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Hd vehicle blackbox dvr user manual

By Kimberly Turtenwald DirecTV offers you the option of purchasing a high-definition receiver with a built-in digital video recorder to watch the latest HD channels along with the capability of recording shows. The setup for the receiver is the same as the analog DirecTV DVR receiver. The capabilities of your DVR, however, are dependent upon the way in which the receiver is hooked up to the satellite dish. If your goal is to record only one show at a time, you need only to connect one cable from your satellite dish to your HD DVR receiver. You can either press the "Record" button on your remote to begin recording the current show or select a show to record in the future from the on-screen channel guide. When the DVR needs to record a television show you set to record in the future, the receiver automatically changes the channel. When you only use one cable, you can't watch something else while a show is recording. Some people want to watch two things that are on television at the same time. To do this on an HD DVR for DirecTV, you must have two cables plugged into the satellite dish inputs at the back of the receiver. When the show you want to record begins, the DVR draws the signal through the second cable for recording, while the first cable allows you to watch a show on another channel at the same time. As long as you have both cables from the satellite dish connected at the back of the receiver, your HD DVR has the capability of recording two shows at the same time. Each show is brought through one of the cables, just like it does when you record one thing and watch another. However, you don't have the capability of watching a third show while two others record. To record two shows, the channel must be set to one of channels on which you're recording. Setting up your connection between your satellite and HD DVR receiver can be done one of two ways. If you have two cables that are long enough, you can connect each one into an output on your satellite dish and run them both to the back of your receiver. However, if you don't have two cables that are long enough, you can make do with a longer one and two shorter ones, but you'll also need a splitter. Install the splitter onto the end of the cable that's attached to your satellite dish. Then attach the two shorter cables to the output side of the splitter. Those cables attach to the back of the receiver. By Susan Reynolds A Digital Video Recorder (DVR) is an expensive piece of equipment that shouldn't go in the trash when you're ready for an upgrade. There are several options if you want to get rid of your DVR but aren't sure what to do with it. It's not healthy for the environment to improperly dispose of electronic equipment, so look at some other options. Many major electronics companies have programs where they will take back their old equipment. Some of these companies include Panasonic, Sony, Samsung and Sharp. You will have to contact the manufacturer of your DVR directly to find out if they offer a recycling program. The shipping is usually paid for by the company. Sometimes the company will offer a coupon or a check in exchange for your DVR, but other companies do not offer anything except free shipping. If you bought your DVR from a store like Office Depot, Radio Shack, Costco, Best Buy or Staples, you may be able to get some of your money back. Many of these retailers will give you a little bit of money in exchange for your old DVR. The amount is usually between \$10-20 for a piece of used equipment, or you can get a discount on an upgraded DVR. You can walk into your local store and inquire about their trade-in program. One way you can recoup some of your money is to resell your DVR. You can advertise your product on websites like eBay, Craigslist, Backpage and Yardsellr. Some of these websites are free to use, but others require a small fee or percentage of your sale. Reselling your old DVR is a suitable choice as long as the item is in good, working condition. Otherwise, you should mention in your ad that the DVR is for "parts only." You can find recycling centers in your city by using a national directory like the National Center for Electronics Recycling. Well-known non-profits like the Salvation Army and Goodwill will gladly take your old DVR as long as it still works. You may be able to get a tax writeoff if you are self-employed or have a business. Unfortunately, you won't get any cash from these companies, but your DVR doesn't belong in the garbage and should be put to better use. Skip to content From tech-related aches to finger and nail oh-no's, your complete wrist-to-fingertips help guide. Jonathan KnowlesWe trust our hands to do, well, everything. And the 27 small bones and 28 little muscles they each hold need our protection: "Women are diagnosed with conditions like tendinitis or carpal tunnel syndrome more often than men," possibly due to hormonal fluctuations, says Rachel S. Rohde, MD, an orthopedic surgeon at Beaumont Health System in Royal Oak, Michigan. Luckily, there's a lot you can do to keep your nails, fingers, and wrists healthy and happy, so turn the page for all the details. Problem No. 1: Tendinitis The slowdownTendinitis occurs when tendons, which attach muscle to bone, get inflamed or irritated. In the hand, it's especially common at the base of your thumb, a condition called DeQuervain's tendinitis, says Steven Beldner, MD, an assistant professor of orthopedic surgery at the Albert Einstein Medical School in New York City. "We often see this in pregnant or perimenopausal women," he says. "Synovium—the thin soft-tissue layer that covers and lubricates your tendons—has estrogen receptors in it, so when your hormones fluctuate, it can swell." Repetitive stress injuries from excessive texting can also cause DeQuervain's, informally known as BlackBerry thumb. "Your thumb is the most dexterous part of your hand, so it's more prone to strain," explains Stuart Elkowitz, MD, an orthopedic hand surgeon in Mount Kisco, New York. What it feels likeBurning pain on the thumb side of your wrist that can travel up your forearm and worsens when grasping objects or twisting your wrist. You may also notice swelling and numbness. The RxAbout 90 percent of the time, the problem goes away after a few days of avoiding pain-causing activities, using an over-the-counter splint to stabilize your wrist and tendons, and taking an OTC anti-inflammatory such as Advil. (If you really can't stop texting, limit yourself to yes/no answers!) If you don't get better in a week, your doctor may refer you to a physical therapist or to an orthopedic specialist, who can administer cortisone shots to reduce pain and swelling. Problem No. 2: Carpal tunnel syndrome The slowdownThe carpal tunnel is formed by the bones of your wrist and the transverse carpal ligament. This tunnel protects the median nerve—which supplies feeling and movement to parts of the hand—as well as the flexor tendons, which bend your fingers and thumb. Carpal tunnel syndrome itself occurs when the synovium surrounding the flexor tendons swells, putting pressure on your median nerve. Women are approximately three times more likely than men to develop the condition, Dr. Rohde says, which can frequently occur during pregnancy, perimenopause, and even while using birth control pills. You're also at greater risk if you suffer from a thyroid disorder or diabetes—both conditions that make tendons more susceptible to inflammation. What it feels likeTingling and numbness in your whole hand. "You may notice that you have trouble buttoning your shirt or putting in earrings," Dr. Rohde says. Since many people sleep with their wrists curled, which puts strain on the carpal tunnel, symptoms may worsen at night and even wake you up. The RxCarpal tunnel can usually be detected by a simple physical exam, but your doctor may also want to test your median nerve function (it's done with little needles) to see how much it's being compressed. About 75 percent of cases can be reversed after six weeks of wrist splints and cortisone shots, research shows; otherwise, you may need surgery. It's done on an outpatient basis under local anesthesia and consists of cutting the carpal ligament to enlarge the carpal tunnel. You may have pain and swelling for two weeks, but then the problem should be gone.Next Page: Osteoarthritis [pagebreak] Problem No. 3: Osteoarthritis The slowdownMore than a quarter of women will develop osteoarthritis—a condition in which the cartilage that covers the bone surfaces at your joints begins to erode—in their hands. "We see it at the base of the thumb and the fingertips as early as your 40s," says Michelle Carlson, MD, an orthopedic surgeon at The Hospital for Special Surgery in New York City. Women are more susceptible to this type of arthritis than men because they have looser joints and ligaments, which allows thumbs to move more and cartilage to wear out faster. Jonathan KnowlesWhat it feels likeAching or pain that worsens after gripping or grasping; also stiffness in the morning or during rainy weather. The RxSee your doctor, who may suggest splints, cortisone shots, anti-inflammatories, and exercises. You'll also have to modify your habits. "Holding free weights at the gym can be irritating, for instance," Dr. Carlson says. "So no activities such as weeding." If none of this helps, talk to your doc about surgery to fuse or remove the painful joint. Problem No. 4: Ganglion cysts The slowdownGanglion cysts are fluid-filled sacs that grow out of a joint—like a balloon on a stalk—either on the top or the underside of your wrist. They represent anywhere from 50 to 70 percent of soft-tissue lumps on the hands and wrist and are three times more common in women than men. It's not really known what causes them, although some may be related to trauma, such as falling on an outstretched hand. What it feels likeUsually they're painless, but occasionally they can put pressure on the nerves that pass through the joint, causing a burning pain. The RxThis harmless cyst may eventually disappear on its own. But if it's painful or the appearance bothers you, then your doctor can remove it through surgery under local anesthesia. "That's the best way to get rid of it, with the lowest chance of recurrence," Dr. Rohde says. © Copyright . All rights reserved. Printed from this link is to an external site that may or may not meet accessibility guidelines. vehicle blackbox dvr full hd 1080p user manual

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