

healthy PHOTOGRAPHER

Great News!

In this issue... US\$4.95

- Escape to Photography
- Top 10 Photo Escape Routes
- Photography vs Big Pharmacy
- Photo Crafts & Gifts You Can Make
- What's Up with White Balance
- Photoshop: 3 Steps to Edgy Bold
- More Photoshop CS5 Shortcuts

TOP 10 TIPS For Photo Escapes

- **Get Out of Town...**
Take a drive to a nearby town and explore
- **Get Closer...Even Closer!**
Macro photography takes you to the world of the miniature
- **National Parks...**
View nature in all her splendor
- **Local Parks...**
Changing seasons can create new wonder in familiar places
- **Museums...**
Most allow non-flash photos
- **The Zoo...**
Spectacular creatures great and small.
- **Volunteer...**
Offer your services for a day to senior centers, food pantries or the church. Enrich your soul helping other see a better self.
- **Travel Abroad...**
Forever change your world view
- **Become a Night Owl...**
Set up at dusk or after dark
- **Become the Master of...**
Specialize, become immersed in just one thing that interests you

Robert Schwarztrauber is a professional photographer, author, speaker and teacher. A leading expert on the health & wellness benefits of photography.
Buffalo, New York



ESCAPE TO



When Patrice's brother was released from the hospital, there was no question that she would take him in. That's what family does.

We care for one another.

But our compassion and generosity do not come without cost. Anyone who has ever been in the position of having to care for a loved one, who cannot care for themselves, knows the depth of that challenge.

Anyone who has cared for their child knows the demands on your time can be great. Stressful even.

In order to maintain our sanity and emotional balance we must find opportunity to relieve the stress. We must find a distraction that's fun and fulfilling.

Patrice found her escape in photography.

Whenever she had the chance she would grab her camera and head out to take photos.

She took classes to improve her ability which helped add to her enjoyment. She's also looking at ways to turn her enjoyment into profit by selling her photos.

Whether you care for an aged, invalid, or disabled family member, or young children, photography can provide enormous opportunity to bring peace and harmony to your world.

Escape to photography and let that adventure bring pride, joy and happiness to your otherwise hectic life.

Do it now!

"CHANGE YOUR LIFE...in a flash!"

Details on





FREE REPORT

PHOTOGRAPHY VS. BIG PHARMACY

In the last two years alone, there have been over 22 product recalls, involving well over 300 million bottles of medicine.

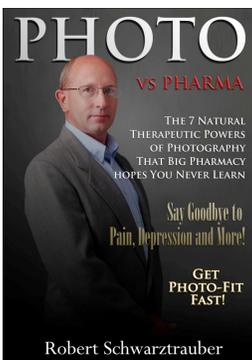
And that's from just one of our favorite pharmaceutical companies!

Yet, I would bet my last dollar that in the past month over half of you have taken drugs produced by this giant pill producing company.

That's because big pharmacy has convinced us that popping a pill is the best remedy for what ails us. But that's just not true.

And as you read this free report I'll prove that to you several times.

Big Pharmacy doesn't want you to know there are safer, more natural methods that help people live longer,



happier and healthier lives.

But I'm going to tell you about them anyway.

Because too many people are getting hurt.

at: ROBERTSPHOTOnews.com

and on Kindle too!

I'M THANKFUL FOR READERS LIKE YOU!

HAPPY THANKSGIVING!



Holiday Photo Gift and Craft Ideas

Mom always said, "Homemade Gifts are the Best!"

CafePress.com Custom photo mugs, tee shirts, pillows, throws and many more great items can be made easily online. Choose your item from 100's of choices, upload your favorite photo and you're done. In about 1 week, you have a unique and cherished gift for your favorite someone. I've used and recommend them. You can even create your own store there for free and sell your designs for \$\$\$

Create your own custom holiday cards and postcards right from your inkjet printer.

Create and print your own custom envelopes. A unique find in anyone's mailbox! See tutorial at <http://creativephotographytricks.com/?p=728>

Create a custom photo CD or DVD and then put it in your own custom printed case. See CD case tutorial at: <http://photoshophouseofcards.blogspot.com>

Create and print custom tree ornaments from your favorite photos. Cut your favorite shapes out of foam board or card stock and glue on your photos.

Vistaprint.com also carries a nice selection of gift items you can add a custom photo to. Reasonably priced, fast shipment, good quality.

Lonely? Depressed?

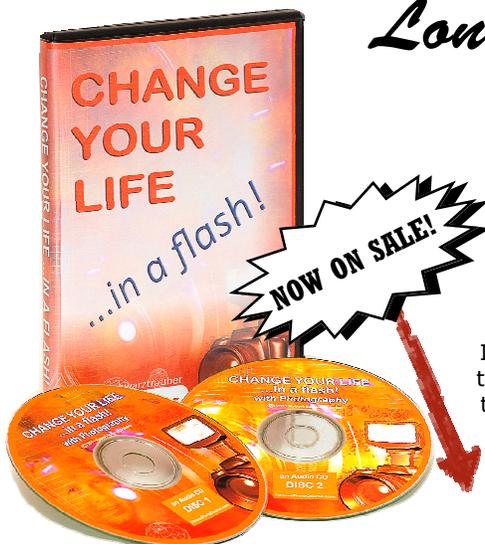
Turn your digital camera into

"The Ultimate Total Mind-Body Fitness Machine!"

Over 90 Minutes of Audio
To Educate, Motivate
and Entertain!

Includes: Your personal action plan, choosing the best camera, taking better photos, editing tips, where to share, finding camera buddies, tips for better health and fitness and more!

FitnessPhotoCourse.com



Something To Think About...

What if there were no hypothetical questions?

SHOP TALK

Tips and Tricks to Fix Your Pix



3 Step Edgy Punch Processing

Add some real punch and pop to your photos in just 3 steps with CS4 or CS5.

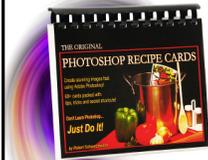
1. Convert Layer to Smart Object
2. Filter –Distort—Lens Correction, change Vignette Amount to max. dark (slide to left) - OK
3. In layer menu, double click now on two stacked arrows opposite Lens Correct. Change blend mode to overlay or other for best look. Adjust opacity to taste.

A great tip from Justin Seeley. Watch his tutorial at:
<http://www.seeley.tv/psqt/episode-77>

For a great list of CS5 Keyboard Shortcuts go to:

<http://www.designzzz.com/photoshop-cs5-shortcuts-professionals/>

“Shop Talk” sponsored by [PhotoshopTipCards.com](http://www.photoshoptipcards.com)



WHAT'S UP WITH WHITE BALANCE?

Every digital camera has a menu option somewhere to tell the camera what kind of light condition you will be photographing in today. Perhaps you will be shooting in bright sun or shade? Maybe it is cloudy or in partial sun? Maybe you will be taking photos indoors with only an incandescent table lamp as your source? Perhaps a fluorescent bulb will be your light? Will you be using your flash? Camera's gotta know!

Why is this so important?

Because each light brings its own color tint to the photo. Flash puts a bluish tint on your photos. Incandescent lights give an orange glow. Fluorescent lights cast a greenish tint. In most cases, you will know if your setting was wrong (or you never selected one in the first place) by looking at objects that should be white in your photo. Clothing, walls, teeth, eyes. When you look at something white in a photo, it should be white. Hence the term, WHITE BALANCE. The light should be balanced in your camera menu so that whites, look white. Other colors are effected too but it's not so easy to see it in colors as it is in the white areas.

Fortunately, you can set the correct light right in your camera menu. That's the optimal way to get photos that look right. However, if you shoot in Camera Raw it's fairly easy to adjust all your photos after the fact using a photo editing software like Photoshop. If you shot in JPG mode it can still be corrected later in Photoshop using either the eyedroppers in Curves or Levels adjustment, but it takes a more finessing to get it right.

COMING UP NEXT...

PHOTOGRAPHY AND DIVORCE

A SURPRISING SECRET

HOLIDAY GIFTS

GIVE YOURSELF OR ANOTHER THE BEST CAMERAS AND ACCESSORIES

HOLIDAY PHOTO TIPS

SNOW

HOW TO TAKE GREAT PHOTOS IN SNOW

...AND MORE!



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I WONDER...

Is there another word for synonym?

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robert@totalfitnessphotography.com

A "Good News" Newsletter Full of Fun and Interesting Facts for Photographers

NOV 2011

November Nuggets

- Big project? No time to create your own photo? Royalty free photos available at stock.xchg Here's the link: <http://www.sxc.hu/>
- BigStockPhoto.com also has a great selection of images for your projects. Fees start at just \$2.99, but a great time saver when you're in a pinch.
- CafePress.com is a great place to browse. Create a really unique and special photo gift for someone on your list this year.
- **Amazon Kindle** - Use Photoshop to create great digital book covers for Kindle projects. 8 1/2 x 11 at 72dpi sizes perfectly in required jpg form
- **CreateSpace** - Amazon's self-publishing arm means demand for creation of book covers will expand. Could you offer that service? Yes!



Robert's Ramblings

The digital age has significantly changed photography for millions of people around the world. The three areas of greatest impact are the digital camera itself, the process of editing digital photos, and the vast opportunities to share and show our work to others via the internet.

These big three changes are responsible for letting photography reach and improve the lives of so many people who never before could be bothered with learning how to take a great photo, let alone process and edit film. Besides, after all that effort most photos would never leave the wrapper save for the few placed in albums for family and friends to see. While we mourn the slow demise of Kodak, digital has given birth to a whole new population, a larger population of shutterbugs whose shared images make this planet and our communities just a bit smaller. As I carve the turkey this year amongst family and friends, I'll be thankful for the change to digital.

INSIDE...

too much great stuff for this small space!



**3,602
Photographers
Just like You...
Looking for
THE ANSWER!**

Readership at my website just keeps going up!

More and more folks looking to use the new technologies in digital photography to bring immediate and long lasting change to their life.

Finding and delivering these amazing stories of change, and how it's done, is my mission in healthy **Photographer**.

Look inside to start finding your answers today!