



Glen's Goodies

March 2025



Apple Hearing Study: The whole country gets louder on Super Bowl Sunday

According to an Apple Hearing Study done by Apple and the University of Michigan, noise on Super Bowl Sunday increases almost everywhere across the United States.

“Drawing from more than 115,000 Apple Watch users through the Noise app, researchers discovered that Americans experience substantially elevated noise levels during the big game, even when watching from home. The research, released ahead of Super Bowl LIX in New Orleans revealed that noise exposure increases by 1.5 to 3 decibels compared to typical Sundays, with elevated levels lasting approximately nine hours on game day.”

“While this increase seems modest and even to be expected, experts warn that the logarithmic nature of the decibel scale means a 3-decibel rise actually represents a doubling of sound energy.

The study tracked noise patterns during Super Bowls from 2021 to 2024, noting that the increased noise exposure typically begins three hours before kickoff and continues for about three hours after the final whistle. Particularly noteworthy: States hosting the Super Bowl or with participating teams showed markedly higher noise levels, likely due to larger gathering sizes and more energetic celebrations.”



Apple Invites App

“Apple today introduced Apple Invites, a new app for iPhone that helps users create custom invitations to gather friends and family for any occasion. With Apple Invites, users can create and easily share invitations, RSVP, contribute to Shared Albums, and engage with Apple Music playlists.”

<https://www.youtube.com/watch?v=dD6cEceDOcU>



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 Asia

 North America

 Caribbean

 Middle East

 Oceania

 South America

 South East Asia

 Latin America (LATAM)

 Africa


 Central Asia

 Central America

Best Source for eSIM plans

If you are traveling, especially out of the country, you may need to buy an eSIM plan to be able to use your iPhone. A great way to search for the best plans is at a site called [eSIMDB](#). Just search for the country or area where you are traveling, and you will get a list of eSIM plans that you can buy.

Last Updated: Feb 3, 2025



Find the best eSIM for Australia

Popular #1

\$14.00

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Australia GigSky	100MB	7 Days	-	\$0.00
Asia Pacific GigSky	100MB	7 Days	-	\$0.00
Firsty Free Firsty	Unlimited Possible Throttling	No expiry	-	\$0.00 Includes Ads
Global Free esim 200MB Airhub	200MB	30 Days	-	\$0.00
Australia Free eSIM & Data Roamless	500MB	No expiry	-	\$0.00
<div>AD Enjoy 15% off on Airalo eSIM. Use code ESIMDB15 Use code ESIMDB15 for 15% discount. Limited time only.</div> <div>BUY NOW</div>				
Australia - 1 Days - 500 MB GLOBAL YO	500MB	1 Day	\$1.18	\$0.59
Asia Explorer - 1 Days - 200 ... GLOBAL YO	200MB	1 Day	\$2.95	\$0.59
World Explorer 101 - 1 Days ... GLOBAL YO	200MB	1 Day	\$3.45	\$0.69
Australia RedteaGO	300MB	1 Day	\$2.33	\$0.70
Australia - 1 Days - 1 GB GLOBAL YO	1GB	1 Day	\$0.89	\$0.89
Asia-Pacific 1GB Jetpac	1GB	4 Days	\$1.00	\$1.00
Global 1GB Jetpac	1GB	4 Days	\$1.00	\$1.00
Australia 1GB 7Days Simbye	1GB	7 Days	\$1.00	\$1.00

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Apple is reportedly Going to Phase out Multi-year plans for AppleCare+

“According to a tweet from Bloomberg’s [Mark Gurman](#), Apple will stop offering the option to purchase a 2-3 year plan of AppleCare+ in physical Apple Stores and on device. This change will be taking place next week.

This change primarily impacts users trying to purchase devices in Apple retail stores, who’ll no longer have the option to purchase an AppleCare plan up front, instead they’ll have to stick to a monthly or annual subscription.

Apple apparently will also discontinue the option to purchase the up-front plans on device later on, which’ll impact all users who don’t buy their AppleCare plan at the point of purchase.

Based on the wording in Gurman’s tweet, it seems likely that you’ll only be able to purchase 2-3 year AppleCare+ plans if you buy it at the point of purchase from the online store.

Apple likely has a larger plan to switch all AppleCare purchases to be subscription only. However, at least for now, there’ll still be one way to purchase an up-front AppleCare plan.”



Apple Makes Swift Build an Open-Source Program

Apple makes Swift Build open source

“Today Apple is open sourcing Swift Build, a powerful and extensible build engine that provides a set of build rules for building Swift projects. Swift Build is the engine used by Xcode, which supports millions of apps in the App Store as well as the internal build process for Apple’s own operating systems.

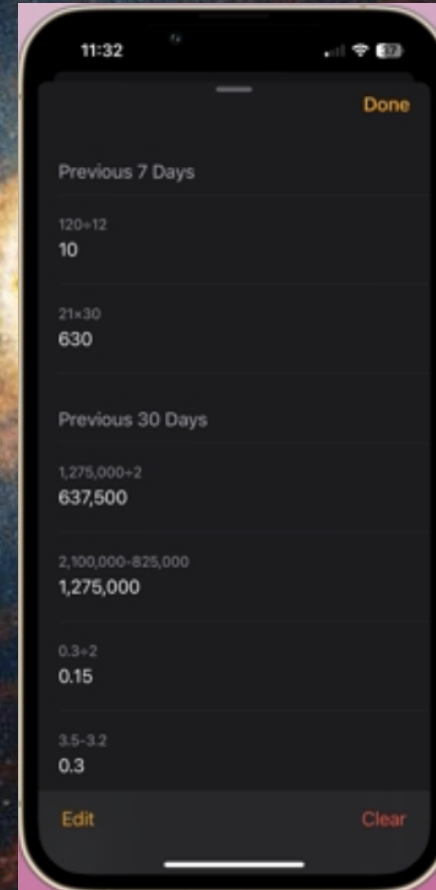
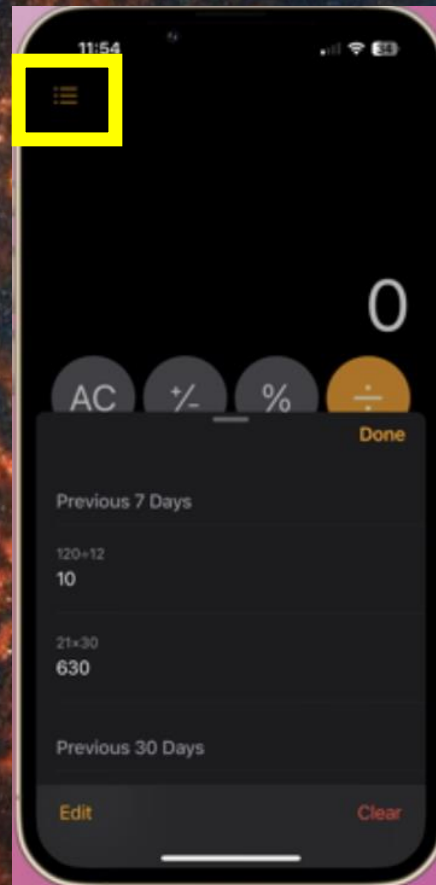
Compared to the build engine in Xcode, the build engine in Swift Package Manager is fairly simple. On Apple platforms, having two different ways to build packages has also led to user confusion when the two implementations’ behavior didn’t match. Contributing Xcode’s build engine to the Swift project and developing it in open source alongside the Swift compiler provides the tools necessary to address these problems and deliver a great builds experience to all Swift users.

[This] lays the foundation to enable new features and improvements across all platforms and tools, and unlocks new performance optimizations and developer-facing features.”

Calculator History

The new calculator app in iOS 18, iPadOS 18, and MacOS 15 now has a history where you can go back and look at your calculations. Here's how to check your Calculator app history and to clear it.

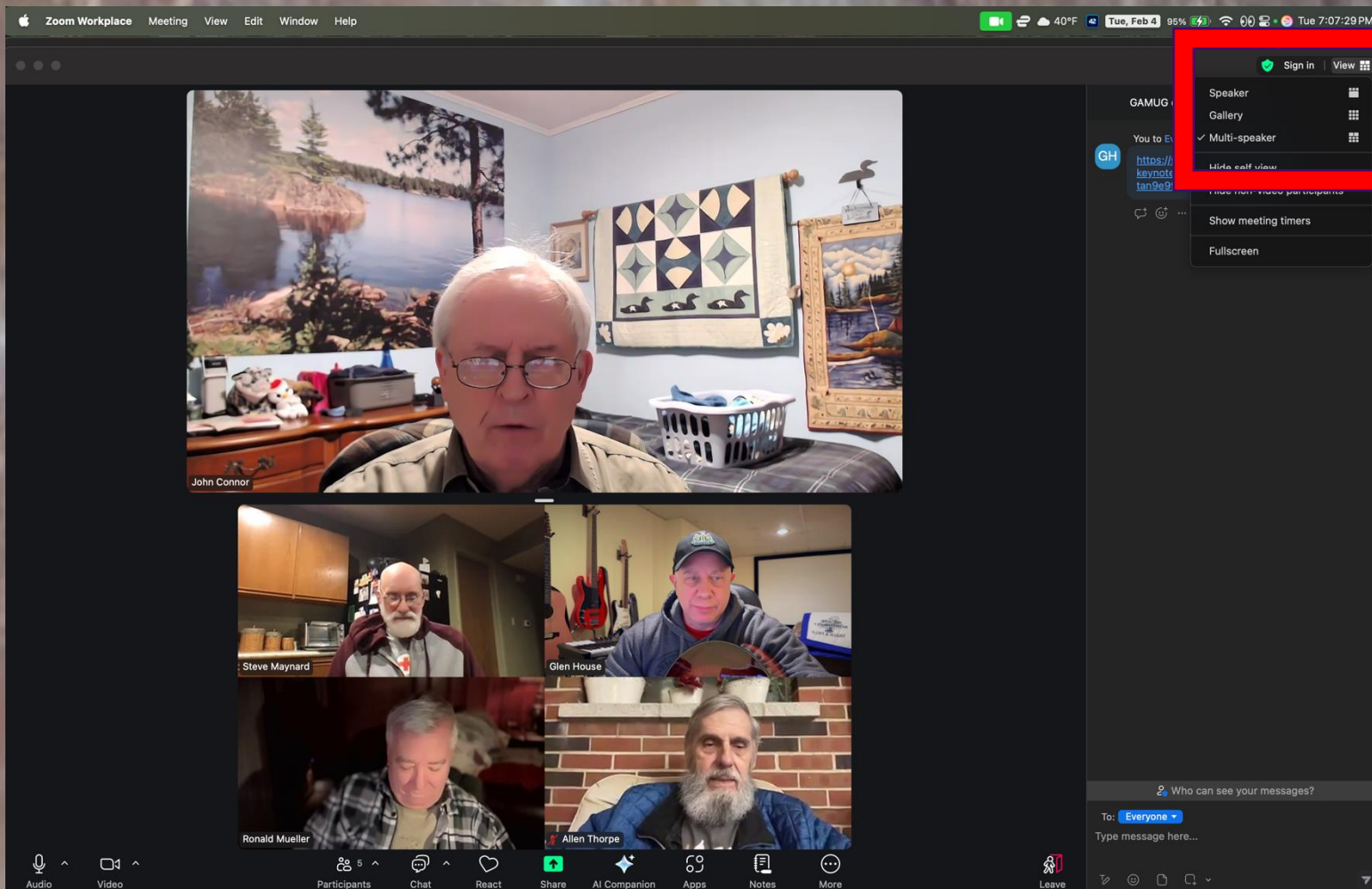
1. Open the Calculator app and press on the three-dot/pancake menu icon in the top-left of your screen.



Press and hold in the top row where it says, “Previous 7 Days” and swipe up. This will expand your history to the full screen. If you haven’t done anything in the last seven days it will either say “Today” or the year.

Zoom Multi-Speaker View

In Zoom, if you go to the top right of your window, you will see a “View” menu. By clicking on this you can change the view how you see the participants in the meeting. One of the views that many people aren’t aware of is the “Multi-speaker” view. This view is useful because whomever is speaking will be moved to the top and put in the largest box. This way you aren’t searching for the speaker among a bunch of small boxes. If multiple people are speaking back and forth, they will all be moved to the top and put in larger boxes.



Apple Magic Mouse VS Logitech MX Master 3S



The background of the slide is a deep space image featuring two prominent, elongated nebulae. One nebula is in the upper right, glowing with pink and orange hues, while the other is in the lower left, showing more blue and purple tones. A bright, multi-pointed star is visible in the bottom right corner. The overall scene is set against a dark, starry background.

Sound Apps

If your sound on your Mac isn't as good as you'd like there are a couple apps out there that can help this.

The first app is called eqMac: <https://eqmac.app>

This app allows you to set up an equalizer for every individual app on your Mac.

Sound Apps



The first app is called eqMac: <https://eqmac.app>

Features

Basic Equalizer Bass, Mids and Treble Equalization. Simple Free	Advanced Equalizer 10 Fixed Band gain control Free	Expert Equalizer Unlimited Bands - Gain, Bandwidth (Q Factor or Octaves), Frequency, Multiple filter types. Graphical Controls + Spectrum Analyzer Pro	Volume Mixer Adjust volume per application across the system (just like on Windows) Pro
Headphone Presets Reference presets for 4600+ Headphones Free Pro	Spatial Audio Reverb effect simulating different listening environments Pro	Separate L/R Equalizer Equalize Audio separately for Left and Right channels. Pro	Customizable UI Fully customize the look and feel of eqMac by changing the User Interface Colors, Feature visibility and arrangement. Free Pro
Super Presets Automatically Switch presets based on different conditions. For example Output Device or Main Audio App changes Free Pro	Audio Unit Hosting Host your favourite Audio Units from your Library, chain them together with eqMac effects! No more setup hassles. Pro	Volume & Balance Volume & Balance support for HDMI, DisplayPort and any other Audio Device. Boost volume beyond 100% Free	Any Audio Device Support for all Audio Device: Built-in, Bluetooth, AirPlay 1, USB, HDMI, DisplayPort, Thunderbolt, Aggregate and MultiOutput Free

Basic	Free	Pro Subscription	From \$3 / month Or \$30 / year	Pro Lifetime	\$40
<ul style="list-style-type: none">✓ Access to Free Features— Community Support✗ No access to Pro features✗ Limited Customer support	<p>Free Download</p> <p>macOS 10.13+ (Intel & Apple Silicon) Older/Beta Versions Email the Download Link</p>	<ul style="list-style-type: none">✓ Expert Equalizer✓ Volume Mixer✓ Spatial Audio✓ Access to all features✓ 1 Device License per every \$1 per month spent✓ Dedicated Support✓ Future Updates at no extra cost✓ Best value for your Money✓ More Perks planned in future	<p>Get Started</p>	<ul style="list-style-type: none">✓ Lifetime Access to current Pro Features✓ 1 Mac License✓ Dedicated Support✓ Forever Security & Compatibility updates✗ Future Pro features might require a partial upgrade	<p>Buy Lifetime</p>

The background of the slide is a deep space image. It features two prominent, elongated, pinkish-purple nebulae or galaxy filaments stretching diagonally across the frame. One is in the upper right and the other is in the lower left. A bright, multi-pointed starburst is visible in the bottom right corner. The overall color palette is dark blue and black, typical of outer space.

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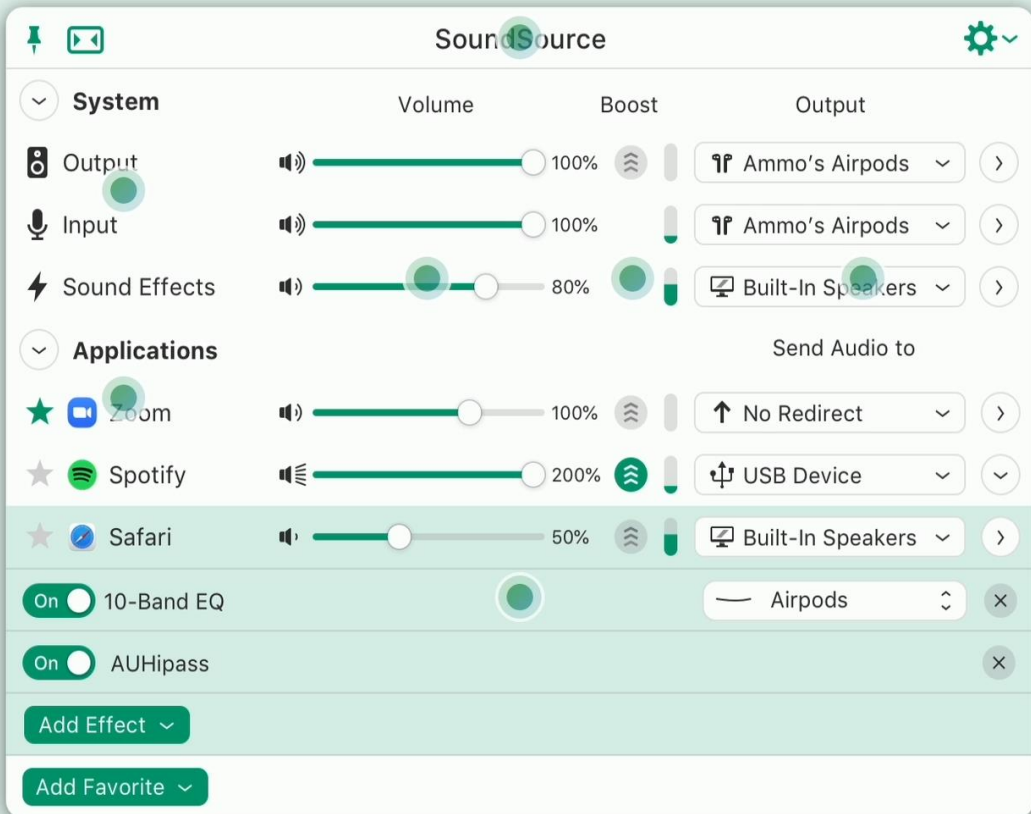
The Second app is called SoundSource: <https://rogueamoeba.com/soundsource/>

Like eqMac, this app allows you to control the sound for your Mac and individual apps.

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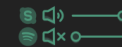
Sound Apps

SOUNDSOURCE, IN-DEPTH



↑ Hover to learn about SoundSource.

FUNDAMENTAL FEATURES



Per-App Volume Control

Adjust volume levels for each of your applications, all in one place. Make one app louder or softer than others, or even mute it entirely.



Per-App Output Redirection

Control exactly where audio plays. Route music from one app to your best speakers, while everything else is heard via your Mac's built-in output.



Per-App Audio Effects

Use the built-in 10-band equalizer and support for Audio Units to sweeten the sound of individual apps.



System Audio Settings

Quickly adjust volume and input levels, balance, and even sample rate for your system's Output, Input, and Sound Effects devices.



System-Wide Audio Effects

Apply effects to sweeten the sound of all audio on your system, with the built-in 10-band equalizer and support for advanced Audio Unit plugins.



Super Volume Keys

HDMI devices, DisplayPort audio outputs, and more fail to support the volume keys found on Mac keyboards. SoundSource makes those keys work with any outputs you have.



Menu Bar Access

SoundSource lives in your menu bar, for one-click access to all your audio controls. You can also bring it up with a configurable global keyboard shortcut.



Floating Access

Making frequent adjustments? Pin SoundSource's main window, and it will float on your screen for instant access.



New! Shortcuts Support

On MacOS 12 (Monterey) and up, integrate SoundSource with workflows you run in the Shortcuts app.



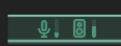
New! Headphone EQ

The new Headphone EQ effect provides the very best sound from thousands of different models of headphones.



New! Magic Boost 2

The new Magic Boost 2 does even more to provide rich, full sound from even the tiniest speakers.



New! Menu Bar Meters

Add optional meters for your output device, input device, and/or active applications, so you can see and control audio even more easily.

SoundSource costs \$45 for a license.

There is a free download to try it.

BK05 Tri-Folding Bluetooth Keyboard

Are you looking for a Bluetooth keyboard? Try this one that folds up. This one costs \$52.99



BK06 Foldable Bluetooth Keyboard

The same company also makes this "U" shaped keyboard to be easier on the wrists. \$39.99

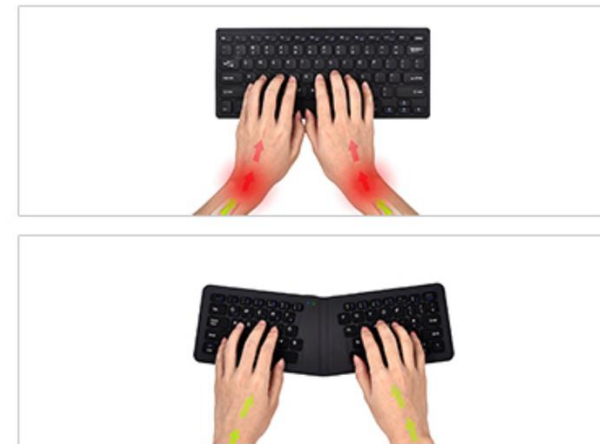


Ergonomic design to comfort your typing hands

Wrist fatigue always comes to you after long time typing.

Wanna fix that?

This is your solution: U-shape keyboard



The iPad Turns 15

On January 27, 2010, Steve Jobs introduced the iPad.

