The major triggers of an attack include:

* Cold air especially following exercise.
* Respiratory infections such as colds and flu.
* Social allergens such as cigarette smoke.
* Atmospheric pollutants such as sulfur dioxide.
* Indigestion caused by the upward movement of gastric acid.
* Emotional states such as stress.

There are four forms of red-green color blindness:

* **Protanomaly** - reduced sensitivity to red light. Red tones are perceived as having a lower saturation (color depth) and brightness than normal. Red, orange, and yellow tones look greener than normal, and purple will often look blue because the red component is so weak.
* **Protanopia** - lack of sensitivity to red light. Red tones are dimmed and are indistinguishable from orange, yellow, and green. Purple is perceived as blue because the red component is missing.
* **Deuteranomaly** - reduced sensitivity to green light. Green tones have reduced saturation and brightness. Red, orange, and yellow tones look redder than normal. Purple is perceived as blue.
* **Deuteranopia** - lack of sensitivity to green light. Red, orange yellow, and green are perceived as the same color. Purple is perceived as blue.

Up to 6 CDs can be placed into the supplied magazine. The top tray is numbered 1 and then increases in order from 2 to 6 for the lower trays. To load the magazine, do the following:

1. Slide out one disc tray at a time using the thumb tab.
2. Remove the CD from the case and place it in the disc tray with the label face down.
3. Slide the disc tray back into its original position.
4. Repeat steps 2 and 3 to insert additional CDs.
5. Replace the magazine in the compact disc player.

To program the tracks of the CD in the desired order of your song list:

1. Turn on the power of the stereo receiver and select the CD input selector.
2. Turn on the power on the compact disc player.
3. Press the Stop button.
4. Press the Program button. The Program indicator will light on the display.
5. Press the Disc number button of the first disk from which you wish to record. (This information can be obtained from your song list.) "AL" (all tracks) appears on the display.
6. Press the |<< or >>| button until you see the desired track number on the display.
7. Press the Program button.
8. Repeat steps 6 and 7 for additional tracks to be programmed from the same disc.
9. Repeat steps 5 through 7 to program additional discs/tracks. If you make a mistake or want to start over, delete the programming by ejecting the magazine.

To prepare the tape deck for recording from the compact disc player:

1. Turn on the power of the cassette deck.
2. Open the cassette door and place the blank tape in Deck II with side A facing you.
3. Press the Auto BLE button to prepare the tape for recording. Wait for the "Tuned" indicator to light. This should take approximately 30 seconds.
4. Place the reverse mode switch in the two-way mode position; set the Dolby NR switch to C
5. Adjust the recording level.
6. Press the CD Synchro button. The cassette deck begins recording, and the CD player begins playback.

To select your document's color scheme:

1. Click Color Scheme in the Format menu.
2. Select either one of the standard color schemes and click OK or click Custom. If you click on Custom, do the following:
   1. Select colors for the main and five accents by using the drop-down arrow.
   2. To save your custom scheme as one of the preset color schemes, click Save Scheme.
   3. Type a name for your color scheme and click OK.
   4. Click OK to select your custom color scheme for the current document and close the color scheme window.