A photograph of an individual requested for publication should be a high-quality 300 dpi JPEG of any size with minimum compression. The individual should be several feet in front of a PLAIN background. The photograph should contain only the individual; it should not be a cropped group shot. It should be of a formal or semi-formal nature, and include the upper body and face. Lighting should be even (daylight is preferred over fluorescent light) and the individual should be in focus.

PLEASE REMEMBER THAT THIS PHOTOGRAPH WILL BE PUBLISHED IN A MAGAZINE AND ON A WEBSITE THAT WILL BE SEEN BY THOUSANDS.