Copystand workflow

open side shelf (make sure it's secure), set up computer with power (plug into strip to right)
plug in AC to camera (open battery cover)
attach camera to column - secure but don't over-tighten (try to center over base)
26cm height for camera? whatever will give you a moderate zoom to capture full document
run USB cable from camera to computer
open RemoteCapture CD program
turn on camera
turn on lights (switch on each light)
put document on base (centered)

In RemoteCapture:
image quality is Medium1/Fine
Focusing point: Automatic selection
Macro: Off
AF-assist light: Off
AF Operation: AF unlock (lock it if you need to shoot a mostly blank page)
Flash: Off
White balance: Tungsten
Exposure compensation: +1
Flash exposure level: 0
Metering mode: Spot
ISO speed: Auto
AE Mode: Aperture-Priority AE
Av: 8.0
Zoom in enough to leave a band of grey around all edges of document

Misc.
don't zoom in or out too much (aim for middle and adjust with column height)
make sure computer won't go to sleep while working (apparently this messes up the program)
if paper is very thin, put a white sheet behind it