

Kevin Blackburn Photography

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Ur. Image News letter



From Kevin:
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
See there is no Someday!

What's going on? In My Calendar

July 12th Schlappi Dawkins Wedding
July 17th Wintergreen Trash the Wedding Dress
Photo shoot.
June 18th Third Fridays Waynesboro
June 20th Lacrosse Lexington VA
July 26th Dunigan Wedding
July 29th Children's Art network Open House
August 9th Davis Wedding

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www.waynesborogalleries.com

WIN A FREE PRINT

The first people 3 to
Answer this Trivia question will win a free 8x12 art
print from our image of the month collection

*What Year was the United State Air Force officially
formed and from what branch of the US military was it
formed and who was the First Secretary of the Air
Force?*

Email the answer to kevin@kevinblackburn.com
Last months answer: (January 17, 1773). Captain James Cook

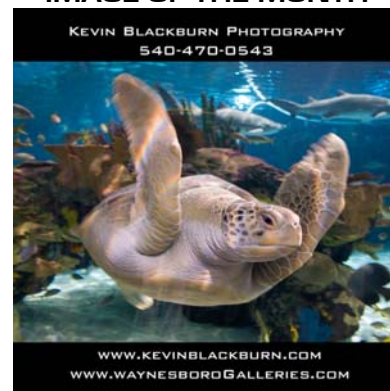
BIG NEWS

We survived Vacation that's the big news and here's an
image from the trip



Photo By: Tysha Blackburn © 2008

IMAGE OF THE MONTH



View the image of the month online at
www.waynesborogalleries.photorelect.com

PHOTO TIP OF THE MONTH

Use Flash Outdoors

Bright sun can create unattractive deep facial shadows. Eliminate the shadows by using your flash to lighten the face. When taking people pictures on sunny days, turn your flash on. You may have a choice of fill-flash mode or full-flash mode. If the person is within five feet, use the fill-flash mode; beyond five feet, the full-power mode may be required. With a digital camera, use the picture display panel to review the results. On cloudy days, use the camera's fill-flash mode if it has one. The flash will brighten up people's faces and make them stand out. Also take a picture without the flash, because the soft light of overcast days sometimes gives quite pleasing results by itself

FEATURED CLIENT OF THE MONTH



Honesty, Integrity, Experience

As founder of Scovan Financial Services, Inc. and a financial advisor and registered principal with Raymond James Financial Services, Scott Koehn has been providing personalized wealth management services since 1997. In helping his clients reach their financial goals, he focuses on risk management, tax strategies and comprehensive financial planning. Scott earned his bachelor's degree in agricultural and applied economics from Virginia Polytechnic Institute, and entered the financial services industry in 1994.

Helping people achieve their financial goals is our passion. We believe that to best serve our clients, we must establish partnerships based on trust and understanding. By getting to know them we can craft plans truly based on their best interests.

Our practice is based not on the value of your portfolio, but on a portfolio built on values. We will always work with honesty and integrity to help you reach your goals and objectives. Using our disciplined and structured approach to financial planning, we can help you prepare for the future.

Whether you need investment advice, performance updates for your portfolio or have specific questions, the professionals at Scovan Financial Services will always be available to provide professional, prompt and courteous service. With their team approach to assisting clients with various needs, you can trust them as your single source for financial services and information.

Scott A. Koehn

Financial Advisor, Registered Principal

Devan A. Koehn

Certified Public Accountant

Susan F. Swisher

Client Services Manager

Whitney J. Deitz

Registered Sales Assistant

www.scovanfinancial.com

RECIPE OF THE MONTH

Apple-Walnut Crisp - serves 9

6 cup apples
1 tsp nutmeg
2/3 cup unbleached flour
4 tbsp light margarine
1/2 cup brown sugar, packed
3 tbsp walnuts, chopped
2 tsp cinnamon

Preheat oven to 375. Prepare an 8" square pan with cooking spray and flour. Arrange apples in prepared pan; set aside. In a mixing bowl, combine flour, brown sugar, cinnamon, and nutmeg. Cut in margarine with a pastry blender until crumbly. Stir in walnuts. Sprinkle mixture evenly over apples. Bake for 30 minutes, or until apples are tender and topping is crisp.

Nutrient Analysis per serving

Calories 141 kcal Protein 1 g Fat 4 g Carbohydrate 27 g sodium 35 mg Cholesterol 0 mg Fiber 2 g

EXERCISE (TIP) OF THE MONTH WORK YOUR MONEY MAKER Resistance Band Lunges

This is a great exercise for working some of the largest muscle in the body and they help shape your Thighs and Gluteus. Because these are large muscles when you work them and add more mass to these areas you burn even more calories

1. Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place resistance band under front foot and hold the other end with your hands.
2. Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position.
3. Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
4. Return to start position.

Kevin is an ACE Certified Personal trainer. For more info please feel free to contact me at.
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kevin@kevinblackburn.com