

March Meeting

We will discuss manual removal of malware plus items of interest to those attending.

Meet us at

Bethany Village Retirement Center

Education Room 5225 Wilson Lane, Mechanicsburg, PA 17055

Tuesday, March 17th 2020 6:30 p.m.

Attendance is free and open to all interested persons.

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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 © 2020, Keystone MacCentral, 310 Somerset Drive, Shiresmanstown, PA 17011.

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Double-Check Your iPhone's Medical ID Emergency Contacts

Have you configured your Medical ID on your iPhone? Mike Matthews wrote about this feature for us in "Can Your iPhone Replace Your Wallet?" (30 June 2017), but all too many people haven't taken the time to enter the few bits of information that could save their lives in the event of serious injury. So it's worth repeating, with an added bit of detail about emergency contacts that I've just learned.

Configure Medical ID

Apple has made it easier to create and edit your Medical ID in recent versions of iOS. You can now access it in one of two ways. Either open the Health app, tap your avatar, and tap Medical ID, or go to Settings > Health > Medical ID. Once you're there, follow these steps:

Tap Edit at the upper right.

- Fill in your personal details, including medical conditions, medical notes, allergies and reactions, and any medications you take regularly. This is the crucial bit it's essential that medical personnel have this information to avoid administering a drug that could cause an adverse reaction.
- At the bottom, tap Add Emergency Contact, select a contact, and this can be confusing select the phone number at which you would want them notified in case of emergency. Also, specify a relationship it may be useful to emergency responders. Repeat for as many people as you'd want to be notified.

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Tap Done to save your information.

If you just want to add an emergency contact, there's an easier approach.

Open Contacts (or Phone > Contacts) and tap the contact card for the person you want to add.

- Scroll to the bottom and tap Add to Emergency Contacts.
- If the person has more than one phone number, select which number should be alerted in case of emergency.

One note: It doesn't matter what phone number you select if it's just for emergency responders or medical personnel to use. However, if you can imagine wanting to use the Emergency SOS feature of the iPhone or Apple Watch, make sure to select a phone number that can receive a text message, since Emergency SOS uses text messages to alert your emergency contacts.

Use Medical ID

To access your Medical ID, press and hold both the side button and either of the volume buttons for a few seconds to bring up Emergency SOS, and then slide the Medical ID slider. Note that this also disables Touch ID and Face ID; you'll have to enter your passcode the next time you want to unlock the iPhone.

To access someone else's Medical ID — if they're in an accident and you're helping — follow these steps:

From the Lock screen, press the Home button or swipe up to get to the Passcode screen. You don't want Touch ID or Face ID to work here — the goal is to see the passcode keypad.

Tap Emergency in the lower-left corner.

On the Emergency Call screen, tap Medical ID.



Verify Emergency Contacts

Here's the problem a friend recently pointed out. When you add an emergency contact to your Medical ID, you're adding a specific phone number, not the person's contact card in general. What happens if you change the emergency contact's phone number? At least in iOS 13, the Medical ID contact information updates properly; it's conceivable that previous versions of iOS did not do this.

However, if you were instead to change the emergency contact's phone number by removing the old number and adding a new one — a not unreasonable thing to do — the link between the contact and the Medical ID breaks, and the previous number remains listed in Medical ID. The solution is to remove the emergency contact from your Medical ID and add the person again.

The practical upshot of this realization is that if you set up your Medical ID some time ago, it's worth checking your emergency contacts to make sure the correct phone numbers are still listed.

You can see them listed in your Medical ID, of course, but if you look in the Contacts app, you'll also see a bold red asterisk next to the name of each emergency contact. In their contact cards, Emergency Contact will appear at the top, and that red asterisk will appear next to the appropriate phone number. (If the red asterisk doesn't appear when you think it should, I suspect that means the link between the phone number and the Medical ID emergency contact has been broken, such that Medical ID is just holding onto the last-seen number.)



So take a minute and make sure you have a Medical ID configured in your iPhone and check that your emergency contacts show the correct phone numbers. The life you save could be your own.

By Adam Engst

How to Deal with Running Out of iCloud, Google, and Dropbox Space

We think of "the cloud" as an amorphous space without limits. That may be true in the aggregate, but each of our personal cloud storage accounts has limits, and in comparison to the terabyte-sized drives in our Macs, our cloud accounts are often quite small. Nevertheless, you can usually go for years without bumping into their limits. I certainly did.

But when you do run out of space, it can be a major problem, since files may stop syncing, email could get rejected, and all sorts of other havoc could ensue. I recently hit this problem with iCloud, Dropbox, and Google.



Here's how to deal with such a situation.

Find Out How Much You're Using

First off, how much cloud storage space do you have, and how much are you using? These numbers aren't hard to determine, and here's where to look.

Apple

You can determine your iCloud limit and usage on either a Mac or an iOS device. In macOS 10.14 Mojave, look at the graph at the bottom of System Preferences > iCloud. In 10.15 Catalina, the graph is in System Preferences > Apple ID > iCloud. In iOS, you'll find a similar graph at Settings > Your Name > iCloud.



Dropbox

For Dropbox, you could look on the service's Web site, but it's easiest to click the Dropbox icon in your menu bar and then click your avatar in the upper-right corner. You can see that I solved my Dropbox problem a few months back.



Google

In Google Drive, look at the bottom of the left-hand sidebar. You can also find that number at the bottom-left corner of the Gmail Web interface. I was at 35.95 GB of 36 GB before I did some cleaning, and I can clear more space quickly if necessary.



Buy More Space

There is an easy solution to running out of space, of course, which is to buy more storage. **Apple, Dropbox**, and **Google** all charge \$9.99 per month for 2 TB of space. Apple and Google are considerate enough to provide less expensive plans as well. You can buy 50 GB of iCloud storage for \$0.99 per month, or 200 GB for \$2.99 per month. If you need more space from Google, it will charge you \$1.99 per month for 100 GB or \$2.99 per month for 200 GB.

Unsurprisingly, given that it doesn't have other lines of business, Dropbox is the pushiest about encouraging you to upgrade. It provides only 2 GB for free, although many people have more from recommending the service to friends in the past. Apple is the next stingiest, with only 5 GB of free iCloud storage, after which you'll need to buy more. Google offers 15 GB for free, but that still may not last long, between Gmail, Google Drive, Google Photos, and more.

(I've never seriously used **Microsoft OneDrive**, so I can't comment on how well it compares to the others functionally. It provides either 5 GB for free for anyone or 1 TB per user for free with an Office 365 subscription. You can **expand that in 200 GB chunks** for \$2 per 200 GB, up to 2 TB total.)

Buying more space is unsatisfying, however, particularly if you're on the edge of your free allotment and don't want to deal with another monthly bill. Dropbox is annoying in a slightly different way — you might be offended at having to pay for 2 TB when you'll never use more than 20 GB.

Happily, if you're anything like me, there are a number of ways you can reduce the amount of storage that you're using, and thus either delay or eliminate the need to ante up for more space. They vary a bit by service, so let's touch on each in turn.

Remove Unnecessary iCloud Device Backups

With iCloud, there's often an easy way you can recover multiple gigabytes of storage quickly. If you back up your iPhone and iPad to iCloud, those backups count against your overall storage space. And count they do — the backup of my iPhone 11 Pro consumes 10.1 GB.

It's likely, however, that you're storing backups for older devices unnecessarily. Navigate to Settings > Your Name > iCloud > Manage Storage > Backups to see what you have. When Tonya and I did that, we discovered that we both had backups for our previous iPhones still in iCloud. At over 5 GB each, deleting those (tap one and then tap Delete Backup) cleared a bunch of space quickly.



(The fact that we're sharing 200 GB for our family account meant both that Tristan and we would all have been impacted if we'd run out of space, and that all of us could help by clearing useless backups.)

Scan for and Clear Out Bloated iOS Apps

While you're in the iCloud Storage screen (the leftmost screenshot above), look at the other apps at the top of the list. If you use iCloud Photos, the Photos app will likely be using far and above the most storage, but there isn't much you can do about that, apart from deleting unnecessary screenshots, duplicate photos, and accidental videos of your feet in Photos. You may be able to automate some of that work, but there will likely be plenty of manual effort as well.

However, some other apps may be using space unnecessarily. When I got Apple's warning and checked the iCloud Storage screen, the Camera+ 2 app was one of the top offenders. That's because I used it to take nearly 2000 burst photos of cross country races. I had gone through each burst, picked the best shot, and saved it to Photos for editing and sharing. But I hadn't deleted all the lesser images, and they were consuming over 11 GB of iCloud space: 5.69 GB in iCloud itself and another 5.69 GB in my iCloud backup. Oops.

Similarly, Apple Books was eating 1.6 GB of space, but when I went to see what was actually in there, I realized I had 40 or 50 old Take Control books still stored. I have all those elsewhere, so deleting them cleared another 600 MB of space.

Finally, pay attention to Messages. If you regularly trade photos and videos in chat conversations, it could be another place you can save significant space. In the iCloud Storage screen, tap Messages > Top Conversations to see which of your conversations are the largest. Tap one to switch to Messages, tap the person's avatar at the top of the conversation, tap the Info button, scroll down to see the photos, and tap Show All Photos. Tap Select, tap photos you have no desire to keep, and then tap Delete at the bottom-right of the screen.



Also, enabling Messages in iCloud can save a little space because iCloud has to store only one copy of each message, rather than a copy for each device you back up. Turn it on by enabling the Messages switch in Settings > Your Name > iCloud.

Stop Backing Up Bloated iOS Apps

There is one other way you can save space in your iCloud backups — avoid backing up apps that contain large quantities of unnecessary data. In my case, Camera+ 2 is likely to have a lot of data in it regularly, so it might make sense to exclude it from my iCloud backups, especially since I usually process my photos quickly after a race, so they would be vulnerable to being lost for only a day or two.

To see if you have any apps that are consuming a lot of space in your backups, navigate back to Settings > Your Name > iCloud > Manage Storage > Backups, and tap the name of the device you're on. Along with telling you when your last backup was, how big it was, and how big the next one will be, that screen (eventually; it's not quick) tells you which apps are consuming the most space in your backup. Tap the toggle switch next to an app to stop backing it up and delete its data from your backup.



Delete Old Email

Both iCloud and Gmail count your email against your storage space, which means that if you run out of space, they'll reject incoming messages. That would be bad, so you don't want to get to that point.

For most people, email probably isn't as significant a consumer of storage space as files, but if you're an email packrat like me, you could be wasting gigabytes of space on unnecessary messages. How you deal with these varies by service.

iCloud

When it comes to clearing email, iCloud is no different from any other IMAP-based email provider. I'll assume you're using Apple's Mail; the general principles, if not the specific steps, may work for other email clients.

If you want to archive messages locally before deleting them from iCloud, you can do that in one of two ways.

Choose Mailbox > New Mailbox, choose On My Mac from the Location pop-up menu, and name your mailbox. Then select the messages you want to save and choose your newly created mailbox from the Move To button's menu in Mail's toolbar.

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If you want to archive an entire mailbox, first drag it from the iCloud account section of the sidebar in Mail to the On My Mac section to copy it there. It may take a while to copy.

To delete individual messages, you can just select them and delete them however you normally do that (I press the Delete key). However, if you're looking for the most bang for your bump, choose View > Sort by > Size first to put the largest messages at the top so you can delete those first.

Of course, deleting messages normally just moves them to the Trash mailbox; to reclaim the space they occupy on iCloud, choose Mailbox > Erase Deleted Items > AccountName. Once you do that, the messages are gone for good.

If you want to remove an entire mailbox and its contents, select it in the sidebar and choose Mailbox > Delete Mailbox. That deletes all of its messages immediately and can't be undone.

One note: Mail has a Message > Remove Attachments command that, as you'd expect, removes attachments from selected messages. Since attachments are often the point of the messages I receive, that command makes me uncomfortable, but if you don't value attachments much, or just want to remove some egregiously large attachments from certain messages, it could help you save space quickly. I recommend using it after sorting by size and filtering by messages with attachments, as you can see in the screenshot above.

Gmail

Because Gmail's IMAP support was tacked on to give users the option of using email clients like Apple's Mail, it's best to work in Gmail's native Web interface when clearing space. But first, what if you want a local archive of a collection of messages before you delete them?

I had some Gmail labels (which Mail maps to mailboxes) that I no longer needed, but that I was didn't want to delete permanently. I never know when I might want something buried in the archeological depths of my email, so I made local copies of those messages before removing them. I tried several techniques before deciding that the most straightforward approach was also the best.

First, since I don't really use Mail much, I had to enable the On My Mac section of the Mail sidebar by choosing Mailbox > New Mailbox, choosing On My Mac from the Location pop-up menu, and then naming the mailbox (which I wasn't planning to use; I deleted it later).

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Then I dragged the mailbox I wanted to download locally from its position in the Gmail mailbox hierarchy to the On My Mac section. That copies the entire mailbox locally — it doesn't change the Gmail version at all. Depending on the size of the mailbox (most of my mailboxes had as many as 30,000 messages, and my largest one contained nearly 325,000 messages), it could take many minutes or even hours. And remember, a watched copy never completes let it run while you do other things or even overnight.

Once you're certain that the entire mailbox has copied locally — I recommend spot-checking messages from the top, middle, and bottom of the mailbox — it's time to delete the messages within Gmail. As I noted, do this in Gmail's Web interface; anything else is prone to confusion and error. Follow these steps:

Either click a label or perform a search to select the messages you want to delete. If you're searching, be very, very careful that you're not accidentally finding good messages too. Remember that you can add -searchterm to a search to exclude messages that contain "searchterm" as well.

- Click the checkbox at the top of the checkbox column. That selects all the messages showing on that screen. In most cases, there will be many more screens; Gmail can only display 100 messages per screen.
- In the banner at the top, click "Select all X conversations in 'LabelName." Gmail changes the banner to indicate that all the conversations are selected.

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- Click Delete in the toolbar to move all those messages to Trash (or, in Gmail terms, to apply the Trash label to those messages). If you're working with tens of thousands of messages, this may take several minutes. And if, like me, you have hundreds of thousands of messages to trash, Gmail may be able to work with only 5,000 or 10,000 or so at a time, requiring you to repeat the selection and trashing process many times.
- Click Trash in the label list sidebar. You may need to click More at the bottom of the sidebar to see it.
- The banner at the top tells you that messages in Trash for more than 30 days will be deleted automatically. If you aren't hurting for space immediately, you could let the automatic countdown delete these messages for good. If you need the space back right away, click Empty Trash Now.

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A dialog appears, telling you how many messages will be deleted. In my experience, Gmail often fails to delete all of them at once, so if the dialog disappears and messages remain in Trash, just click Empty Trash Now as many times as is necessary to clear everything.

A search that you might find useful in Step 1 is has:attachment larger:10m. As you might expect, it finds messages with attachments that are larger than 10 MB. You can change that number to any other size you want.

Remember that you can open multiple browser windows for Gmail, which makes it easy to do the slow-motion delete/trash dance repetitively throughout the day while still being able to read and reply to new messages.

It can take some time — perhaps even a day or two — for Gmail's space measurements at the bottom of the screen to update. I have to assume that Gmail is an insanely complex system behind the scenes, with data potentially distributed between data centers and backed up in various ways, so it doesn't surprise me that there isn't a tight connection between your actions and the space measurements. Avoid running completely out of space if you possibly can!

Remove Yourself from Shared Dropbox Folders

Folders that are shared with you by other people count against your Dropbox storage limits. That may not seem fair, but keep it in mind, since you may be able to recover significant amounts of storage by removing yourself from large shared folders.

To do that, look for folders in your Dropbox folder that have three little people on their icons. That indicates the folder is shared, although it doesn't tell you whether or not you're the owner.



To determine who the owner is, Control-click a shared Dropbox folder and choose Share from the contextual menu. Then, in the window that appears, look at the right side. If you're not the owner, click the pop-up menu to the right of your name and click Remove My Access.



You will, of course, lose access to that shared folder immediately, and you can't get it back without asking the owner to share with you again, so make sure you've made a local copy of any necessary data beforehand. Google is much friendlier in this situation — anything in the Shared With Me category in the Google Drive sidebar does not count against your storage limit.

Scan for Large Files

By Adam Engst

Since Dropbox, Google Drive, and iCloud Drive all store standard files, one useful way to clear space is to evaluate their contents with a utility that reveals particularly large files and folders. Numerous apps can do this for any drive or folder, including the free **GrandPerspective** and **OmniDiskSweeper**. I'm partial to GrandPerspective's graphical view, but OmniDiskSweeper's textual approach is equally effective. If neither of them floats your boat, Josh Centers says he's a big fan of the \$9.99 **DaisyDisk**.



GrandPerspective (top) and OmniDiskSweeper (bottom)

In either case, you'd want to scan the folders that correspond to your Dropbox folder, the Google Drive folder (assuming you're using Google's **Backup and Sync** app), and iCloud Drive. Then look for files that are especially large and either delete them outright or simply move them to another folder on your Mac.

There's no magic here, and you should be careful when actually deleting files, but it's common to discover that you're wasting a significant amount of space on files that don't matter.



Enable the Startup Chime on New Macs

I have recently been playing with some very old Macs and emulators, which reminded me of how the Mac's startup sound evolved over the years before going quiet in 2016. Ken from the Computer Clan made **a nice video** that provides a history of the startup sound and demonstrates how the startup sound changed over time.



When Apple disabled the startup sound by default in 2016, someone discovered that a Terminal command could bring it back:

sudo nvram BootAudio=%01

Unfortunately, that approach stopped working with Mac models in 2017, presumably due to Apple removing the option in a macOS update, and since then, new Macs have started up silently. Now, however, Twitter user **DylanMcD8** has discovered a new NVRAM parameter that brings back the startup sound, even on the latest Macs.

sudo nvram StartupMute=%00

TidBITS Talk members report it working on 2017 iMacs, 2018 Mac minis, a 2018 13-inch MacBook Pro, and a 2019 16-inch MacBook Pro. However, **AppleInsider said** that it didn't work on several machines — it's unclear why not.

I don't understand what modern-day Apple has against the startup sound. Sure, make it an option for those who need their Macs to be silent at all times, but it's a useful indication that the Mac is working as expected — at least to that point in the boot process. Perhaps Apple is trying to encourage the belief that Macs are always available like iPhone and iPads, but reality doesn't support that. To reverse this setting, should you want to, change the command to:

sudo nvram StartupMute=%01

Thanks to Howard Oakley, **whose post on his Eclectic Light Company blog** was the first instance I saw of this, though it has subsequently spread widely.

By Josh Centers

One Switch: My New Must-Have Mac Utility

Over the past eight years of writing for TidBITS (wow, that long?), I've never tried an app and immediately thought, "Everyone needs to be using this!" Until now. I recently spotted an app called **One Switch** in **Setapp** with this humble description:

Replace numerous apps and settings with One Switch. A time-saver for Mac, the app allows to access [sic] the key switchers like toggling between Dark/Light modes and managing AirPods connection. For convenience, set the app to show custom toggles in your menu bar and disable those you don't use regularly. Fitting your flow, always.



I've replaced the True Tone toggle with Lock Screen since my 27-inch iMac doesn't support True Tone.

We've seen many narrowly focused menu bar apps that turn features on or off, like **Amphetamine** to keep your Mac awake, but One Switch promised to do so much more that I installed it immediately. It was everything I had hoped for.

By default, One Switch offers switches to hide or show Desktop icons, switch between Light mode and Dark mode, keep your Mac awake, turn on the screen saver, connect AirPods, and toggle Do Not Disturb, Night Shift, and True Tone.

These are settings I need all the time. For instance, being able to turn off Desktop icons is handy for screenshots, and while I like Night Shift in the evening hours, I need to be able to turn it off quickly when doing graphical work. But these settings are scattered around macOS. Here's what you'd normally have to do or where you'd go to trigger just a few of them:

Hide Desktop Icons: Enter a whole series of commands in Terminal

Dark Mode: System Preferences > General > Dark

Keep Awake: Enter the command caffeinate in Terminal

Do Not Disturb: Notification Center

Night Shift: Notification Center

Lock Screen: Apple menu

I don't use all of these controls every day, but having them all in one place where I don't have to hunt for them saves time and removes friction.

You can change the switches One Switch shows. Click the gear icon in the lower-right corner to pick your favorites. Additional switches let you toggle iTunes music playback, show hidden files in the Finder, put the display to sleep, change screen resolution, "clean" the screen, lock the keyboard, and lock the screen.

Most of the switches, especially the default ones, just work instantly. Turn on Hide Desktop Icons, and the icons disappear right away, which is handy for taking screenshots that include the Desktop. The switches for Dark Mode and Night Shift work equally instantly.

Some of the other toggles are a bit odd. I couldn't use the Headphones Connect switch to connect to my AirPods until I first connected manually from the Bluetooth menu bar item, after which One Switch worked fine. And some of the features don't fit neatly within the toggle switch paradigm. For instance, flipping a switch to trigger iTunes or Music playback is odd, and it works only with iTunes or Music, and not with say, YouTube videos in Safari, as the media keyboard keys do.

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Josh's AirPods Left: 100% - Right: 99%



Most of the settings show a disclosure triangle when you hover over them. Click it to reveal more settings, like turning Dark Mode on and off at specified times of the day. Some of the switches, like screen resolution, require the use of the disclosure triangle. Again, not every feature works well with the switch paradigm.



Apart from these minor hitches, One Switch just works. It's far from the only way of controlling these settings, but if you find yourself fiddling settings regularly, you may find One Switch as indispensable as I do, thanks to its always-available, space-saving menu bar icon.

One Switch is included in the \$9.99-per-month Setapp subscription, so it's a no-brainer to try if you already subscribe to Setapp), or it's available directly from Fireball for \$4.99 with a 7-day trial. The company also offers a two-device license for \$7.99 and a five-device license for \$16.99.







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