How to Take and Send
High Quality Photographs

Cell Phone Pictures

Cell phone pictures do not show well in print or on the Internet. Avoid using them for your photos.

People

1. Faces are really important.
2. Two to three individuals show up well. More than three makes it difficult to show faces well.
3. If you want to take a picture of people and you do not care about the background, then get closer to your subject and try to eliminate all the extraneous objects.

Lighting

1. Natural light is always better.
2. Try to put your subjects in the shade (so they aren't squinting) and have the photographer stand in the sun
3. Do not take pictures with a strong light source like a window in front of you. The camera adjusts to that strong light and then the people appear in shadow.

Photo Arrangement

1. If you must take a 'row' photo, make sure the people are standing close to one another as that makes for a tighter picture.
2. To pose a photo, recreate something the people were doing such as making cookies or packing boxes. Have people look at the camera and smile while they recreate the activity.
3. Watch that flags, light poles, plants, etc. do not appear to be growing out of the top of someone's head.

Processing Photos to Send via E-mail.

1. If possible, upload camera photo directly to the computer's hard drive through a USB cable.
2. When you open the photo and ask the computer to send it via e-mail, often you will be given a choice to send it small, medium, large, extra large, or original. Original is best as that gives the highest resolution which prints best in the *Lutheran Woman's Quarterly.*
3. Please do not upload pictures to photo sharing websites such as Shutterfly, Snapfish, and Picasa.

Alternative to E-mail ... US Postal Mail.

1. If, for some reason, the resolution needed can not be obtained via an e-mailed photo, make a print and snail mail it to the *Lutheran Woman's Quarterly* staff or person requesting the photo.
2. Be sure to print the photo on quality paper, preferably have it printed professionally such as at places like Walmart, CVS, or Walgreens. They tend to have richer colors and photos work better than those printed on a home photo printer. The cost per print is inexpensive.
3. Please do not write on the back of the photo as the writing can show through to the other side. An explanation of the photo can be written on a post-it note and attached to the back of the photo.

Megapixels. Mega what?

Picture quality in a digital camera is most commonly measured in megapixels (millions of pixels). A higher number of megapixels yields more detailed pictures, especially when the photos are enlarged. However, higher pixels mean that fewer images can be stored on your camera's memory card.

1. Quite a few digital cameras allow you to choose the megapixel/quality setting. When submitting photos for print or for the Internet, choose higher megapixels/quality.
2. Before an event, remember to change your camera settings to the highest megapixels your camera allows and clear space on your memory drive.
3. Do not let confusion about megapixels stop you from taking photos. These are just suggestions that would improve the overall quality of reproduced and published photos.