My Watch battery does not last as long as it used to. How can I make it last longer?
- Use a dark watch face
- Reduce Notifications
- Turn Off WiFi in Control Center when out of range
- Turn off all health tracking: Privacy>Turn all off
- In emergencies, turn on Low Power Mode: Apple Watch Settings>General>Low Power Mode
- Display & Brightness>Brightness> ½ or less:
- Display & Brightness>Brightness> Always On>Off
- Display & Brightness>Brightness> Wake Duration>15 sec

I have been hearing about "Stolen Device Protection". What is it and why should I care?

Apple will introduce a new security mode for iPhones in iOS 17.3 that can protect users when thieves or other attackers learn their private passcode. The feature, Stolen Device Protection, creates a second layer of security, making it harder for thieves to use the passcode to create mischief when the user's phone is not at home or at work. If the phone is at a location that is not usually associated with its owner, and Stolen Device Protection is turned on, the device will require Apple's FaceID facial recognition in addition to a passcode for users to perform sensitive actions, such as viewing stored passwords or wiping the phone. It also adds a delay when changing the user's Apple ID password.

How do I use the new "Check In" feature in iOS 17?

You can use Check In on iPhone to automatically notify a friend that your iPhone has arrived, and choose what details they can see if you don't successfully complete your Check In.

Similarly, if a friend sends you a Check In but their iPhone hasn't arrived as expected, you can view their location, battery percentage, cellular signal, and more.

You can add time, add a stop, cancel one, or have them monitor your progress on a map.

Messages>tap on ☑ at top of screen, type in person's name or phone number>tap >tap More>tap Check In>tap Edit>Continue>Continue>Check either Limited or Full>Send

Limited: Shares your current location, in addition to the network signal and battery details of your iPhone and Apple Watch.

Full: Share the data above (current location, network signal, and battery details), in addition to the route you've traveled and the last time you unlocked your iPhone or removed your Apple Watch.

A friend of mine uses Mac's virtual desktop (Spaces), but I thought Stage Manager was what I should use. What is the difference?

You can use Mission Control to create additional desktops, called *spaces*, to organize the windows. When you work in a space, only the windows that are in that space are shown. All the windows in that space are open until you minimize them into the App that opened them. You can have up to 16 spaces, but they require more than the basic 8GB of RAM. You can control where you are and what apps are in them using Mission Control, or the trackpad on a laptop by using 4 fingers. Spaces is great for those that want a different space for each App, with multiple windows open for each App.

Spaces strengths are:
- You've already got it

Anything you're not using is out of sight
Everything you are using is grouped together
It's very fast to switch between Spaces

Stage Manager assumes only one space at a time, with six groups as a maximum, with only your current windows open. It is essential a "Stack for Apps". The other windows are closed on the side of the screen and reduce your workspace area. It is ideal for having only one window open at a time like on the iPad. Stage Manager strengths are:

Anything you are not using is out of sight
Everything you are using is grouped together
It's very fast to get into

If you really like both of them, they can be used together. For example, you could have one Space for work, one for personal and one for a club. Then you could have a Safari window in two of the spaces, 3 Pages documents, one in each Space, and 2 number files in 2 of the Spaces. Then use Stage Manager in each Space to control what App window is open and being worked on.

I am working on two different presentations. Each is in a different space. Each space has a Safari window open for searching, a Preview window with the appropriate Take Control book open, each with the particular Keynote presentation, and whatever else I need to create that presentation!
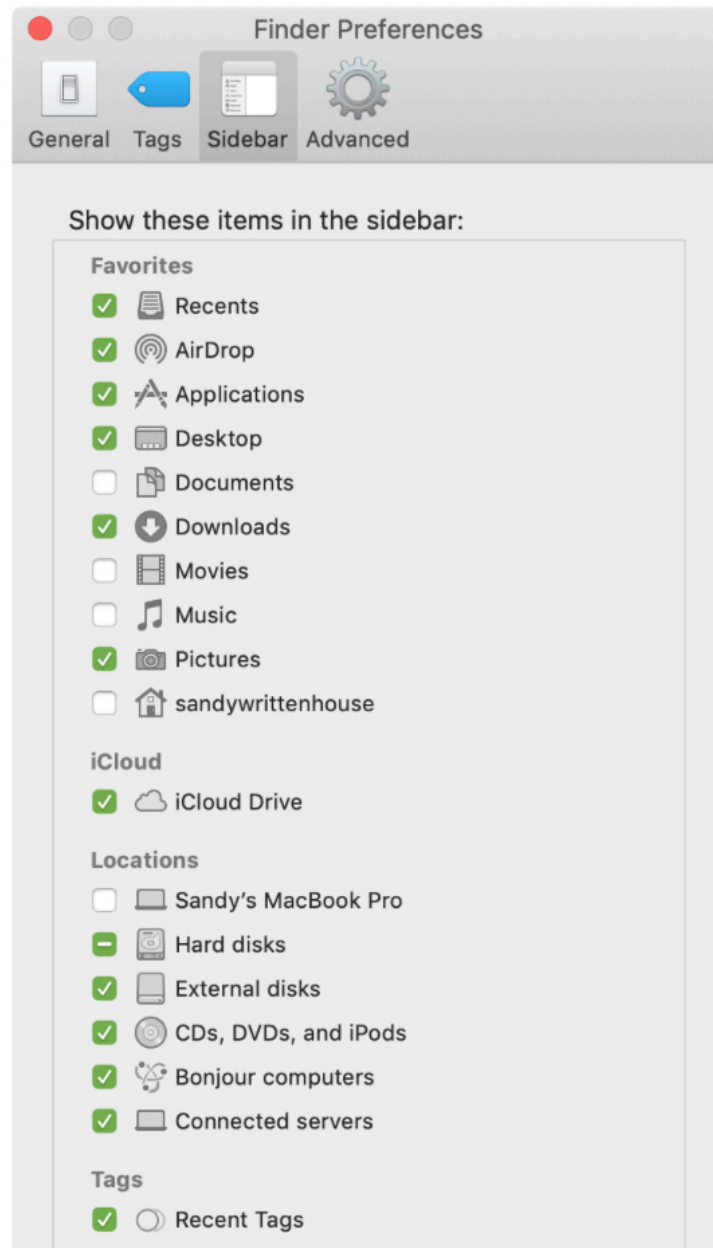
I'd like to know how to save things to my computer and not the cloud?

Let's start with basics. As soon as you get an Apple ID, you get 5GB of iCloud storage. If you open a Finder Window and select Settings in a new Mac, you will see an image similar to below. You can choose to see the checked items in the Sidebar of all open Finder Windows. The first category is the Favorites Section (these are ONLY on your local drive), usually followed by the Cloud Section (where your data is stored in the cloud). Any data you save will be stored only in the folder you choose. If you choose a folder in Favorites it will only be stored on your local drive, where if you store it in a folder under iCloud, it will be stored in iCloud Drive. Note that the default location for all the Apple applications, Pages, Keynote & Numbers, is in the same named folder in iCloud. You can override this and store it on your Mac. Storing ALL YOUR FILES in the folder labeled Documents is recommended regardless of whether it is located in the cloud or only on your local drive.

Next step: IF you go to System Settings>Your Name>iCloud>iCloud Drive and turn on Desktop & Documents Folder, then all your data will stored in the Documents folder and on the Desktop will be store both in iCloud AND on your Mac. The master copy is ALWAYS on iCloud. The advantage is that you can access that data from your iPhone or iPad anywhere you have internet access using either WiFi or Cellular and if your home burns down, all your data is safe in the cloud. The disadvantage is you have to pay for more storage, and you only have the data on your Mac and perhaps a local storage device.

You can, in this situation, create another document called Local Documents (or something else that you will remember) on your Mac Hard drive where you choose to save all your documents. You should then in Finder, drag this folder (it is just a pointer to the actual folder) to the side bar and put it under Favorites section so it is clear that it is not in iCloud!

A simplified answer is that what is stored in iCloud Drive is also available on ALL devices as long as each device is logged in to the SAME Apple ID. What is stored locally is ONLY available on that device.

Finder Preferences

General Tags **Sidebar** Advanced

Show these items in the sidebar:

Favorites
- ☑ Recents
- ☑ AirDrop
- ☑ Applications
- ☑ Desktop
- ☐ Documents
- ☑ Downloads
- ☐ Movies
- ☐ Music
- ☑ Pictures
- ☐ sandywrittenhouse

iCloud
- ☑ iCloud Drive

Locations
- ☐ Sandy's MacBook Pro
- ➖ Hard disks
- ☑ External disks
- ☑ CDs, DVDs, and iPods
- ☑ Bonjour computers
- ☑ Connected servers

Tags
- ☑ Recent Tags

I now have two folders called "Desktop". How did that happen and what do I do now? In the settings for iCloud, there is an option to "move" your Desktop and Documents to iCloud Drive.

After selecting that option, your Desktop and Document folders are literally moved from local storage to iCloud Drive storage. The only way to then get a second copy of either Desktop or Documents is to manually create it in your home folder on the Mac. You might have done that unknowingly. If you have done that, then you should rename that folder to distinguish it from the copy in iCloud Drive. I created a second local folder for Documents on my Mac, and I named it "Documents - local".

If you decide to revert from having Desktop and Documents in iCloud storage, I recommend that you FIRST copy the contents of each to another local folder and then delete those files from the folders in iCloud Drive (you cannot delete the folders until after you turn off Desktop and Documents). When you then disable that option, new empty Desktop and Documents folders appear in your local drive. You then have to move the contents from your other local folders to the proper local folder, and delete the other folders.

It is complex, but disabling Desktop & Documents leaves you no choice if you want to keep things properly organized. Keep in mind that my suggestions and instructions are just one of many possible ways to restore Desktop and Documents.

iCloud Drive is a feature that is made available by Apple as a default. Do NOT try to disable it. You can remove it from the Sidebar in Finder, but that is not recommended. Keep in mind that whatever is stored in iCloud Drive is available to ALL of your other devices. Hence, it is a very useful feature.

I was at my friend's house last week, and they were showing a widget on their Mac that they said was on their iPhone. How did they do that?
You can now add widgets to the Mac desktop in MacOS Sonoma. Open your Mac widgets by clicking on the date/time, then scroll to the bottom and click on "Edit Widgets". In the left side bar are all of your iPhone Apps that could have a widget put on your Mac desktop.

I've got a gazillion pages of app icons on my iPhone/iPad and can never find an app when I want to use it. What to do?
One option is to group your apps into folders by topic. Press and hold on an app and a menu appears. Select *Edit Home Screen*. All the apps will "jiggle" and you can drag apps around. Drag an app onto another app and it will create a folder that you can name. Drag other apps onto this new folder to add them. Now you're organized by folder.
Another option is to not show apps you hardly ever use. Press and hold on an app and a menu appears. Select *Remove App*. In the dialog that appears, select *Remove from Home Screen* and poof! it's gone. Rinse and repeat for all of these apps that you don't use often but don't want to delete completely. When you do want to use one of these hidden apps, swipe right to the last page on your device which will bring you to your App Library. Select an icon if it's obvious, or start typing it's name which will give you an alphabetic list of all your apps where you can select it from there.
Finally, the last option is to prune your device and delete apps you no longer want or need. This will free up storage on your device and is generally a good thing to do before you migrate to a new device.

How can I tell the battery status of my AirPods?
There are many ways to look at how much charge you have both in the AirPods and the AirPods case. When they are in your ears and connected to your Mac, you can click on the Control Center in the top right of the menu bar. To the right of the Sound slider, click

on the icon that is blue, and it will show AirPods charge and Noise Control settings. You can also click on the date/time in the menu bar and in the widgets list, put a widget that shows the charge of all your bluetooth accessories on your desktop!
When they are connected to your iPhone or iPad, a pop up window at the bottom of your screen will show when you open your AirPods case with the AirPods and the case battery level. Once you have put them in your ear, you can get the AirPods charge by swiping right at your home screen to see all your bluetooth accessories charges.

I saw a short article in the Sunday Dec 31 Daily Courier about "Police warning citizens of security concerns with iPhone update". How concerned should we all be about this issue?
This is an old and unfortunately, blown out of proportion, concern. It first surfaced in October by the NY police who did not understand how this feature worked. Without turning the feature off, Apple built in another step that a person must accomplish before any data is transferred. The receiver MUST approve the request. However, if you are concerned that your child or someone else would automatically approve any pop up request, then go into Settings>General>Airdrop> and turn off "Bringing Devices Together".

1 Password app. When I come to a familiar website; how do I know whether or not I have changed to the 1 Password for that website?
See: 1Password browser settings

When you go to the login page of a website and click in the username field, 1Password will offer to fill in the credentials for you. But instead of browsing manually to a website, just click on the 1Password icon in your menu bar and start typing the name of the website, then double click the entry that comes up and it will take you to the login page and auto fill the credentials.

I would like my Pages and Numbers documents to automatically include the file path as a footer. How do I set this up?
There is no automatic way to do this. There is a Footer option in Pages that places the footer at the bottom of the page. For Numbers, you can only choose to have the bottom row of a table as a footer. With the Footer option turned on, you have to copy the file's path from Finder and paste it into the footer. See: How to show a file path.
If you just want to view the File Path, that can be found by clicking on the down carrot to the right of the file name at the top of the file, then tap on Where "bar" and you will get the file path.
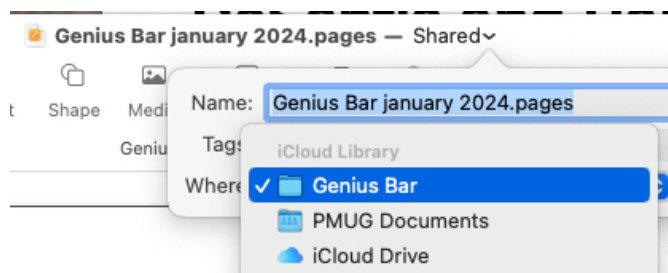
My calendar notifications pop out from the top right of my computer and then quickly disappear. Is there a way to make them hover longer so I can actually read them?   I like the way they appear on my iPad before I log in.
This is controlled in the Notifications section of Settings. There are three options: None, Banners, and Alerts. Since your Calendar App notification goes away immediately, that

means you have it set to "Banners". Instead, set it to "Alerts" which stay until dismissed.

Will a TV monitor work as a computer monitor. We have a 32 inch Vizio TV. If yes, how do I set it up with an iMac?

Use the HDMI cable from the TV to the Mac. If the TV doesn't have an HDMI input, then a special cable that converts HDMI to whatever input type is available on the TV is required (DVI is one type, and there are two varieties of DVI connectors). See: Use your TV as a display

If your Mac doesn't have an HDMI port, then it will have a USB-C port for that purpose, and that requires another special adapter to go from USB-C to HDMI or whatever port you have on your TV.

Another way is if you have an Apple TV box (special hardware) attached to your TV, you can do a Screen Mirror to the Apple TV which then will be seen on the TV.

My Sophos Anti-virus has stopped working and I can seem to find the free version on their web site any more. What is with that?

Sophos stopped supporting their free version in 2021, and no longer put out virus updates or support of the software in MacOS Sonoma. They want you to now buy Sophos Home Premium. MacWorld just released a review of Anti-virus software for Sonoma, and Sophos is way down the list. You can read the article here: https://www.macworld.com/article/668850/best-mac-antivirus-software.html

My brand new iPhone 15 will not sync to my 2 year old MacBook Pro running Sonoma when I connect the to with my USB-C cable. I have tried 3 times and left it connected for 2 hours and nothing happened. Should I buy another cable and try that?

This is a well known software bug. The solution is to Open the Activity Monitor app and Force Quit **"MDCrashReportTool".** Syncing should proceed just fine after that.

Questions to be answered in One-on-One

Mac Computer/MacOS

Note: I gave up trying to use my faulty Contacts program for editing groups or adding a new contact. I found that if I go to iCloud.com directly and access my Contacts, I can make any adjustments and they save properly. On my local iMac computer, I no longer can add even a new contact. It jumps to another listing and the one I am working on disappears. I hope Apple repairs Contact soon. Running 12.7.2 on 2015 iMac.

Unfortunately, you are 2 versions of software behind, and your 2015 Mac will not support the last two versions of MacOS. Apple does not provide bug fixes or security patches for MacOS software that is 2 versions old. Thus, there will be no improvement on your Contacts software. Try quitting Contacts and reopening it to see if works correctly. If not, keep using iCloud Contacts.

iPhone/iPad/iOS

When someone leaves me a VM I do not get a notification next to my phone icon on my main screen. I used to but it's been gone for a while and thus I often do not know I have VM messages. Not sure if this is a setting issue or a carrier issue. I have a 12 mini.

> The assumptions here are that the device in question is a 2012 iPad Mini of unknown OS level and VM is referring to a voice message. Based on these assumptions, If you do not see a badge (a small red dot next to the icon), then check Notifications for the Phone to see if Notifications is enabled. If Notifications is set, then the next most likely cause is the carrier. See: No VM notifications

My wife has an issue viewing some UTube and Epoch Times videos. After about 3-4 minutes the computer screen loses contrast and if the trackpad is not touched the video goes off. If the trackpad on the computer is touched the contrast of the video and the video itself return. We're not sure of this due to the website or a setting on the computer/iphone.

> This actually sounds like the display is about to be turned off. Check the settings on the Mac: Settings->Lock Screen->Turn display off when inactive
> And if you have a laptop, there are settings for turning off the display while on battery or power adapter.

Watch/WatchOS

The latest Watch OS seems to have changed where everything is. Is there a "quick look" guide for me??

> Sorry, I have not found one. Here is the "word guide":
> Rotating Crown - Press once to show all the apps, Press twice then swipe up or down for the App Switcher
> Side Button - Press once to open the Control Center; Press twice to activate Apple Pay; Long press to turn off, call 911, show Medical ID
> Swipe up to get Smart Stacks
> Press on face then swipe right or left to change faces
> https://support.apple.com/guide/watch/whats-new-apdb93ea3872/10.0/watchos/10.0

Can we go over the ECG app again?

> First, you must have an Apple Watch Series 4 or later. To use that App on your Watch, first make sure your wrist band is tight on your arm, then tap the digital crown once and scroll till you find ECG, and tap on it on the face of the watch. Then your must hold your finger of the opposite hand (this creates an electrical loop from one arm through your heart to the other) on the digital crown for 30 seconds. The App then tells you whether it detected Atrial Fibrillation only. It can NOT detect a heart attack or a stroke. The watch also sends that data to the Health App on the iPad and iPhone and you can view the results there in better detail. Tap on Health App>Browse (bottom right) >Heart> Electrocardiograms to see all measurements.

I just got my watch in May and now it has decided to "freeze" so I can't access the apps. Would love to go over how to control it from the phone. How to reboot, open apps, etc.

> Come see the Watch Genius during the One-on-one session after the questions.

Miscellaneous

Has anyone heard of the website: fmovies.to ? I hear that you get great movies free?

FMovies
Piracy website
fmoviesz.to
FMovies is a series of file streaming websites that host links and embedded videos, allowing users to stream or download movies for free. The sites have been subject to legal action in various jurisdictions on grounds of copyright infringement and piracy. Wikipedia

Available in	All
Area served	Worldwide (blocked in Australia, Denmark, Sweden, and the United Kingdom)
Advertising	Yes, pop-up advertising

This is listed as a Piracy website on Wikipedia. This means that it takes copyrighted material and passes it off as legal. Do not use this website.
The .to suffix tells you it is based in Tonga which has no rules on copyright infringement and allows piracy. This web site is similar to torrent sites. These sites are also notorious for embedding viruses and malware in their "free" files and movies.