



INTRODUCTION TO MAGAZINE PUBLISHING

PHOTOGRAPHY FOR PUBLICATION

JAMES NJOROGÉ







@法兰西那些事er





WHERE DO I GET PHOTOGRAPHS?

- Take your own pictures
- Free stock photos
 - Pixabay
 - Freepik
 - Pexels
 - Unsplash

WHAT IS A GOOD PHOTOGRAPH

1. A great subject
2. A focal point
3. Compelling composition



WHAT IS A GOOD PHOTOGRAPH

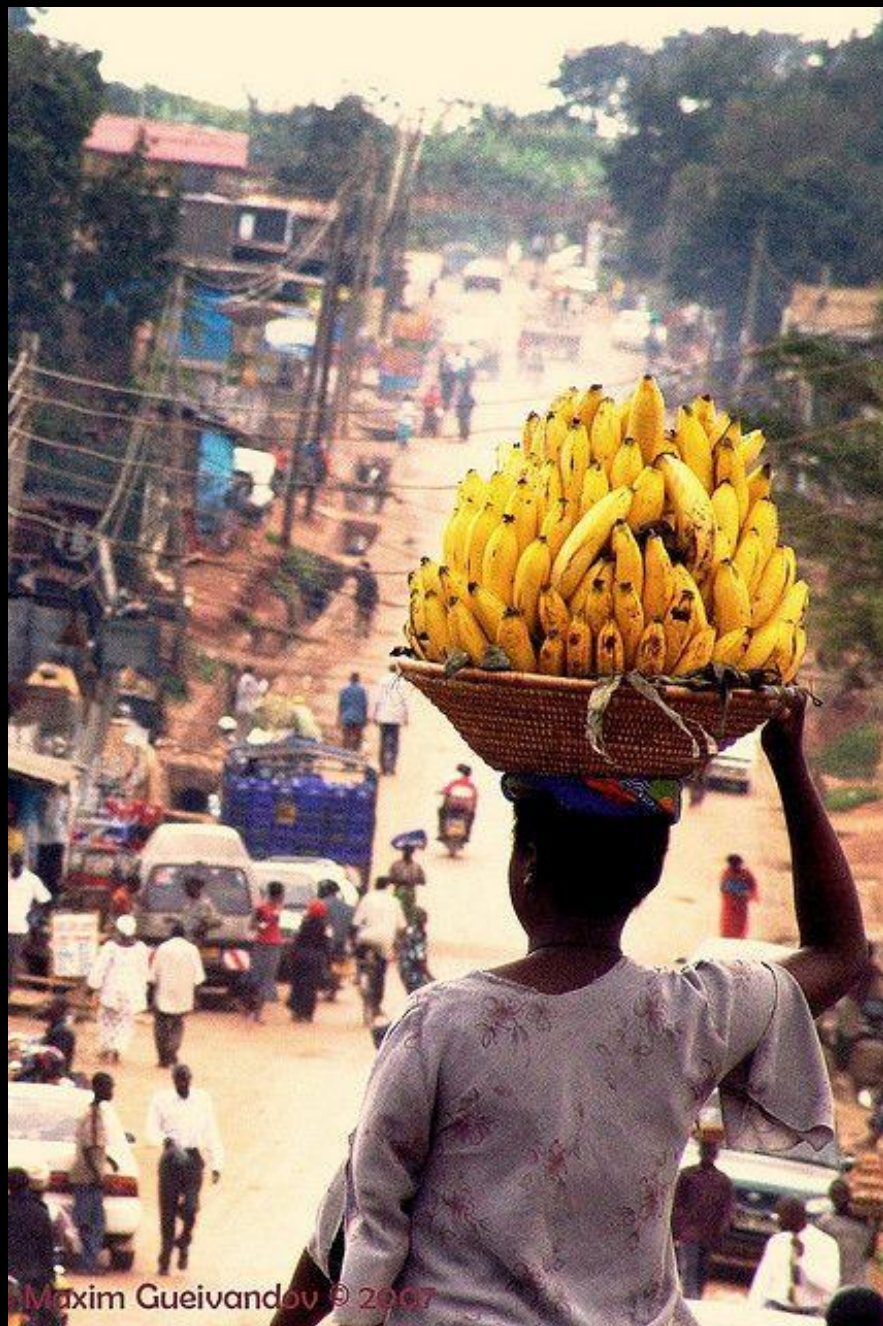
1. A story
2. A focal point
3. Compelling composition



© LINDSAY GENRY 2010

WHAT IS A GOOD PHOTOGRAPH

1. A story
2. A focal point
3. Compelling composition



Maxim Gueivandov © 2007

HOW DO I TAKE GOOD PHOTOGRAPHS

1. Framing
2. Leading lines
3. Lightning
4. Negative space
5. Rule of thirds
6. Color
7. Posing

FRAMING

Box it in





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LEADING LINES

Follow the leader





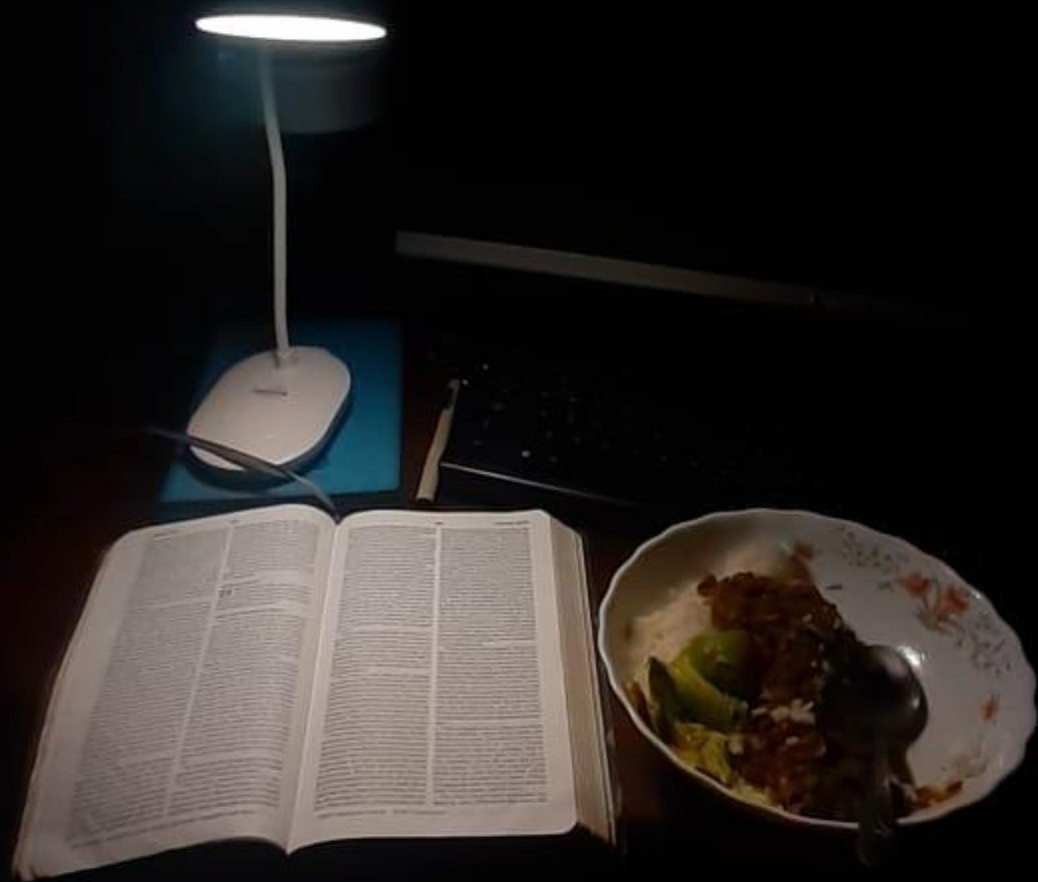


LIGHTING

Let there be....









Laurent.R

NEGATIVE SPACE

Give it room





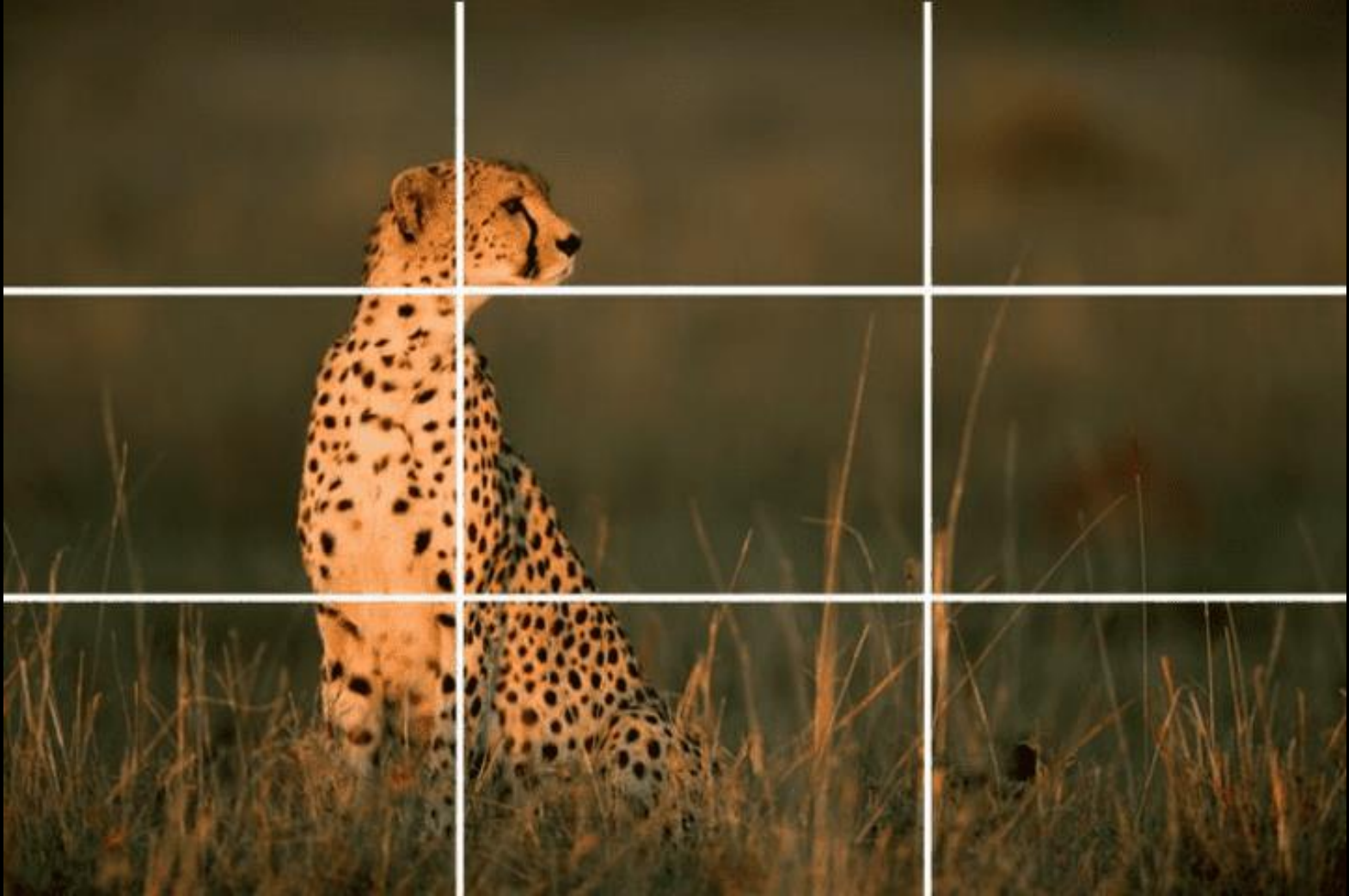


Maxim Gueivandov © 2007

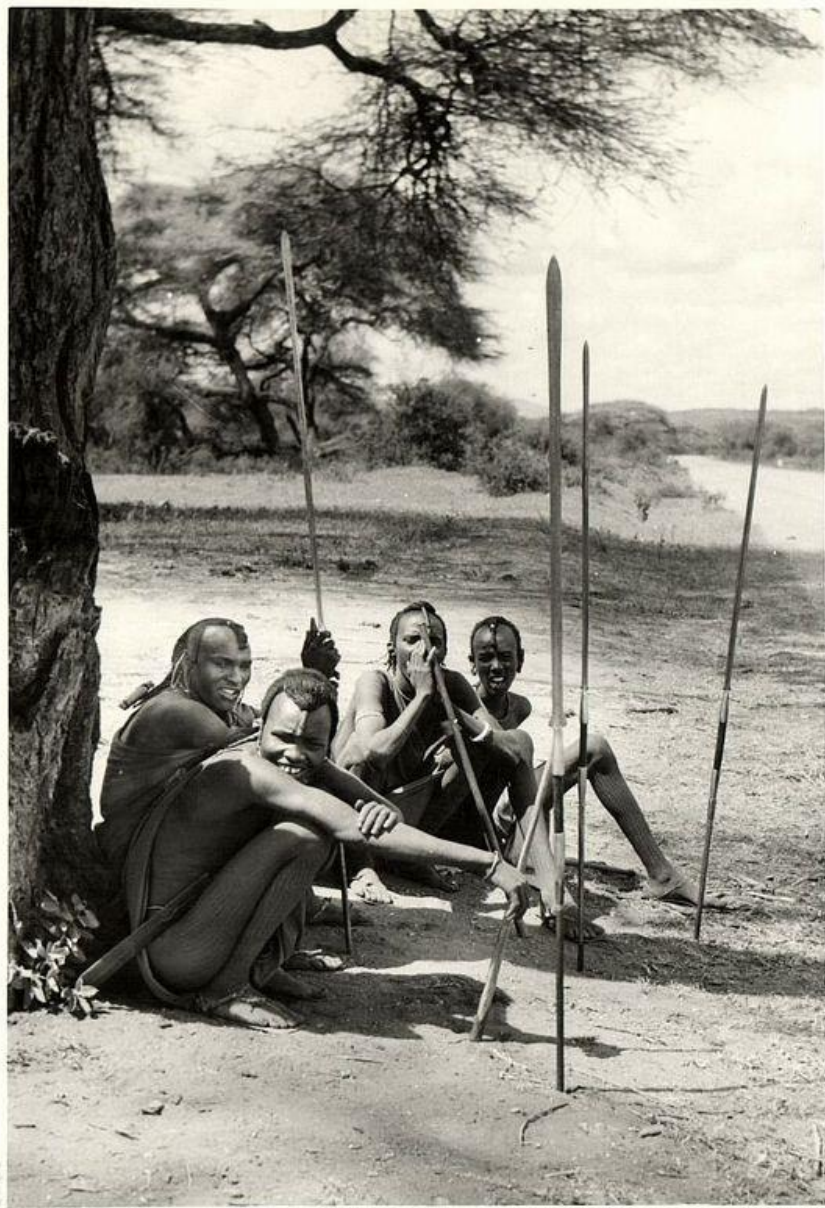
RULE OF THIRDS

The science of focus

Rule of thirds







AFRICAN TYPES

MASAI



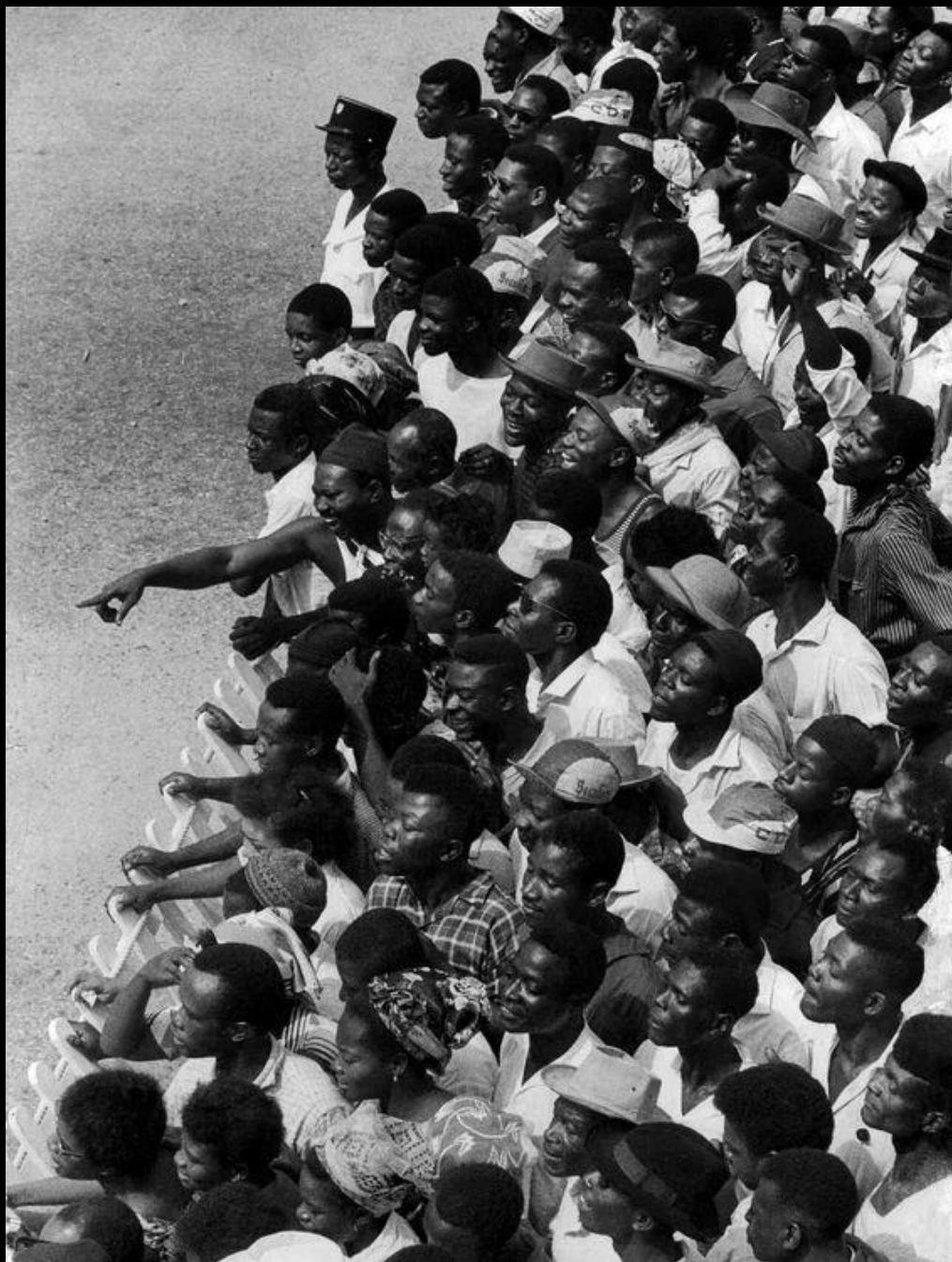
COLOR

Splash or dash





Original work by Sakurambo
Wikimedia Commons
File:BYR color wheel.svg



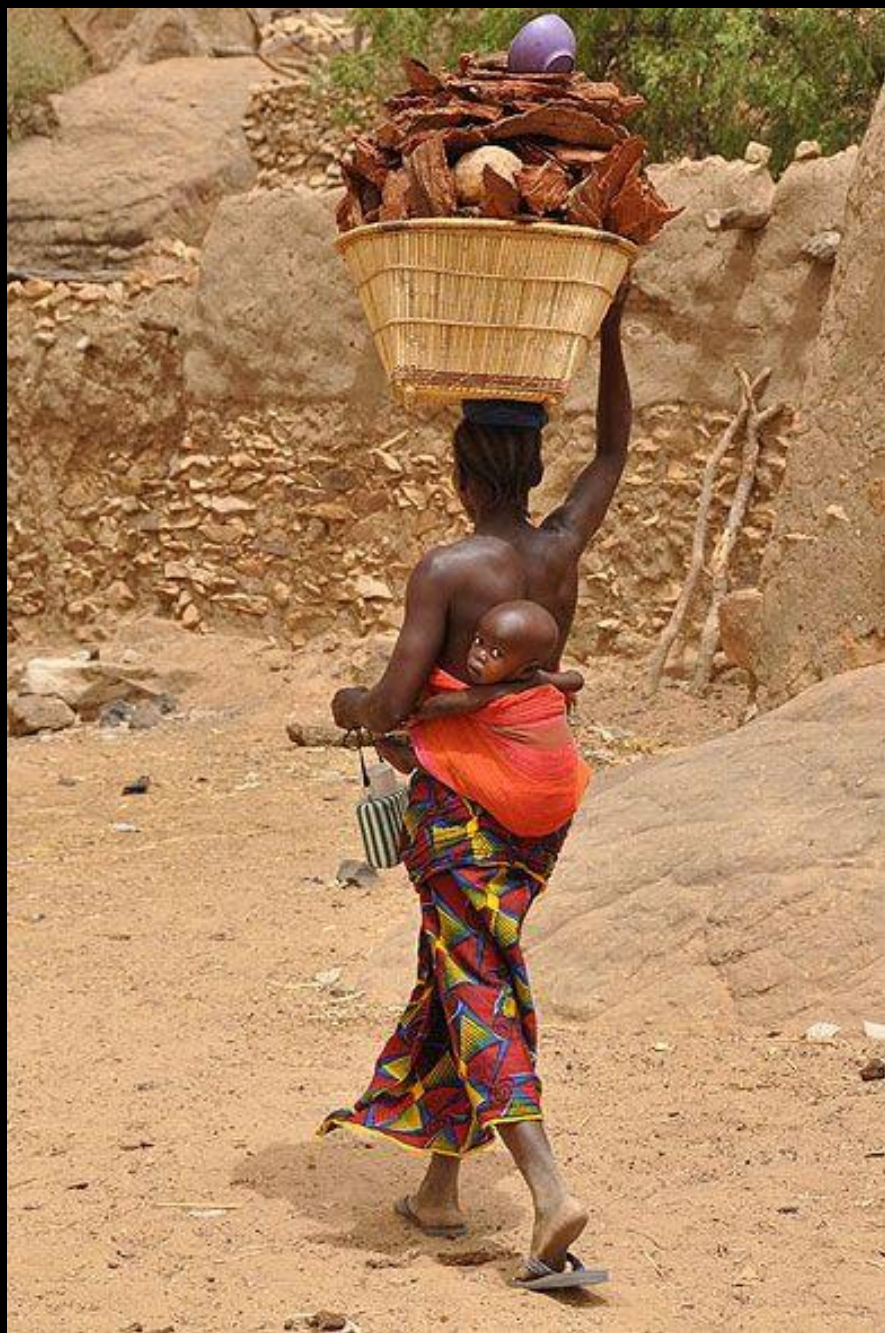


POSING

Strike it









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HOW DO I USE PHOTOGRAPHY?

1. Illustrative,
 1. Staged/ portraiture
 2. manipulated
2. Representative/metaphor

Illustrative; staged

cow's milk

Cow's milk is not an appropriate food for babies less than 12 months old. In the same way that human milk is perfectly matched to a human infant's needs, cow's milk contains the basic elements of milk (sugars, fats, proteins, vitamins, and minerals) to meet a calf's needs.

Cow's milk puts the digestive system of an infant less than a year old under a great deal of stress. A large part of the protein in cow's milk, which forms the curds for cheese, also seems indigestible and uncomfortable curds in the baby's stomach. Overabundant minerals in milk, such as various salts, cause the kidneys to work overtime and can lead to dehydration. Other important substances, such as fats and the minerals iron and zinc, occur in amounts that are too low for a rapidly developing baby, or are present as a fat that is poorly absorbed by an immature digestive system.

After one year, it's a totally different story. The most famous benefit of cow's milk is its high and easily utilized calcium content, necessary for proper development of teeth and bones. In fact, milk provides fully three-quarters of the calcium in the U.S. food supply. Moreover, it is an excellent source of vitamins A (for growth) and B-12 (for the blood), as

well as potassium (for regulation of heart and kidneys), magnesium (for bones), and riboflavin (for energy).

When it comes to selecting cow's milk, remember that your child's needs are quite different from your own. Babies need relatively high percentages of fat to aid in vitamin absorption (a number of key vitamins are fat soluble) and the development of the brain and nervous system. For this reason, children should drink only whole milk until they are at least 2 years old. After that, low-fat milks are advisable. A final interesting note: Though serving chocolate milk may seem like a perfect way to entice children to drink milk, an acid in chocolate actually renders the calcium in cow's milk indigestible, according to Howard Helman, author of *Kitchen Science*.

other milks

Natural milk seems as a source of nutrients—it is after all the first food of nearly everyone on the planet—it actually makes some people sick. The most common problem is lactose intolerance: the inability to digest lactose, the primary sugar found in nearly all milks. The undigested sugar travels to the gut, where it causes uncomfortable gas and often diarrhea. Most adults—especially those whose ancestors are from Asia or Africa—are at least somewhat lactose intolerant. Every-

one becomes increasingly lactose intolerant with age, but this problem is extremely rare among infants.

Those who are lactose intolerant need not miss out on the healthful qualities of milk. They have five alternatives. The first is simply to drink a limited amount of milk daily. The National Institute of Child Health and Human Development says that a single eight-ounce serving will provide three hundred milligrams of calcium without causing a significant reaction. Second, milk products, such as cheese and yogurt, provide many of milk's vitamins with little lactose. Third, commonly available at markets now are milks that include an enzyme to help digest the milk sugar. Fourth, there are milks made from vegetable sources, such as rice and soy. Finally, scientists have developed a synthetic milk, prescribed as a last resort for infants with severe milk allergy.

About 2 to 3 percent of infants suffer from an actual allergy to milk, not to be confused with essentially harmless, if unpleasant, lactose intolerance. The best solution for infants with this condition is to be nursed by mothers who have eliminated dairy (and sometimes beef) from their diets. Symptoms of milk allergy are rashes, wheezing, and diarrhea. If your baby exhibits these symptoms, contact your pediatrician.



Eggs

BY ANNE MESKEY ELHAJOU

Scrambled. Fried. Souffléed, Bruléed. Poached. On toast. Whipped. And dropped (in soup, of course). The egg in all of its expressions, never disappoints. What other food can serve both as the staple of the down home country breakfast sitting next to a pile of grits, and the star of fine dining, served as Benedict, in Nicoise, or all by itself as a delicacy, like that of the quail? There's nothing like it in the culinary universe, and it brings so much pleasure in its myriad forms.

Beyond its sheer yumminess, though, the egg serves as the backbone for the science of cooking and baking. Because its proteins change when heated, beaten or mixed, eggs act as the catalyst to perform the special effects of the culinary world. It's the "guy behind the scenes," making a lot of magic happen.





By Laura R. Sarasqueta

MY DEAD

I looked at the plant in my hands in disbelief; what was I going to tell my boyfriend? I had killed our love fern, the one he had given me as a representation of our budding romance. It wasn't actually a fern, but a daisy plant (my favorite), and I had watered it and kept it in sunlight faithfully. Still, there it was—wilted and brown and dead.

After a little time spent researching the proper care of a daisy plant, I came across the University of Florida's Florida Yards & Neighborhoods (FYN) Program and discovered that the problem wasn't the plant; it was me. My idea of "watering



DAISIES

HOW I
DISCOVERED
FLORIDA-FRIENDLY
LANDSCAPING
PRACTICES

faithfully" fell horribly short of what a daisy plant actually needs, and all that sunlight dried out its soil, compounding the problem. I also discovered that, curiously similar to relationships, different plants need different types of care.

Luckily for unwitting plant killers like me, the FYN Program offers nine principles to help ensure that plants in Florida are grown with as much success as possible while conserving as many resources as possible. No matter how small (one little daisy plant) or how large (an entire backyard) a project is, these principles will help guarantee flourishing, healthy plants.

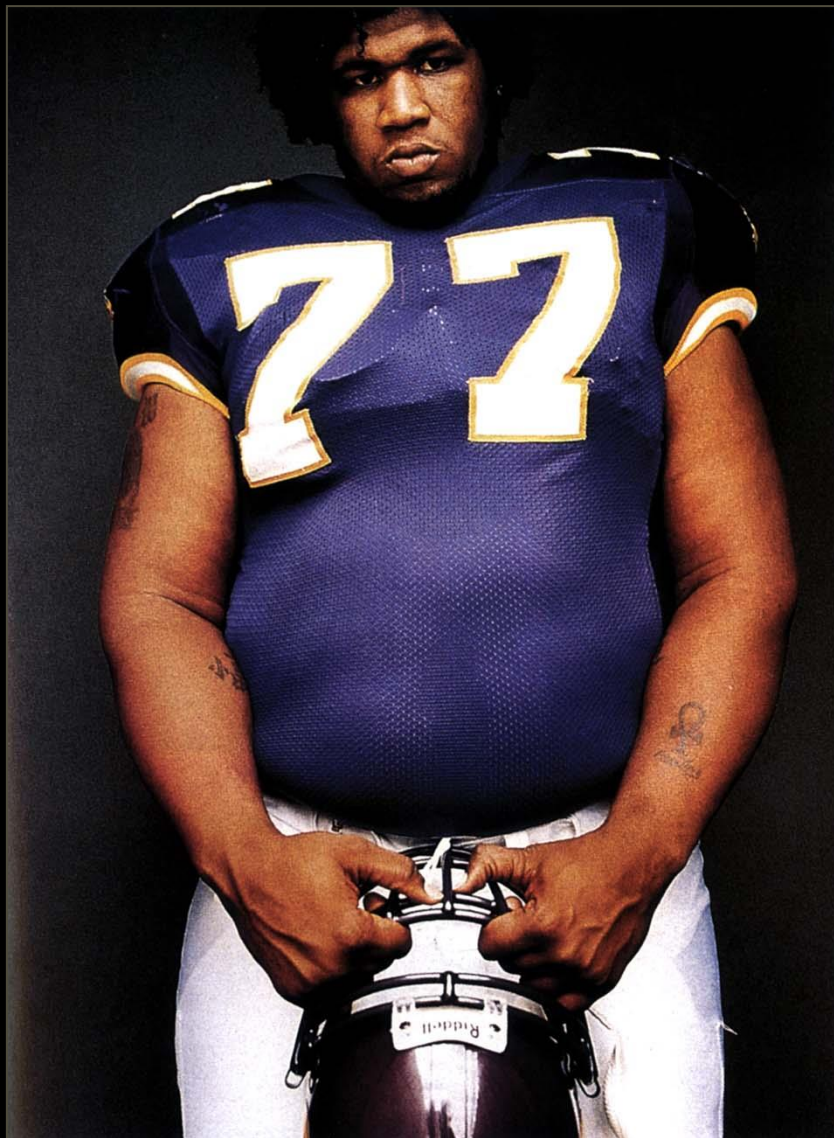






微博 @法兰西那些事er

Staged portraiture



The Enlightened Man

One of the best athletes in the NFL has never scored a touchdown or recorded a sack. **KOREY STRINGER** is six feet four inches, 340 pounds of supersized, liver-and-onions-eating, deep-thinking, dreadlocked delight. By JEANNE MARIE LASKAS

First we have the bull. Yeah, that was his first piece. He's stretching his V-neck down to provide a view of that bull depicted on his splendid left breast. Yeah, he knows. It's the size of a pasta bowl, that breast. Yeah, it's a dark-brown hunk of human worthy of fear and awe and God's glory. It's a rock-solid, bulbous slab of man-flesh commanding adoration. Yeah. But what about the bull? Now, ain't that a good bull? ¶ Tattoo-wise, the bull was an obvious first choice for a man whose body has always been the main event. A more or less 338-pound, six-foot-four body with a forty-six-inch waist and a size-14 foot, a body that could easily bring to mind thoughts of steak and hide and cowboys getting thrown off it. The kind of body that was always different, always extreme; you know, his mom would get so sick of having to take his birth certificate to T-ball game back home in Warren, Ohio, to prove that, in fact, her son really was only eight years old, even though he looked more or less like a sycamore tree. ¶ He shrugs. This movement makes him sweat. Yeah, he almost always sweats, beads of liquid pooling and spilling, pooling and spilling down a deep brown brow. A thoughtful, earnest brow that seems to bear the weight of centuries but actually is topped by dreadlocks sprouting happily, joyfully, as if dancing maybe to the theme song from *Wally Gator*.

MY BIBLE AND I

George Mwangi

My bible reading journey began not long after I became a believer in the Lord Jesus. Over the years, I have learnt a few principles.

Reading other people's stories helped me develop the conviction

Soon after my conversion, I read the biography of George Mueller, a German missionary in Bristol, England in the 1800s. who is said to have read His bible over 200 times cover to cover by the time of his death. My first thought was, "is this possible, can a man read His Bible cover to cover once let alone 200 times?" I immediately challenged myself to try. I managed to read the New Testament in three months. And my Bible reading journey began.

Fellowship and Accountability

Having understood that my desire to read the Bible was not enough, I joined with other like-minded believers for fellowship and accountability. This enabled all of us to read through the whole Bible within one year! In the process, we developed some accountability tools that enabled objective accountability of our journey.

Discovering the Origin of Scriptures

Being convicted of the origin of the Bible is essential to a lifestyle of consistent Bible reading. The Bible has a divine origin as Paul tells Timothy in 2 Timothy 3:16-17. It records that the basic foundation of the written word—the Ten Commandments—were inscribed by the finger of God Himself. Further, Peter reminds us that *"20 First of all, you should know this: No prophecy of Scripture comes from one's own interpretation, 21 because no prophecy ever came by the will of man; instead, men spoke from God as they were moved by the Holy Spirit"* (2 Peter 20-21).



Knowing the importance of God's word in a believer's life

Knowing and appreciating the value of God's word in a believer's life is key to developing a consistent discipline of reading the scriptures. Reading other biographies helped me appreciate that it was impossible to live a victorious Christian life without a daily intake of the scriptures. The more I read them, the more I continued to experience victory over temptation and sin as I continued to know God and learn his ways. It is only through diligent reading of the word of God that we are equipped with three fundamental things in our relationship with God:

we learn the fear of God

We learn the knowledge of God

We acquire the wisdom of God that enable us to make life's godly decisions.

Planning Your reading

Planning when to read your Bible is an important element too. For me, I find the mornings better and undistracted. I rise up every day at 4 a.m. usually fresh and alert and enthusiastic to hear from God in His word. I do this daily and it has now become a discipline without which it is impossible to achieve much.

Reading with a plan

Reading the Bible systematically without skipping is a discipline to learn. I read the Bible in an orderly manner, systematically book by book, chapter by chapter, page by page. I never start another book before fully finishing one and I read a definite number of chapters per day. At the moment I read a minimum of seven chapters daily, thus enabling me to read my bible at least twice every year. This way, I am guaranteed to read all the 66 bible books without skipping and have now read my Bible over 50 times, cover to cover.

Recording what I learn

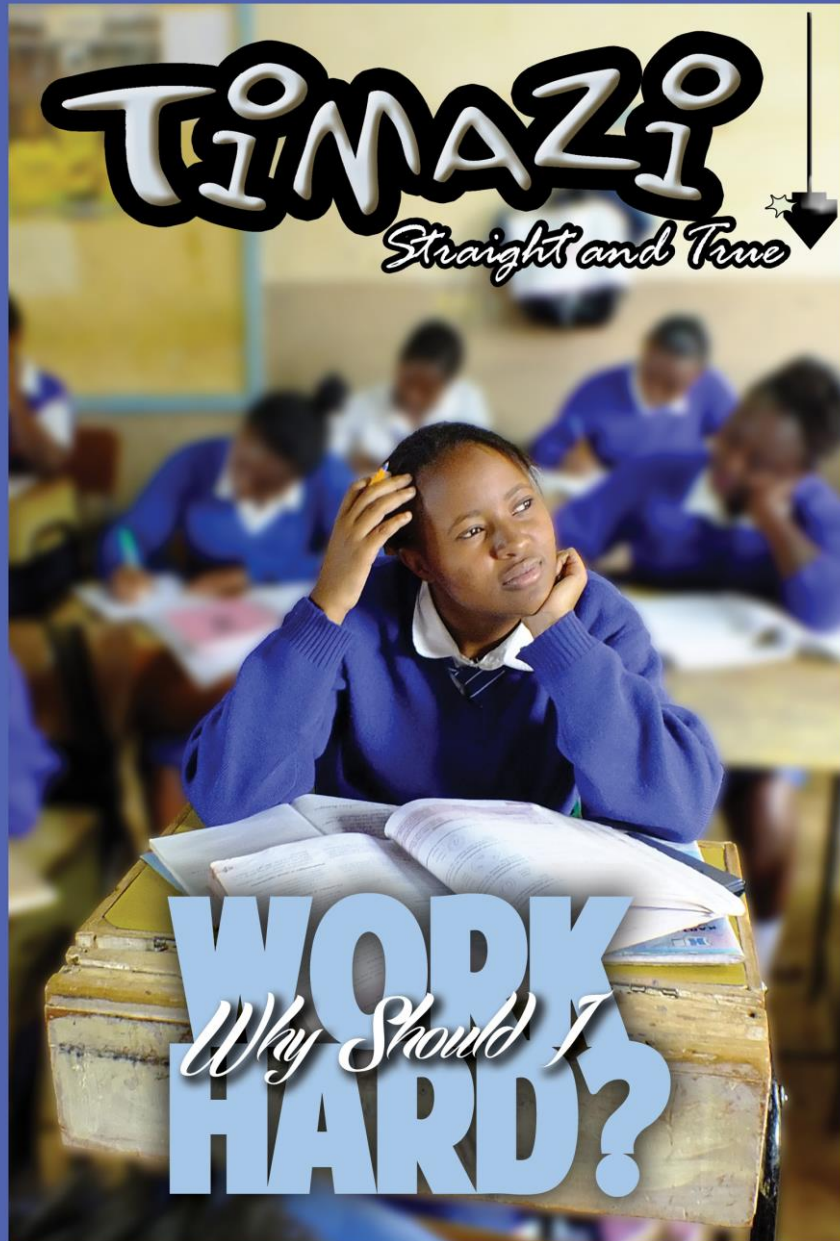
Taking notes as you read the Bible keeps you focused on the text, helps you remember what you have read and becomes a reference in future. I always read my Bible with an open notebook, capturing important insights as I read. From these insights, I am able to learn what God is teaching me, and it becomes much easier to obey Him.

HO DO I HAVE AN EFFECTIVE BIBLE READING LIFE-STYLE

- ✔ Develop a conviction to read the Bible
- ✔ Be accountable to like-minded brethren
- ✔ Be convinced of the great value and importance of the word of God in your life.
- ✔ Read it at a specific regular time without fail.
- ✔ Read it systematically, without skipping, book after book.
- ✔ Set a minimum number of chapters per day. I recommend three so that you read at least once/year.
- ✔ Pray for God's help *"8 Open thou mine eyes, that I may behold wondrous things out of thy (word)."*
- ✔ Make notes as you read.

TINAZI

Straight and True



WORK
Why Should I
HARD?

Ezekiel 44:23 They are to teach my people the difference between the holy and the common, and show them how to distinguish between the unclean and the clean.

WHAT DOES GOD DESIRE FOR ME?

practice.
They
imagine

that if they get good grades that will automatically give them good jobs with high income. They forget that life is not that predictable; there are so many factors that determine our economic status in the future. This is also the foundational ideology in the "prosperity Gospel". It has made good preachers to abandon biblical preaching and adopt humanistic motivational speaking in schools- which is well paying. You cannot serve both God and mammon. Selfish ambition is condemned in the Bible

Proverbs 28:20 - A faithful man will abound with blessings, but whoever hastens to be rich will not go unpunished.

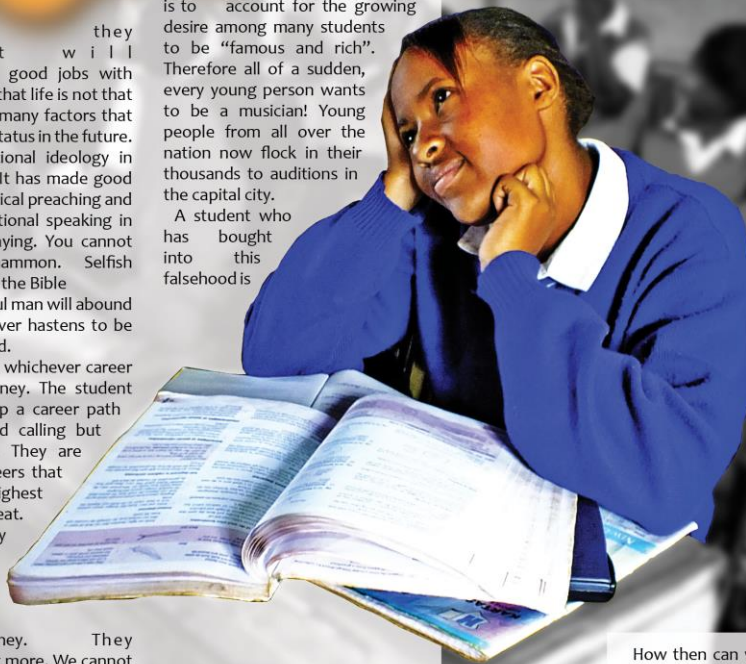
Thirdly, you tend to pick whichever career path gets you more money. The student therefore doesn't develop a career path based on his gifting and calling but solely on material gain. They are tempted to pick the careers that are said to earn the highest income without much sweat. In the future however, they become disillusioned since money doesn't satisfy. They never discover their purpose but keep chasing the money.

They will cheat and bribe to get more. We cannot play the dirty games the ungodly play to get ahead of the pack just to have our names in the newspaper or National TV.

Motivational speaking borne out of HPM

is to account for the growing desire among many students to be "famous and rich". Therefore all of a sudden, every young person wants to be a musician! Young people from all over the nation now flock in their thousands to auditions in the capital city.

A student who has bought into this falsehood is



characterized by selfish prayers surrounding immediate felt needs; God give me this and that. They don't care what God wants, they have learnt to push and shove for what they want.

Proverbs 23:4 (ESV) - Do not toil to acquire wealth; be discerning enough to desist.

This motivation was in the mind of the people of Babel. They wanted to make a name for themselves. Let us compare and contrast Genesis 11 with Genesis 12.

GENESIS 11- THE PEOPLE OF BABEL	GENESIS 12- ABRAHAM
Motivated by building a city and a tall tower that will make a name for themselves	Motivated by obeying God
The end product is clearly known	Abraham has no idea where God will lead him next
Men are in charge of the process	God is in charge of the process
People formed a committee	Abraham received a call from God
The goal is temporal	The goal is eternal
The benefit is primarily for the current generation	The benefit is primarily for future generations
It is man making a name for himself	It is God making a name for Abraham
God is unhappy	God is happy
Popular vote initiates the work	God uses one man
Righteousness & holiness is not a prerequisite	A holy & righteous man is a prerequisite
Idea originates from man	Idea originates from God
This is a self-actualization project for accomplished men seeking to extend their influence	A man broken by a life crisis- lack of a son

How then can we as students be inspired to optimum performance in accordance to the Gospel we proclaim? How do we avoid the pitfalls of humanistic ideologies when seeking motivation for life and better

performance? Read the article on page 14 to discover how.....

Manipulated/ Photo editing



interview, adding that she doesn't give testimonials about her experience unless asked. "It's a very spiritual journey God provides you to understand who you are and your relationship with God and His plan. I want this experience to be a reward for them and others and, ultimately, for them to have a closer relationship with God."

Kim's sentiments were echoed, during telephone interviews, by three other Salvation Army officers dealing with cancer—Major Faith Miller, Major Brian Glasco and Major Norma Patrick. For all four, cancer was more than an ordeal to get through. It was and is a life-changing event that brought them deeper faith and an opportunity to assist others dealing with the disease.

BREAKING THE NEWS

For Miller, the grace came immediately, in spite of or because of the ominous phone call that preceded it. It was 2016 and she was the county coordinator and corps officer at The Salvation Army Center for Worship & Service in Oil City, Pa. Although only 48, she had been experiencing fatigue and extreme swelling in her abdomen, but initial tests failed to detect the Stage 4 ovarian cancer growing in her body.

Several hours after more testing that included scans and a sonogram, she was alone at home, having left work to take a nap at lunchtime. The phone rang. When Miller answered she heard a nurse at the other end sobbing. The nurse asked if anyone was with her. Miller knew the news was bad.

Through her tears the nurse told Miller it was likely she had ovarian cancer that had spread into her abdomen. She would need to see an oncologist the next day. They made the arrangements.

"As soon as I hung up the phone, I felt the presence of the Holy Spirit come upon me and that everything would be OK," Miller said. "That's where my story begins."

Glasco's story began nearly two years ago when he experienced "excruciating" back pain and went to the emergency room after church. Scans found spots on different parts of his body, leaving him "a little concerned." Glasco, corps officer in East Cleveland, went for a second scan at the Cleveland Clinic.

It took from May to October to get the diagnosis that he had a fast-growing form of cancer in his liver that had spread to an area of his lung.

"It was a shock," he said. In tears, he told his wife, "It's really looking bad."

Then, drawing on that faith to which he had devoted

Brian Glasco
treatment ongoing

Faith Miller
treatment ongoing

Soo Kim
breast cancer survivor

Norma Patrick
treatment ongoing

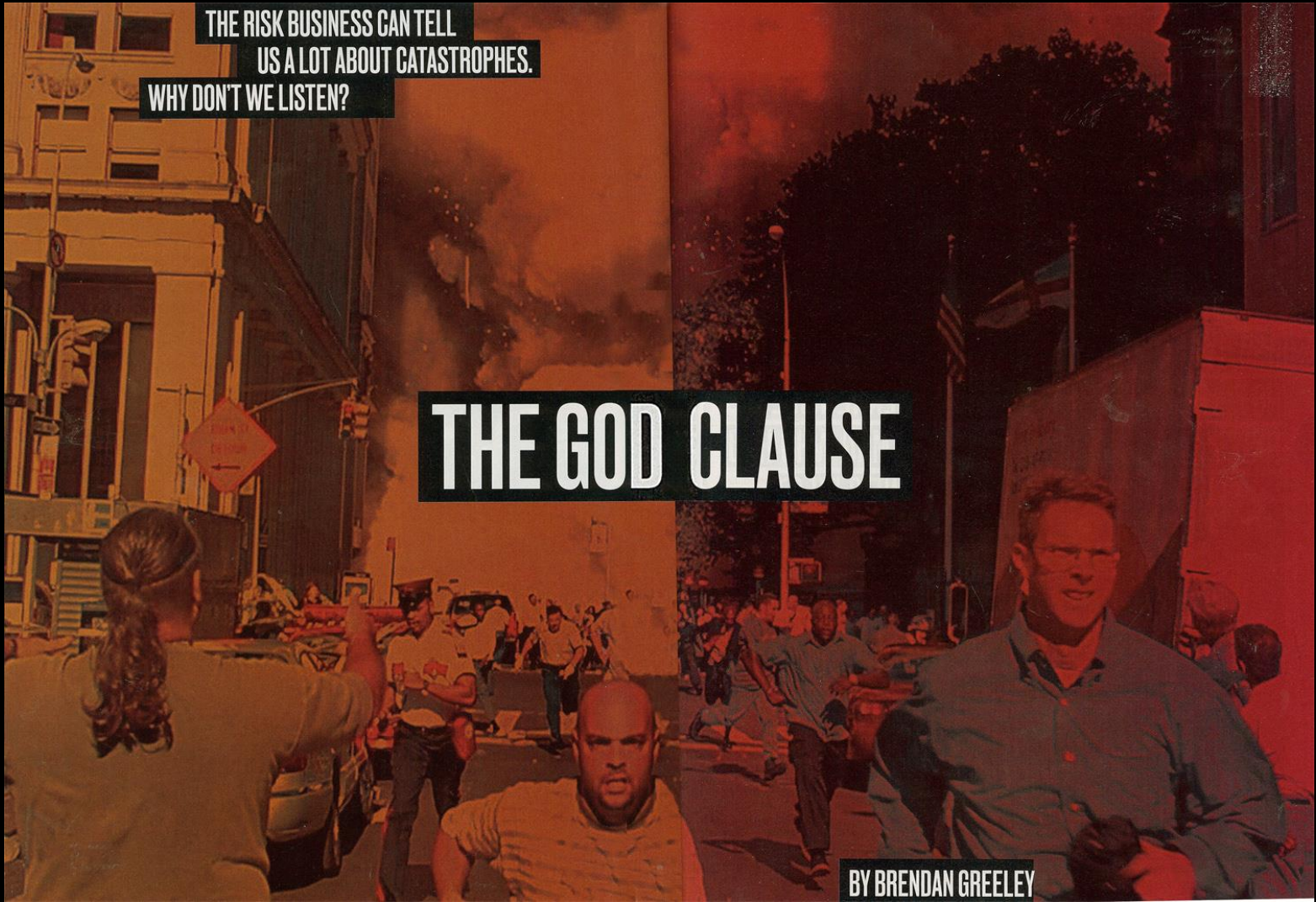
"Cancer might be the diagnosis,
but I have Christ in my life and
that's stronger."

—Norma Patrick

THE RISK BUSINESS CAN TELL
US A LOT ABOUT CATASTROPHES.
WHY DON'T WE LISTEN?

THE GOD CLAUSE

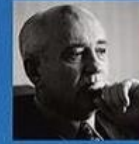
BY BRENDAN GREELEY



The Economist

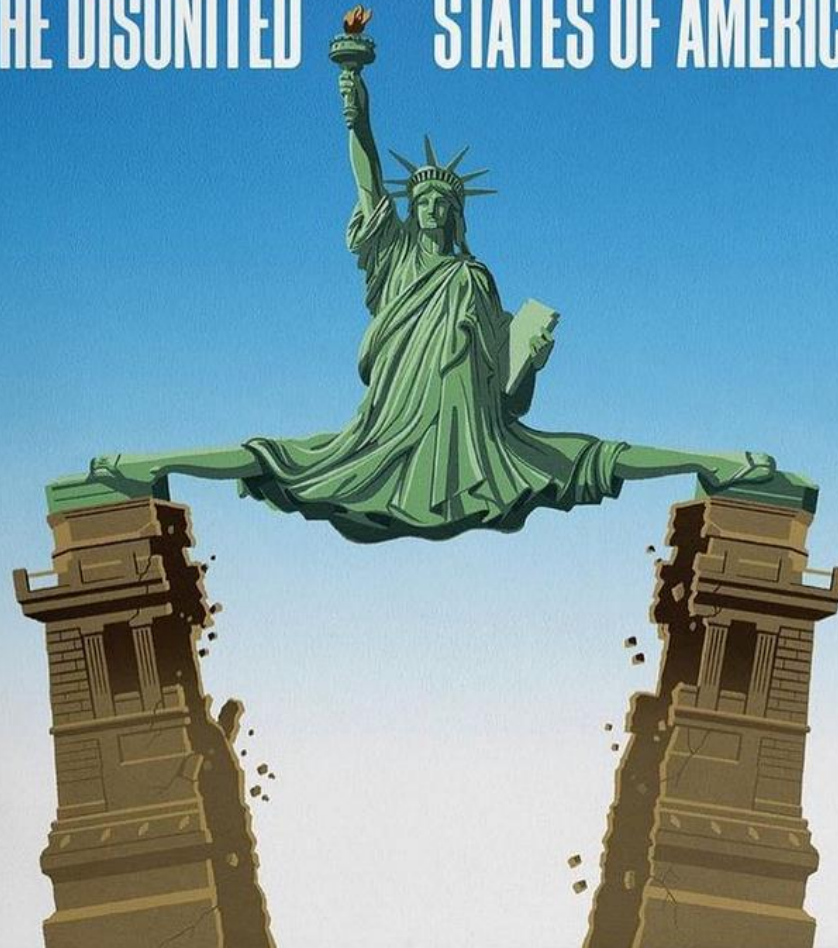
Mikhail Gorbachev

The man who liberated
millions, even if he
didn't set out to do so



SEPTEMBER 3RD-9TH 2022

THE DISUNITED STATES OF AMERICA



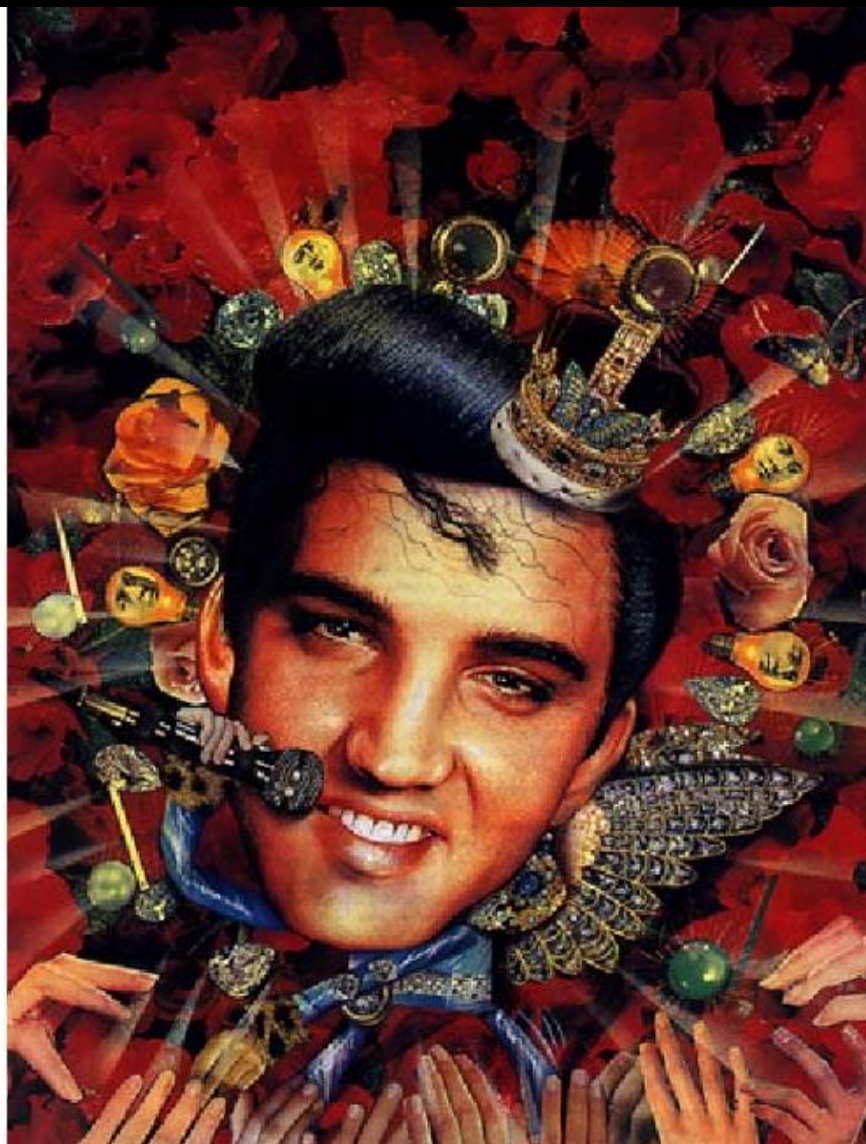
by Rusty Wright

is elv

ELVIS LIVES.
Perhaps I'm able to keep several
different projects going at once,
like seven or eight shining, silver
butcher knives axing through
the air while the circus sideshow
juggler keeps up a running pat-
ter. Perhaps I rush about with a
sense of urgency, which I then
translate to importance. Possibly
I even enjoy being that way. But
rushing about and getting things
done can become an addiction.
And like so many addictions, it
takes a person away from family,
friends and the truly important
things, like slowing to hear your
4-year-old painstakingly explain
every single detail of her day.
Rushing about makes true

dead

[*deal with it*]



Representative



**This means that
maleness and
femaleness are
reflections of who
God is.**

is defined on the basis of comfort, we make maleness and femaleness arbitrary. If being a man or woman is determined by someone's mind or will, it means that there is no such thing as true maleness or femaleness. Both become just a construct based on cultural stereotypes. We would be unable to tell a young boy that he is really a boy. We would be unable to tell a young girl that her father's unique responses to her as a father is anything objective or real (got questions.org).

More than culture

This I submit has really been part of the problem. Majorly because, when the gender distinctions are purely cultural, we end up with just a bunch of stereotypes that seemingly oppress one gender to the advantage of the other. For example, in the past, gender roles were biased towards the men with women being the oppressed. Today, culture is slowly changing and men are now becoming the oppressed. In essence, male chauvinism gave rise to feminism both of which are completely against what the Bible teaches. Culture

as you can see only serves to give us either of two extremes that have no place in the word of God.

God made them male and female

The Bible, on the other hand, begins by reminding us that God has created us in His own image. Genesis 1:27 So God created man in His own image; in the image of God He created him; male and female He created them. This means that maleness and femaleness are reflections of who God is. It also means that God has always envisioned two and only two genders. All other genders are all constructs of men that have no place in the scriptures. It is these two genders that God created to reflect His image with any other form of gender only seeking to discredit God's wisdom. It is this image of God that we should be most concerned about since God has placed us as His image bearers to the world. We must seek to enforce the purity of these genders in society so as to uphold the image that God has bestowed upon us. It is quite clear in most scriptures that God intended both genders remain distinct. For example, in Deuteronomy 22:5, He requires that

both men and women dress differently.

More than mere Physical differences

Secondly, when God designed male and female (Genesis 5:2), He created more than mere physical differences. Whenever we feel as if our bodies are foreign or that we would like to identify as the opposite gender, we must be reminded that we are actually faulting God's design over our lives. Men and women were created to fulfill different roles in creation and in our relationship with the Lord and thus distorting those God-assigned roles is in a sense distorting God's image here on earth. Notice too that in all the cases that the violations of God's design of sex and gender are mentioned in the scriptures, they always are mentioned in the negative (Romans 1:18-32; 1 Corinthians 6:9-10).

I really didn't choose to be that way

One may then ask if God created only two genders, why is it that some feel oriented differently from the rest? How can I be accused of faulting God's design if I am just trying to be comfortable in my skin? 'I really didn't choose to be the way I am', one might say. This assertion, however, fails to account for two things. First is that disagreeing with transgenderism does

not mean denying the pain of gender dysphoria. We appreciate that some people actually have some biological conditions that could predispose them as otherwise. However, these conditions are quite rare and also the fact that we have such a condition does not warrant us to look over and desire what is ungodly.

It began at the fall

Second is that the confusion attributed to gender can always be linked back to the fall of man in Genesis 3. The fall lies to us that we have no much control over our desires or sin. God while talking to Cain in Genesis 1:6b reminds him that the tendency of sin is to want to rule over you but you must aim to rule over it. This means that God's grace is sufficient. Irrespective of whether gender distortion has a genetic, hormonal, physiological, psychological, or spiritual cause, it can be overcome and healed through faith in Christ and continued reliance on the power of the Holy Spirit.



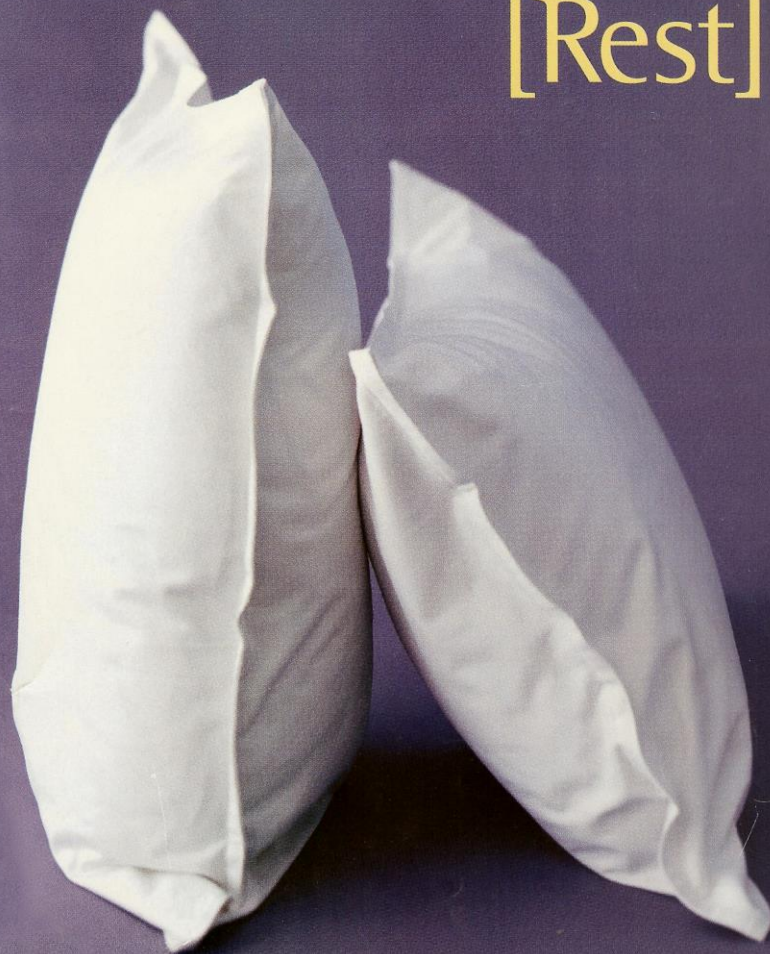
**All other genders
are all constructs
of men that have
no place in the
scriptures.**

DISCIPLESHIP JOURNAL

HELPING YOU GROW IN CHRIST

ISSUE 127 JAN/FEB 2002

[Rest]



1st *First* *Life*

September/October 2013

INSIDE
Highlights from this
month's in-flight
entertainment
Page 27

THE
FASHION
ISSUE

