

# March PhotoShow Winners "Winter"



**More Top  
Pics  
Page 3**

**1st Place – Greg Harkins**

## **APC ACTIVITIES**

### Next Meeting

**April 19, 2021 Zoom**

### PhotoShows

**May 17, 2021 Duplicates**

**July 19, 2021 Pets/Animals**

**Sept. 20, 2021 Hills & Valleys**

**Nov. 15, 2021 Time-lapse (using tripod)**

### Exhibits

**June 2021 Burlington Artists League**

### Programs

**April 19, 2021 NC Bird Photography  
By Sean Leahy**

### Field Trips

**Jan.-March 2021 Downtowns—On Line April 1**

**April-June 2021 Parks**

**July-Sept. 2021 Cemeteries**

**Oct.-Dec. 2021 Country Roads**

## President's Comments—April 2021

**By Scott Duvall**

Things are starting to return to normal for Twin Lakes residents with regard to the COVID restrictions. However, it is not clear when non-resident members of the Photo Club will be allowed to enter the facility. Len Barnard will be keeping in touch with the Twin Lakes management to be sure we can resume meetings at our original location as soon as possible. In the meantime, it's on with "ZOOM".

Our next Photo Club meeting is at 7PM on Monday April 19. Keith O'Leary will send club members an email describing the sub-

ject of the meeting as well as the "ZOOM" parameters.

Our PhotoShow committee has arranged topics for the rest of the year. Hugh Comfort is doing a great job with outings and field trips given the restrictions of COVID.

Scott Duvall  
APC President [duvalse@earthlink.net](mailto:duvalse@earthlink.net)  
336-438-1791

## APC BOARD

President	Scott Duvall	Publicity Chair	Carole Barnard
Vice President	Sam Lynch	Exhibit Chair	
Secretary	George Siple	Membership Committee	
Treasurer	Nancy Jacobus	Chair	Len Barnard
PhotoShow Committee		Co-Chair	Carole Barnard
Chair	Keith O'Leary	Twin Lakes Rep.	Len Barnard
Members	Herbert House	Web Master	Christie O'Leary
	Gene Lentz	Past President	Mike King
Outings/Field Trips	Hugh Comfort	Editor	Ray Munns

## More PhotoShow Winners



**2nd Place – Tom Jamison**



**3rd Place – Ray Munns**



**HM 1 – Ray Munns**



**HM 2 – John Reich**

**Chris Ogden, thank you for your time and effort in judging our March PhotoShow! We appreciate your thoroughness and found it to be very educational. Also, thanks to Keith O’Leary and his team for arranging and emailing the judged photo entries.**



**HM 3 – Tom Jamison**

## April 19, 2021 Program—Bird Photography

### Presentation by Sean Leahy

#### View on Zoom

Sean grew up outside of Hartford, CT where he enjoyed photography and the outdoors. He started taking photos in his teens. About eight years back he got bird fever and has been photographing wildlife and birds ever since. One year he set a goal to photograph all the birds in New England. He remembers thinking how “hard can that be to take a photo of all the birds in New England, there are only 250 different birds that live in New England”. His experience - it is very hard and even harder with a Starter Kit lens.

He has traveled to over 25 states in the US photographing birds. His travels also include a memorable trip to South America in 2018 and he has birded all 100 counties in North Carolina. He looks forward to his next adventure and seeing some beautiful subjects to photograph as he branches out into more wildlife and landscapes. Today, he lives in Burlington and is married to Dawn, also a birder. He has a BS in Computer Science from the University of Westfield State, Massachusetts.

*Thank you in advance, Sean, an APC Member.*

## CCL Exhibit Photo Pick Up Info

The photographs that were displayed at the CCL in Greensboro will be picked up on April 1st starting at 11:00. I have contacted each photographer with a given time to arrive (beginning at 11:00 am) for your photo pick up. Masks will be required and members will remain outside in the drive up area.

Please have all the necessary packaging and protective wraps you need in your car. The CCL can not be responsible for work not picked up. They have a new show going in the next day. If you have questions or need help, call me at 336-260-0379 or email me at [mking0379@gmail.com](mailto:mking0379@gmail.com)

Thank You,

Mike King



## Membership Corner

In our March 2021 APC Newsletter we introduced Glen Collins as a new member. However, we have 5 more new members that due to timing we were unable to include. So let me now introduce Bill and Gale Taylor and Carolyn Wilberscheid, all residents of Twin Lakes, George Bohannon of Mebane, and Anthony Beasley who has recently moved to our area. Welcome to all!

For the past year our Club has struggled to maintain a somewhat trying attempt, to be an active club while living with the Pandemic situation. However, for March Keith O'Leary broke that chain with our "**First Virtual ZOOM**" meeting and with a highly qualified judge, Chris Ogden. If you are sensitive about your photography, you may not have liked his critiquing. However from my seat, although at times I did not agree with his selections, he was the best judge we have had in a long time. I think he realized that we needed help and that is why he **spent so much time pointing out areas that we MUST give more attention.**

I was glad to see we had a good turnout of Club Members to join in!!

### **Request for HELP for our Club!!!!**

Carole and I are the Membership Chairs but we need, **MUST HAVE**, your help. Do you ever ask people you meet day to day if they enjoy photography? I do and it is a pleasant surprise to learn of a mutual interest.

Len Barnard, Membership Chair  
Co-Chair

336-270-3194

Carole Barnard,



## 2021-Q2 Personal Field Trip: Parks

Hugh Comfort, Outings/Field Trips Coordinator

Keith O'Leary, PhotoShow Chairman

Due to the Covid-19 pandemic, field trips will be conducted on a personal level vs as a group event. Please practice social distancing and do not trespass in the effort to get that perfect shot. Be well and be safe.

For the second quarter of 2021 (April 1 - June 30), our locations will be Parks. These may be local, city, county, state, or national parks, as well as state or national forests. While the locations are fairly general, the time frame is not: all photos must be taken during the second quarter of 2021. A link to all submitted photos will be shared with the club on the first day of the month following quarter-end. Up to 5 field trip pictures may be submitted per member to share with the club. Based on participation, we may only share your top 3 or 4, so please number them in the order of your preference. See below for details. Enjoy spring in the great outdoors and good shooting!

### Field Trip Photo Submission Details

#### Number of Entries:

One (1) to five (5) entries per member. Please indicate your preferred photo with the number 01, etc.

#### Size:

Due to the number of photos for this event, we ask, if you are able, to resize your photos to 1-2 MB if possible, but nevertheless not to exceed 20 MB.

#### Format:

.jpg

#### File Naming:

Please rename your photo submissions using the following format:

FirstName.LastName\_nn, where nn is the number (01-05) indicating preference where lower numbers are more preferred than higher numbers.

Example: john.doe\_01.jpg john.doe\_02.jpg

#### Email:

Email Address: Send all images to [apcphotoshow@gmail.com](mailto:apcphotoshow@gmail.com)

Email Subject Line: Include the Field Trip "topic" and your name.

Example: Photos for Parks Field Trip – John Doe

#### Entry Deadline:

Wednesday, June 30, 2021.

A link to view all submissions will be emailed to members by Thursday evening, July 1, 2021.

#### Please Note:

Pictures not taken in field trip time period (April-June) are subject to rejection as these should be recent photos taken specifically during these personal field trips timelines.

## You may be Interested !!

The Burlington Artists League would like to extend an invitation to the Alamance Photography Club to participate in an Annual Photography Exhibit at the Burlington Artists League Gallery in Holly Hill Mall. This display would be featured in the Gallery for the month of June each year and will feature photographers from both groups. There are no parameters with regard to editing for this display, you are welcome to edit or not, as much or as little as you would like. The pieces for display will require hanging wire in order to work with our hangers. **Drop off will be May 27-29, 12-6pm** at the Gallery. **Please notify the Gallery by May 15<sup>th</sup>** at [balartgallery@gmail.com](mailto:balartgallery@gmail.com) if you would like to participate. Additional details are listed below.



### June - Annual Photography Exhibit (beginning this year)

- Photographers may submit one piece 16x20 or larger  
Or two pieces under 16x20
- Work may be for sale
  - Non-BAL members pay 25% commission
  - Sales will be done via Square at the Gallery
  - BAL will issue checks for any sales minus commission at the end of the month
- Will need the following information:
  - Photographer's name and address
  - Title of work
  - Price (or if not for sale)
- Exhibit will be publicized in and by the Mall, on Facebook and websites, and through Alamance Arts



## WEBMASTER NOTES

### Join the APC Gallery on the APC website!

A Gallery of members' photographs is being added to the club's website. Members can begin sending photos to [alamancephoto@gmail.com](mailto:alamancephoto@gmail.com) for the gallery. Each member who submits photographs will have a personal slideshow on the website. We encourage ALL members to submit photographs for the club's website gallery and would like to see EVERYONE represented!

You will receive a confirmation email that your submitted photos have been received. If you have NOT received a confirmation email within a WEEK, please let us know at [alamancephoto@gmail.com](mailto:alamancephoto@gmail.com).

#### Submission Details

Number of photos: no more than 20

Size of each photo: 1 to 2 MB preferred. Max. size 10 MB

Format: .jpg

File naming:

Please rename your photo submissions in the following format:

Firstname.lastname\_01 or \_20 (*per order you want them to be shown in your personal slideshow*)

For example: john.doe\_01.jpg john.doe\_20.jpg

***\*Your '01' photo will be used as the thumbnail on the Gallery Page.***

Email:

Email Address: Send all photos to [alamancephoto@gmail.com](mailto:alamancephoto@gmail.com)

Email Subject Line: Please include gallery photos and your name

For example: Gallery photos - John Doe

**Entry Deadline: May 31, 2021**

**\*\*Going forward, you will be able to submit photos annually in January and February to update your personal Gallery\*\***

**Please Note:**

Any submissions that do not adhere to the guidelines above may be returned.



**All Facebook Members:**

We welcome you to post your photographs on the Alamance Photography Club Facebook page ([www.facebook.com/alamancephotoclub](http://www.facebook.com/alamancephotoclub)).

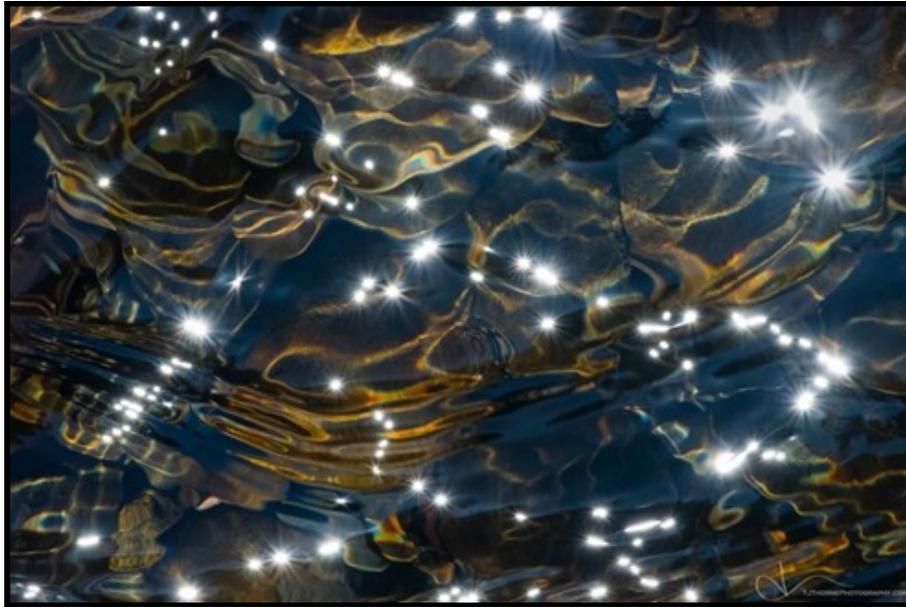
**Please Note:** Your posts will have to be approved before they can be seen by others. This of course is to protect the integrity of our club's Facebook page. After approval, your post will appear as a share.

Thank you,

Christie O'Leary—Webmaster

# 5 Professional Tips for Photographing Harsh Light

TJ Thorne

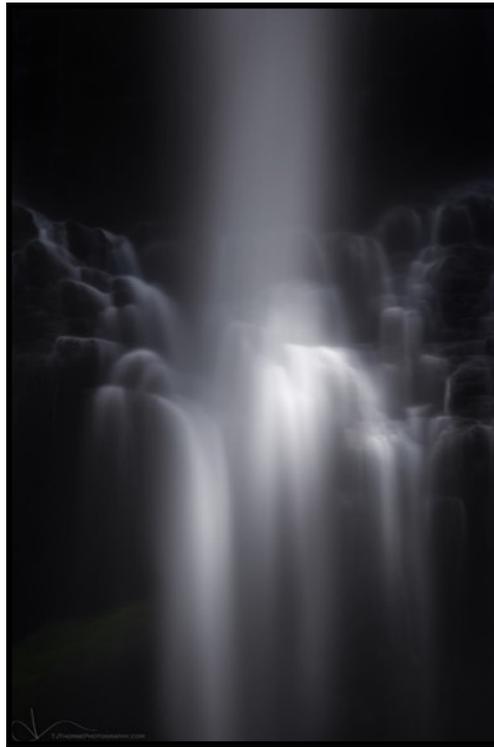


Imagine this: You show up to a gorgeous waterfall – one that you’ve been to countless times in “perfect conditions” and yet you’ve never gotten an image of it that you were happy with. Imagine that it’s the middle of the day and that the whole entire amphitheater is washed in midday light, there’s harsh direct light hitting the waterfall, and that the whole downstream creek is also washed in that same “bad” light. Imagine that it’s a fairly popular waterfall and that the whole area is crawling in tourists.

Considering all of that, it’s probably a situation where you wouldn’t be likely to pull your camera out, right?

Well, what if I told you that this exact scenario happened to me and that even with all of these conditions I got the only shot of this waterfall that has made it into my portfolio – and not just a portfolio shot, but also an image that I am deeply connected to and that has meaning to me?

### 5 Professional Tips for Photographing Harsh Light . . . Continued



*Soft Symphony (2018)*

With nature and landscape photography, when it comes to photographing light, there is often a singular goal of capturing the most epic sunrise or sunset that we've ever seen. The thrill of the chase and the reward when it all pays off can be invigorating. However, I've noticed that oftentimes the drive for that sunrise/sunset and the resulting photograph becomes the primary goal of nature photographers. I've been there myself and I know the disappointment felt when the sunset fizzles out and you're left with cloudy skies, clear skies, or conditions that many might consider "lackluster". We sometimes prioritize the photo and put the whole reason that we go to nature or take photographs of it on the back burner. The peace of mind, the primal connection to the natural world, the inspiration, or wherever it is that we seek in nature becomes diminished because we didn't "get the shot".

The obvious solution is to untether ourselves from the reliance on 'good' light. But that's not as easy as it sounds, and in my opinion, it shouldn't be. It takes work to grow as a photographer. That means that it takes risk, experimentation, and failure. No one likes failure, especially when it comes to our art or our time spent in nature, but it is an important part of learning. This is where a shift in focus is needed in the way that we interact with the landscape through our cameras. If we can approach the landscape in a way that isn't based on expected results, then we have the potential to be much happier and fulfilled as photographers.

### **5 Professional Tips for Photographing Harsh Light . . . Continued**

The word photography translates to writing with light. Light is our medium and when we limit ourselves to one kind of light, we are limiting our ability to communicate the story of our experience in nature. This can lead to feelings of stagnation, lack of fulfillment, and even burnout because we are focusing on the same types of scenes and not challenging our creativity. In order to become a more well-rounded photographer and artist, we must learn to think outside of our creative box. One of the ways in which we can do that is by learning how to use different kinds of light.

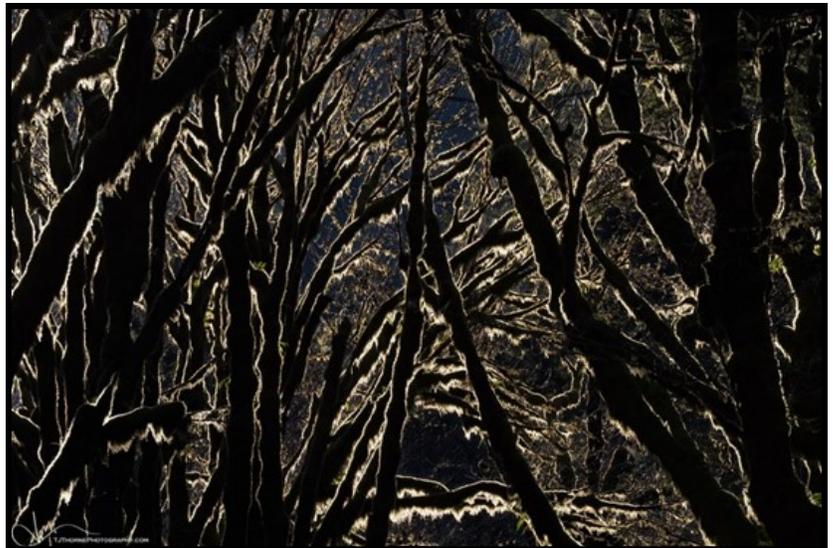
I'm here to make the case for photographing midday light. At first glance midday light is, well, harsh. But if we shift our approach, look closely, and think creatively there is a ton of potential for photographing during the middle of the day. In fact, I have found most of my creative realizations happen while photographing harsh light and I have come to feel comfortable and confident in my ability to create images that I love deeply no matter the conditions or location.

Below are five tips that I have to offer after exploring midday light for the past several years:

#### **#1 Slow down**

In my opinion, slowing down and letting yourself tune into the environment is a good practice in general and depending on your photographic goals it's an important step in responding to the moments in a scene that calls out to YOU.

Most photographers in a beautiful location are going to recognize the overall scene, and sure you can arrange the different elements in different ways. But once you're able to look beyond that, how many photographers might be standing in the exact spot that you're standing in and will notice the way that the sunlight is peeking and flashing through a fern or leaf? Those are personal moments that are existing for you and only once you allow yourself to slow down and let the landscape show you these moments will you see them.



*Taller Than the Trees (2019)*

## 5 Professional Tips for Photographing Harsh Light . . . Continued

### #2 Shed expectations

This is common advice when it comes to breaking out of the tendency to chase popular subjects and compositions and to start creating images that are personal and meaningful to you. But it's suggested because it's true – when you go looking for something you're going to find what you're looking for because it's easy to become hyper-focused on that specific shot that a type of subconscious tunnel vision sets in.

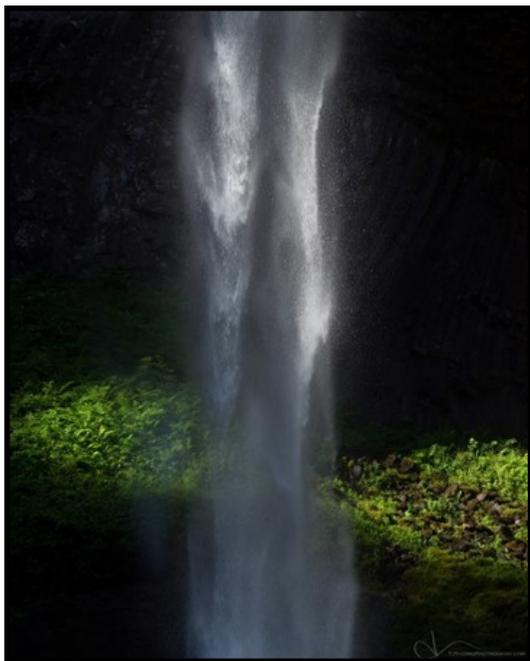
Allowing yourself to let go of the stress of hoping that all of the conditions line up enables you to prioritize the experience of being out in nature. Gone is the disappointment in circumstance and in its place is creative invigoration, inspiration, excitement, and attention to details that you may otherwise have not noticed.

*Stained Glass (2019)*



### #3 Find intimate plays of light

The larger the scene, the more of a mess of contrast it can be for the eye. One of the easiest ways around this is to notice the intimate plays of light that are happening. Even the most direct of light can be attractive and make a nice photograph if you are able to find a



pleasing arrangement of the subject that it's interacting with. The brighter and more direct the light is, the more contrast the image is going to have with most of the items in shadow falling into deep and dark tones. As such you would want to make sure that the subject is visually pleasing as it is going to have the full visual weight of the photo. Using a telephoto lens helps you to isolate those moments in time so that you can interact with them in an intimate way.

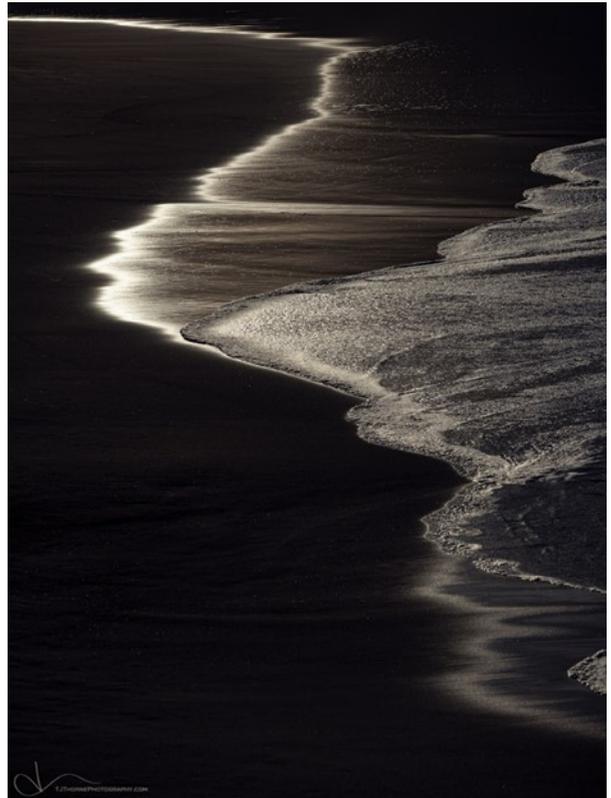
*Sun Soaked (2020)*

## 5 Professional Tips for Photographing Harsh Light . . . Continued

### **#4 Don't be afraid of clipped shadows or highlights**

We photographers put a lot of focus on retaining every single detail in the highlights and shadows of our images but the truth is that midday light is often contrasty. Depending on the scene that you're shooting, it's going to be impossible to bracket to get everything in check. I typically photograph to retain the highlights but there are some subjects, such as water, where I will let the highlights blow out a little bit so that I can get more of the shadow detail. If you're photographing direct light on a subject, sometimes the blown highlights enable the light to be felt a little more than if you retained every single detail.

*Strong late morning light illuminates the wet sand on Harris Beach in Brookings, Oregon.*



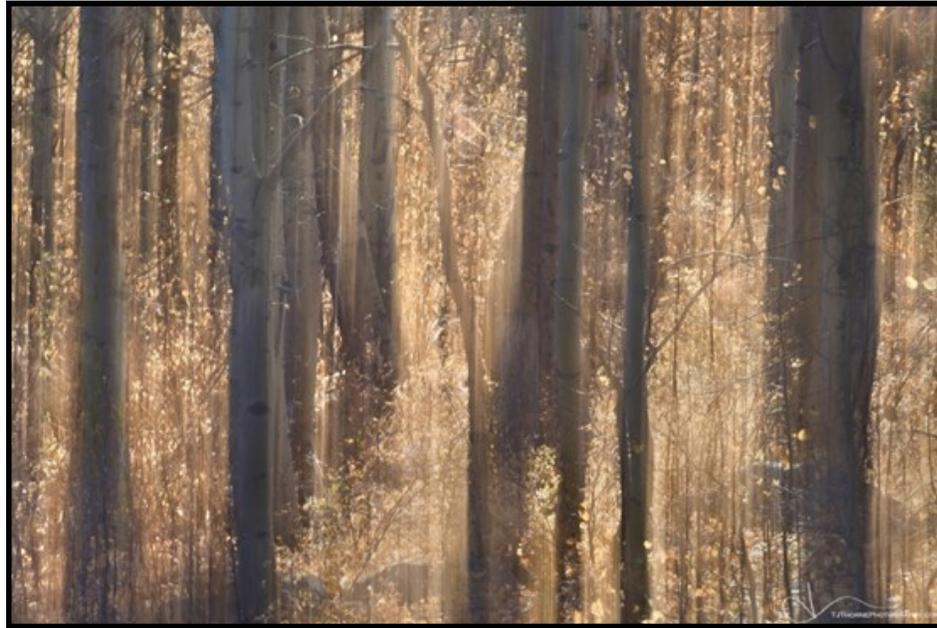
### **#5 Experiment**

No growth comes from doing the same thing over and over again. Chances are that you are photographing with a digital camera and camera memory is cheap! There is no harm in messing up a shot, and if it leads you to a new discovery about a way to use light, then all the better. If you've worked on shedding expectations, then you aren't let down by the shots that don't work out. On top of it, you spent some intimate time with something that called to you and the value in that is worth more than a resulting photograph.

There are many ways to experiment: multiple exposures, intentional camera movement, shooting something you normally wouldn't, and my favorite: asking "what if?". What if I pointed my camera at the brightest light and exposed it dark enough? What if I didn't use a polarizer? What if I used a neutral density filter on this subject receiving direct light? What if I did this? What if I did that? What if...?

### *5 Professional Tips for Photographing Harsh Light . . . Continued*

Don't fall victim to following prescribed formulas for success. Those are all just walls of a box and when you grow too big for your box, you need to get a new box.



*Sunday Sun (2020)*

#### **Conclusion**

You may have noticed that I didn't talk about techniques in this article, and that's intended. Photographing midday light isn't about being told what to shoot or how to shoot it. In fact, that can apply to every aspect of photography. There are plenty of articles out there talking about technique and technical details, but I will tell you that my approach to photographing harsh light isn't based on those kinds of things. It all starts with a desire to explore beyond what you've known to be possible. It takes stepping outside of your comfort zone, thinking in different ways, paying attention, and experimenting.

# 3 Quick Sunset Photography Tips

By Dan Eitreim



*Photo by Mohamed Nohassi*

## **1. Always shoot in RAW format—not JPEG**

Shooting in RAW format will gather a lot more visual information than JPEG. There are a lot of delicate colors in a sunset that just won't get picked up in JPEG. Plus, shooting in RAW format makes it much easier to later make changes in Photoshop if you should so desire.

## **2. Hang around for a while**

We all know to shoot a sunset photo as the sun is about to dip below the horizon. That is a classic and a given. But, hang around for a while. After the sun goes below the horizon, you can still get some very nice shots. Actually, you can get great shots for as much as an hour after sunset.

Here is something many of you may not have heard before. About 20 to 25 minutes after the sun dips below the horizon, there is a "second" sunset when the colors in the sky are often even better than they were before the sun went down.

### 3 Quick Sunset Photography Tips . . . Continued



*Photo by Trevor McKinnon*

Check it out. A lot of your favorite sunset photos will have been shot after the sun is below the horizon. It's the colors from this "second" sunset they are after.

### **3. Know when to shoot**

Now that we know what format to shoot with and when the best colors are likely to pop up, we need to know when to shoot so we can actually see something worth hanging on the wall.

A clear sky will not give you what you are looking for. To get the most stunning sunsets, you need clouds in the sky. If there are no clouds, you may as well stay home. But, not just any clouds!

A solid gray cloud cover just won't do. You should be looking for broken cloud cover. Notably, you want light, wispy clouds. If it has been a rainy day, you are in for a treat! Often, the rain clouds will begin to break up around sunset and provide the ideal conditions. There are enough clouds to reflect all the gorgeous colors, but they're broken up enough to provide visually interesting patterns.

### 3 Quick Sunset Photography Tips . . . Continued



*Photo by Vishu Gowda*

I once heard a talk by a master salesman who said that no salesman should ever be at home on a rainy day because that's when all his prospective customers will be at home. We can change that slightly to read: No photographer should ever be at home on a rainy day because that's when the best possible sunset photography presents itself.

There you have it: three more landscape photography photo tips that will give you better sunset photography.

Make a note of these landscape photography photo tips and then get out there and start shooting! Shoot in RAW format and shoot as the sun is setting, but don't leave too early. Stay for the second sunset and you will be richly rewarded. Never stay home on a rainy day –that's the ideal time to be doing any sort of landscape photography, but particularly sunset photography.

# 10 Benefits of Photography to Mental Health

By Jenn Pereira

With the ongoing pandemic, communities are facing plenty of life-altering effects. While the immediate concerns are the physical effects of the virus and its complications, it also cannot be denied that there is a rapid increase of psychological distress occurring world-wide. Panic leads to the worst behavior and the most common mental health consequences arising from the outbreak include stress, anxiety, uncertainty, frustration, and depression.

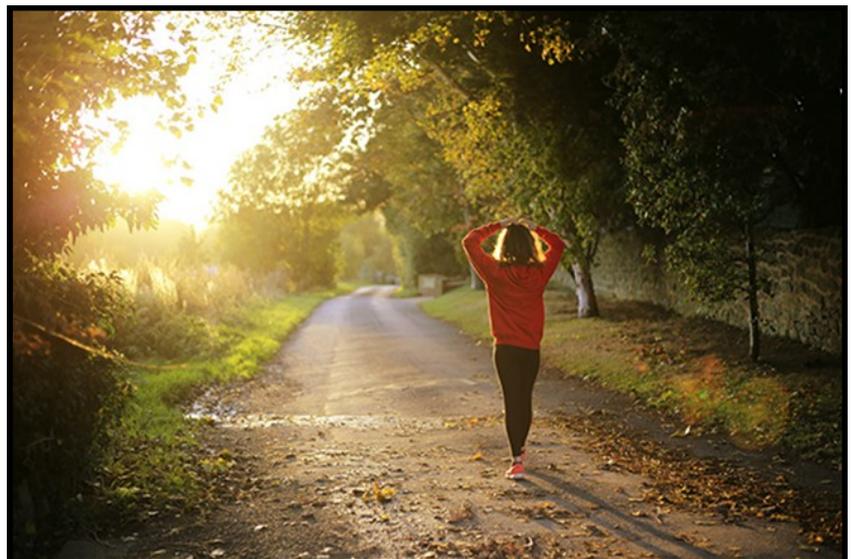
Through the years, thousands of studies have been made about different methods to care for persons who are suffering from different mental-health problems. Because of the current lockdown and imposed quarantine protocols, it is difficult for many individuals to have access to mental health practitioners and treatment options. So how does one cope with such a scenario?

The use of visual art has long been understood to have positive effects on both physical and psychological health. Photography is a form of self-expression that can contribute to a person's ability to maintain or reconstruct a positive identity.

To further give you an idea about how photography can significantly benefit those who are facing mental health struggle especially during the pandemic, we have identified these benefits of photography in improving both physical and mental health:

## 1. PHOTOGRAPHY IMPROVES SELF-CARE HABITS

Dr. Liz Brewster of Lancaster University and Dr. Andrew Cox from the University of Sheffield made a study that revealed how taking pictures daily and sharing them with others can actually improve self-care. Doing something new develops into a new habit. The process is therapeutic and makes a person feel refreshed. It also keeps the brain busy by making it think for creative photos to take every day.



*Photo by Emma Simpson*

## *10 Benefits of Photography to Mental Health . . . Continued*

### **2. PHOTOGRAPHY ENCOURAGES COMMUNITY INTERACTION**

Making valuable connections significantly improves a person's well-being. Taking pictures and sharing them to a community, like a social media group, can help you meet new people with the same interests. Photography becomes a common ground that can spark conversations, make connections and eventually find support to fight loneliness.

### **3. PHOTOGRAPHY CAN HELP YOU REMEMBER THE JOYS OF LIFE**

Photographs capture unique moments. The pictures that you take can help bring back memories from the past and all the positive thoughts that are with it. This is mainly the reason why most people who are feeling sad or depressed usually look through old pictures. It is an effective method to somehow lift up the mood.



*Photo by Federico Respini*

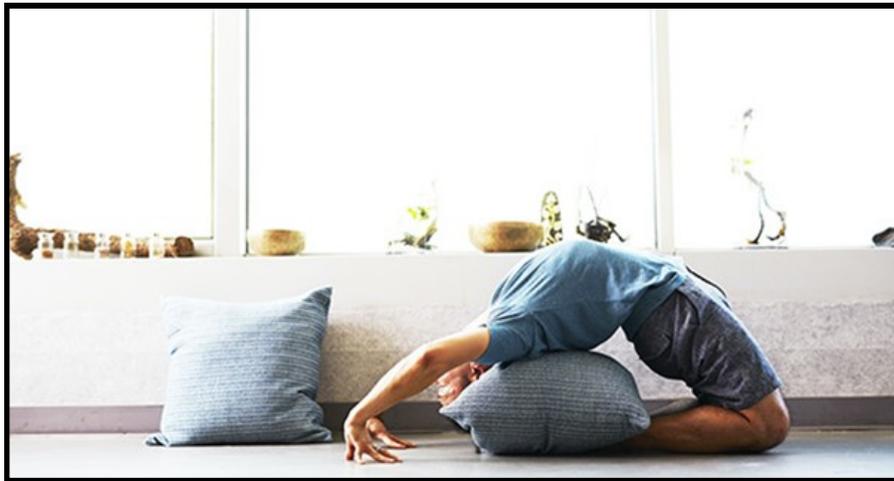
### **4. PHOTOGRAPHY PROVIDES A BEAUTIFUL VISION OF THE WORLD**

Every picture tells a different story. Taking pictures lets you see a unique beauty that you will only get to appreciate as you look through your camera. It allows you to discover your environment without even meaning to. The greatest thing about it is that photos let you freeze the beauty that you see as you take new photos of the world around you.

## *10 Benefits of Photography to Mental Health . . . Continued*

### **5. PHOTOGRAPHY KEEPS THE BRAIN IN GREAT SHAPE**

The brain also gets old and photography is a good exercise to keep the brain healthy. According to research by Professor Denise C. Park from the University of Texas, photography is a highly cognitive activity. In her study, participants who engaged in digital photography were able to enhance and improve their episodic memory and reasoning skills.



*Photo by Wee Lee*

### **6. PHOTOGRAPHY CAN HELP THE BODY GET MOVING**

Outdoor photography pretty much requires people to go outside and walk around. This allows the body to burn more calories, especially if you need to climb a tree, crouch down toward a subject, jog ahead or partake in any other physical activity that keeps the body in motion. And if you don't, even just lugging camera gear around can be great bonus exercise during a long walk.

### **7. YOU GET TO ENJOY WHAT YOU LOVE EVEN MORE**

It is natural for a photographer to take photos of something that interests them. It becomes an enjoyable experience to see your interests in a different perspective. It also gives you a rewarding feeling that can boost your happiness more.

## **10 Benefits of Photography to Mental Health . . . Continued**

### **8. PHOTOS ARE POSITIVE MOOD STIMULANTS**

According to a study titled *The Connection between Art, Healing, and Public Health: A Review of Current Literature*, art therapy can help reduce cortisol, a hormone that can cause stress in the human body. Photography is a form of art, and taking a good picture can therefore make a person feel relaxed. Taking positive photos lets you see the world differently and will keep you motivated.

*Photo by Thought Catalog*



### **9. PHOTOGRAPHY IMPROVES CREATIVITY**

Activating the brain through photography is possible because it does not only awaken creativity. It actually lets the brain process different thoughts and encourages the body to translate its emotions into photos. This activity also promotes curiosity and gives you the courage to try out different techniques to improve every shot.

### **10. PHOTOGRAPHY GIVES YOU A SENSE OF DIRECTION**

Especially with the pandemic, people are scared about the uncertainty of the coming days. Photography somehow eases you out of the daunting thoughts by making you look forward to what you will photograph next. Instead of brooding, taking photos lets you enjoy each moment, encouraging positivity and getting you excited for the next day that you will take new photos.



*Photo by Dan Meyers*

## 10 Benefits of Photography to Mental Health . . . Continued

### **Additional Ideas: How to Take Photos and be Creative during Quarantine**

By picking up a camera, you instantly challenge yourself to get creative. Of course, social distancing protocols make this extra difficult. Because taking outdoor shots may be challenging for some, here are some practical tips for photographers that you can do to enjoy photography while in quarantine:

1. **Explore different methods of photo editing.** For those working from home or taking online classes, you may have a bunch of time on your hands that you can use to learn about improving photos. You may enroll in online classes or explore any photo editing app that you currently have. This will allow you to revisit old photos and try to enhance them using what you have learned.
2. **Photograph food.** There's no better time to actually appreciate the chance to enjoy cooking and eating than being in quarantine. Get creative with your presentations and transform your meals into fine-art photos.
3. **Go black and white.** One way to develop your photography skills is by shooting in black and white. Try it with your family or pet as the model and try to hone your skills with this technique.
4. **Take a photo scavenger hunt.** This is a fun way challenge that you can do at home to help occupy your time. Make it a contest among your family and friends and create a social media group where you can upload and see each other's shots.
5. **Get creative with a free background remover.** Instead of brooding about not being able to get out, you can use a background remover to edit photos and bring the outdoors into the picture. Lighten the mood by editing yourself into travel destinations. Get a good laugh by having a virtual group picture with your friends and make it look real with a new background. There are tons of creative things you can do once you remove backgrounds from images.

Photography can help express yourself, but it has become a lot more valuable during this pandemic. It can help make a person focus on positive life experiences, reduce stressors and enhance self-worth. This is very important especially as the world has gone through too many changes in a matter of a few months since the outbreak started. It would somehow give the mind and body a sense of balance and makes it ready to face the day with positive thoughts and attitude.