

Apple Barrel

The Journal of the Houston Area Apple Users Group

July 2012

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Semi-Annual

SwapMeet

Saturday, July 21

Bellaire Civic Center
7008 South Rice Avenue, Bellaire, TX 77401
9 am - 1 pm



Semi-Annual SwapMeet Saturday, July 21st

Got used Apple or other tech devices that need a new home?
Looking for that perfect thing to round out your gadget collection?

Come on down, and check out some of the best deals in town!

In addition, Compucycle has agreed to have a representative present
at our event, and will accept old computers and other e-Waste.

The SwapMeet starts at 9am, and the Board meeting begins after
noon.

We'll see you there on the 21st!



P.O. Box 570957
Houston, Texas 77257-0957

Meeting Location

Bellaire Civic Center

7008 South Rice Avenue
Bellaire, TX 77401

Just outside Loop 610 and
south of Bellaire Blvd.



Boss HAAUG Speaks

Monthly Address from the HAAUG President



Thanks to John Gaver for his great presentation on the process of self-publishing a book. Like a lot of things, technology has changed the process of producing book length writing. The whole process of publishing on demand has changed the way an individual author can get his/her work published. I remember the "Vanity" press scams that got people's books published for a fee and delivered boxes of book to the author's house. So this is a major improvement.

The recent WWDC Keynote gave us a lot of new hardware and OS announcements. All of the notebooks got some type of upgrade. The major hardware announcement was the MacBook Pro with Retina display. Some other Apple hardware was updated: Mac Pro towers got a speed bump, and the Airport Express got a new form factor. The majority of the Keynote was taken up by the MacBook Pro with Retina display, Mac OS X 10.8 (Mountain Lion), and iOS 6.

We have a lot to look forward to when the new OS X is released. Mountain Lion should be available at the end of July as a download from the Mac App store, at a cost of \$20. For me, this will be another nail on my main computer's coffin: the machine that I am writing this column on is a Mac Pro G5, which is no longer supported. I do have an Intel-based MacBook Pro, but my G5 still works, and I have software that still functions. However, there are few programs that are being written for my processor, so I will either need to transition to the notebook or get a new desk top machine. Stay tuned.

I visit a few websites daily to keep abreast of the Apple news. I do not hit many, but my twitter feed keeps me informed of the wild rumors that populate the Internet. The big rumor, that Apple was going to introduce an Apple-branded television: did not happen. New iPhones were going to be announced: again, did not happen. Many of the rumors that are published are the desires of the authors, with very little basis in fact. It is fun to listen to the rumors, but don't get upset if they do not come true.

By the time you read this, it will be too late for anything that you have on MobileMe: Apple shut down the service on June 29 (ironically on the day I am writing this column.) I have spent the past month moving my MobileMe website to a new provider (www.pcranebooth.com), and copying items from my iDisk to my local hard drive. I will write a story about moving my website from MobileMe to Mac Highway. It will not be a long story, however, because it was that easy.

(cont'd on p. 8)

Security Beat

Ed Truitt, etee@me.com



Those who have read news (tech or otherwise) recently have no doubt heard about a piece of malware called “DNS Changer” - specifically, that thousands of PCs infected with this malware could have some very real problems with accessing the Internet when the US Government decommissions the rogue DNS servers that were set up by the bad guys to support this malware. While, technically speaking, these PCs won’t be disconnected from the Internet, to their users it will certainly seem like this is happening. What is DNS, why is it important, and how can we protect ourselves from becoming future victims?

The acronym DNS stands for **D**omain **N**ame **S**ervices, the network service our computers use to translate human-friendly names like “www.haaug.org” into an associated IP address (like “174.122.6.50”) which is what the networking software, as well as the routers on the Internet, need in order to direct the traffic to where it needs to go. DNS servers maintain the name-IP address translation data for their particular domain, as well as information needed to refer lookup requests for other domains to the responsible DNS server for those domains.

Each client PC (or Mac, or iOS device...) is configured with one or more DNS servers (normally a primary, and a secondary in case the first one isn’t available) which it will send a query to every time it is instructed to connect to another system by name. DNS makes the Internet as we know it (and use it) possible: it would be almost impossible to remember the IP addresses of each and every site you visited. In fact, in the early days of the Internet, the list of system names and IP addresses was maintained in a text file, which was sent to all the system admins when a change was made: as the number of connected systems grew, this method proved to be unsustainable, and so DNS was created to both distribute the responsibility for maintaining this list, and to automate the process of updating it globally.

Because it is so critical to the proper functioning of the Internet, DNS is a frequent target of the bad guys. One method of attack targets the DNS server itself: called a *cache poisoning attack*, the bad guy tries to exploit a flaw in the DNS server software to introduce invalid data into the server’s DNS data, in order to cause people to be mis-directed to other (possibly malicious) systems. Another attack (the one used by DNS Changer) targets the clients themselves: by changing the addresses in their network configuration, the clients can be programmed to send all their DNS requests to malicious servers, which under the control of the bad guys can return invalid answers to DNS requests. These answers can result in users being sent to phishing sites instead of their bank, credit card company, or online payment processor: or they might be sent to porn or gambling sites; or they might be re-directed to selected online merchants or special “affiliate” advertising sites; or they might be sent to sites where their computers would be infected with malware.

Because the consequences of such an attack are so serious, it is apparent we need some way of protecting ourselves. Different people will have their own recommendations about this, but here is what I do:

(cont’d on p. 8)

QuickTip



In a comment to [a recent hint](#) about using the Shift and Option keys to make finer adjustments to the volume of your Mac, user monolithic pointed out that these modifier keys also work with the brightness controls, F1 and F2. I didn’t know that, and it looks like there’s no hint for it on the site.

So, to change the brightness just a bit, press Shift and Option, then press either F1 to lower the brightness, or F2 to increase it. Personally, I find this more useful than the volume controls, as I often would like to change by display’s brightness by a half-step.

This works in 10.7.4; if it works in other versions of Mac OS X, feel free to specify this in the comments.

<http://hints.macworld.com/article.php?story=20120609005721705>

Links from Dr. Mac

Bob "Dr. Mac" LeVitus

Here are the URLs from Bob "Dr. Mac" LeVitus' presentation at the February General meeting:

Lion Tips and Tricks:

<http://www.macworld.com/rc/osx/lion.html>

<http://www.tuaw.com/2011/07/20/links-to-all-our-lion-tips-in-one-convenient-place/>

<http://www.liontricks.net/>

<http://www.businessinsider.com/best-os-x-lion-tips-2011-7-search-the-web-and-wikipedia-straight-from-spotlight-1>

<http://www.pcmag.com/article2/0,2817,2388871,00.asp-fbid=iG2yfc973XM>

http://www.techradar.com/news/computing/apple/25-mac-os-x-lion-tips-and-tricks-986009?artc_pg=2

<http://gizmodo.com/5822946/the-os-x-lion-survival-guide>

Macworld Lion Tips Audio:

http://www.macworld.com/article/161903/2011/08/lion_tips.html

Lion Recovery Disk Assistant:

<http://support.apple.com/kb/DL1433>

Lion Tweaks:

<http://www.ifredrik.com/applications/LionTweaks.zip>

Troubleshooting a Battery-Sucking iPhone 4S by Christopher Breen:

http://www.macworld.com/article/163200/2011/10/troubleshoot_iphone4s_battery.html-lsrc.nl_mwiphone_h_cbintro

Apple Support Communities iPhone 4S Battery Life discussion

<https://discussions.apple.com/thread/3391947?start=1785&tstart=0>

Fun with Siri:

<http://www.google.com/search?client=safari&rls=en&q=siri+funny&ie=UTF-8&oe=UTF-8>

BoinxTV:

<http://www.boinx.com/boinxtv/overview/>

ZeroChroma cases

<http://zerochroma.com/>

Newer Technology NuTouch Gloves:

<http://www.newertech.com/products/nutouchgloves.php>

Newer Technology NuGuard GripBase & GripStand for iPad

<http://www.newertech.com/products/nuguardgripbundle2.php>

Classifieds

Products and support for the Macintosh community

Got a story, or photo you would like to see in the monthly edition of the Apple Barrel?

The Apple Barrel is always looking for good, meaty material for its monthly publication. If you have a personal story, review of a new product or just a funny or helpful thought, feel free to spread the word via the Barrel.

Submit your story, review or photos, etc. to: abe@haaug.org



QuickTip

Apple recently released a Podcasts app for iOS. This application has a number of performance and interface issues, but some podcast listeners may find it superior to using the Music app (though many standalone podcast apps have far more features than Apple's app).

When you look at the Podcasts app, it seems as though you can only subscribe to podcasts that are in Apple's store. This is not true, but the way to subscribe is unintuitive.

When you're in the Podcasts app and viewing your podcasts, there's a black bar at the bottom of the window with a Search field to the right. Paste a podcast URL into this field and tap on Search. A dialog will display asking if you want to subscribe to the podcast. Tap Subscribe to add it to your podcasts.

<http://hints.macworld.com/article.php?story=2012070300412939>

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ADVERTISING RATES

General Rate Policy

If more or less space than specified is used within one year from the date of first insertion, the rate will be adjusted to the earned rate published here.

Frequency Rates

Number of insertions in a 12-month period determines frequency rate.

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1/3 Page Ad

Dimensions: 7.625" x 3.375"

Frequency: 1X \$75, 2X \$70, 3X \$65

1/4 Page Ad

Dimensions: 3.75" x 5"

Frequency: 1X 65, 2X 60, 3X 55

1/6 Page Ad

Dimensions: 5" x 2.5"

Frequency: 1X \$40, 2X \$35, 3X \$30

Business Card Ad

Dimensions: 3.5" x 2"

Frequency: 1X \$30, 2X \$25, 3X \$15

* Dimensions of advertisements may vary as a result of document layout.

Minutes

HAAUG Board of Directors Meeting – Saturday, May 19, 2011

Location: Bellaire Civic Center, 7008 South Rice Avenue, Bellaire, Texas.

Attendees: Philip Booth, Jim Connell, Michael Epstein, Clair Jaschke, David Jaschke, Michael King, Rick Roberts, and Ed Truitt.

Call to order: 12:30 p.m. by President Philip Booth following the conclusion of the General Meeting today, a quorum of voting members of the board being present.

General Announcements: Philip Booth thanked Ed Truitt for substituting at the last minute as the presenter for the Main Presentation at today's General Meeting after Dwight Silverman had to cancel his appearance today due to illness.

MONTHLY REPORTS:

Secretary – Jim Connell: The board unanimously approved the minutes of the board meeting held on April 28, 2012, after the membership report was revised at the request of David Jaschke to state that only early renewals are not being processed on Kagi.

Treasurer – Clair Jaschke: Clair Jaschke submitted written financial reports for April 2012 to the board. At the end of last month, HAAUG had \$7,850.57 in its checking account and a \$5,000 certificate of deposit.

Vice President – Greg Wright: Greg Wright reported by email message the plans for the upcoming months:

June 16, 2012:	John Gaver on "How to Publish eBooks"
July 21, 2012:	Semi-Annual Swap Meet
August 18, 2012:	Dwight Silverman
September 15, 2012:	Dreux Ste. Marie (tentative)
October 20, 2012:	Chris Breen
November 17, 2012:	Reagan Atkinson (tentative)

Greg suggested the board consider adding other presenters such as Bob LeVitus and Adam Curry to the

October General Meeting.

Membership – David Jaschke: David Jaschke reported that HAAUG had 177 members at the end of April 2012, a decrease of three members from March 2012 and a decrease of 6 members from April 2011. Last month saw eleven membership transactions, including two new members and two late renewals. David reported that the Square credit card processor is working well for membership transactions at the General Meetings.

Media and Communications Administrator – Ed Truitt: The deadline for submitting articles for the June Apple Barrel is Saturday, June 2. Ed is looking for help in managing the website and in migrating the website to WordPress. Because of possible security issues regarding WordPress, Ed recommends that all HAAUG social pages be placed on Facebook and that all submissions for the Apple Barrel be sent to the editor or the editor's designee.

OLD BUSINESS:

Audit Committee: No report.

NEW BUSINESS:

Expanding the October General Meeting with Three Presenters: Discussion was deferred to next month.

Items to Be Brought to the Attention of the Board for Future Consideration: No items were presented for discussion.

Adjourned: 12:48 p.m.

It is July, so that means it is one of the two SwapMeets that the club holds each year. Please drop by and see if you can relieve your friends of some of their gently-used technology. If you have items to sell, there should be tables available. And, Compucycle has agreed to send someone to the SwapMeet, and they will accept old computers and other e-Waste.

Last, but not least: be sure to put the August Meeting on your calendar. We will have Houston Chronicle tech maven and Technology Bytes co-host Dwight Silverman as the main speaker.

Help Wanted!

Ed Truitt, Media & Communications Dir.

Do you have something to say? Or, maybe you have Web-programming skills, especially in CSS, PHP, and with experience in the WordPress CMS? Possibly you are an experienced Webmaster? On the other hand, you might be one of those who has experience in none of the above, but you want to be involved in HAAUG, and are willing to learn?

If you fit any of these criteria, we may have just the thing for you! HAAUG is looking for authors, web programmers, and a Webmaster. If you are interested, please see either Phil or myself at the general meeting, or email me at abe@haaug.org.

- Configure DNS settings at the local client. Some IT departments prefer to configure network settings centrally, in order to make things easier for them to manage. And, many home routers have the capability of providing a central point for configuring network settings on client devices. However, I prefer to manage the configurations locally, as this allows me to keep certain settings (like DNS servers) the same whether I am at home, or visiting the in-laws, or at the coffee house. In OS X, DNS configuration is found in System Preferences | Network | Advanced | DNS. Click "+" to add a DNS server, "-" to remove one: click and drag an address to re-order them. (Note: manually configuring DNS servers in iOS is a much more involved process, and it is probably better to manage this configuration using DHCP.)
- Many setups are configured to use the DNS servers belonging to the ISP. While this is totally acceptable, there are other options. I like to use OpenDNS (<http://www.opendns.com/>): they have a variety of plans, both free and paid, for home users, and I have found their service super-reliable (remember last month, when we talked about "availability"? Well, this is a critical requirement for DNS, as without it, you are likely not going anywhere.) If you visit their website, you will see two IP addresses at the break (where the page background goes from white to dark gray): these two addresses are the DNS servers you can enter into your DNS configuration.
- Last, but not least: every so often, check your settings and make sure they are what you expect them to be. This is true whether you configure each device independently, or maintain a central configuration at your router (or, for real hardcore geeks, on your standalone DHCP server.)

Fortunately for us, DNS Changer didn't target Macs. However, next time we may not be so lucky, so it is better to be prepared (and thus safe) than sorry.

Got Questions? If so, please send them in to abe@haaug.org.

Upcoming Events

Houston Area Apple Users Group 2012 Officers and Directors

President
Phil Booth

Vice President
Greg Wright

Secretary
Jim Connell

Treasurer
Clair Jaschke

Membership Chairman
David Jaschke

Media & Communications
Ed Truitt

Director-at-Large 1
Michael Epstein

Director-at-Large 2
Michael King

Senior Advisor
OPEN

Saturday, July 21st, 2012

Semi-Annual SwapMeet

Time to clean out the gadget stash again! Our mid-summer opportunity to buy and sell gently-used Apple (and related) "stuff".

Location: Bellaire Civic Center | Map online at www.haaug.org

Saturday, August 18th, 2012

When Rumor Becomes Reality

A journey through the rumor mills with tech blogger and social media evangelist Dwight Silverman.

Location: Bellaire Civic Center | Map online at www.haaug.org

Saturday, September 15th, 2012

To Be Announced

We are still forming this one up. Stay tuned!

Location: Bellaire Civic Center | Map online at www.haaug.org

Saturday, October 20th, 2012

Chris Breen, Sr Editor of Macworld

This meeting should be on your "must attend" list. Reserve the date!

Location: Bellaire Civic Center | Map online at www.haaug.org

Locations, Directions + Parking

Bellaire Civic Center

7008 South Rice Ave. • Bellaire, TX 77401

The Bellaire Civic Center has been a great location asset of HAAUG for the past 4 years and includes many amenities such as wireless internet and both open and closed spaces for Special Interest Group (SIG) meetings and other functions.

Find out the latest news on future HAAUG meetings...

www.haaug.org/meetings/

STARTRONICS

George McKenzie

Macintosh/IBM Services, Maintenance & Repair Specialist

4141 SW Freeway Suite #470

Houston, Texas 77098

713-524-5646 FAX 713-524-4635

July 2012 Event Schedule

	Main Room	2nd Room
9 a.m.	Semi-Annual SwapMeet *No SIGS this month*	
10 a.m.		
11 a.m.		
11:15 a.m.		
1 p.m.	Clean-up	Board of Directors meeting; followed by social time, and lunch

There are no SIG meetings this month. Enjoy the SwapMeet!

Got Junk?

Computer recycling opportunities in the Houston area

Houston area recycling centers:

Environmental Service Center

11500 South Post Oak Road • Dial 311 or 713-837-9130

Westpark Recycling Center

5900 Westpark • Dial 311 or 713-837-9130

Goodwill COMPUTER WORKS

12230 Westheimer
Houston, TX 77077
281-589-1215

Commercial electronics recyclers:

ScrapComputer.com

350 W. 38th St., Houston, TX 77018 • 713-691-9995

***Accepts all computer-related items free; offers free pickup for large amounts.*

Altech Metals, Inc.

10612 Hempstead, Building A • 713-680-9325

***No TVs or monitors*

ARM Trading, Inc.

2476 Bolsover, Suite 557 • 713-665-0213

Compucycle

620 W. 6th St. • 713-866-8021

ONYX Environmental Services

Baytown • 1-800-624-9302

Houston Computer Recycler

6102 Brittmoore, Suite N • 713-937-3334

Recycle America Waste Management Asset Recovery Group

2102 Atascocita Road, Humble • 281-540-8900

Eagle Electronics

10612 Hempstead, Building A • 713-934-8585

QuickTip



To add text to the login window in Lion, there's no need

anymore to use a system utility or to manually edit a plist file, as it was the case in earlier versions of Mac OS X. This can be useful to display an "If found" message.

Go to the Security & Privacy preference pane of System Preferences. Under the General tab, check the second box, "Show a message when the screen is locked," and then edit the message using the "Set Lock Message..." button.

This message displays near the bottom of the Login window or the lock screen. You can make multiple paragraphs by pressing Option-Return to go to a new line.

[**kirkmc adds:** This was indeed covered several times in the past, and required futzing around with .plist files. There were hints in [2002](#), [2005](#) and [2011](#). This method is much simpler, and deserves a mention.]

<http://hints.macworld.com/article.php?story=20120530210725545>

Become Part of the Action

Join or renew your membership with the one and only Houston Area Apple Users Group today!

Join Online With a Credit Card:

Paying for your membership
online with a credit card is
secure, fast and easy!

Visit www.haaug.org/join for
details on joining.

Join by Mail:

Please fill out and complete the following form. Send a check or money order payable to HAAUG and mail it to the address shown below. Dues for regular members are \$35 per year. Student memberships are available for full-time students at a high school, community college, or university for the rate of \$10 per year.

Your membership card will be mailed to you. You may pick up your starter kit at the next HAAUG meeting.

First: _____ Last: _____

Company: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ Work Phone: _____

Email: _____

Type Of Computer: _____

Membership:

- New Membership (\$35.00) Renewal (\$35.00)
 Two Year Renewal (\$70.00) Student (\$10.00) *Requires Student ID*

Check # _____

Member # (if renewing): _____

How did you hear about HAAUG?

Do you know someone who would be interested in joining HAAUG? Y | N

Would you be willing to volunteer in HAAUG?

Mail check to:

HAAUG
P.O. Box 570957
Houston, TX 77257-0957
Attn.: Membership Chairman

Membership Benefits

Enjoy the benefits of being a HAAUG member.

Monthly Meetings

This is where the excitement begins. On the third Saturday of each month, members of HAAUG meet for a day filled with activities, including presentations by major software and hardware vendors, special interest group (SIG) meetings, raffles, and much, much more. Swap Meets are held twice each year, in January and July.

Social Media & Internet Presence

The HAAUG web site at <http://www.haaug.org> is the place to go for up-to-date information on what we are doing. In addition, there is [a HAAUG group on Facebook](#), where people can go to interact with fellow HAAUG members on topics of interest related to Apple and its products.

Club Magazine

Club and industry news, meeting information and special member offers are published in our monthly newsletter - The Apple Barrel. The Barrel's content is also available to members on HAAUG Heaven in Adobe Acrobat format.

Mentor Program

The HAAUG Mentor Program puts people with hardware, software, system or network problems in contact with volunteers who can provide solutions. Contact with the mentors can be made through the HAAUG Hotline, HAAUG Heaven, e-mail or at the monthly meetings.

Special Interest Groups (SIGs)

People with common interests, including Macintosh and OS X basics, Newton, iOS, internet, games, educational computing, databases, publishing, graphics, desktop video, programming and more gather for in-depth discussion, product demonstrations, tutorials and general knowledge sharing.

HAAUG Hotline

Call the HAAUG Hotline at 832-305-5999 for the latest meeting information and to leave voice mail for officers.

Lots of Fun & Friendships

HAAUG is a not-for-profit volunteer group founded in 1978, three years before there was an IBM PC. Approximately 200 members enjoy the benefits of HAAUG. We range from beginners to experts, but we all know the secret to making our computers more valuable - a HAAUG membership.

Learn more about the benefits of HAAUG membership at www.haaug.org.

The Apple Barrel is a monthly publication of the HOUSTON AREA APPLE USERS GROUP (HAAUG) P.O. Box 570957 Houston, Texas 77257-0957.

Apple Barrel's editors have a policy to protect the creative rights of authors. The Editors acknowledge that authors' works are copyrighted and intend to honor those copyrights by: 1) this statement of policy, 2) providing, when considered significant, copies of edited text to the author for review prior to publication, 3) seeking permission to reprint previously published pieces from the author whenever possible, and 4) printing acknowledgment of reprints used.

If you are interested in joining HAAUG, please call the HAAUG Hotline at **(832) 305-5999** or sign up via our web site at www.haaug.org.

Annual membership is \$35 for regular members, and \$10 for student members (limited to students enrolled full time at a high school, community college, or university.) The Hotline is also the Mentor line if you need help. Guests are welcome to attend one or two meetings to get acquainted with HAAUG, but participation in certain presentations and activities may be limited to members only. HAAUG is an independent support group of Apple product users and is not affiliated with Apple Computer, Inc. The following are trademarks of Apple Computer, Inc., Apple, Apple II, Apple IIGS, eMac, Macintosh, iMac, iBook, iPod, iPhone, iPad, PowerBook, ImageWriter, LaserWriter and the Apple Logo. All other brand names mentioned are registered trademarks or trademarks of their respective holders, and are hereby acknowledged.

First Look: RollerMouse Free2

Ed Truitt, etee@me.com

Over the years, I have used many different types of pointing devices. From the traditional “soap bar” mouse, to their vertical and Smarter and Magic cousins, to roller balls, to trackpads, and those horrible little pencil eraser-like things that IBM put on their laptops, I have probably tried almost every kind of device out there. And I have learned that, despite being told I need to learn to “mouse” with both hands as a means to avoid Repetitive Stress Injury (RSI), my left hand simply isn’t coordinated enough to make that a viable option.

So, when my right hand suddenly started acting up at last month, I dreaded the visit from the ergonomics specialist. Because of my medical condition, speech-recognition and voice-control software is no longer an alternative to using the keyboard and mouse. And, the standard, approved mice just weren’t cutting it (I have, or have had, most of them.) So, I was pleasantly surprised when he mentioned they had a new pointing device he wanted me to try. I was even more pleasantly surprised when he brought up the [RollerMouse Free2](#), from Contour Design, Inc.

The RollerMouse is as wide as a keyboard, is designed to sit in front of the keyboard, and consists of a wrist rest; individual buttons for Copy, Paste, left click, right click, and double click; a scroll wheel; and the roller bar, which controls cursor movement on the screen. The bar moves left and right, as well as rolling up and down. Unlike a mouse or external trackpad, your hands stay in front of you, which means you don’t have to move them as far to switch between the pointing device and the keyboard.

With all these parts to manipulate, it did take a while to get accustomed to using it. However, as I used it more (hint: disconnecting your regular mouse will force you to use it) I found it became more comfortable and natural to use. After a little more than a week, I am able to move around my double screen setup about as nimbly as I did using my mouse. And, because of how the RollerMouse is designed, I have started to break a habit I developed over years of mousing on corporate PCs: that of continuously moving the mouse around to keep the automatic screensaver from kicking in (and yes, I know that an easier way to prevent this is to simply configure the screensaver not to kick in so fast. Corporate configuration standards, however, make this not always the easiest thing to do.)

I am scheduled to have a follow-up visit with the ergonomics specialist later in July. Provided that it continues to work as well as it has so far, he will recommend the Company purchase one for my use. And, I will also buy one for my personal use, at home. At almost \$240 (list), this device is by no means cheap: yet, compared to the cost of medical treatment for severe RSI (which can rapidly climb into the thousands of dollars), it is a real bargain.