

## A Sterling Production

Talk about perfect timing!

When Sterling was first referred to Copa Health's WAT (Work Adjustment Training) program someone asked him what he was interested in. He responded that he was interested in video production and was soon happily surprised to learn that The Villages was just starting Copa TV!

Sterling started video creation as a teenager. His first entry in a Halloween video contest in Queen Creek won first prize!! "This was one of my favorite experiences as they played my video on a large outdoor screen!" He credits that experience with creating the passion to begin exploring filmmaking.

While in high school, Sterling enrolled at EVIT for video production, but reluctantly had to quit that program to focus on his grades to graduate high school.

Right before the pandemic in early 2020, Sterling enrolled in a studio production certificate program at Glendale Community College. The program ended due to the pandemic - right in the middle of an important group project. He was not deterred and remained optimistic about his future.

Copa TV has given Sterling a vehicle to continue to make progress in his filmmaking aspirations. He speaks often about his dreams of becoming a filmmaker, working in the industry, and producing larger-scale projects.

A recent highlight for Sterling was when he got to meet Rob, a professional videographer who was working with Copa Health to create PSAs for Mental Health Awareness Month. Sterling was able to spend several hours with Rob and learn from a true professional.

Even when Sterling is not at East Village, he spends his free time dreaming up ideas, jotting down creative ways to film, editing upcoming videos, and watching other content to help him improve his own. He says, "Once I start brainstorming, I can't stop!"



Ryan Paulson, Program Director for The Villages, says, "Without Sterling, Copa TV would be nothing more than a hope or a dream. Sterling puts his heart and soul into his work, and we are all so proud of him!"



Sterling states, "I have really polished my skills and improved since the beginning of Copa TV. Capturing better audio, always working on my editing skills, and learning how to add graphics and make the transitions in the videos more seamless are my biggest objectives." Most importantly, he adds, "Our equipment is improving little by little and that makes a huge difference!"

For now, Sterling is concentrating on putting out more episodes of Copa TV. Each episode has five segments: "Get Creative," "Get Moving," "What's for Lunch," "Spotlight," and "Inspiration." Each segment requires time and patience, and Sterling is all in for whatever it takes!

Check out Sterling's work at [www.thevillagesatcopahealth.org](http://www.thevillagesatcopahealth.org).