

Fred's Computer Workstation: Posture & Psyche: December 2012



This is a major revision of my work station. For several months popularized medical advice and my wife have stressed the importance of standing rather than sitting, and my workstation had been raised last summer, but my brother and my wife noted that my desk was not sufficiently high for me to have the proper posture, which I could see was true, as especially reading the monitor required my stooping a bit. Add a right shoulder with severe tendonitis, some research which pointed to my mouse-working wrist as more contributory to my tendonitis, and a lecture last summer by dynamical physiological-nutritional therapist, Ken Ware, pointed out the importance of proper posture that promotes expansion and growth rather than conservation and withdrawal is important for physical health and psychic outlook. The result is that by mid December my carpenter had completed the raised table tops, which I finished in a pecan polyurethane stain, and then had to restructure the whole workspace, due in part to the limitations posed by distance and lengths of cable. The desktop computer came off the floor which made adding and subtracting cables easier; the switch boxes, modem, router, and one of the speakers, found more space under the computer; the telephone is now closer. The b/w laser printer is now a bit closer (a second inkjet color printer remains on a stand out of view here, but nearer the windows. The other speaker is behind the computer. On the left is my laptop; its extra monitor is now better positioned with the computer, with this less crowded space. I am 5' 7", the raised desk top is 44" which is 2" higher than optimal of being at the height of hands with forearms extended from elbows, but that seem ok with both keyboards slanted with a 34" stick under one rear edge; an architect's rule under the other. This space is more functional and keeps my posture in excellent upright position, which brightens my outlook on life and the world outside the window, and improves my posture even when not at the computer. My wife, brother, and myself all stand at our workstations.

A few other features of relevance to some of the recipients of this document: [Do a 200% zoom for a better view.]

The desktop computer shows the Dartmouth tree (politically correct, clay peace pipes are no longer broken on it). The rightmost screen has my home/bookmark browser page, its bookmarks adorned with images. The left most is a cave painting of an erect man with an erection to highlight the importance of being erect. There are five photos with family, my wife singing at a dynamics conference in Cork a few years ago; our daughters blues-rock group, Spring Street, the whole family with dogs at our home, our kids, Shaun, Val and her husband, Jamie, and our sister Pat, at her husband's funeral a few years back. And three photos at Dumaguete, one of a family at the communal well, four workers at our favorite bake shop, and at the very bottom, part of a spectacular sunrise over Dumaguete Bay. Another sunrise over Dumaguete Bay can be seen on the right hand screen of the laptop. The Dumaguete photos were taken a year ago while teaching at Silliman University; walking along the ocean was a daily even from 6-7 AM, followed by breakfast with friends at a café on the boulevard. There is also a tattoo of a Rössler attractor. The juxtaposition of our this December snow here in Vermont contrasts nicely with the tropical sunrises of last Demember. The work of art behind the screen is Quanah by dynamicist, artist, art historian, psychologist, and friend, Tobi Zausner, and yes, Tobi, I will get to raising it to its former visibility (and a more permanent framing).