

Ur. Image News letter



**“Wherever life takes you
there are always moments of
WONDER”!**

Jimmy Carter

Enclosed image
Lewis Ginter Botanical Gardens Richmond

**What's going on?
A few of the things in my calendar**
Check my online calendar for current and future events
Visit kevinblackburn.com and click on calendar

March 1st - 3rd Travel Shoot
March 5th SVAC Board meeting
March 10th AMC Shoot
March 13th Annese Martial Arts Shoot
March 17th St Patrick's Day
March 20th Third Fridays
March 20th-23rd Closed for Wedding anniversary.
March 27th Layman Engagement Session
March 28th Layman Bridal Session

www.kevinblackburn.com
www.kevinblackburn.net
www.waynesborogalleries.com

WIN A FREE PRINT
The first people 3 to
Answer this Trivia question will win a free 8x12 art
print of the enclosed image

Who invented photography and when?

Email the answer to kevin@kevinblackburn.com
Last Months Answer
The Code of Hammurabi

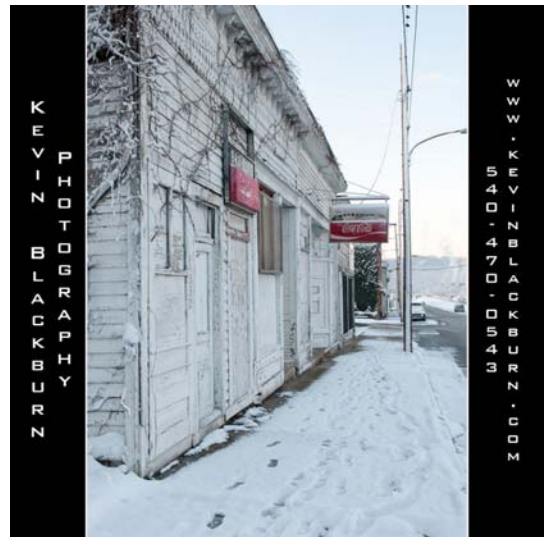
BIG NEWS

Starting in April our news letter will change to a quarterly publication. Stay tuned!!!!

April and May we will start conducting workshops. Topics will range from learn to use that new camera to professional portraits and nature photography

Visit
www.kevinblackburn.com/kevin_blackburn_workshops.htm

IMAGE OF THE MONTH Winter in the Valley



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

PHOTO TIP OF THE MONTH Photographing people

This is going to be a 3 month series so stay posted

Take candid pictures

Ignore the impulse to force your subjects to always pose staring at the camera. Variety is important. Take candid pictures to show them working, playing, leaning against a banister chatting, or relaxing.

Use natural light

You may be surprised to learn that cloudy, overcast days provide the best lighting for pictures of people. Bright sun makes people squint, and it throws harsh shadows on their faces. On overcast days, the soft light flatters faces. Indoors, try turning off the flash and use the light coming in from a window to give your subject a soft, almost glowing appearance.

Digital Camera Buying Guide - Features You Should Look For

By Chris Campbell

Every other month, if not more often, a new series of cameras enters the market, and the uninformed or undecided buyer has to make a tough decision when choosing among the wide range of models. With the smart buying choices that we will point out in this article, you will hopefully pick one for its real features instead of the bells and whistles that the sales people are boasting.

Number of megapixels

Most stores, both online and brick-and-mortar, concentrate on promoting megapixels - the more, the better. This is only a marketing technique and is not always true. Let us understand why.

The image produced by a digital camera is comprised of a series of spots called pixels. The more pixels make up that photo, the more details it can show; in other words, the more megapixels a camera has, the more you can zoom into the image, or print in a big enough size, before it becomes fuzzy and unclear. Think, for example, of a 10x10 inch mosaic and imagine filling it up with 2x2, 1x1 and 0.1x0.1 inch tiles: the more pieces you use, the better the quality.

Since the price of the camera increases with the amount of megapixels, you should first analyze what you will use the camera for. If you will mainly use it to take shots for your blog or will not likely print anything larger than a 5x7 there is no reason why you should go for something higher than a 4.0 megapixel camera. Save your budget for other features and accessories instead of investing in megapixels you will not use.

However, the main advantage you would get if you decide on spending more for a higher resolution camera is cropping: a 9x12 shot taken at 5.0 MP can be resized to 8x10 or 5x7 without any loss in quality.

Total zoom

Most, if not all nowadays' consumer cameras come with zoom feature. This functionality can be particularly useful when taking a shot of something that is too far away and you can't get close to the subject, or you want to frame a portrait without shooting much of the distracting background.

Optical zoom is the "real" magnifying feature, the camera magnifies the image through an assembly of lenses before the picture gets to the image sensor, while the digital zoom enlarges the photo already stored in the camera. Make sure you understood the camera's technical specifications clearly. The total zoom is calculated by multiplying the digital and optical zoom figures. Make sure that the optical zoom meets your needs and don't rely on digital zoom at all, you can achieve its very same effect with any photo processing software.

Getting the perfect camera, is never an easy thing, especially with the way digital technology is constantly changing. Fortunately, there are plenty of helpful websites online, that can narrow down your search and help you find the camera with all the features important to you.

Fast Healthy Breakfast

All you need is a toaster (or toaster oven). This is a perfect example of how some creative mixing and matching can yield a tasty and healthy breakfast.

INGREDIENTS:

2 whole grain frozen waffles (some brands I recommend: Nature's Path, Van's, Life stream)
1 banana (sliced)
4 tablespoons plain, fat-free yogurt (preferably Greek; if vegan, try soy yogurt)
10 - 14 walnut halves

Toast the waffles.

Once done, evenly distribute remaining ingredients on them.

Enjoy! This is one tasty and filling breakfast I don't even need maple syrup for, since the banana adds the perfect sweet touch, while the yogurt and walnuts provide a variety of textures.

NUTRITION FACTS:

425 calories
1 gram saturated fat
9 grams fiber

A good source of: fiber, protein, Omega-3 fatty acids, manganese, calcium, and potassium

Fitness tip for the month

Spend \$5.00

Yep that's it hit the local Walmart or Target and buy a pedometer

This is a quick easy way to boost your physical activity.

What's a pedometer: Basically a step counter, ever wondered how much you walk in a day well this is how you find out.

How does it help make you healthier and fit?

Simple set a step goal for a day I try for between 12,000 and 15,000 but a good starting average is around 7,000 to 8,000 with a goal of getting to 10,000 a day minimum. You can burn as many as 500 calories a day just walking.

This leads to lower weight better blood pressure and better general health and fitness.

Kevin is an ACE Certified Personal trainer. For more info please feel free to contact me at.
540-470-0543
kevin@kevinblackburn.com