Glen's Goodies

May 2025

# Avoiding the MacBook Screen Notch

If you find yourself working in an app that has items that get covered by the screen notch in at the top of MacBook Pro or MacBook Air, there is a solution. Apple included a setting called "Scale to fit below built-in camera" that moves the app below the notch in full-screen mode.

Here's how to set this up:

1. Make sure the app you want to do this for is quit. Then go into your Applications folder and select the app and get info on the app by either pressing "CMND+I" or going up to the menu to "File > Get Info"

2. In the Get Info dialogue box, look down to where you see "Scale to fit below built-in camera" and check the box next to it.
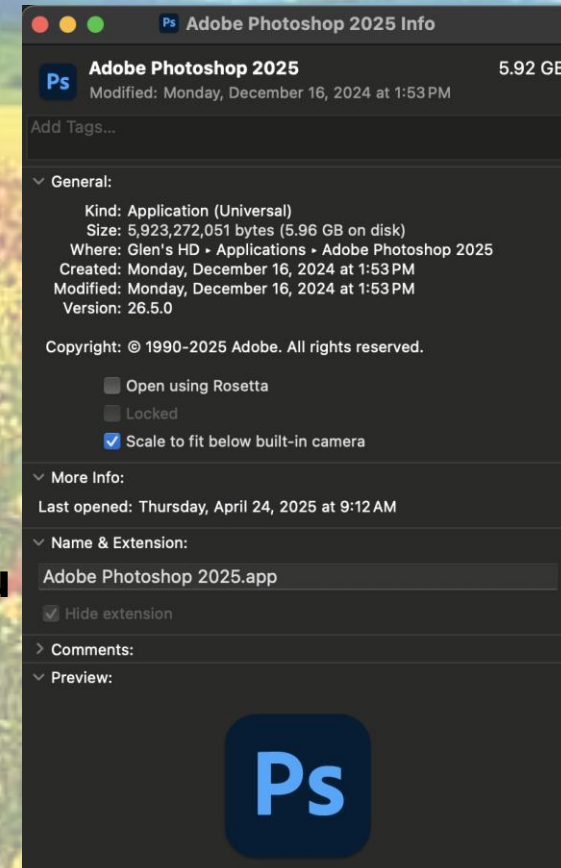
3. Now close the Get Info dialogue box and open the app. Then go into full screen mode (click the little green button in the upper left of the window) and it should sit below the notch.

Apple Notes Links

As a power user of Apple Notes, I'm always looking for new innovations with the app. It has become one of my most used go to apps on my iPhone, iPad, and MacBook Pro. I use Notes multiple times a day, and it's helped me eliminate paper. I even use it to take notes when I'm in a meeting by using my iPad and Apple Pencil.

At last count I have 204 notes that I keep and use. With this many notes, being organized is a must. I long ago set up folders by subject so I know where to look for specific notes. One of the new features of notes now allows you to link notes with one another. I do this so that if I have multiple notes on a similar topic, I can put a link on a note to be able to easily switch and pull up one of the other notes on the same topic.

Let's look at how you insert links into your notes.

Apple Notes Links

First open a note that you want to insert a link. Anywhere in that note simply type: ">>"
After you type this a drop-down list will appear and you select the note you want to link.

Set up a recovery contact to Get Access to your iPhone and Apple Account

You can set up a recovery contact so that if you lose access to your Apple Account or your iPhone, a TRUSTED contact can remotely unlock your iPhone. This is great if you forget your password and can't access your iPhone or your Apple account.

Here's how you set this up.

1. Go into settings and press on your Apple Account. Then press on "Sign-in & Security."

2. Press on "Recovery Contacts."
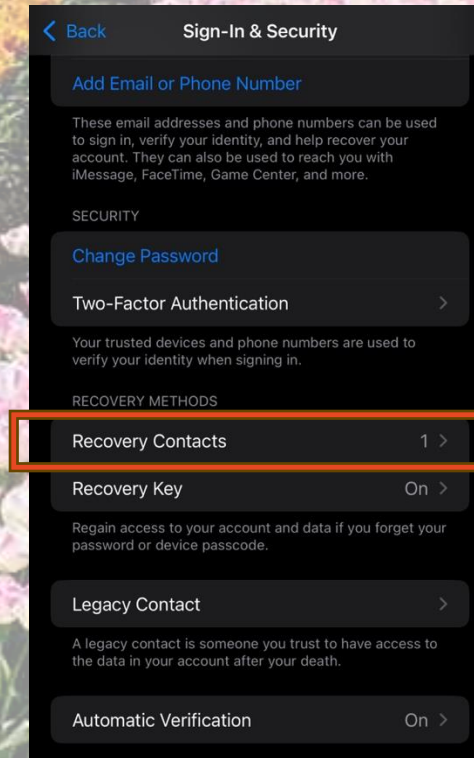
Set up a recovery contact to Get Access to your iPhone and Apple Account

3. You will now be in the Recovery Contacts screen. Press "Add Recovery Contact."

‹ Back   Recovery Contacts

A recovery contact can generate a code for you from their device.

If you lose access to your account, a recovery contact can help get your account and data back. Your device passcodes can be used to recover end-to-end encrypted data. If you forget your passcode, you'll need a recovery contact or recovery key.

›

Add Recovery Contact...

Your recovery contact should be a person you know and trust. They can generate a code from their Apple device to help you get your data back. Learn more...

4. Now press "Add Recovery Account."

Account Recovery Contact

Add someone you trust
Choose a friend or family member to add as a recovery contact for your account. The person you choose must be at least 13 years old and have an Apple device.

Ask for help in person or by phone
If you forget your password or device passcode, you will need to reach out to your recovery contact for help.

Regain access to your account
If you forget your password or device passcode, Apple won't be able to help you restore your data. You'll need to use a recovery contact or recovery key instead.

Add Recovery Contact

Not Now

Set up a recovery contact to Get Access to your iPhone and Apple Account

4. **Your choice will be sent a message and they have the choice to accept or decline. Once they decide you will get a message telling you this.**
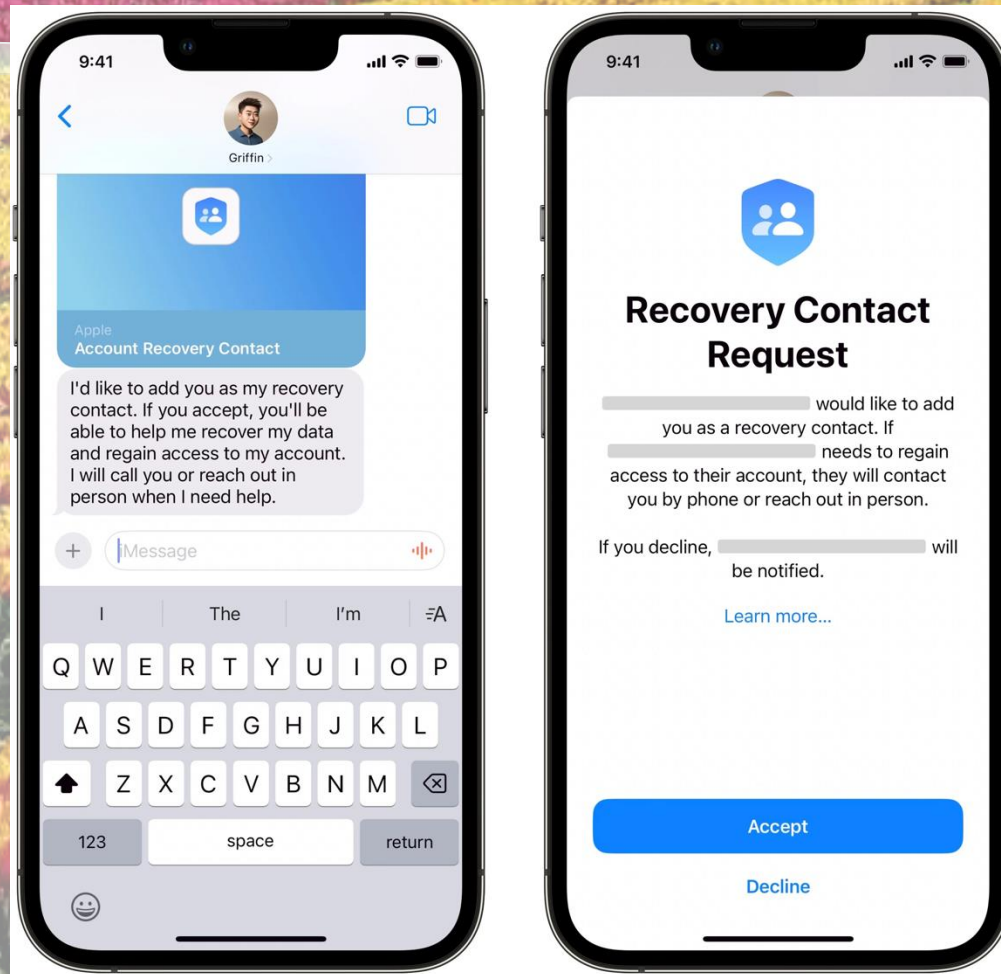
iPhone Accessibility Features Worth Trying

1. Reach the Top of your Screen With One Hand

If you have a larger iPhone it's hard to control your iPhone with one hand. In accessibility there's a feature you can use called Reachability. It will move the top of your screen down and makes it easier to reach with your thumb. It should be on by default but if not, here is how to turn it on:

1. Open the Settings app and scroll down to Accessibility

2. Scroll down to the Physical and Motor section and press on Touch

3. Under Touch, turn on Reachability
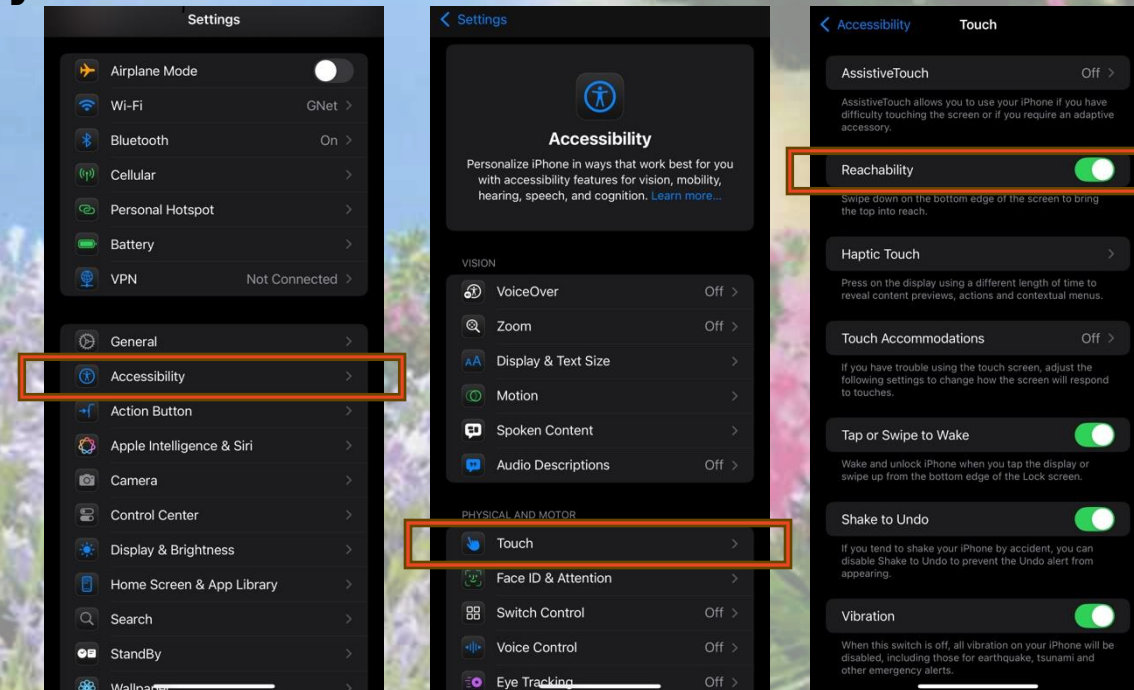
iPhone Accessibility Features Worth Trying

2. Back Tap

This isn't a new feature, but a very handy one. There's an accessibility feature called Back Tap that let's you tap on the back of your iPhone two times or three times to trigger an action that you set up.

1. In Accessibility press on Touch.
2. At the bottom select Back Tap.

3. Select either Double Tap or Triple Tap and under each one choose the action you want your iPhone to perform when you do these taps on the back of your iPhone
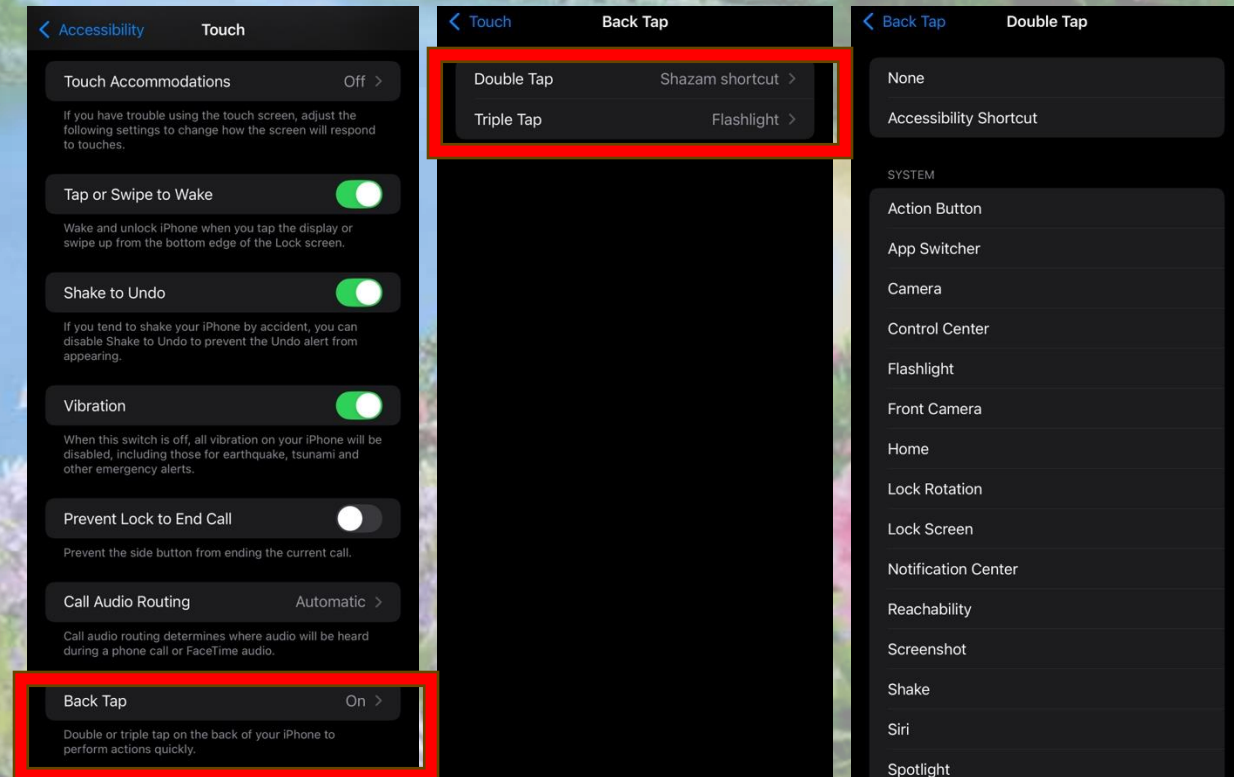
iPhone Accessibility Features Worth Trying

3. Spoken Content

If you turn on the Spoken Content feature, your iPhone can read to you. When this is turned on, your iPhone will read everything on your screen. This can be useful when you are driving, cooking, or doing things where your hands and eyes aren't available.

1. In Accessibility go to the Vision section and select Spoken Content

2. Turn on Speak Screen

When this is turned on there are two ways to activate it. You can swipe down from the top of the screen with two fingers or you can ask Siri to "speak this screen."
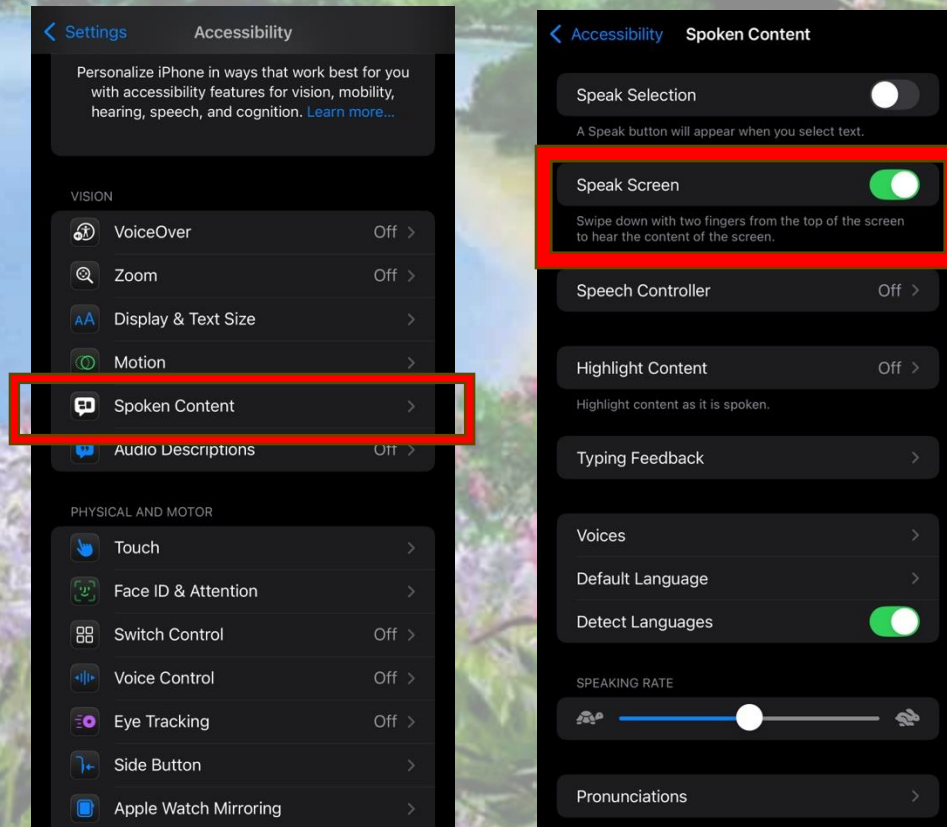
Move ring vs. Exercise ring: What's the difference?

Many people check their rings during the day and work on closing them each day. While the Stand ring is self-explanatory, the Move and Exercise rings may be a little confusing. If you stand for at least a minute continuously, you get credit for standing during that hour. We all know we shouldn't sit around on our asses all day. However, the Move and Exercise rings are more complicated. So, what's the difference?

Apple defines movement and exercise differently.

The Move ring tracks the active calories you burn through various movements. They can be small or large movements. If you wear an Apple Watch, movements of your wrist will contribute to your red Move ring.

Move ring vs. Exercise ring: What's the difference?

Your green Exercise ring only gets added to when your heart rate goes above a certain threshold. The threshold varies from person to person and is based on your age and resting heart rate. This data comes from the Health app in your iPhone and Apple Watch. To credit progress towards your Exercise goal, the Activity app identifies activity that equals or exceeds the intensity of a "brisk walk." You can't change this requirement, and it will apply during general daily wear and while using the Workout app.

Exercise credit is awarded for each minute this requirement is met. Sometimes during a workout you may not get credit for exercise for that minute if you're only meeting that requirement for part of the minute and/or your arm movements are not resulting in your activity being tracked accurately. This is especially so for tracking on an Apple Watch. I've had some weird results with this when I question the accuracy, but this is what is happening.

Apple's definition of a "brisk walk" will vary from person to person. It depends on your personal information and health history. The more in shape you are, the lower your age, and the lower your resting heart rate is, the higher the threshold will be to trigger exercise.
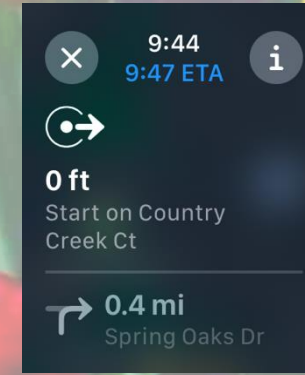
Apple Watch-Tasks Made Easy

These tasks are ones that you can do on your Apple Watch without having to pull out your iPhone. Every one of these DO NOT require any third-party software.

1. Map Directions

Most people pull out their iPhone when they need directions, but you don't have to if you have an Apple Watch. Apple Maps on the watch works great and you don't have to have your phone in your hand. This will work great when cycling, driving, or running, or walking. The haptics on the Apple Watch will alert you every time a turn is coming up.

To do this just open the Maps app on your Apple Watch and search for your destination.
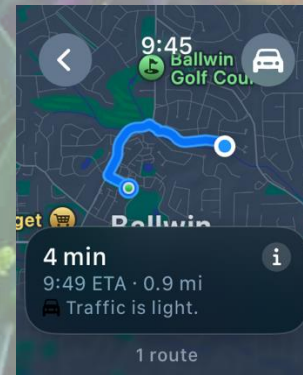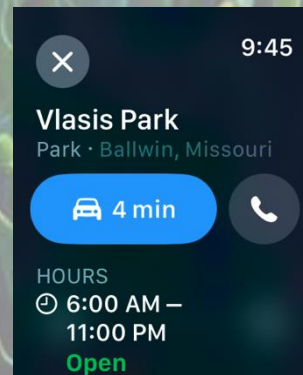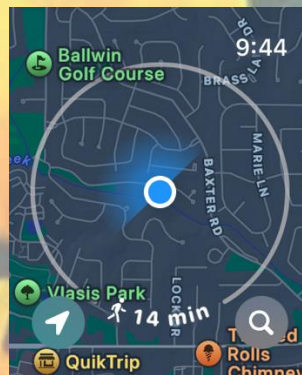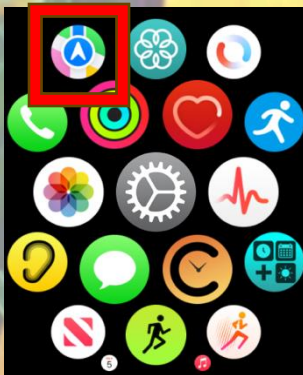
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2. Flashlight

It won't be as powerful as your iPhone, but the light on the Apple Watch works great if you need a quick light in a small area. Press the side button on your watch to open Control Center and then click the flashlight icon. If you don't see the flashlight, then scroll to the bottom and press "edit" to add buttons to the control center on the watch.
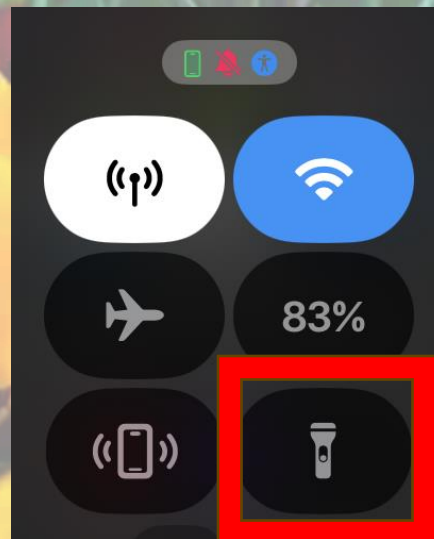
Apple Watch-Tasks Made Easy

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3. Timers

Timing things with your Apple Watch is super easy and very convenient. Here's how to do it:

1. Go to the Timers app on your Apple Watch.
2. To quickly start a timer, tap a duration (like 1, 3, or 5 minutes) or tap a timer you've recently used. To create a custom timer, tap the Add button.
3. When a timer goes off, you can tap the Repeat Timer button to start a timer of the same duration.

You can also set multiple timers to run at the same time. To see the full guide on how to use this go to Apple's support guide at: https://support.apple.com/guide/watch/timers-apdf448955b2/watchos
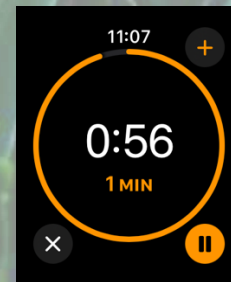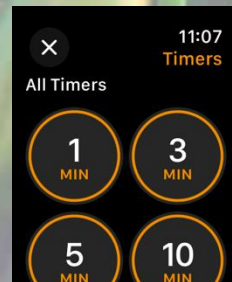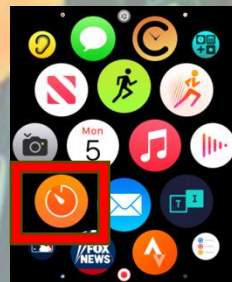
Apple Watch-Tasks Made Easy

These tasks are ones that you can do on your Apple Watch without having to pull out your iPhone. Every one of these DO NOT require any third-party software.

4. Apple Pay

Of course, you can also use Apple Pay with your watch and never have to get out your wallet or your phone. Whenever possible I pay using my Apple Watch. Simply double press the side button and your credit cards pop up. Scroll and select the card you want and hold your watch just above the card reader, with the display facing the reader. Listen for the beep, and voila! You've made your payment.

This also works for tickets to events, gift cards, and rewards cards.
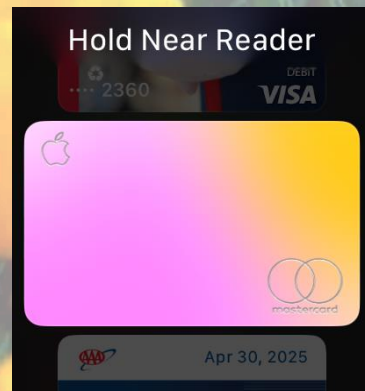
BlueStacks Air

"It's no secret that there aren't a ton of popular games available on macOS, outside of the Apple Arcade catalog. BlueStacks Air bridges that gap, by smoothly porting hundreds of popular mobile games to your Mac that would traditionally be unavailable.

"BlueStacks Air works by translating mobile game packages from Android. It optimizes them for Apple Silicon, and even supports Vulkan, allowing for smooth gameplay and sharp graphics. They'll look stunning on your Mac's Retina display.

You also don't have to worry about configuration, as BlueStacks has that covered for you. All controls for the most popular games are pre-mapped for you, so you can play with either a keyboard/mouse, trackpad, or a game controller without worries. It's a new way to discover tons of games on your Mac."

https://9to5mac.com/2025/05/03/bluestacks-air-smoothly-brings-hundreds-of-popular-mobile-games-to-your-mac-sponsored/

"Vulkan is a high-performance, low-level graphics API that allows developers to create applications and games with exceptional performance. It is designed to work directly with the GPU hardware, making it more efficient and scalable compared to other graphics APIs. It is cross-platform, so it can be used on different operating systems such as Windows, Linux and Android."
https://tecnobits.com/en/What-is-vulkan-why-is-it-important-and-how-to-use-this-open-source-API/

BlueStacks Air is free, and you can download it here:
https://www.bluestacks.com/mac

BlueStacks Air
Built for Apple Silicon Mac

Anker Prime 27,650mAh Power Bank (250W)

Many of us are used to using external power banks to charge iPhone batteries when we are on the go or traveling, but these aren't powerful enough to charge a MacBook if you need power all day and can't plug in to an outlet. The Anker Prime 27,650mAh (milliampere-hour) Power Bank will do the job.

"The Anker Prime 27650mAh Power Bank is one of the most powerful laptop power banks that you can match with your MacBook. It is a great fit with the top-end 16-inch MacBook Pro, which has a battery rated at around the same watt hours (99.6WH) as this power bank (99.56Wh).

Attach Apple's USB-C to MagSafe 3 Cable to the power back and you can utilize one of the 140W PD 3.1 ports to fast-charge the 16-inch Pro. Although the power bank ships with a 140W-capable cable, Apple allows fast-charging only using its proprietary charging cable.

Anker claims that you can fast-charge that top-end MacBook Pro up to 50% in 28 minutes. An iPhone 14 could be charged four and a half times over if using all of the power bank's battery capacity."

Battery capacity: 99.56Wh
Fastest Power Output: 140W
Total Power Output: 250W
Power Input: 170W
USB ports: 2x USB-C (140W PD 3.1); 1x USB-A (65W PD 3.0).
Dimensions: 6.4 x 2.2 x 2 inches (16.2 x 5.7 x 5cm)
Weight: 23.3oz (659g)
Airline compatible: Yes

Price: $179.99

Anker Prime 27,650mAh Power Bank (250W)

Baseus Enercore wall charger

"Baseus is following Anker's lead and debuting new charging accessories at CES 2025 that could help ensure you're never hunting for missing charging cables. The company is expanding its Enercore line with a new $69.99 wall charger, expected as soon as April 2025, featuring a pair of built-in USB-C cables that fully retract and stay out of the way when not in use.

The retractable cables on the Baseus Enercore CJ11 are each a little over 32 inches long and work alongside an additional USB-C port so you can also use cables with different connectors. The charger can deliver up to 67W of power with one device connected, allowing you to charge a power-hungry device like a laptop. With two or three of its ports in use, the total power output drops to 65W."

Plugable 5Gbps USB-C Ethernet Adapter

https://www.amazon.com/dp/B0DTBLB6WY?tag=cult087-20

Speed up networking

Plugable USBC-E5000 5Gbps USB-C Ethernet Adapter

★★★★★ 5.0

$39.95 ✔prime

This compact, high-performance adapter can be added to the USB-C port of most macOS, iPadOS, Windows or ChromeOS computers to add a faster, more stable wired connection, eliminating costly upgrades while significantly boosting performance. Ideal for use in a home office, creative studio, or enterprise setting, this adapter provides a stable, high-speed wired connection without complicated setup.

Pros:

✔ Secure internet access at 5Gbps (625 MBps)
✔ Slim and light but rugged
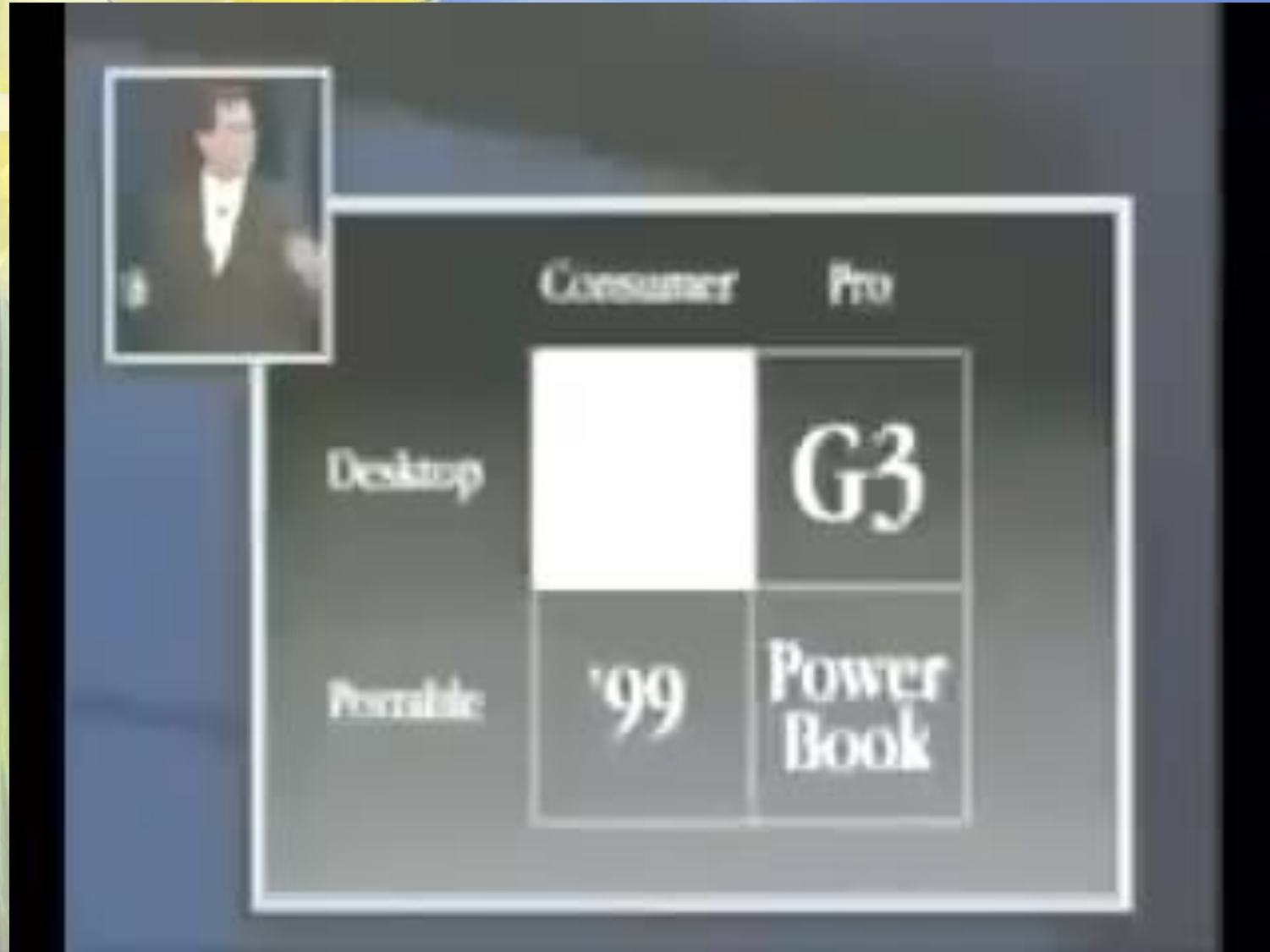✔ Plug and play

Cons:

✘ None

Read our hands-on review:

[Buy from Amazon]

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On May 6, 1998, Steve Jobs Announced iMac

	Consumer	Pro
Desktop		G3
Portable	'99	Power Book

One More Thing...