about.com/b/a/183613.htm> - About.com

### **For PC:**

#### **Educational Podcasts:**

<http://www.bsu.edu/library/article/0,1894,163773-11770-35591,00.html> - The Principles and Methods of Digital Listening: Educational Podcasting  
[http://www.podcastingnews.com/articles/Make\\_Podcast\\_Blogger.html](http://www.podcastingnews.com/articles/Make_Podcast_Blogger.html) - Making a Podcast with Blogger and FeedBurner  
<http://blog.wolverhamptonclc.co.uk/2005/08/09/podcasting-a-new-force-in-education/> - Podcasting: A new force in education  
<http://epnweb.org/> - Education Podcast Network  
<http://www.apple.com/education/ipod/> - iPod in The Classroom  
<http://www.macdevcenter.com/pub/a/mac/2005/01/25/podcast.html> - How to record a Podcast (on a Mac)  
<http://edupodder.com/> - EduPodder

#### **Hosting:**

<http://blipmedia.org/su/rp/?s=goog> (r.Podcaster)  
[http://www.podcastingnews.com/archives/2005/08/new\\_podcast\\_vid.html](http://www.podcastingnews.com/archives/2005/08/new_podcast_vid.html) (Podcasting News)  
<http://www.podbus.com/> (Podbus)  
<http://creativecommons.org/tools/ccpublisher> (CC Publisher)  
<http://digitalmedia.oreilly.com/2005/09/07/hosting-podcasts.html> (O'Reilly)  
<http://radio.indymedia.org/> (Radio Indy Media)  
<http://www.podcastdirectory.com/add/> (Podcast Directory)  
<http://www.feedburner.com/fb/a/popup-quickstart-podcast> (Publish Your Podcast)  
<http://www.podcast.net/addpodcast> (Podcast)  
[http://www.podcastalley.com/podcast\\_genres.php?pod\\_genre\\_id=3](http://www.podcastalley.com/podcast_genres.php?pod_genre_id=3) (Podcast Alley)

**Podcast Software:**

<http://www.podifier.com/> (Podifier)  
<http://ipodder.sourceforge.net/index.php> (iPodder)  
<http://ipodderx.com/> (iPodderX)  
<http://jpodder.com/> (JPodder)  
<http://www.apple.com/itunes/hp/download/> (iTunes)  
<http://www.apple.com/itunes/> (iTunes)  
<http://podfeeder.com/> (PodFeeder)  
<http://www.dorada.co.uk/> (RSS Radio)  
<http://www.dopplerradio.net/> (Doppler Radio)  
<http://thirstycrow.net/happyfish/default.aspx> (Happy Fish)  
[http://www.download3000.com/download\\_10509.html](http://www.download3000.com/download_10509.html) (Podspider)

**Podcast Info:**

<http://www.bbc.co.uk/radio/downloadtrial/> (BBC Radio)  
<http://en.wikipedia.org/wiki/Podcasting> (Wikipedia)  
<http://www.podcastingnews.com/> (Podcasting News)  
<http://www.podcast411.com/> (Podcast 411)  
<http://www.answers.com/topic/podcasting> (Answers.com)

**Tools:**

<http://www.podcasting-tools.com/> (Resource for Podcasting)  
[http://reviews.cnet.com/4520-6450\\_7-6212319-1.html](http://reviews.cnet.com/4520-6450_7-6212319-1.html) (MP3 Insider)  
<http://www.feedforall.com/tools-for-podcasting.htm> (Feed For All)  
<http://www.e-learningcentre.co.uk/eclipse/vendors/podcasting.htm> (e-Learning Centre)  
<http://www.rss-specifications.com/podcasting-explained.htm> (Tools for Webmasters)  
<http://www.garageband.com/podcast> (GarageBand.com)  
[http://www.workz.com/content/view\\_content.html?section\\_id=464&content\\_id=6834](http://www.workz.com/content/view_content.html?section_id=464&content_id=6834)  
(WorkZ)  
<http://www.potionfactory.com/news.html> (Potion Factory) [Mac Only]  
<http://mixcastlive.com/category/podcasting-tools/> (MixCast Live) [Free Download]  
<http://www.apple.com/support/garageband/podcasts/> (from Apple for everyone)  
[http://www.podcastingnews.com/archives/2005/02/feeddemon\\_takes.html](http://www.podcastingnews.com/archives/2005/02/feeddemon_takes.html) (Podcasting News)  
<http://www.acidplanet.com/podcasts/default.asp?p=Create&T=1> (ACIDplanet.com)

**Forums:**

[http://creativecalf.creativecow.net/cgi-bin/new\\_view\\_posts.cgi?forumid=205](http://creativecalf.creativecow.net/cgi-bin/new_view_posts.cgi?forumid=205) (Creative Cow)

### **Additional Website Resources:**

<http://engage.doit.wisc.edu/podcasting/teachAndLearn/>

5 steps to designing podcasts that teach

<http://podcast.nox.org/>

examples of real podcasting uses in education, how to guides, demonstrations

<http://www.podcastforteachers.org/>

hosted by Fordham University

<http://www.librivox.org/>

listen to or volunteer to create audio books with public domain resources

<http://www.e-learningcentre.co.uk/eclipse/Resources/podcasting.htm>

library of resources for discovering podcasting

<http://www.robynrosenberg.com/pod.htm>

list of podcasting in libraries and higher education

<http://www.uis.edu/podcasting/projects/index.html>

how podcasting is being used at University of Illinois at Springfield

<http://podcasting.arizona.edu/>

podcasting in use at Arizona University

<http://images.apple.com/education/solutions/podcasting/pdf/PodcastCreationGuide.pdf>

free guide from apple on creating podcasts- 31 pages

<http://teachwtech.blogspot.com/2006/02/episode-7-preview-k-12-podcasting-and.html>

a podcast, a blog, and resources for k12 podcasting

<http://www.xplanazine.com/resources.html#anchor6>

podcasting resource links from xplanazine

<http://podcasts.yahoo.com/series?c=e&s=8c30a8feaf2ee510df5dee2c0ef51814&es=31&rs=1>

a podcast about education and podcasting

<http://playlistmag.com/features/2006/02/library/index.php>

article: libraries turning to iPods and iTunes

<http://keillor.richmond.edu/blojsom/blog/ats/2005/09/07/Educational-Uses-of-Podcasting.html>

teaching students English/Japanese through podcasting

Software

Proof of identity required – i.e. Faculty, Staff or Student (ID Cards or Transcripts)

Academic Super Store - <http://www.academicssuperstore.com/>  
Studica - <http://www.studica.com/products/index.cfm>  
Journey Ed - <http://www.journeyed.com/home.asp>  
Advanced Academic Solutions - <http://www.advancedacademic.com/>  
Campus Tech - <http://www.campustech.com/>  
Software Express - <http://www.swexpress.com/>  
Creation Engine - <http://www.creationengine.com/>

**Free Loops for ACID (PC) and/or GarageBand (Mac):** (No ID required.)

Free ACID Loops - <http://www.freeacidloops.net/>

ACID Fanatic (download the previews – they're FREE) -  
<http://www.acidfanatic.com/index.php?section=loops>

ACIDplanet (Home of the 8-Pack every Tuesday) -  
<http://www.acidplanet.com/tools/8packs/?t=8973>

Looperman - [http://www.looperman.com/loops\\_samples\\_menu.php](http://www.looperman.com/loops_samples_menu.php)

Loops (Right-Click to save WAV files.) - <http://www.loops.net/>

PlatinumLoops - [http://www.platinumloops.com/free\\_loops.shtml](http://www.platinumloops.com/free_loops.shtml)

Indica Audio (Membership Required – it's FREE) -  
<http://www.indicaaudio.com/actions/home.do>

The Daily WAV (Soundbytes from TV & Movies) -  
<http://dailywav.com/index.php>

Free Loops - <http://www.freeloops.com/>

Future Wave Shaper - <http://www.futurewaveshaper.com/>

Loop Masters (Can download Demo MP3s) - <http://www.loopmasters.com/>

PocketFuel - <http://www.pocketfuel.com/gallery.php>

FindSounds (Type in the instrument you're looking for.) -  
<http://www.findsounds.com/ISAPI/search.dll>

Nature Sound Effects (Thunderstorms, etc.) –  
<http://nature-downloads.naturesounds.ca/>

Sound Effects - <http://www.koumis.com/soundfx.htm>

SonnyBoo (These are ZIP files of INDIE music) -  
<http://www.sonnyboo.com/music/music.htm>

Loop Galaxy (Membership Required – it's FREE) -  
<http://www.loopgalaxy.com/audio/user/signup.do>

## **Books:**

### **Podcasting Now! Audio Your Way**

by [Andrew J. Dagys](#)

- **Paperback:** 272 pages ; Dimensions (in inches): 0.70 x 9.08 x 7.52
- **Publisher:** Course Technology PTR; 1 edition (November 18, 2005)
- **ISBN:** 1598630768

### **Podcasting: Do It Yourself Guide**

by [Todd Cochrane](#)

- **Paperback:** 298 pages ; Dimensions (in inches): 0.73 x 9.28 x 7.44
- **Publisher:** Wiley; (June 10, 2005)
- **ISBN:** 0764597787

### **Podcast Solutions: The Complete Guide to Podcasting (Solutions)**

by [Michael Geoghegan](#), [Dan Klass](#)

- **Paperback:** 240 pages ; Dimensions (in inches): 0.69 x 9.26 x 7.44
- **Publisher:** friends of ED; Bk&CD-Rom edition (August 22, 2005)
- **ISBN:** 1590595548

### **Secrets of Podcasting : Audio Blogging for the Masses**

by [Bart G. Farkas](#)

- **Paperback:** 224 pages ; Dimensions (in inches): 0.46 x 9.04 x 7.08
- **Publisher:** Peachpit Press; (August 9, 2005)
- **ISBN:** 0321369297

**Absolute Beginner's Guide to Podcasting (Absolute Beginner's Guide)**

by George Colombo, Curtis Franklin

- **Paperback:** 264 pages ; Dimensions (in inches): 0.64 x 9.02 x 7.40
- **Publisher:** Que; (October 17, 2005)
- **ISBN:** 0789734559

**Tricks of the Podcasting Masters**

by Robert Walch, Mur Lafferty

- **Paperback:** 360 pages
- **Publisher:** Que; (May 25, 2006)
- **ISBN:** 0789735741

**Hands-On Guide to Video Blogging and Podcasting, First Edition : Emerging Media Standards for Business Communication (Hands-On Guide Series)**

by Damien Stolarz, Lionel Felix

- **Paperback:** 352 pages
- **Publisher:** Focal Press; (April 17, 2006)
- **ISBN:** 0240808312

**Podcasting For Dummies ® (For Dummies (Computer/Tech))**

by Tee Morris, Evo Terra, Dawn Miceli, Drew Domkus

- **Paperback:** 360 pages ; Dimensions (in inches): 0.80 x 9.20 x 7.36
- **Publisher:** For Dummies; (November 21, 2005)
- **ISBN:** 0471748986

For additional information on Podcasts and Aggregators, please visit Edwin Vega's Faculty Website at [www.plattsburgh.edu](http://www.plattsburgh.edu) and look for "Podcasting Information" and "Aggregators / Readers":

**Podcasting - [http://faculty.plattsburgh.edu/edwin.vega/psx\\_podcasting.htm](http://faculty.plattsburgh.edu/edwin.vega/psx_podcasting.htm)**

**Aggregators - [http://faculty.plattsburgh.edu/edwin.vega/psx\\_aggregators.htm](http://faculty.plattsburgh.edu/edwin.vega/psx_aggregators.htm)**

To view how podcasting is currently being used in the classroom, please visit Darcy Aubrey's Website at <http://student.plattsburgh.edu/> and look for her WebQuest:

**WebQuest - [http://student.plattsburgh.edu/aubr1818/podcastingppt\\_files/frame.htm](http://student.plattsburgh.edu/aubr1818/podcastingppt_files/frame.htm)**