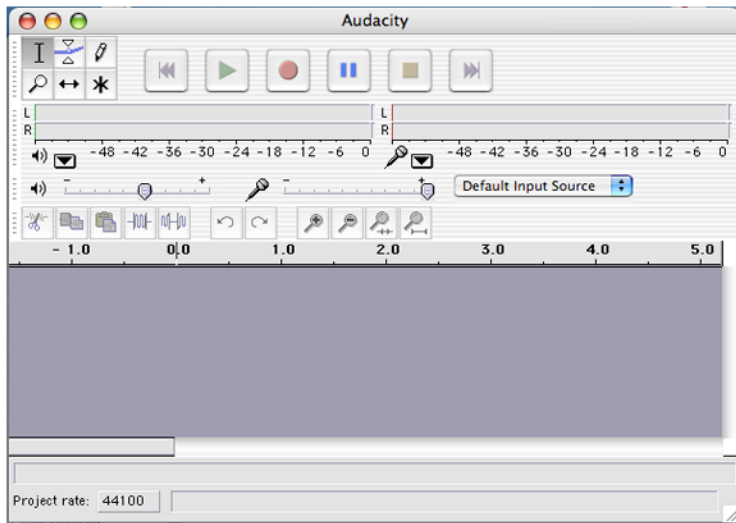
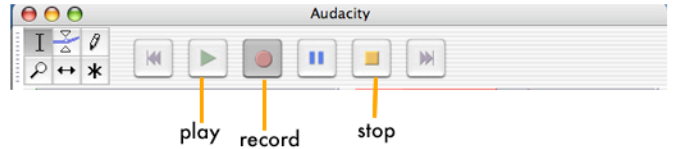


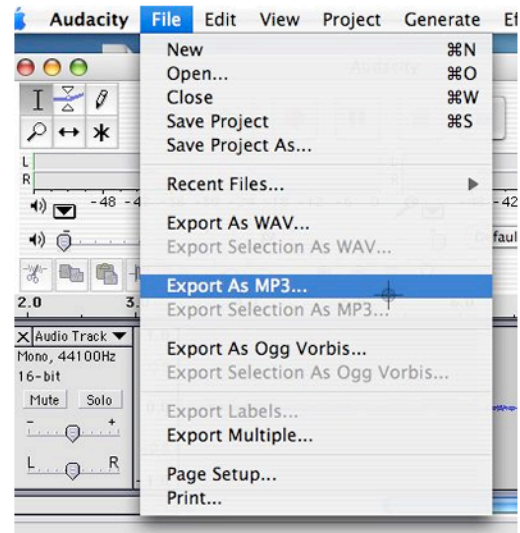
1. Audacity is a simple to use audio recording tool that can be used to record your voice and save the file in a variety of formats. It is available for both mac and windows and best of all its free. Double click on the application to open it. It opens an interface that looks like the one below. It looks complex but you only need to use a few of the features to record a simple audio message.



2. Click on the red record button and start talking into your microphone. Click on the yellow stop square when you are done. You can click play to listen to it to make sure it is what you want.



3. When you are happy with your results go to File>Export to MP3 and you can save your file.



4. Give it a unique name and choose where to save it and click save. It is now ready to be placed right in to a blog to create your podcast.

