

# printout

Keystone MacCentral Macintosh Users Group ❖ <http://www.keystonemac.com>

## February Program

This month we are going to focus on iOS.  
Each major upgrade brings new features to explore.  
Now is the time to do a little exploring.



Meet us at

**Bethany Village Retirement Center**  
Education Room

5225 Wilson Lane, Mechanicsburg, PA 17055

**Tuesday, February 19<sup>th</sup> 2019 6:30 p.m.**

**Attendance is free and open to all interested persons.**

# Contents

<b>February Presentation . . . . .</b>	<b>1</b>
<b>Is Your iPhone Calling Other Countries? by Adam Engst. . . . .</b>	<b>3</b>
<b>Luna Display Turns an iPad into a Responsive Mac Screen by Julio Ojeda-Zapata . . . . .</b>	<b>4 - 8</b>
<b>Inside iOS 12: Manage Device Usage with Screen Time by Josh Centers . . . . .</b>	<b>8 - 11</b>
<b>Freshly Squeezed Reviews: Video To Go by Frank Petrie . . . . .</b>	<b>11 - 12</b>
<b>Software Review . . . . .</b>	<b>12</b>

Keystone MacCentral is a not-for-profit group of Macintosh enthusiasts who generally meet the third Tuesday of every month to exchange information, participate in question-and-answer sessions, view product demonstrations, and obtain resource materials that will help them get the most out of their computer systems. Meetings are free and open to the public. The *Keystone MacCentral printout* is the official newsletter of Keystone MacCentral and an independent publication not affiliated or otherwise associated with or sponsored or sanctioned by any for-profit organization, including Apple Inc. Copyright © 2019, Keystone MacCentral, 310 Somerset Drive, Shiresmanstown, PA 17011.

Nonprofit user groups may reproduce articles from the Printout only if the copyright notice is included, the articles have not been edited, are clearly attributed to the original author and to the Keystone MacCentral Printout, and a copy of the publication is mailed to the editor of this newsletter.

The opinions, statements, positions, and views stated herein are those of the author(s) or publisher and are not intended to be the opinions, statements, positions, or views of Apple, Inc.

Throughout this publication, trademarked names are used. Rather than include a trademark symbol in every occurrence of a trademarked name, we are using the trademarked names only for editorial purposes and to the benefit of the trademark owner with no intent of trademark infringement.

## Board of Directors

### President

Linda J Cober

### Recorder

Wendy Adams

### Treasurer

Tim Sullivan

### Program Director

Dennis McMahon

### Membership Chair

Eric Adams

### Correspondence Secretary

Sandra Cober

### Newsletter Editor

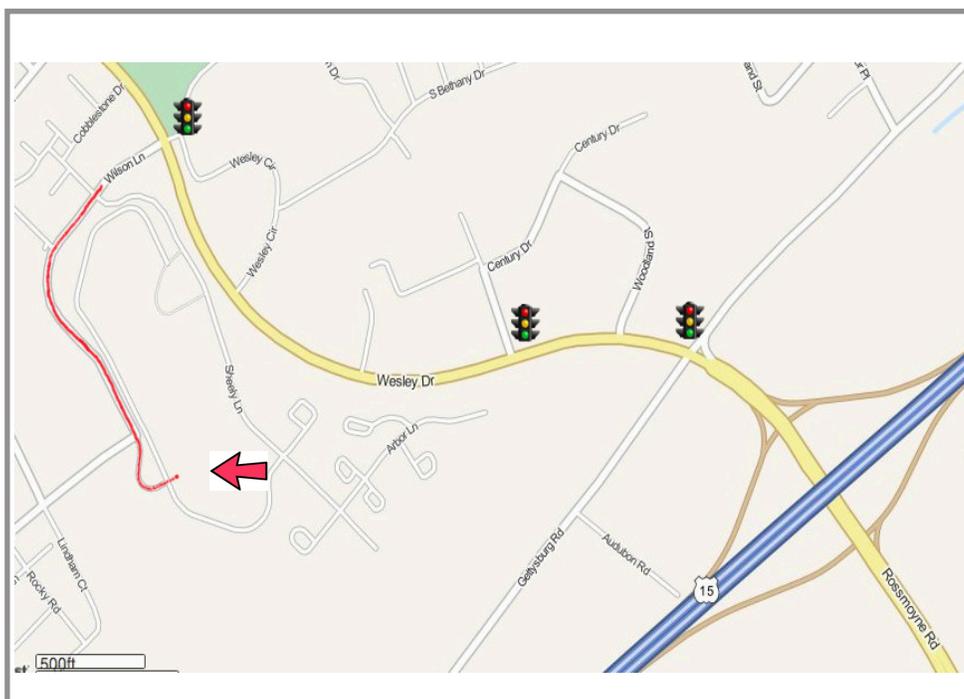
Tim Sullivan

### Industry Liaison

Eric Adams

### Web Master

Tom Bank II



## Keystone MacCentral Essentials

### Meeting Place

Bethany Village West  
Maplewood Assisted Living (Bld 21)  
5225 Wilson Lane  
Mechanicsburg, PA 17055

### Web Site

<http://www.keystonemac.com>

### Mailing Address

310 Somerset Drive  
Shiresmanstown, PA 17011

# Is Your iPhone Calling Other Countries?

**My** mother was boggled. “My iPhone called someone in the Netherlands instead of your father yesterday,” she said. “And,” she went on, “now whenever I try to call him or you or anyone else in my favorites, I get a message from Verizon about how my plan doesn’t have long distance or international calling. But it works fine if I dial the number manually.”

As parental tech support goes, this may be the strangest problem I’ve ever been handed, but my mother was right. Whenever I tapped one of the favorites in her iPhone’s Phone app, that pre-recorded message from Verizon played. But when I dialed my iPhone’s number manually, the call went through properly. She had deleted the record of the call to the Netherlands, but I had no reason not to believe her. My initial feeling was that this was a Verizon problem related to her account, but I didn’t want to foist her off on Verizon tech support if I could avoid it.

While investigating, I noticed that all the phone numbers in her contacts were formatted differently than mine. All of mine looked like (607) 555-0123, whereas the digits in hers were all run together with no punctuation, as in 6075550123. I remembered seeing this before but had chalked it up to her massively messy address book, which had at one point imported the email address of everyone she had corresponded with in Outlook when she worked at Cornell University.

Given the call to the Netherlands and Verizon’s message about long distance and international calling, however, I pondered the possibility that her iPhone had suddenly started thinking of itself as being in another country, such that it would somehow embed a country code into stored numbers before dialing. This turned out to be the right track.

In Settings > General > Language & Region > Region, her iPhone was set properly to United States, but on a hunch, I changed it to Uruguay and then back to United States. Lo and behold, the formatting of her contacts’ phone numbers immediately changed to match mine, with the parentheses, space, and dash. More important, tapping numbers in her Favorites list called those people. Problem solved, and I breathed a sigh of relief, because keeping family happy is job #1.

I can’t imagine that this problem is at all common, but I hope that anyone else running into it will find this solution. 🍷



# Luna Display Turns an iPad into a Responsive Mac Screen

**It's** hard to beat a multi-screen setup for productivity. At my day job, I have two big displays hooked up to my employer-issued Windows PC so I can keep my email and Twitter on one screen while using the other to write and browse the Web. But at home, I'm limited to a single iMac screen, and I'm less productive because of it.

So what if an iPad could serve as a secondary Mac screen while tethered to my iMac through Lightning or Wi-Fi? This isn't a new idea. **Software**—such as **Duet Display** and **Air Display**—has made such a setup possible for a while. However, the results aren't always satisfactory, partly because of sluggish performance and subpar image quality.

Now there's a hardware approach to the problem. Astro HQ has released a \$79.99 Mac dongle called **Luna Display** that transforms any modern iPad into a Mac display, typically with better performance than software-only approaches provide (though the Duet Display makers are claiming a recent software update provides more competitive performance; more on that in a bit).

Astro HQ has released two variations of the Luna Display dongle, one for newer Macs with USB-C ports, and another for older Macs that rely on Mini DisplayPort.



The company has put a lot of effort into miniaturization, so that the ultracompact Luna doesn't interfere with the use of adjoining ports, and into aesthetics, making it look like a multifaceted jewel jutting stylishly from your Mac.



The Luna Display does exactly what it promises: It enables an iPad connected to the Mac with a cable or via Wi-Fi to become a second display that either mirrors the Mac's screen or extends its Desktop. This trick is good enough to be addicting, but it doesn't always work perfectly.

The practicality of using an iPad in this way is determined largely by its screen size, but even a smaller iPad can be pressed into service for compact software tools — such as messaging windows and app toolbars — with satisfying results.

## How Does Luna Display Work?

Before I share my experience setting up and using the Luna Display, let's take a moment to scrutinize exactly what it does.

Astro HQ says its hardware-centric approach has advantages over software-only systems. For one thing, the Mac treats the Luna dongle as a monitor — which it really is, with all the essential hardware capabilities of an external display, and just lacking a glass panel.

Astro HQ co-founder Matt Ronge explained:

*When Luna is in operation, it appears to the Mac as if a regular wired monitor is attached to that port. Luna uses the DisplayPort and USB protocols to communicate with the Mac. As far as the Mac is concerned, we are no different than a Dell or LG monitor.*

Software, in the form of apps running on the iPad and the Mac, completes the Luna Display setup. At this point, the dongle taps into the Mac's GPU. This approach, Ronge said, translates into low latency, a crisp picture on the iPad, and full Retina support.

Luna works best when the iPad in question is physically connected to the Mac via a USB cable, Ronge said, but performance over Wi-Fi is pretty good, too.

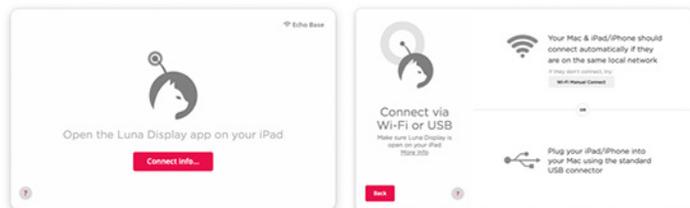
Astro HQ makes big promises — going so far as to claim that Luna Display can effectively turn an iPad into a touch-screen Mac. Though this is true, up to a point, you should keep your expectations in check given some limitations I encountered.

## Luna Display Setup

I had little trouble setting up my Luna review unit on my 2015 21.5-inch non-Retina iMac with Mini DisplayPort, and on one of Apple's 2018 MacBook Pro laptops via USB-C — each using my sixth-generation 9.7-inch iPad as the

secondary display. I also tried out Apple's brand new 2018 12.9-inch iPad Pro with my iMac and the Luna Display.

In addition to plugging in the Luna dongle, you have to download its iPad and Mac apps. Once these are installed and launched, they automatically look for each other. If the Mac and iPad are on the same Wi-Fi network, they detect each other that way. For the best performance, however, you can connect the iPad to the Mac with a charging cable.

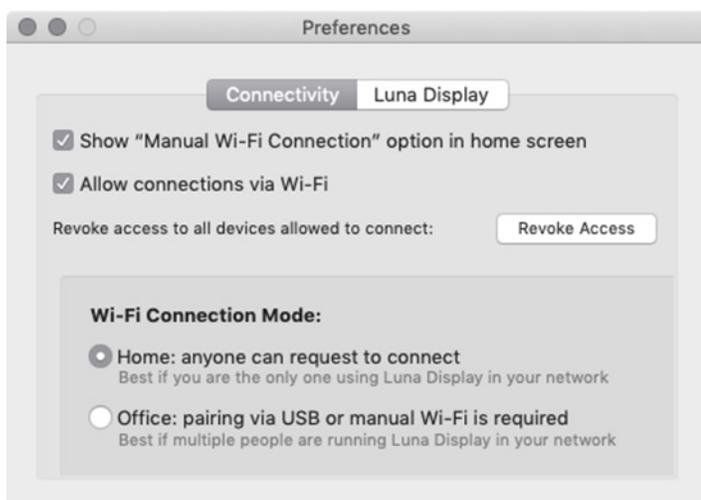


I had no trouble setting up the Luna Display using either method, but Astro HQ has built in an extra wireless setup option involving a scannable QR code, just in case.

For security, the Luna software on both devices asked me to authorize the connection.



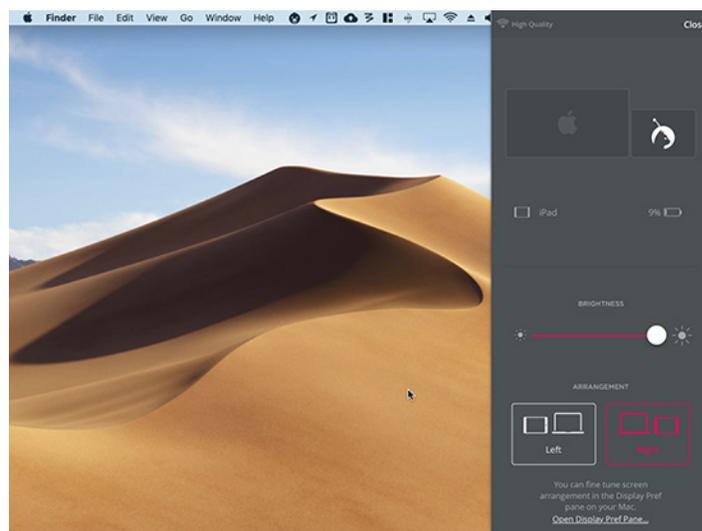
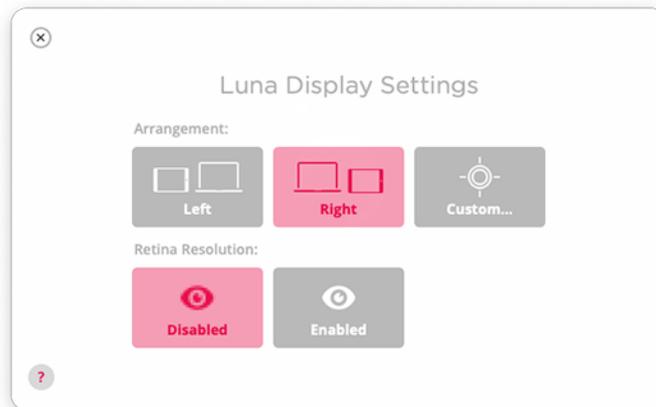
Luna Display's Preferences window offers additional security features — including limiting it to USB, determining who can use the dongle, and revoking access — for those who want to lock down the device in corporate settings or just because they're extra-cautious.



Once Luna Display established the connection, the familiar Mac interface appeared on my iPad.

You can fine-tune the screen via Luna's controls on the iPad and the Mac. Options here include the iPad screen's

brightness and resolution, and how the two screens are arranged in relation to each other.



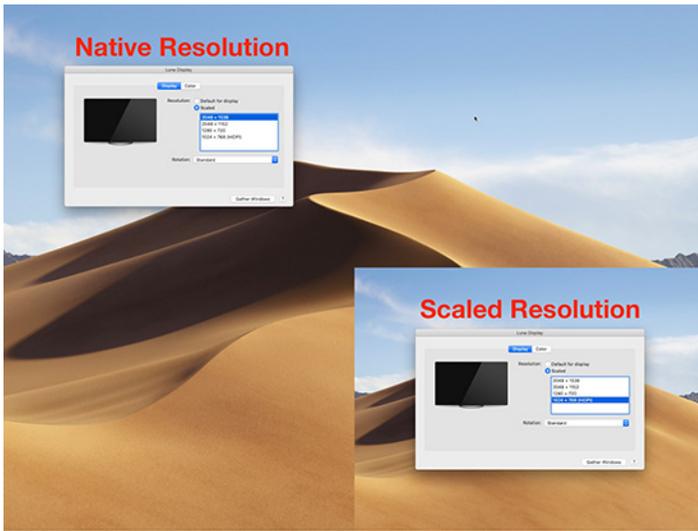
For further adjustments, open System Preferences > Displays on either screen, just as you would with any other dual-screen Mac setup.

## Retina Considerations

I was delighted with how this worked on my non-Retina iMac, which is my main computer. Things get even more interesting when you set up a Luna Display on a Retina Mac. You're prompted to install a separate system extension, which enables you to adjust the iPad screen appearance in key ways.

Want to fully exploit every pixel on your screen for a super-high-res Mac display? You can do that (if you don't mind that Mac interface elements become tiny). This is useful when you need a maximum amount of on-screen real estate, even if you might need to squint when tapping dock icons or accessing menus.

Otherwise, you can use pixel doubling — technically known as HiDPI — on the iPad for a Mac display that keeps the Dock and other features at a more readable size while providing a crisp visual appearance.



Using the native resolution (outside image) gives you a bigger Desktop at the price of much smaller interface elements. The scaled resolution provides larger interface controls but less Desktop space (inset image).

As Astro HQ's Matt Ronge explains:

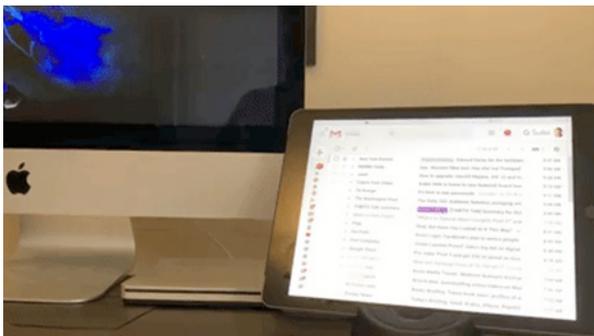
*If your Mac is capable of driving the iPad at a full Retina resolution, it will enable that. This way every pixel on the iPad is used. Otherwise, what you'll see will be scaled up to fit the iPad screen, where things are pixel doubled.*

### Using Luna Display

Using a Luna Display to transform my sixth-generation iPad into a Mac screen does not quite compare to the dual-monitor setup I have at the office simply because the iPad is much smaller than the iMac's main display.

I therefore had to temper my expectations. After some experimentation, I mostly stopped treating my iPad as a primary display and gave up on getting much complex Mac work done within its claustrophobic confines.

On the other hand, the iPad functioned splendidly as an information console or "reference display." I kept Gmail and Slack on there, each in full-screen mode, and navigated among them (and the apps on my iMac screen) with ease using Command-Tab keystrokes. This technique largely resolved a recurring problem of missing critical notifications if they were hidden behind windows on my Mac display. When trying this, make sure you've turned on the Displays Have Separate Spaces option in System Preferences > Mission Control.



In addition, the iPad turned out to be a great place to stash secondary windows and toolbars belonging to complex apps. When using Final Cut Pro, for instance, I could designate the iPad as the repository for my browser, viewers or timeline (via its View > Show in Secondary Display option).

Later on, I received Apple's 2018 12.9-inch iPad Pro for review and briefly pressed it into service as a Luna-powered Mac display. It changed the experience profoundly. Because the screen on the 12.9-inch iPad Pro (2732 by 2048 pixels, scaled) is so much larger than that of the 9.7-inch iPad (2048 by 1536 pixels), it provided ample room for doing just about anything. Ronge said he had to release a [software update](#) to make the Luna Display fully compatible with the new iPad Pro models, and in my experience the upgrade is rock-solid.

However, using a Mac interface on an iPad screen was not without its problems.

Starting a dual-screen work session is a bit fiddly because it's not clear which Luna app you should fire up first, the iOS app or the Mac app? Regardless of the order I chose, I sometimes required two or three tries to get everything working as it should.

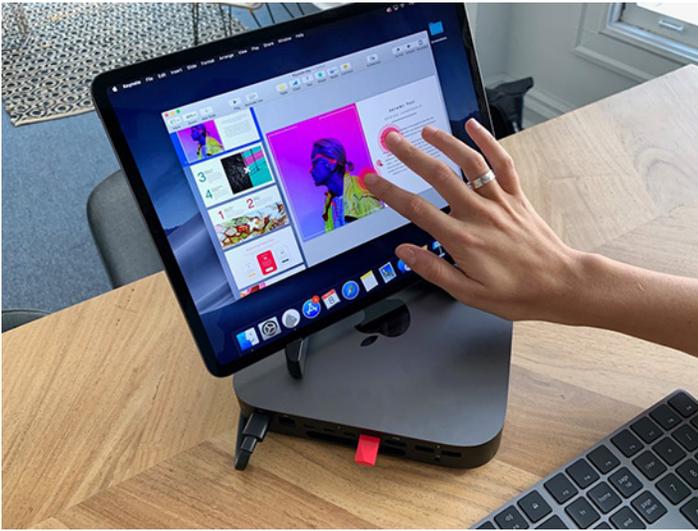
Arranging windows was another minor ordeal because macOS isn't great at dealing with changes in the number of screens. Consider installing a screen-management utility such as [Moom](#) or [Magnet](#) that automates resizing and moving around of Mac windows. Such a utility can be a lifesaver on frequently changing multi-screen setups.

Finally, the contents of the iPad's display were sharp and clear when still, but they sometimes became distorted when in motion—such as when I scrolled through a Web page or my email inbox. You probably wouldn't want to play a game on a Luna-driven display.

### iPad as a Touchscreen Mac?

Perhaps most problematically, Astro HQ potentially over-promises with its claims that the Luna Display can effectively turn an iPad into a touchscreen Mac.

In fact, the company got quite a bit of buzz recently with a [blog post](#) about turning one of the new iPad Pro tablets into a wireless (and the only) screen for Apple's new Mac mini. This makes sense up to a point. For those who might be stashing a Mac mini in a closet or on a rack, a wireless approach via a Luna Display provides on-screen access with a lot of convenience and flexibility.



If you are using Web-oriented apps like Gmail and Slack, perhaps not, since you can just install the iOS versions on your iPad, and save yourself the expense of a fancy dongle. Put the iPad next to your Mac, and you're good to go. With a Bluetooth keyboard that supports pairing with multiple computing devices, you can switch easily between your Mac and iPad.

But if you are focused on native macOS apps and crave added on-screen real estate, the Luna Display might strike you as enticing. That's especially true if you are using macOS-only apps like Final Cut Pro that work better when spread out over multiple displays. If you perk up at the prospect of placing your iPad next to your MacBook Pro at your favorite coffee shop for a true two-screen experience, the Luna might be for you.

But Astro HQ's demo video loses me a bit when the user in the video leans back and proceeds to engage in a full-on Mac session with finger and Apple Pencil gesturing. That might work fine with some Mac apps.

Cost is certainly an issue. Coughing up \$79.99 for a Luna Display is more painful than paying just \$9.99 for [Duet Display](#) or [Air Display](#), two of the top software-only alternatives for turning an iPad into a Mac display. You won't always get the same level of performance and image crispness, but they're good enough for many people.



Duet Display provides a toolbar at the bottom of the iPad's screen for controlling audio, brightness, and more. The publisher, also called Duet, sweetens the deal with a \$19.99-per-year Duet Air level that offers wireless connectivity (the basic Duet only works via wired tethering) and pixel-perfect rendering. For \$24.99 per year, Duet Pro is aimed at digital artists, with sophisticated stylus support comparable to AstroPad.

Most notably, Duet has just taken direct aim at Luna Display by [announcing it supports Mac hardware acceleration](#) in the latest version of [its Mac app](#) (a free companion to its paid iOS app), which it said would improve performance in the recently released macOS 10.14.2.

But, generally, such maneuvers make painfully apparent how terribly macOS would function as a touch operating system—compared to, say, Microsoft's Windows 10 and Google's Chrome OS, both of which have been retrofitted for finger and stylus control since touchscreen notebooks are increasingly prevalent in those ecosystems. Apple has famously resisted doing the same.

Air Display is a bit more of a bargain than Duet Display because it supports wireless as well as physical tethering — no extra charge for the latter. Support for the Apple Pencil (as well as several third-party styluses) is built in. Air Display also recently added support for new iPad Pro resolutions. In addition, Air Display maker Avatron offers [a \\$19.99 Mac version](#) of the software that turns a spare Mac into an extra display for your primary Mac.

Astro HQ has another product line, called [AstroPad](#), that's aimed at artists who want to turn their iPads into Mac-connected graphics tablets via screen mirroring. This works beautifully, but such ease of touch use has not fully transferred to a general-purpose Mac environment via Luna Display. At least not yet, though Astro HQ is pointing tantalizingly in that direction.

And for those like me who rely on Windows as well as macOS, note that Duet Display and Air Display both exist for the PC—something that Astro HQ said it might also pursue so Windows users can invest in Luna Display dongles too. I'd love to add a third display to my two-monitor PC setup at the office in this way.

## Luna vs. the Competition

Circling back to the iPad, potential Luna Display purchasers should ask: "Do I really need this thing?"

Astro HQ has a few other things cooking. Ronge said he is figuring out how he can support the double-tap feature built into the new version of the Apple Pencil for activating various software functions. He is also investigating how to support portrait mode on the iPad—at the moment, Luna Display use is a strictly landscape-mode affair.

## Bottom Line

The Luna Display is an impressive feat of engineering that — minor performance issues aside — keeps its promise to transform an iPad into a dependable and useful Mac

display. It may cost more than comparable software-only solutions, but it's well worth considering if you crave maximum flexibility and performance in your Mac-iPad setup. 

by Josh Centers

# Inside iOS 12: Manage Device Usage with Screen Time

It seems like everyone's nose is in their phone these days, drawing criticism that smartphones are addictive. To address this concern, Apple has introduced a suite of features in iOS 12, called Screen Time, that lets you see how often you use your iOS devices and control how often you use certain apps. Apple also moved iOS's parental controls into Screen Time, giving you the capability to see and control (to an extent) the usage of children in your Family Sharing group.

Before I show you how to use Screen Time, let's clear up a common misconception. Some have said that Screen Time won't make a difference because people will just ignore its warnings. That's not the point! Apple isn't your mother — Screen Time is just a set of tools that help you manage your time.

With that attitude in mind, let's learn how to use these new tools. For a guide to other new features in iOS 12, check out my book, [Take Control of iOS 12](#).

## Turn on Screen Time

To get started, turn on Screen Time in Settings > Screen Time. A screen appears telling you everything that Screen Time can do. Tap Continue and you're asked if the device is yours or your child's. Choose the former to go directly to Screen Time settings.

However, if you're configuring your child's device, iOS 12 walks you through setting up each of Screen Time's features:

**Downtime:** This lets you set a schedule during which Screen Time prevents you from using the device, from 10 PM to 7 AM by default. The idea here is to help you avoid tech temptations when you should be asleep.

**App Limits:** Here you can limit daily usage for categories of apps: social networking, games, etc. You can choose any amount of time from 1 minute on up. You can't limit specific apps here, but it is possible to get that specific — I'll explain how later.

**Content & Privacy:** This screen just tells you that you can configure content settings and lock privacy settings but doesn't offer any actions.

Finally, Screen Time prompts you to set up a Screen Time passcode, which is separate from your device passcode and is required to bypass any of Screen Time's restrictions. Without a passcode, your child (or you) can ignore all time limits, which somewhat misses the point.

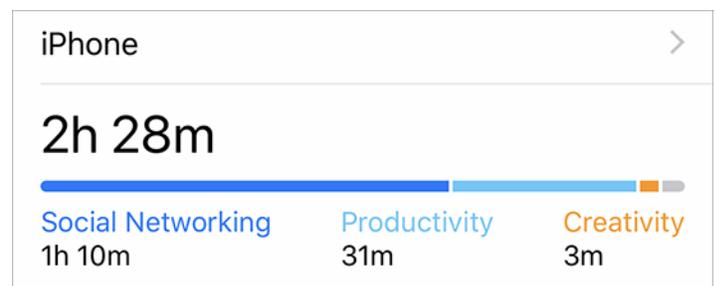
If you're setting up Screen Time for yourself, you may still want to set a passcode to make you think twice before bypassing your own set limits. Or you could let a trusted partner set the passcode so they can hold you accountable.

You can turn any of these options on or off at any time, so don't feel compelled to configure them now. And while you can limit a child's device during setup, you can also limit the device of any child in your Family Sharing group by going to Settings > Screen Time > Child's Name. More on that toward the end.

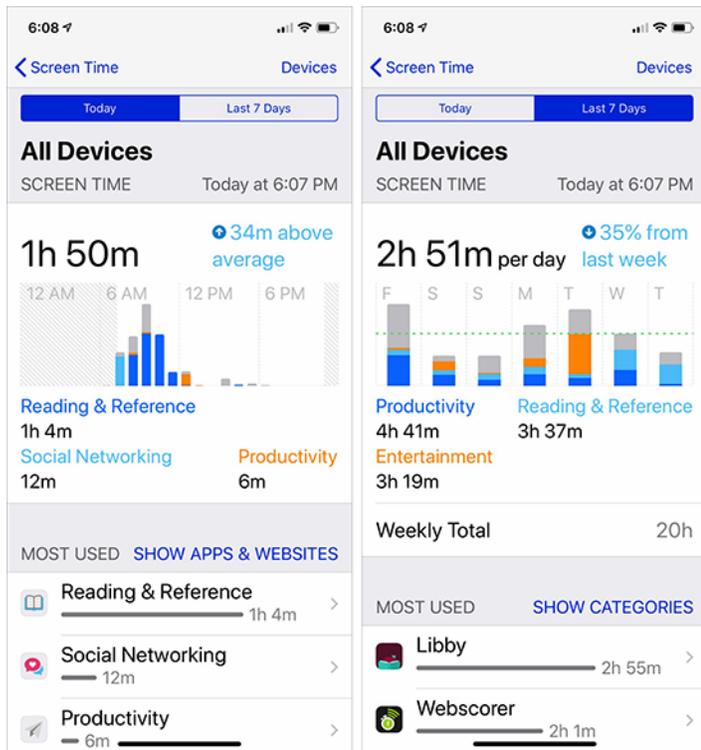
## Check Your Consumption

Screen Time provides you with a report every week, telling you how much time you spent with your devices and what you were doing. If you have children set up on Screen Time, you'll also get a report on their usage.

You can also check your usage at any time with the chart in Settings > Screen Time, which shows your total screen usage for the day, along with a breakdown of the categories you've spent the most time on.



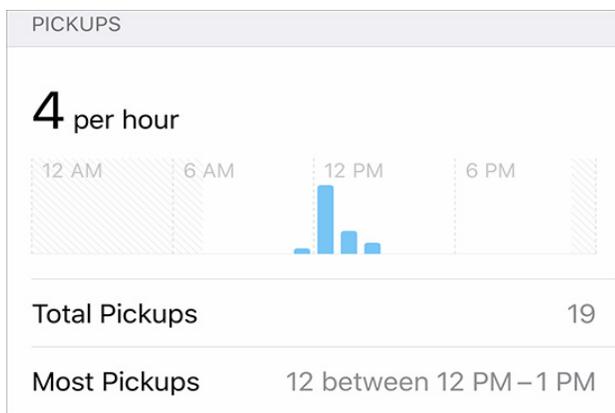
Tap that summary to see a more detailed graph that shows an hourly breakdown, or, if you switch to displaying the last 7 days, a daily breakdown. With these and other graphs in Screen Time, tap and hold to see specific values at different points in time overlaid on the otherwise unlabeled graph.



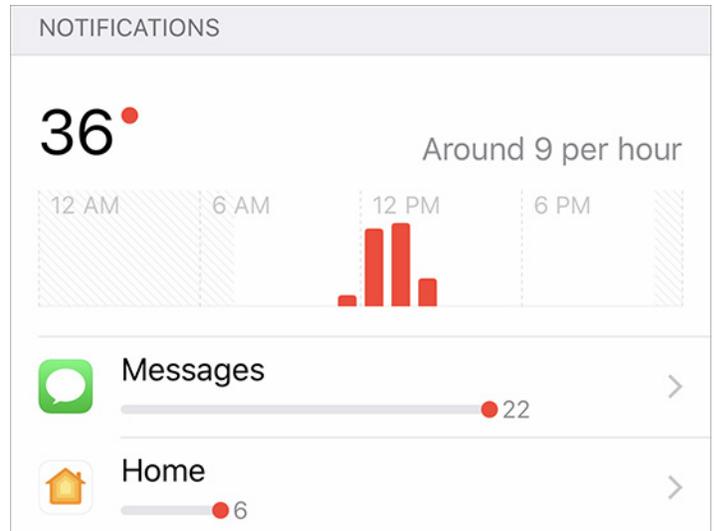
Scroll down to see additional details on your Most Used apps, Pickups, and Notifications:

**Most Used:** This section lists your most used apps (and Web sites), in order of usage. You can tap Show Categories if you'd rather see entire app categories instead of individual apps. Tapping an app or category lets you set a restriction for it, which I explain below.

**Pickups:** This section tells you how often you've picked up your device and when. Even if you're not using your device much, you may be checking it incessantly. What counts as a pickup is somewhat unknown, but it's not uncommon to get one in the middle of the night even if you just tap the screen to see what time it is.



**Notifications:** Feel like you're getting hammered by notifications? This section can help quantify your impressions. It tells you how many you've received in a designated time period, estimates how many you get every hour or day, and lists which apps send you the most. Most importantly, you can tap on an app to be taken to its notification settings, where you can turn off notifications for that app entirely.

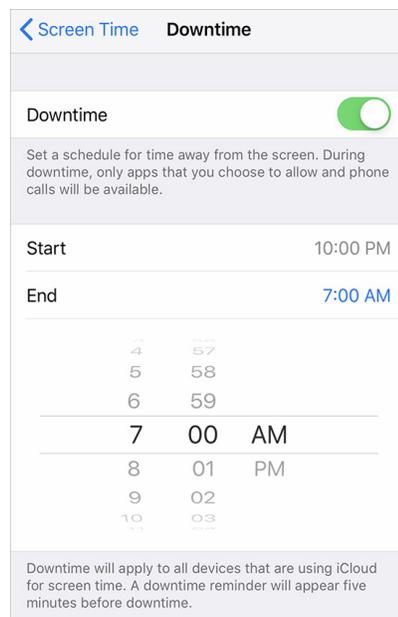


Observing your device usage is a good start and may be all that many people need, but Screen Time also lets you take it a step further and limit your usage.

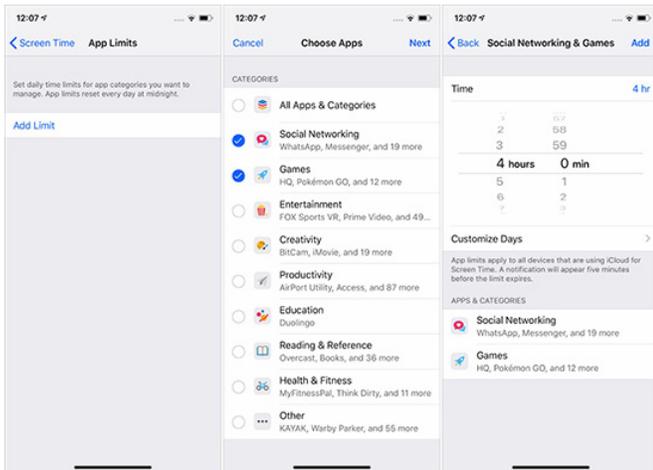
### Restrict Screen Time

Screen Time offers three ways to limit your usage:

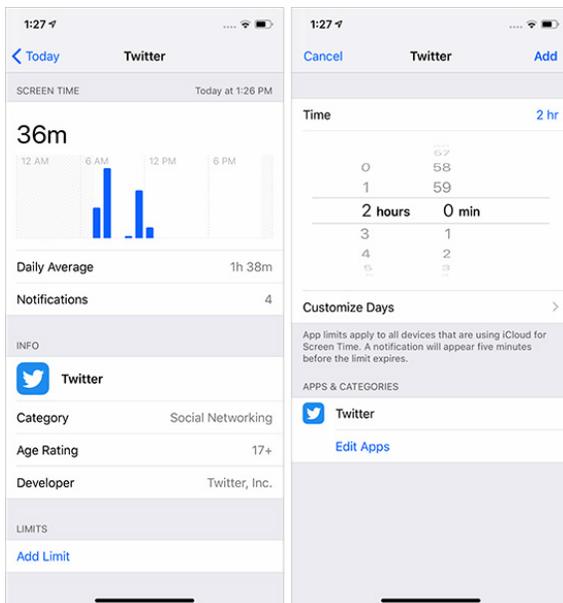
**Downtime:** As I explained above, Downtime lets you block access to your devices during particular hours every day. Set it up in Settings > Screen Time > Downtime, where all you have to do is enable the Downtime switch and set start and end times. Unfortunately, there's no way to have a different schedule on weekends.



**Limit App Categories:** To limit the amount of time you can spend using an entire category of apps, go to Settings > Screen Time > App Limits and tap Add Limit. In the Add screen, you can set how much time the limit should be for, and customize which days of the week which it should be active. If you're setting the limit for yourself, you could keep Block at End of Limit off so it's just a nag; for a child, you'll likely want that switch on. App categories include Social Networking, Games, Entertainment, and more, although it seems unlikely you'd want to set a limit for Creativity or Productivity. These categories also apply to Web sites in Safari, so if you try to get around the social media limit by going to Facebook's Web site, Screen Time will still have your number.

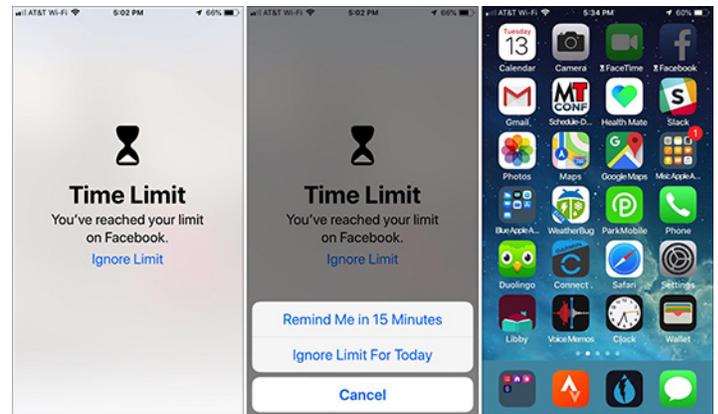


**Limit Individual Apps:** Apple doesn't make it obvious, but you can limit individual apps and Web sites by tapping the daily usage graph in Settings > Screen Time and then, in the Most Used section of the next screen, tapping an app or Web site and then Add Limit. Restricting a particular app could be helpful if you want to stop yourself from overusing an app that happens to be in the Creativity category without blocking anything else in that category.



Regardless of which limit you've set, Screen Time warns you 5 minutes before the time limit expires. When that 5-minute warning runs out, Screen Time puts up another notification saying you've hit your limit.

If you want more time to finish something, you can tap Ignore Limit, which lets you ignore the limit for that app or Web site for the rest of the day or for just for 15 extra minutes. If you have a Screen Time passcode, you'll have to enter it to bypass the limit. On the Home screen, you'll note that limited apps are grayed-out and have a little Time Limit icon next to their names to indicate you can't open them.



The problem with Downtime and the category-based App Limits is that they can be overly broad, locking you out of an app that's both innocuous and perhaps even necessary. You can blacklist a particular app, as described above, but you can also go in the other direction and whitelist an app to ensure that it's always available, regardless of what limit might be in play.

To pick these apps, go to Settings > Screen Time > Always Allowed and tap the green plus button next to desired apps. By default, Phone, Messages, FaceTime, and Maps are always allowed, but you can limit all of those except Phone. You also cannot restrict Clock, Find My iPhone, or Settings. You can't restrict Safari itself, but content inside Safari is restricted based on your settings.

Kids have already been finding clever workarounds to Screen Time (see "How Kids Are Circumventing iOS 12's Screen Time Limits," 21 October 2018), and one way to put a stop to that is to create an app limit for All Apps & Categories and then individually whitelist approved apps. The big downside to this technique is that Apple doesn't let you add Web sites to the whitelist, so when the Screen Time limit comes into effect, every Web site will be cut off (except [apple.com](http://apple.com), naturally).

### Parenting with Screen Time

Apple has moved the content restrictions in iOS 12, to Settings > Screen Time > Content & Privacy Restrictions. Here's a summary of what you can find there:

**iTunes & App Store Purchases:** Here you can control whether your kids can install apps, delete apps, or

make in-app purchases. If you're managing a child's device, I recommend setting all of these to Don't Allow, and to always require a password to make those changes. Be sure to restrict deleting apps, because one Screen Time workaround is to delete an app and reinstall it.

**Allowed Apps:** This category of allowed Apple apps might seem pointless given the App Limit controls, but the interesting bit here is that you can restrict access to Siri and dictation, if you're so inclined.

**Content Restrictions:** These controls let you restrict certain kinds of content based on ratings, but the problem is that it mostly applies only to iTunes content, so it won't help with, say, YouTube or Netflix. The Web Content setting is interesting because it can block "adult" Web sites, but it's [highly unreliable](#) and impossible to configure.

**Privacy:** This is a long list of settings that let you adjust a child's privacy settings and lock them in place. It's probably a good idea to set these for a young child, but they may be a bit too heavy handed for an older child.

**Allow Changes:** You'll want to review each of these settings to see if you want your kids to be able to change them. Some of them you'll likely want to restrict, like passcode changes and account changes, while others are of more questionable value, like TV provider. Volume limit might be good to restrict if your kid uses headphones and isn't smart about keeping the volume reasonable.

If you've set up Family Sharing and enabled Screen Time for it (you can do this in Settings > Your Name > Family Sharing > Screen Time), Screen Time will gain a new Family section that contains the names of all your family members. The first time through, Screen Time will guide you through configuration; subsequently, tapping your child's name in the Family list will show the full Screen Time interface—complete with the usage graph—for that child's device. It's a great way to see what your kids are really doing, without having to be looking over their shoulder repeatedly. And, of course, you can adjust all the Screen Time settings from your device as well.

What happen if your child runs into a limit and needs to keep working? Instead of an Ignore Limit link on the Time Limit screen, they'll get an Ask For More Time link that requires the Screen Time passcode you set. Once you've entered your passcode, you can set the time limit to be ignored for 15 minutes, 1 hour, or the rest of the day. This can take place on the child's device, or, if you're using Family Sharing, you'll get the notification on your iPhone or iPad.

Screen Time won't replace good, old-fashioned parenting, but I've found it to be a useful tool to regulate my own screen usage. I had struggled with time management until iOS 12 made me aware of how much time I spent on social media every day. Thanks to Screen Time, I've reapportioned some of that time to exercise, reading, and learning Spanish with [Duolingo](#) (see "[FunBITS: Duolingo Makes Learning Languages Enjoyable](#)," 14 June 2013). Hasta luego! 🇪🇸

---

by Frank Petrie

## Freshly Squeezed Reviews: Video To Go

**How** many times have you been held hostage by a family member, friend, or neighbor and forced to watch seemingly endless home videos of their kids, a recent family trip, sporting event, or what have you.

Well, now there's a book to prevent you from becoming one of the hostage takers. You can make videos that people actually enjoy watching! It's written by videographer and reviewer Wally Cherwinski, "Video To Go".

> These days, making good video isn't about having the best and most expensive equipment. Nor is it about the absolute quality of the footage. Instead, it's more about being creative, preserving memories and learning how to tell a story well. With some well chosen shots, a few software editing tools and a dash of creativity, anyone can easily recapture their travels or life experiences in an elegant way.

Whether you're new to home video or already have some experience, you'll learn some easy methods to take your videography to the next level. Through screenshots, photo galleries, and video examples, you'll get the how-to of shooting, editing, and fine tuning videos that bring your travel adventures or special occasions to life. Just grab your camera or smart phone, follow some simple story ideas and unleash your inner Spielberg.

This multimedia ebook is broken down into five comprehensible chapters: Shooting, Editing, Special Projects, Sharing, and Equipment. You'll appreciate that they're in the exact timeline that you should follow to create your project.

Each chapter thoroughly explains how you should accomplish things and the reasoning as to why. Once you finish a chapter, you'll have the knowledge of 'Oh, that's

why they do that.' He's pulled back the curtain exposing the simplicity behind the wizardry.

I particularly liked the plethora of quotes liberally sprinkled throughout the book that are relevant to creativity. They're all true and will inspire you to start right away.

Another nice touch is the book's interactivity. To help get across certain concepts, there are short videos demonstrating just what the author is talking about, be it editing, shooting techniques, and more. As an example, you'll see a breakdown of shots for one sequence. Then he'll demonstrate how to order them into something captivating.

You'll also learn about an equally important (yet commonly overlooked) aspect of creating an intriguing video - audio. From capturing the sounds of the location's environment or the event that you're shooting, to your choice of soundtrack.

Each step is explained in layman terms and removes any apprehension that you may have tackling such an endeavor. The author doesn't talk down to you but to you, which will remove any trepidation that you may have.

The author explains various basics you need to learn. For example, two things stand out - shoot lots of footage and edit the duration of your shots to several seconds a piece. In the first instance, you'll have plenty of footage to choose

the right shots from. Secondly, It will make all the difference in holding your viewer's attention.

Being a multimedia ebook, there are links throughout the book (these come in especially handy when he recommends various pieces of equipment and software). And his recommendations won't cost you an arm and a leg, they're quality purchases at inexpensive prices.

Such as editing software. You can accomplish more than you realize with iMovie! And that came free with your macOS! if you're further along and own Final Cut Pro X, you can go even further down the road with your creativity.

The crucial point the book wants to impress upon you is that you're not merely manipulating technology. At the heart of everything you do, like shooting or editing, the bottom line is to always remember that you're telling a story. This will guide you through every stage and decision you make.

I have a B.A. in Film/Video. I found that this book covers the foundations you need to know about to how to produce engaging videos. You'll see that you don't have to have a degree to produce polished results.

'Video To Go' is newly available at Apple's Book Store for USD \$16.99. Well worth it, if only to keep friend's, neighbor's, and family's sanity intact. 🍷

## Software Review

### Apple Updates

#### Security Update 2019-001 (Sierra)

Jan 22, 2019– 832.9MB

System Requirements

- macOS 10.12

Security Update 2019-001 is recommended for all users and improves the security of macOS

#### Security Update 2019-001 (High Sierra)

Jan 22, 2019– 1.83 GB

System Requirements

- macOS 10.13

Security Update 2019-001 is recommended for all users and improves the security of macOS.

#### Pro Video Formats 2.1

Jan 22, 2019– 7 MB

System Requirements

- macOS 10.14.3 or later

The Pro Video Formats package provides support for the following codecs that are used in professional video workflows:

- Apple ProRes RAW and ProRes RAW HQ\*
- Apple Intermediate Codec
- AVC-Intra 50 / 100 / 200 / 4:4:4 / LT
- AVC-LongG
- XAVC
- XF-AVC
- DVCPRO HD
- HDV
- XDCAM EX / HD / HD422
- MPEG IMX
- Uncompressed 4:2:2

The Pro Video Formats package also includes the following MXF support:

- Play MXF files in QuickTime Player and other supported macOS applications
  - MXF plug-in and presets for use in Compressor 4.3 and earlier 🍷