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Nikon d3100 user manual pdf

Get stronger, healthier, HappierSign up to get our best tips, workouts, recipes and more. Often filled with jargon, acronyms, and directions that require a doctorate to understand, software user manuals are sometimes written from a developer's point of view, not from a user's point of view. Therefore, the guide can make assumptions about the skill level of the reader, which are often wrong. The first step in writing a good manual is to remove the actual writing process as far as possible from the engineers. The software developer knows more than anyone what the software works, but that doesn't mean the developer should write the manual. On the contrary, it is a clear disadvantage. More important than a deep understanding of the internal functioning of the software is understanding who the end user will be, what their level of education is, and how that end user will use the software. In most cases, end users don't need to know the intricacies of programming and the back-end functionality of the software - they just need to know how to go around with it to make their work easier. The User's Guide should be largely task-oriented and not highly descriptive. Because the guide was written to help users understand how certain tasks are performed, the author must also have an understanding of these tasks, and therefore it is absolutely necessary to go through every single step of each feature. It is not necessary for the author to know how the program was created from a design or development policy perspective, but it is important to have a strong working knowledge of all its functions. Take time to write down each step, including clicks, drop-down menus, and other actions, as you complete each task. Although the developer should not be the one writing the manual, it will still be a valuable resource for the author, and before writing begins, schedule a kickoff meeting between the author, developers and engineers and potential end users to inform the author's work from the beginning. Interviews with experts and engineers were to be recorded and transcripts for later clues were to be recorded. A manual should not be too text-heavy. Instead, you integrate the liberal use of graphics and screen clips. The description of an action is much clearer with text-based directions accompanied by a screen clip that clearly illustrates that direction. Include both before and after views to see what the screen looks like before you take any action and what happens after the action. A simple screen capture program such as the Snipping tool included with Microsoft Windows is a good way to capture these images. Be sure to number each image and insert a caption that briefly describes it. Center it directly below the paragraph that first introduces the concept shown in the image. Clear communication in a technical document requires and careful compliance with standards throughout the guide. Standards in presentation, language and nomenclature help to avoid confusion. Templates are available and can be a good starting point for uniformity, although they can certainly be adapted to any situation. Using a one-inch border with a single column is best for the need to add graphics. a two-column setting may appear too crowded and can confuse the placement of images. More than any other document type, a software user's guide is likely to go through multiple iterations before it is completed, and it is likely to go through a multi-stakeholder review process. Using the Track Changes feature in Microsoft Word is an easy way to track each individual's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps along the process and ensures that everyone is satisfied with the end result. While few photographers like to carry a bulky single-lens reflex camera (SLR) with them, it is the default option for professional-quality images. Point and Shoots have come a long way and are great for snapshots, but don't provide the depth, low light sensitivity, or accuracy of their big brothers. In addition to their size, many SLRs don't record video, and those who don't have the ability to continuously make autofocus while they record, which means when you shoot something like a field hockey game, you often lose focus as you swivel across the field. Nikon is trying to fix these problems and the need for multiple photo/video devices with the new D3100 (699.99 USD), the first SLR, the continuous HD video auto-focus tout. During the recording of videos, our feelings were mixed on the D3100 continuous autofocus function. Like any SLR, the optical viewfinder is not available in video mode, so you need watch on the LCD display. The camera searched extensively for focus points, as opposed to camcorders, which do so almost instantly. The continuous autofocus is a jump in the right direction and an additional plus for the camera, but does not yet measure with a camcorder. Previously, the only high-quality videos I recorded with a SLR camera really required a tripod and a constant focus depth. good for shooting the class play, but not the football game. The D3100 helps bridge the gap between a SLR camera and a video camera, which videos makes them more convenient. All in all, the D3100 improves over its predecessor, the D3000 with improved video thanks to continuous autofocus, in addition to the higher-quality images with a new 14.2MP sensor. If you're looking for great images, interspersed with an occasional video, the D3100 is a good choice, but if videos are of the utmost importance, still remember to buy an HD camcorder. This content is created and maintained by a third party and posted on this page Users provide their e-mail addresses. For more information about this and similar content, see piano.io Getty ImagesBaby got back! Sir Mix-A-Lot may have rapped these lyrics more than 20 years ago, but our fascination with bums is still there. In fact, behind the breasts of Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously toned Tush, the breasts have been replaced as the It body part of the decade. But there's no reason to worry if you think yours isn't on par: Whether your pain-in-the-pendant problems focus on health issues (sciatica, anyone?) or more cosmetic problems (hello, cellulite!), we've covered them. What it is pain (often in your lower back or hip) that runs along your sciatic nerve that runs from your lower back down through each of your legs. Most of the time, sciatica is caused by a herniated disc that bulges and compresses the nerve. But sometimes it is caused by Piriformis syndrome, which is when the band-like Piriformis muscle (it extends from your sacral bone to the top of the thigh bone) presses the sciatic nerve. You are most likely to experience the first signs between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, says Wellington Hsu, MD, professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Scianas can sometimes occur during pregnancy when your expanding uterus can push against the nerve. What it feels like everything from a dull pain to shooting or burning knife-like pain to an electric shock. Rx A family doctor or orthopaedic specialist should be able to diagnose sciatica through a physical examination. As a rule, the condition improves with over-the-counter or prescription anti-inflammatory drugs or muscle relaxants, stretching exercises or physiotherapy. A cortisone injection can work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem No. 2: SacroiliacJoint pain What is It is pain around the sacroiliac joint, located in your lower back where your spine and pelvic bones meet. While it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for childbirth, stretching ligaments and pulling on the joint, causing pain), many women experience it due to muscle tightening or weakness. Don't ignore the injury: it could mean that cartilage between the bones is worn out, which can lead to arthritis. How it feels like pain in the back and hip (often on one side), which worsens with bending or activity; it tends to get heavier after you sit for long periods of time and feels better when you lie down. Rx It can be diagnosed by your GP or an orthopaedic specialist with a physical examination and X-ray. Treatment is usually conservative: over-the-counter anti-inflammatory drugs and, if necessary, necessary, Injection directly into the joint to relieve pain. The best prevention is a strong core that helps to remove pressure from the joint by strengthening the surrounding muscles. Talk to your document about movements (such as boards and hip raises) that you can do yourself. What a hole?! If you notice blood in your poop or on the toilet paper, or itching and swelling around your anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can determine if you have external hemorrhoids (under the skin around your anus) by examining the area; Hemorrhoids in your rectum can usually also be diagnosed by manual examination, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out anything scarier, such as colorectal cancer. The treatment is usually to relieve over-the-counter products with witch hazel or hydrocortisone swelling and/or itching, as well as soak in a warm sitting bath. Also the key: Slowly increase your fiber to 25 to 30 grams per day, and drink plenty of water. If that doesn't work, Dr. Naymagon adds, your doc can perform an in-office procedure known as rubber band ligation, in which she places a band around the hemorrhoid to stop its circulation (the tape and the 'roid fall off within a week). What is it is an injury to one of your hamstring muscles that run the back of the thighs out of the pelvis. While it can happen to anyone who is active, you're more vulnerable as you get older because the muscles tighten with age, says Jordan Metzl, MD, a sports physician at the Hospital for Special Surgery in New York City. How it feels like a sharp pain in the butt or leg during the activity (when the actual strain occurs) and afterwards, along with swelling and bruising. Rx Your first step is RICE: rest, ice (use cold packs 20 minutes on one, several times a day), compression with a bandage around the thigh and height. If you're hopping for more than a few days, check out your primary care specialist or sports physician. You can have an X-ray or MRI to see if it is a full tear or strain, and can get crutches or a prescription for physiotherapy. Therapy.

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