

Out" or "Stic-n-Pic" you don't need a tree at all. Some trail-cams will work with a regular camera tripod. There are numerous other mounting options, but it's nice to have something simple and fast.

12) How and when should you check your cameras? Some say you must wait a certain time-span and check them at a specific time of day, but every situation is different. In some instances you may need to check them every day or every-other day. Under other scenarios you may want to wait a week to ten days or more before you check them. Variables would be the time of year, location of the camera(s), what you're trying to do with your camera, how you're checking the cameras, weather conditions and more. The idea is to check or move your cameras when you will disturb the area the least.

Since an ATV or some farm vehicles are less intrusive than a person on foot, some choose to mount their cameras so they can drive right next to the camera to switch out SD cards. This is less of a disturbance than walking in on foot because whitetails will stay bedded and will tolerate the vehicle passing by, where a person on foot would bump them to the next property. If you're able to drive right to your camera you also leave much less human scent in the area.

... Eye Protection

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water and you're out in direct sunlight my recommendation

would be to go with more of the wraparound style of sunglasses," Capoor said. "Get the good UV filter in the lenses and polarization. The anti-reflective coating or mirror coating on the outside surface is also very helpful."

Look for sunglasses that block 99 to 100 percent of ultraviolet rays.

Ultraviolet radiation can affect different layers of the eye and continued exposure without protection may lead to permanent eye damage. Regular use of sunglasses can slow down cataract formation and lessen the risks of macular degeneration. They can also retard the development of pterygium, an eye condition distinguished by a wing-like growth on the cornea that can interfere with vision and affect anyone who spends a lot of time outdoors, Capoor said.

"We know it's associated with exposure to ultraviolet light," she said. "Fishermen get it a lot. Farmers get it. And closer to the equator where people are at higher altitudes, they get it. It can start out young and then the continued exposure without protection can make it progress and get worse. It can require surgical intervention."

Children and people with light-colored eyes should be particularly mindful about wearing sunglasses.

"Times havechanged and there's more penetration of ultraviolet light from the atmosphere than there was 30 years ago," Capoor said. "It is

advisable for children, especially blue-eyed or light-eyed children, to be wearing protective sunglasses now."

Composite lenses made from impact-resistant polycarbonate material are lighter than glass and ideal for anglers.

Polycarbonate also is the preferred lens material for shooting glasses. Protective eye wear is required at all shooting ranges on Wildlife Management Areas in Kentucky (Editor's Note: And every shooting facility we've visited nationwide).

"Things can happen when you're shooting guns," said Mark Marraccini, spokesman for the Kentucky Department of Fish and Wildlife Resources and an experienced trap shooter. "A lot of your automatics, whenever the shell is ejected and it comes flying back, little hot flecks of burning powder may come out with it. They'll get in the corner of your eye and they're painful. Plus, a lot of times, other people on ranges are shooting and there's the off chance that you can get ricochets and deflections or pieces of shot. On pistol ranges, bullets shatter when they hit steel silhouettes and you can get sprayed that way.

"It's important to remember that there's a real serious explosion at really high pressure that's happening about three inches in front of your face. When you put it that way, shooting glasses are extremely important."

On the water, polarized lenses are highly recommended for

anglers because they sharpen vision by reducing glare from the sun's reflection.

Darker lenses don't necessarily block more UV rays although they may be preferred by people who are extremely sensitive to light. The environmental conditions can dictate the right lens color.

Gray, brown and green tints are best at providing maximum contrast while maintaining clarity and offering the most sun protection, Capoor said.

Most anglers prefer grey, green or amber colored lenses.

Gray is a good all-purpose lens tint that cuts down on extremely bright conditions and won't distort colors. Green also limits color distortion, reduces glare and improves contrast in bright sun. Brown and amber are versatile tints that cut glare and filter out blue light,

increasing contrast and sharpness, especially on cloudy days.

Yellow reduces glare and enhances depth perception and contrast in low light or hazy conditions. It is considered a better option for shooters than anglers.

"Different lens colors will help different colored targets stand out better," Marraccini said. "In different lighting conditions, they make the targets even more visible than if you weren't wearing any glasses at all."

We're taught to apply sunscreen liberally and often to protect our skin from overexposure to the sun. Sunglasses and shooting glasses are just as important. Summer is a great time to shop around for the right pair and to remember not to leave them at home. Your eyes will thank you.

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