



Glen's Goodies September 2023

He's happy to be working on this and NOT teaching school!

Schedule of Apple Systems Release Dates

These usually get released around 11:00-12:00pm CST



iOS 17 and iPadOS 17

Monday, September 18

Compatible iPhones:

iPhone Xs and XS Max
iPhone Xr
iPhone 11 Pro and Pro Max
iPhone 11
iPhone SE (2020)
iPhone 12 Pro and Pro Max
iPhone 12 and iPhone 12 mini
iPhone 13 Pro and Pro Max
iPhone 13 and iPhone 13 mini
iPhone SE (2022)
iPhone 14 and iPhone 14 Plus
iPhone 14 Pro and Pro Max

Compatible iPads:

iPad mini 5 and mini 6
iPad Air 3 or newer
iPad (6th generation or later)
iPad Pro (all models)

watchOS 10

Monday, September 18

Compatible Apple Watch models:

Apple Watch Series 4
Apple Watch Series 5
Apple Watch Series 6
Apple Watch SE
Apple Watch Series 7
Apple Watch SE (2nd gen)
Apple Watch Series 8
Apple Watch Ultra

macOS Sonoma

Tuesday, September 26

Compatible Mac models:

MacBook Pro, 2018 and later
MacBook Air, 2018 and later
Mac mini, 2018 and later
iMac, 2019 and later
iMac Pro
Mac Studio
Mac Pro, 2019 and later



Apple Releases Important Security Updates

“Apple released iOS 16.6.1, macOS 13.5.2, iPadOS 16.6.1 and watchOS 9.6.2 on Thursday to address a potentially serious security vulnerability. All the updates fix security flaws, including one that may already have been exploited by hackers to deliver the infamous Pegasus spyware.”

Your Apple Watch Band is DIRTY!!!



According to the article: "Prevalence and Disinfection of Bacteria Associated with Various Types of Wristbands," a study recently published in *Advances in Infectious Diseases*, and done by scientists at Florida Atlantic University, looked at the accumulation of bacteria on Apple Watch bands.

"In this study, we cultured bacteria of public health importance found on wristbands, determined whether there is a correlation between wristband material and prevalence, and tested three household disinfectants for efficacy in reducing bacteria on wristbands made of plastic, rubber, metal, and cloth...

...Twenty wristband swab samples were randomly collected from the wristbands of anonymous volunteer participants...Volunteers actively engaged in their daily routines were recruited and sampled on the spot...

...the wristband materials were various metallic, rubber, plastic, cloth, and leather"

<https://www.scirp.org/journal/paperinformation.aspx?paperid=125218>

<https://www.cdc.gov>

Your Apple Watch Band is DIRTY!!!



<https://www.scirp.org/journal/paperinformation.aspx?paperid=125218>

<https://www.cdc.gov>

“Disinfectants employed in the follow-up study on the plastic wristband reduced bacterial counts to 0 after two minutes of application.”

“Wristbands, often worn daily without routine cleaning, may accumulate potentially pathogenic bacteria. However, the quantity and taxonomy of bacteria found on the wristbands in this experiment show that there is a need for regular and popular sanitation of these surfaces. Generally, it was found that rubber and plastic wristbands had higher bacterial counts, while metal ones, especially gold and silver, had little to no bacteria. Bacteria found were common skin residents, of the genera *Staphylococcus* and *Pseudomonas*, and intestinal symbionts, like of the genera *Escherichia*. The ability of many of these bacteria to significantly affect the health of immunocompromised hosts indicates a special need for healthcare workers and others in hospital environments to regularly sanitize these surfaces. Common household disinfectants, such as Lysol Disinfectant Spray, 70% Ethanol, and Heinz Apple Cider Vinegar all proved at least somewhat effective on all materials (rubber, plastic, cloth, and metal), although antibacterial efficacy was significantly increased at two minutes compared to thirty seconds.”

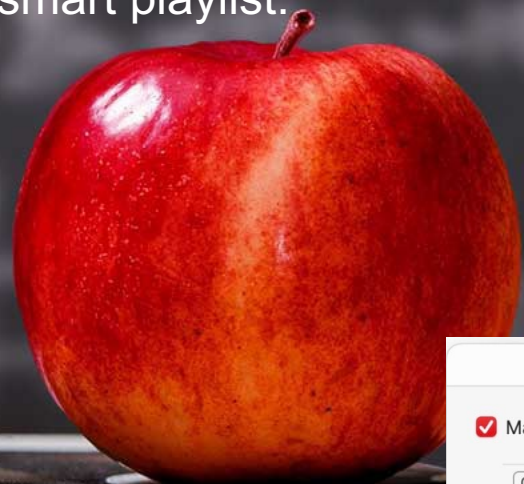


Has Apple Deleted Songs in Your Apple Music Library?

Apple takes Songs are taken off Apple Music often if there's a problem with licensing or a controversy with an artist.

Here's how you can find out if Apple has deleted songs from your library...

To do this, we're going to create a smart playlist.



01 Make sure you're signed into Apple Music

Open Music and click on Account on the menu bar. If your name is at the top of that menu then you are signed in. If you don't see your name at the top, then click "Sign In" and enter your Apple ID and password.

02 Create a smart playlist

Go to the menu bar and go to File > New > Smart Playlist or hit Option-Command-N ($\text{⌘} \text{⌘} \text{N}$).

Change the first dropdown menu that says "Artist" to Cloud Status. Set the third dropdown menu that says "Matched" to No Longer Available.

Leave "Match for the following rule" and "Live updating" checked.

Click OK and give the playlist a name that you will remember, like "Music No Longer Available

A screenshot of the "Smart Playlist" dialog box in Apple Music. The dialog has a title bar "Smart Playlist" and a close button. It contains several options: a checked checkbox "Match for the following rule:" with a red arrow pointing to it; a rule configuration row with three dropdown menus: "Cloud Status", "is", and "No Longer Available", with red arrows pointing to each; a "Limit to" section with a text input "25", a dropdown "items", and a "selected by" dropdown set to "random"; a checked checkbox "Match only checked items"; and a checked checkbox "Live updating" with a red arrow pointing to it. At the bottom right are "Cancel" and "OK" buttons. A red arrow also points from the "OK" button in the text to the "OK" button in the dialog.

Here's how you can find out if Apple has deleted songs from your library...

If songs show up in your new playlist, they will look grayed out and this means that you no longer have these songs in your library and can't play them. So, what can you do about this?

Click the "... " menu icon on the right of the song and then click "Show in iTunes Store." You might be able to buy the music so you can still listen to it. When you buy music from Apple, it will be available in your library. You can do the same thing with full albums. For albums, the "... " is found when you hover over the album cover.



Protect Yourself From Online Scams

59%

of Americans report they have experienced cyber crime or in some way fallen into the hands of a computer hacker.

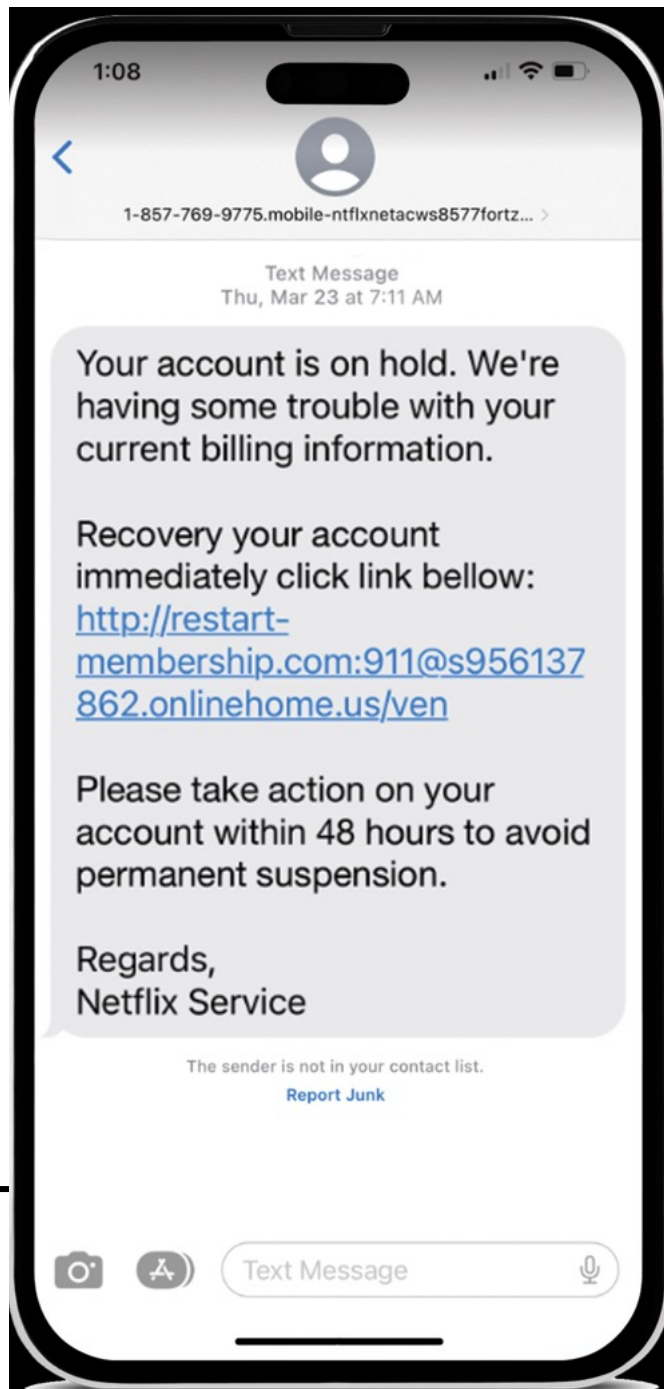


91%

of cyberattacks start with a spear phishing email. These are cyberattacks that target specific individuals or companies. Usually, these attacks are carried out through spear phishing emails that appear legitimate to the recipient and encourage them to share sensitive details with the attacker. (Trend Micro)

66%

Adware is found on 66% of all Mac devices. Software installed on a computer that produces pop-up ads using your browser – Adware. It's arguably the most annoying type of malware, and the most common type found on Mac devices. (MacKeeper)



Text Scams

DON'T CLICK ON QUESTIONABLE LINKS!!!

Scam text messages encourage you to click on links that take you to a website that can download malicious software onto your device.

- These text messages are meant to be attention-grabbing, saying there's a problem with your account, or that you've won a great prize or gift card. Or it could have been a "wrong number" text, from someone who supposedly contacted you in error.
- Sixty percent of scam texts are designed to transmit "malware," says Michael Bruemmer, head of global data breach resolution at Experian, the credit reporting agency. This malicious software can infect your device and grab enough personal info to take over your shopping, financial, and social media accounts, or even steal your identity.
- The best prevention for this is that if you get a text that is unsolicited and reaching out to you out of the blue, be wary of it. Before you click on anything, look at the the number it's sent from. Do you recognize this number? Does the number seem odd? Legitimate companies will tell you that they don't send out information about a problem and asking you to click on something. Does the text mention "fraudulent activity detected" or "free gift?" If it does, alarm bells should be sounding in your brain. Spelling and grammar mistakes may also be signs of a scam message.
- If you're unsure and worried there may be a problem with an account, don't respond or click on a link. Instead SEPERATELY contact the source that the text appeared to come from through official channels.

TIP: If you get unwanted text messages, click the small blue link underneath the message that says, "Report Junk."

Phone Scams

DON'T ANSWER CALLS FROM NUMBERS YOU DON'T KNOW!!!

We are all familiar with calls, alerting us to a problem with an account and telling us we owe money to a company or government agency and have to pay right away. These calls may sound believable, but they're likely from scammers. The Fair Trade Commission says the median loss for people that fall for phone scams is \$1,400.

- Scammers are using AI to trick people by cloning voices. A scammer can copy a person's voice from an online video on social media or recorded during a prior phone call to create false statements with a "voiceprint." There are examples voiceprints being used to scare families into thinking a family member has been kidnapped by using that person's voice and asking for money to pay for their release.
- Scammers can spoof, or fake phone numbers to make it seem as if they're calling from a specific organization or area. For example, a 202 area code (Washington, D.C.) that comes up on your phone might make a scam call from a government agency seem real. Scammers might use your area code and first three digits, hoping the familiar numbers get you to pick up. Generally, if you get a call with your same area code and first three numbers of your phone number, it's a scam.
- Apple and phone carriers are trying to help with this by alerting you with incoming calls that say "Scam Likely" or "Potential Spam" on the screen, but this doesn't always pop up.
- Answering scam calls tells the scammer that they've hit on a working number. This might cause you to get more scam calls. Don't have conversation with the caller because this could allow them to create a voiceprint of you for future scams. If you suspect that you're on the line with a scammer, immediately hang up and block the number. With robocalls, don't press any buttons or use voice commands to opt out of future calls. This tells them they have a real person on the line and it's a working number to use.



TIP: Let unsolicited calls from unfamiliar numbers or those that appear to be from businesses and government agencies go to voicemail. Check if they leave a message and see what they have to say. If it's from a source you don't know, or someone you didn't call before, look up their contact info on their website if you can find one. If you think you want to follow up, then call the number from the website, **NOT THE ONE FROM YOUR VOICEMAIL**. You can't assume the one in the message is real. Most legit companies don't make unsolicited calls.

E-mail Scams

DON'T RESPOND TO STRANGE EMAILS!!!

Phishing emails, designed to get you to share financial and personal data, have been around since the 1990s. These days, technology can make email scams harder to detect. ChatGPT and other AI sources can write convincing emails.



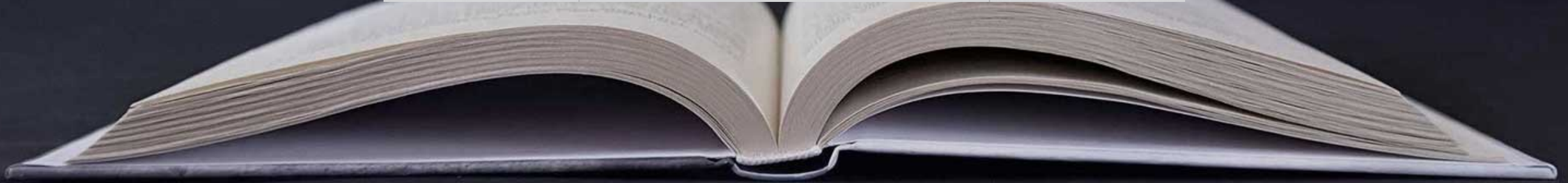
- Common email scam themes play on emotions to get you to send money or information. You've won something, or your account is locked, or alerts to a GoFundMe for someone who's sick or in trouble.
- If you get a suspicious or too good to be true email, the VERY FIRST thing you should do is check the email address. Look at the address closely. If it has a string of numbers and letters or has a spelling mistake of a company name (Appl vs Apple), or is odd in any way, that is your big tipoff. If you can't see the address and are on your computer, you can click on the name or in Apple Mail, click the arrow next to the name to see the address. On an iPhone click on the picture or initial next to the name and you should see the address.
- A HUGE red flag is if you are asked to make a payment of ANY KIND!!! Reputable businesses won't send an email requesting updated information or payments via an embedded link. A reputable business will ask you to log in to your account through their website. ALWAYS go to the business's official website and get the contact information there. Don't trust anyone asking for money or information.

- As long as you didn't click a link or download an attachment, you should be fine. Don't reply to the email. Skip any "click here to unsubscribe" links, which could take you to a malicious website or give criminals a chance to hack your device. Just Label the email as junk. If you clicked on a link or an attachment, close the email immediately and label it as junk. If your click opened a website window, shut it immediately and delete the address from your browser. Any attachment you downloaded should be trashed right away. To be safe you can disconnect from WiFi or turn off your device for a minute to interrupt any malware that might be downloading.

TIP: Look at the email address of the sender to see if it is legitimate. Don't click links in emails. Instead go to the company website on your own and log in to check your account.

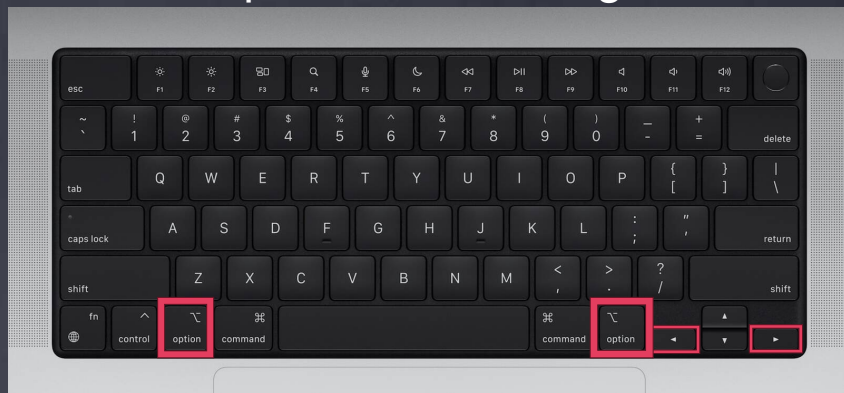
Use Your Mac's Arrow Keys to Navigate Documents

When working in a document, your arrow keys are more powerful than you think. Most people know you can move one character left or right by simply pressing the left or right arrow key. You can also move up a line or down a line by pressing the up or down arrow. Let's examine other commands you can use to navigate your document using the arrow keys.

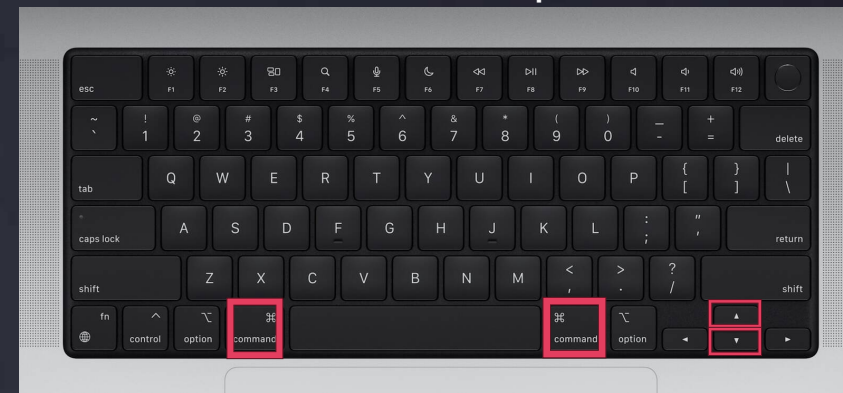


Use Your Mac's Arrow Keys to Navigate Documents

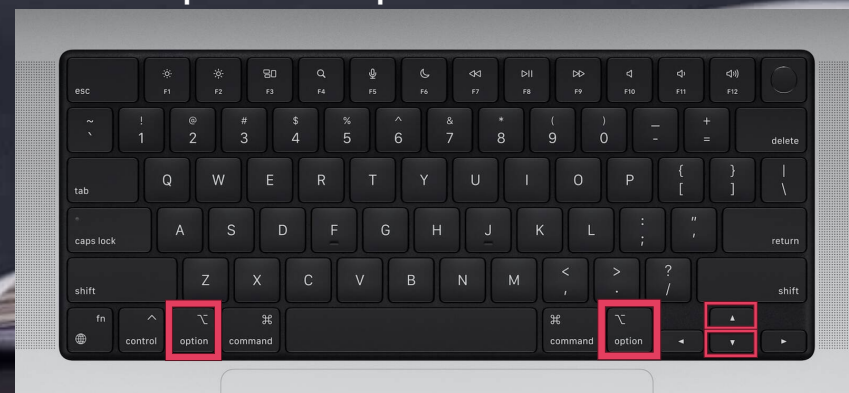
Move to the left/right edge of the current word: Option + Left or Right arrow



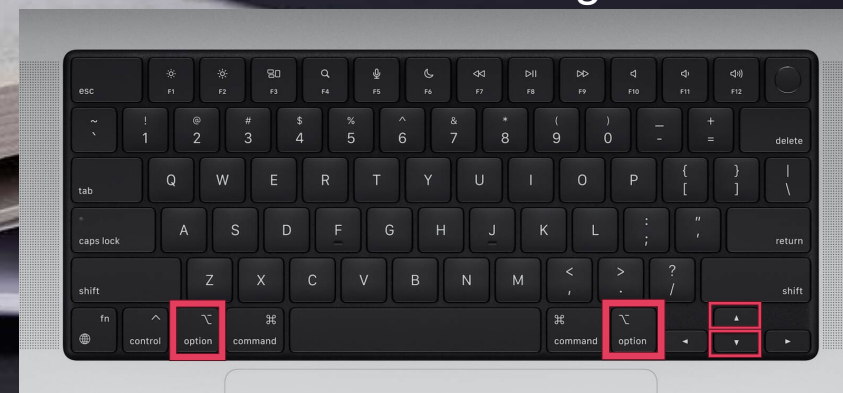
Move the cursor to the beginning or end of the current text area: Command + Up or Down arrow



Move to the beginning or end of the paragraph: Option + Up or Down Arrow



Move to the left or right edge of the current line: Command + Left or Right Arrow



Use Your Mac's Arrow Keys to Navigate Documents

Scroll up or down one page without moving the insertion point: **Fn + Up or Down Arrow**

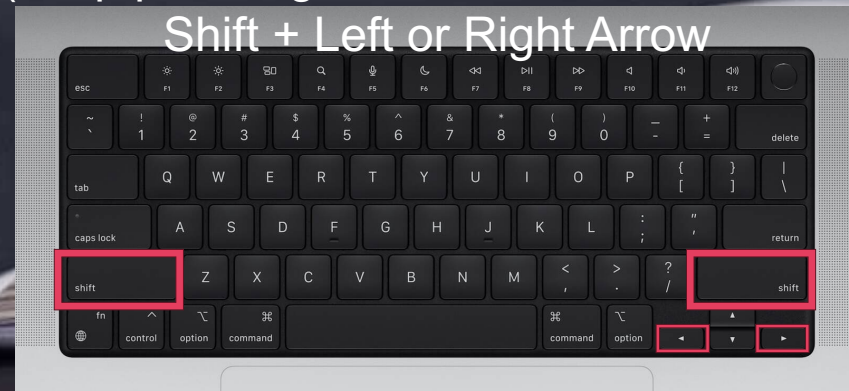


Move cursor to the beginning or end of the document: **Command + Fn + Left or Right arrow**



Extend the selection one character to the right or left: (keep pressing arrows to add characters)

Shift + Left or Right Arrow



Extend the selection to the beginning or end of the current line: **Shift + Command + Left or Right Arrow**



Use Your Mac's Arrow Keys to Navigate Documents

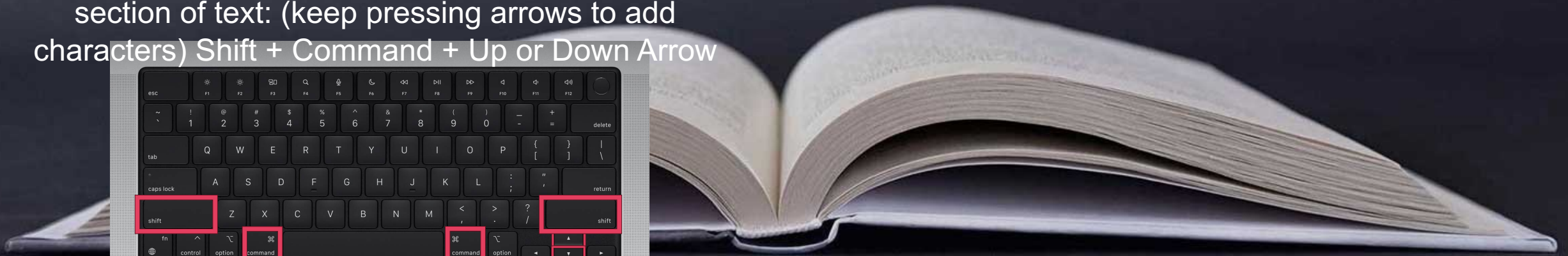
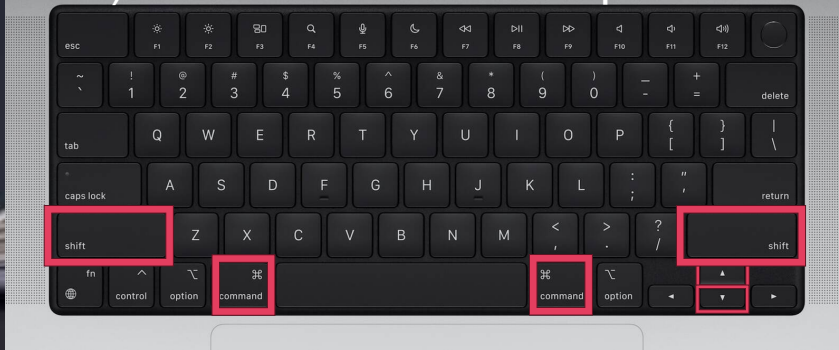
Extend the selection to the line above or below from the cursor point: (keep pressing arrow keys to add lines) Shift + Left or Right Arrow



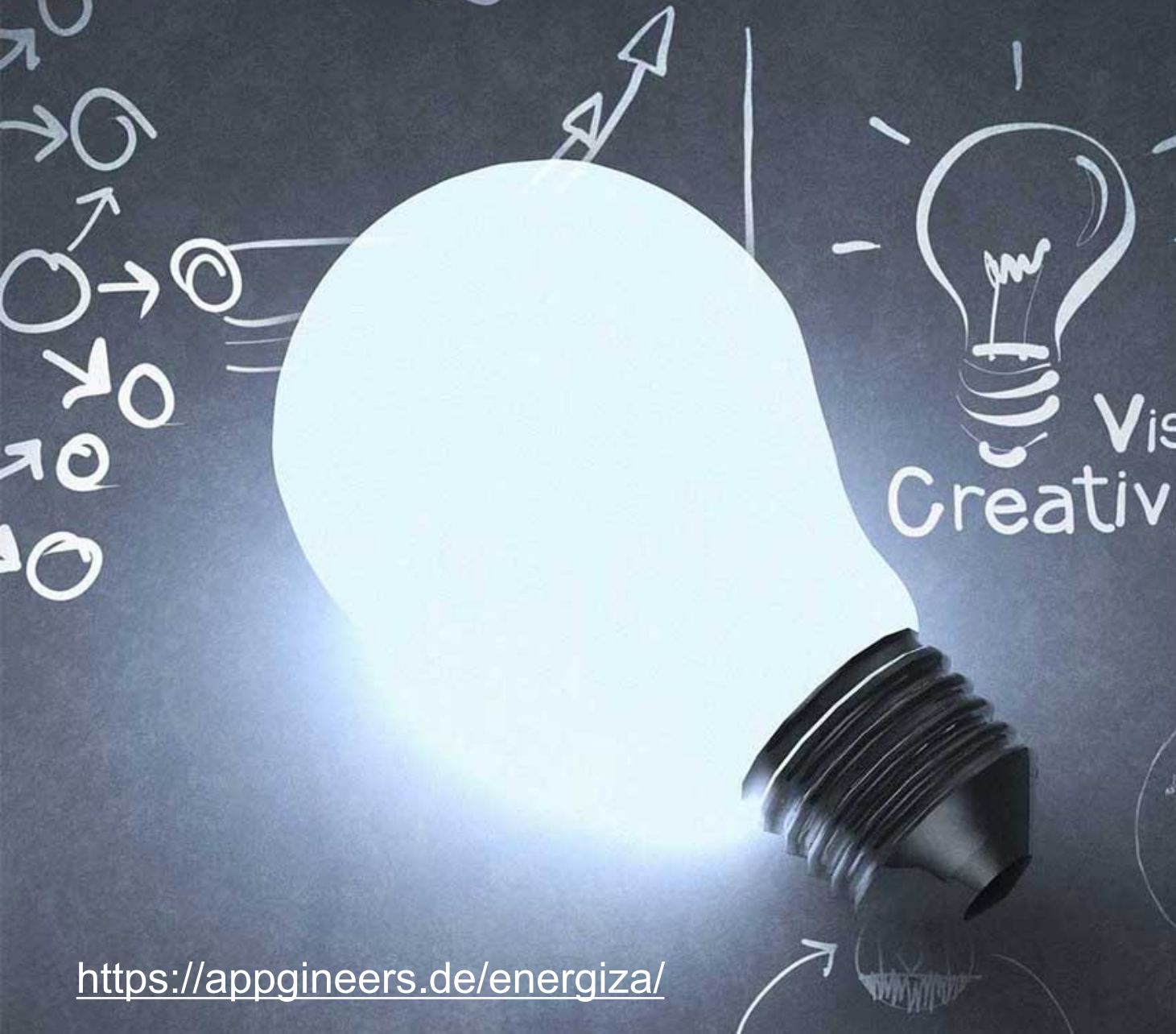
Extend the selection to the beginning or end of the current paragraph: Option + Shift + Up or Down Arrow



Extend the selection to the beginning of the current section of text: (keep pressing arrows to add characters) Shift + Command + Up or Down Arrow



Strategy Innovation



Energiza Pro Battery Health App

You can get better control of your battery charging on your Mac to help preserve your battery health for a longer lifespan.

“Your MacBook’s battery has a limited lifespan. One reason the battery wears out is that it is constantly charged to high states when the MacBook is plugged in for an extended period. With Energiza Pro, you can take control of battery charging. It allows you to set individual charging limits and prevent high states of charge. In addition, instead of instantly beginning to charge once your MacBook is connected to external power, you can specify a lower charging limit. Once the battery level drops below this limit, the battery will be charged again. Your battery will most likely thank you with a longer lifespan!”

-appgineers

<https://appgineers.de/energiza/>

Energiza Pro costs \$19.99 for a lifetime license and can be put on up to 5 computers

appengineers



EPICKA Universal Travel Adapter

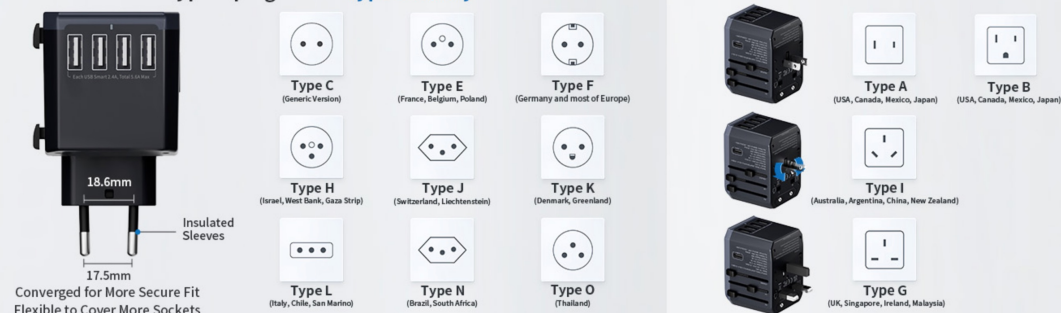
If you're traveling internationally this is a great device to have to handle your charging. This adapter supports Type C, Type C2, Type E, Type E&F, Type J, and Type L plugs used in European countries. For Australia, you'll find Type I support and Type G in the U.K. The adapter is compatible with 200 countries and works in the U.S. as well. The EPICKA has 4 USB ports, 1 USB-C port, and an AC socket allowing you to charge up to six devices at one time. You can buy this for \$22.99 on Amazon, where it gets a 4.7/5 rating from over 11,000 ratings.

<https://www.amazon.com/dp/B078S3M2NX/?tag=igeek0f-20&th=1>



WORKS IN 200+ COUNTRIES & REGIONS

Generic Type C plug fits all **Type C** family sockets



*TA-105 fits with 13 out of 15 socket types in the world. Please note that it does **NOT** fit with **Type D** (mostly used in India) and **Type M** (mostly used in South Africa) sockets.

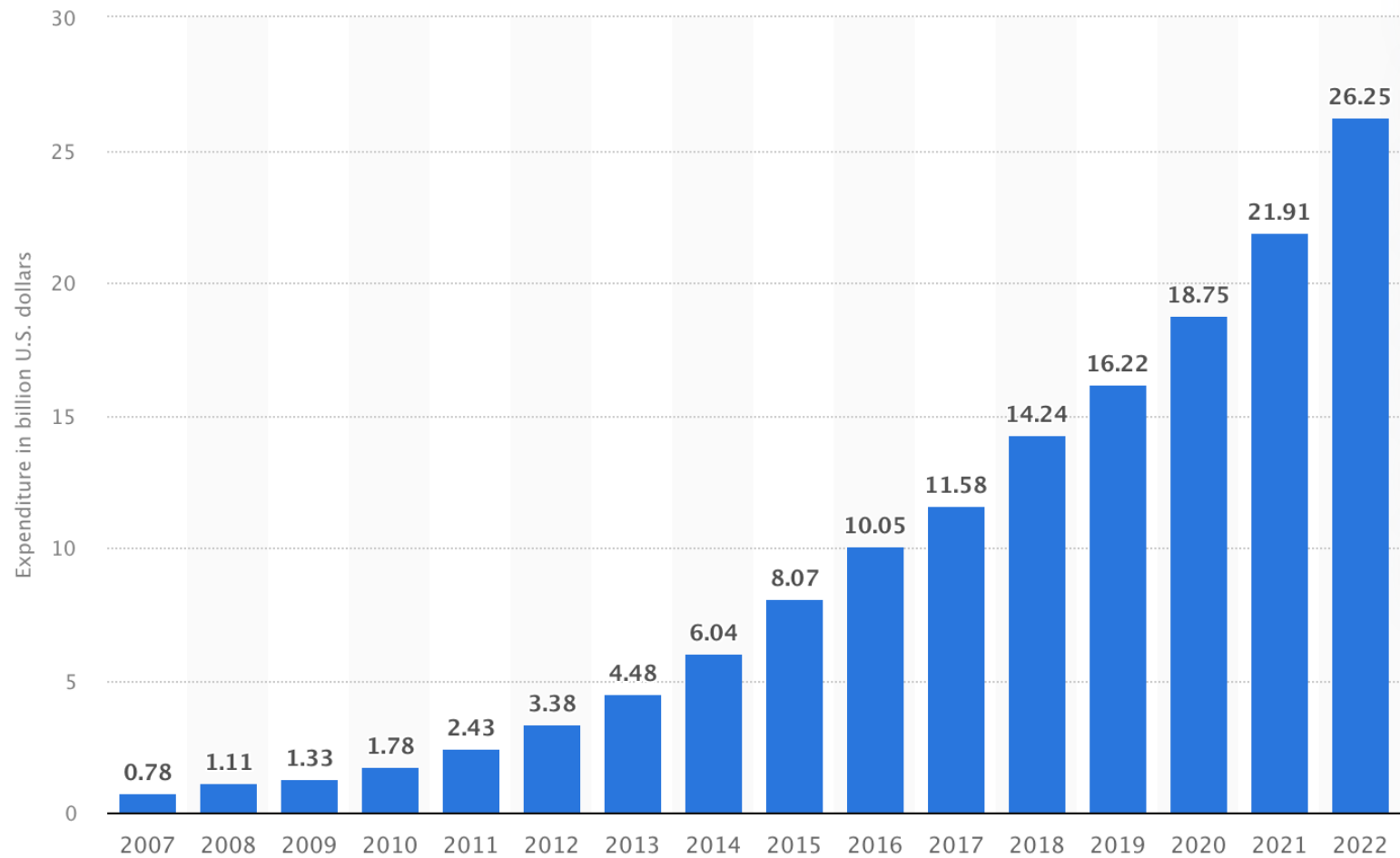
epicka

TA-105 UNIVERSAL TRAVEL ADAPTER

4 USB-A Ports
1 USB-C Port
1 AC Socket



Apple Expenditure Amount on Research and Development 2007 to 2022



Here's to the Crazy Ones

Apple's iconic Think Different campaign words can be found several places across macOS.

In System Settings -> Displays, for example, the words can be seen in the resolution examples when choosing for **Larger Text** or **More Space**.

There are a couple places where you can find the words in emojis. Zoom in on the "open book" emoji, and you'll see the same text on its pages. 📖

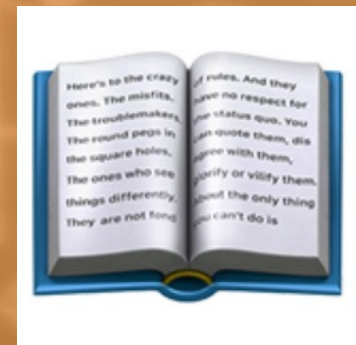
There's also a silver "coin" emoji with the words "The Crazy Ones" over an image of an eagle. 🪙

To open emojis, press **Control + Command + Space Bar**

"Here's to the crazy ones. The misfits, the rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the ones who are crazy enough to think that they can change the world, are the ones who do."



Fun MacOS "Easter Eggs"



Terminal Historical Calendars

If you go into the Terminal app, you can pull up a list of historical facts for every day of the year.

Enter "cat /usr/share/calendar/calendar.history" (minus quotes) for a list of historical facts for every single day of the year. You will see:

```
GH-MBP18:~ glenh9$ cat /usr/share/calendar/calendar.history
/*
 * History
 *
 * $FreeBSD: src/usr.bin/calendar/calendars/calendar.history,v 1.35 2006/12/29 06:39:35 ru Exp $
 */

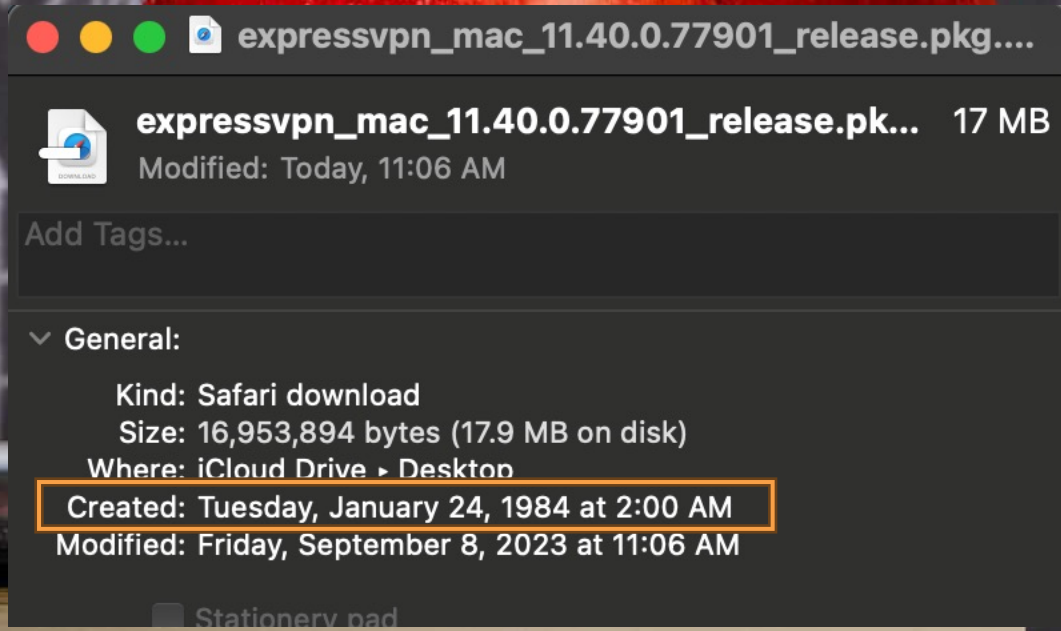
#ifndef _calendar_history_
#define _calendar_history_

01/01 Anniversary of the Triumph of the Revolution in Cuba
01/01 Castro expels Cuban President Batista, 1959
01/01 Churchill delivers his "Iron Curtain" speech, 1947
01/01 First Rose Bowl; Michigan 49 - Stanford 0, 1902
01/04 Quadrantid meteor shower (look north)
01/05 -50 degrees F, Strawberry UT, 1913
01/05 The FCC hears the first demonstration of FM radio, 1940
01/05 Twelfth night
01/06 Millard Fillmore's birthday (let's party!)
01/08 Battle of New Orleans
01/09 Plough Monday
01/10 First meeting of United Nations General Assembly in London, 1946
01/10 Thomas Paine's Common Sense published, 1776
01/11 Anniversary of the Peoples Republic of Albania
01/11 De Hostos' Birthday in Puerto Rico
01/11 Milk delivered in bottles for first time, 1878
01/11 Prithvi Jyanti in Nepal
01/11 Surgeon General condemned cigarettes, 1964
01/11 The Whiskey-A-Go-Go opens on Sunset Boulevard in Los Angeles, 1963
01/14 The first "Be-In" is held in Golden Gate Park, 1967
01/16 Prohibition begins, 1920
01/18 Grey whale migration, California
01/20 St. Agnes Eve (Ah, bitter chill it was...)
01/24 Eskimo Pie patented by Christian Nelson, 1922
01/24 Gold discovered in California at Sutter's Mill, 1848
01/26 Sydney, New South Wales settled, 1788
01/27 Grissom, White and Chaffee burned to death in Apollo 1, 1967
01/27 Vietnam War cease-fire signed, 1973
01/28 First ski tow, Woodstock VT, 1914
01/28 Space Shuttle Challenger (51-L) explodes 74 seconds after liftoff
killing Scobee, Smith, McNair, Resnick, Jarvis, Onizuka and McAuliffe,
1986
01/30 Mohandas Gandhi assassinated in New Delhi by Hindu fanatic, 1948
01/30 Tet Offensive, 1968
01/31 "Ham" the chimpanzee soars into space aboard Mercury-Redstone 2, 1961
01/31 Explorer I launched, 1958. Van Allen Belt discovered
01/31 Irving Langmuir, 1881, invented tungsten filament lamp
02/01 First TV soap: Secret Storm, 1954
02/01 Forces led by Khomeini take over Iran, 1979
02/01 Space Shuttle Columbia (STS-107) disintegrates 15 minutes before landing
killing Husband, McCool, Chawla, Clark, Ramon, Brown, and Anderson, 2003
Cybernet inaugurated, 1969
02/04 Patricia Hearst kidnapped by Symbionese Liberation Army, 1974
02/08 1963 Revolution Anniversary in Iraq
02/09 -51 degrees F, Vanderbilt MI, 1934
02/12 US President Abraham Lincoln's real birthday
02/12 Santa Barbara oil leak, 1969
02/14 Bombing of Dresden, 1945
02/15 Chicago Seven convicted, 1970
02/16 Nylon patented, 1937
02/16 Stephen Decatur burns US frigate in Tripoli, 1804
02/18 Pluto discovered by Clyde Tombaugh, Lowell Observatory, AZ, 1930
02/19 US Marines land on Iwo Jima, 1945
02/20 John Glenn orbits the Earth 3 times, 1962
```

Fun MacOS "Easter Eggs"

Incomplete Download Creation Date

Start downloading any file but pause the download while it's in progress. Then Control-click on the partially downloaded file and select Get Info. You will see something interesting with the creation date of the file. It will say: January 24, 1984. That's the date Steve Jobs unveiled the first Macintosh. If you let the download complete the date will change to the file's true creation date.



Fun MacOS “Easter Eggs”

Shop All



Description

Custom-made for Apple employees, these ultra-rare sneakers were a one-time giveaway at a National Sales Conference in the mid-'90s. More than 22,000 Apple consumers purchased clothing and accessories from the brand in 1985, a testament to the public's dedication across categories. For the products outside of Apple's zone of expertise, they would partner with leading brands such as Lamy, Honda and Braun to apply their iconic Apple branding to various white label products.

Featuring a predominately white upper, the old school rainbow Apple logo — on both the tongue and lateral quarter — is a standout detail. Having never reached the general public, this particular pair of sneakers is one of the most obscure in existence and highly coveted on the resale market.

- Omega Sports Apple Computer Sneakers
- Alternative pair of red laces included in box.
- Style number: 8106
- This item is final sale and not eligible for return.

Condition Report



New in box.

The shoes' condition is consistent with age, imperfections include yellowing around the midsoles and glue, and light marks on the toe boxes.

Sneakers manufactured 10 years or more prior to date of sale may display signs of age and may deteriorate faster with wear.



US SIZE 10.5

Apple Inc.

Omega Sports Apple Computer Sneakers | Size 10.5

📦 Complimentary shipping

Price: 50,000 USD

Add to Bag

- International shipping available
Customs duties and taxes may apply. [Learn more](#)
Ships from: Colorado, United States
- Taxes not included
VAT and other taxes are not reflected in the listed pricing. [Read more](#)
- Authenticity guaranteed
We guarantee the authenticity of this item. [Read more here](#)