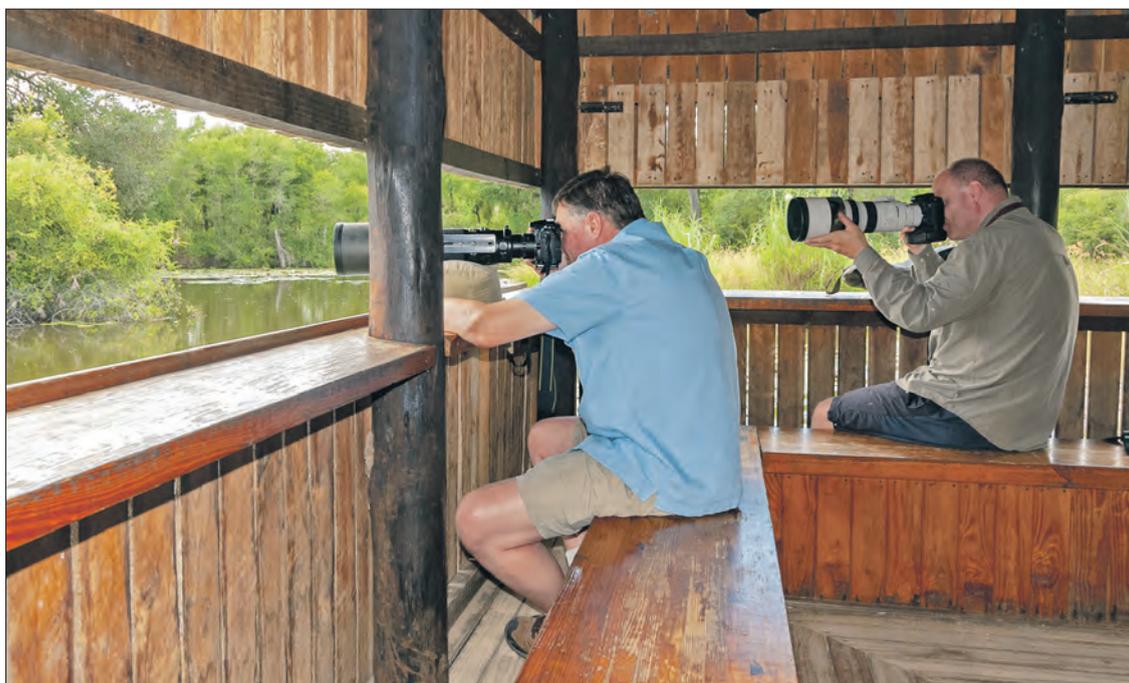




Full-frame cameras have a huge advantage for low light and night-time shots. | ROBIN AND ARLENE KARPAN PHOTOS



CLOCKWISE FROM TOP: Choosing the right camera lens can make a difference when getting out into the field.

A fast frame rate and highly responsive autofocus are great for photographing wildlife.

There is no one best camera. It depends on the kind of photography you like and your budget.



Many choices available when looking for camera

TALES FROM THE ROAD



ARLENE & ROBIN KARPAN

Full-frame, cropped sensor, mirrorless, DSLR, action cameras — the choices seem mind-boggling.

If you're thinking of buying a new camera or are just getting into photography, be prepared to be overwhelmed. Rapidly changing technology and recent trends may influence the decision.

The gold standard for years has been the DSLR (Digital Single Lens Reflex) camera, which works similarly to 35mm SLR film cameras. Through the viewfinder, you see the scene reflected in a mirror. Press the shutter and the mirror pops up, and the image is recorded on a sensor or film.

There is a huge selection of lenses and you can often find good quality used lenses at reasonable prices. We have lenses that are more than 20 years old, originally bought for film cameras but that also work on DSLRs.

DSLRs come with either a full-frame or cropped sensor. With full-frame, the sensor is the same size as a frame of 35mm film. Advantages

include the ability to capture a higher range of dark and light tones, better lowlight performance and a file size capable of making large prints. However, they are heavier, bulkier, and more expensive.

Cropped sensor cameras work the same but have a smaller sensor. They are slightly smaller, weigh less and cost less. Choosing lenses takes more thought, however.

If you use a lens intended for a full-frame camera, its focal length will appear higher. Known as a crop factor, it varies slightly among camera brands.

For Nikons it's 1.5, so our 200 mm lens will effectively have a focal length of 300 mm. While that might be an advantage for telephoto lenses, it's a problem for wide-angle lenses that no longer have as wide a field of view. To compensate, lenses have been made specifically for cropped sensor cameras.

Many photographers start with a cropped sensor camera because of cost, then upgrade to full frame as they become more interested in photography and have a fuller piggy bank. However, if you buy lenses made specifically for cropped sensor cameras, they won't work properly on full-frame.

Until recently, the DSLR has been the camera of choice for professional photographers and serious enthusiasts. That is changing.

CONTINUED ON NEXT PAGE >>



Photographers may not “need” a lot of features on their cameras, but having cool toys to play with is an important part of any hobby.

» CONTINUED FROM PREVIOUS PAGE

The biggest recent development has been the growing popularity of mirrorless cameras. Most manufacturers have concentrated on them lately, so it seems to be the wave of the future. As the name suggests, these cameras don’t have a mirror, which means fewer moving parts, lighter weight, quieter operation and a lot of other high-tech gadgetry.

Mirrorless also come in full-frame and cropped sensors. Full-frame models tend to be pricey and there are fewer lens choices, at least so far. Depending on the brand, you may not be able to use old lenses, or may need an adapter.

Not everyone wants or needs a state-of-the-art DSLR or mirrorless camera. We can also choose from a huge range of compact options, everything from point-and-shoot to so-called “bridge cameras” that bridge the gap between low and high end.

Some may have many features similar to big cameras but in a more compact package. Micro Four Thirds cameras are quite popular, especially for travel. The sensor size is around a quarter that of full-frame but they still provide sufficient resolution for most uses for a lower price.

Another major trend is that basic point-and-shoot cameras are being replaced by smartphone cameras that have better quality and features.

There is no one best camera. It depends on the kind of photography you like and your budget. For sharing vacation photos online, or making smaller prints, practically any camera today will do.

Certain features are worth considering for more specialized photography. A fast frame rate and highly responsive autofocus are great for wildlife. Full-frame cameras have a huge advantage for low light and night-time shots.

Cameras with larger sensors and more megapixels make it easier to make large prints or to crop. For example, if you get a super shot of a bird flying and it only fills a small part of the frame, you might be able to crop the image significantly and still have enough resolution for a usable photo.

While you may not “need” a lot of features, having cool toys to play with is an important part of any hobby.

Arlene and Robin Karpan are well-travelled writers based in Saskatoon. Contact: travel@producer.com.



Smartphone cameras that have better quality and features are replacing basic point-and-shoot cameras.

Myocarditis has variety of causes

HEALTH CLINIC



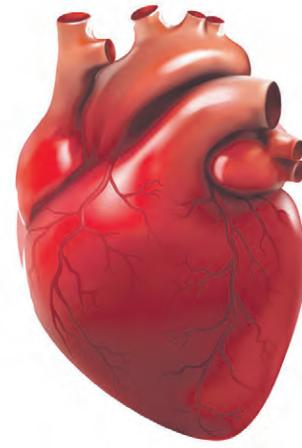
CLARE ROWSON, MD

Q: My stepson, 30, has been admitted to hospital in the United States with myocarditis. It is not related to COVID-19, as far as I know.

I hope this isn’t serious. The doctors think he will be fine, but will he be left with any permanent heart damage or other problems?

A: Myocarditis is an inflammation of the myocardium, which is the heart muscle. It mainly affects the left ventricle, which is the largest part of the heart used to pump blood around the body. Although COVID-19 can cause this in rare cases, other viruses may be to blame. They include the common cold virus or adenovirus, hepatitis B and C and herpes simplex — the cold sore virus. Infectious mononucleosis and HIV may also be viral causes.

Young children may get it from fifth disease. Even some bacterial or fungal infections may cause myocarditis, as well as exposure to certain drugs. These drugs may be



GETTY IMAGE

illegal substances or ones that could cause an allergic reaction such as sulfonamides and penicillin. Some autoimmune diseases like lupus may also lead to this condition.

There have been some cases of myocarditis following COVID-19 vaccinations with the mRNA types of vaccines occurring mainly in young men, but this is a very low number compared with those who actually caught the virus.

The most important symptoms and signs of myocarditis include chest pain, rapid or irregular pulse and shortness of breath and fatigue. The person may think they are suffering from a heart attack and this needs to be ruled

out using ECGs, chest X-rays and blood tests. They may also get swollen legs and ankles, which is an indication of more severe disease and heart failure. All this could be accompanied by other signs of viral illness such as fever, diarrhea, sore throat, headache and general aches and pains.

Myocarditis can be fatal due to blood clots, heart failure or serious heart rhythm disorders, such as ventricular tachycardia or ventricular fibrillation. However, many cases are mild and patients will recover on their own with rest and perhaps NSAIDs (non-steroidal anti-inflammatory drugs).

If the patient is hospitalized, they may require oxygen, heart medications to strengthen the heartbeat and restore normal rhythm as well as corticosteroids. They may also require specific treatment for the underlying condition.

Most cases, even serious hospitalized ones, will recover without any lasting problems. However, a very small number may require heart transplantation.

The only ways to protect yourself from getting myocarditis is to steer clear of people showing active symptoms of any viral illness and to get vaccinated for flu, hepatitis, COVID and rubella.

Clare Rowson is a retired medical doctor in Belleville, Ont. Contact: health@producer.com.

DON'T LET
HEAT BLAST
LIMIT YOUR YIELD POTENTIAL

X-CYTE™

PLANT GROWTH OPTIMIZER

Stoller's X-Cyte™ is a foliar application of the plant growth hormone cytokinin, used to maximize plant development during reproduction while also correcting the hormone imbalance during times of heat blast/heat stress.

For more information, call 1-800-674-8824 or visit stollerenterprises.ca/x-cyte/



Stoller Enterprises
284 Industrial Drive N
Regina, SK
S4R 8R6
Phone: 1-800-674-8824

