(Approx. 718 words)

It's time to learn more about your iPhone Clock

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Most of us have and use an iPhone, and it comes with a great and straightforward app called simply "clock." The app icon looks like an actual clock, and the app icon itself shows you the correct time. So, let's open the "clock" app and see what it can do for us.

You will notice it has four different options at the bottom of your screen – the "World Clock," "Alarm," "Stopwatch," and "Timer." These are really all easy to use and mostly self-explanatory. But let's look closely at each of these and see what fun we can have.

World Clock – will show you the time anyplace on the globe. You can ADD a new location (city) by touching the plus sign ("+"). You will get an alphabetical list of cities and a search area at the top where you can enter the city's name if you prefer. Not every city is listed, so you may have to pick a city near the location (that is, in the same time zone) you want. If in doubt, ask Google what time zone a city/town is in or "What's the time in Pago-Pago?" to help you. You can have several cities on this list, and the clock will tell you how many hours (plus or minus) the city is from your time, even if it is another day. So, add your "time" locations for your friends and relatives, and you'll never have to guess the time difference again.

Alarm – will allow you to set one or many alarms to alert you at any time you choose. This simple function comes with several options which may be helpful. You can set and save several alarms. You can turn "on" any of them that you like. If an alarm is not "on" (by touching the round white circle to show a green patch), it will not go off. When you set a new alarm, or if you touch on an existing alarm time to edit it, you can set the following options: Repeat an alarm on certain days, Label an alarm to any name you want to give it, Sound the alarm with your chosen sound (or song!), and/or Snooze for a

second chance in a few minutes. And you can "Delete Alarm" to remove it from your list.

Quite a list of options for just alarms!

Stopwatch – will time anything. Do you like walking as I do? Or riding a bike? Or driving, doing chores, cooking, or whatever? Why not time what you do? This stopwatch has a digital display and an old-style classic stopwatch display. It only has two commands, the "Start" and "Stop" buttons and the "Lap" button. I bet you can figure out the start-and-stop button, but the Lap button can be fun. I have never timed a race around a track, but when I go for my walk, I hit the Lap button at each milestone on my route. This way, it will record a time for each leg of my walk without interrupting the overall time. I can tell if I am lagging behind and if I should walk faster to improve my time.

If I stop to talk to someone and still want to track my time, I just hit the Lap button at the start and end of my conversation. Then, I can subtract that time later. Of course, all this is unnecessary, but it is fun and makes my walks seem more enjoyable.

Timer – Use to time anything and sound an alarm when the time is expired. As far as I can figure out, you can only set one time on the timer to any number of hours, minutes, and seconds. You can, however, select the alarm sound you like from a long list.

Note that your alarms may only vibrate if your phone is in silent mode. If you have a "do not disturb" time at night (like I do), an alarm WILL still tone to wake you up!

My alarm just went off, so I know it's time to close this article. How long did it take you to read it?