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# 1

# Introducing Mountain Lion

*Mountain Lion is the latest operating system from Apple. It is not only enjoyable and secure to use, it also has a raft of features that transform a number of traditional ways for using computers. This chapter introduces Mountain Lion and shows how to get started with it.*

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- 9** Installing Mountain Lion
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**Don't forget**

UNIX is an operating system that has traditionally been used for large commercial mainframe computers. It is renowned for its stability and ability to be used within different computing environments.

**Don't forget**

Mountain Lion has a Power Nap function that updates items from the online iCloud service even when a Mac is in sleep mode. This can be set up by checking on the Wake for network access option in the Energy Saver section of System Preferences.

# About OS X Mountain Lion

OS X Mountain Lion is the eighth version (10.8) of the operating system for Apple computers; the iMac, MacBook, Mac Mini and Mac Pro. When OS X (pronounced 'ten') was first introduced it was a major breakthrough in terms of ease of use and stability. It is based on the UNIX programming language, that is a very stable and secure operating environment and ensures that OS X is one of the most stable consumer operating systems that has ever been designed. More importantly for the user, it is also one of the most stylish and user-friendly operating systems available.

Through the previous seven versions of OS X it has been refined and improved in terms of both performance and functionality. This process continues with OS X Mountain Lion, which further develops the innovations introduced by its predecessor, Lion.

When OS X Lion was introduced, in 2011, it had a range of innovative functions that were inspired by Apple's mobile devices: iPhone, iPod touch and iPad. The two main areas where the functionality of the mobile devices has been transferred to the desktop and laptop operating system are:

- The way apps can be downloaded and installed. Instead of using a disc, OS X Mountain Lion utilizes the Mac App Store to provide apps, which can be installed in a couple of simple steps
- Options for navigating around pages and applications on a trackpad or a Magic Mouse. Instead of having to use a mouse or a traditional laptop trackpad, OS X Mountain Lion allows Multi-Touch Gestures that provide a range of ways for accessing apps and web pages and navigating around them

OS X Mountain Lion takes the work of OS X Lion even further, by adding more features that initially appeared on the iPad. These include the iMessage service, Notification Center, Reminders, Notes and the Games Center. There are also additions to the iCloud service that keep all of your content and devices synchronized and up to date.

OS X Lion was a genuinely revolutionary operating system in terms of the way in which people work and interact with their Macs. OS X Mountain Lion continues this work and takes it to the next level of power and functionality.

# Installing Mountain Lion

When it comes to installing OS X Mountain Lion you do not need to worry about an installation CD or DVD: it can be downloaded and installed directly from the online Mac App Store. New Macs will have Mountain Lion installed but if you want to install it on an existing Mac you will need to have a minimum requirement of:

- OS X Snow Leopard (version 10.6.8 or later) or OS X Lion
- Intel Core 2 Duo, Core i3, Core i5, Core i7, or Xeon processor
- 2Gb of memory

If your Mac meets these requirements, you can download and install OS X Mountain Lion as follows:

- 1 Click on this icon on the Dock to access the App Store 
- 2 Locate the Mountain Lion icon and click on the Buy button 
- 3 Once Mountain Lion has been downloaded, click on this button to start the installation process 
- 4 Follow the installation screens including one for where OS X Mountain Lion is installed (this is usually the Mac Hard Disk) 

## Don't forget

If you already have OS X Lion, you can download and install Mountain Lion directly from the App Store. If you are using Snow Leopard you will have to upgrade to version 10.6.8 before you can install Mountain Lion.

## Hot tip

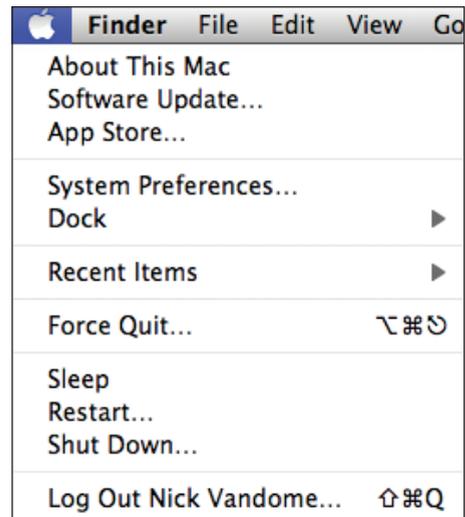
If you ever need to do so, it is possible to reinstall OS X Mountain Lion. To do this you will need an Internet connection. Once this has been checked, select Restart from the Apple menu. When the iMac restarts, hold down the Command and R keys simultaneously. In the Mac OS X Utilities window, select Reinstall Mac OS X, click on the Continue button and follow the on-screen instructions.

# The OS X Environment

The first most noticeable element about OS X is its elegant user interface. This has been designed to create a user friendly graphic overlay to the UNIX operating system at the heart of OS X and it is a combination of rich colors and sharp, original graphics. The main elements that make up the initial OS X environment are:



The Apple menu is standardized throughout OS X, regardless of the app in use



## Hot tip



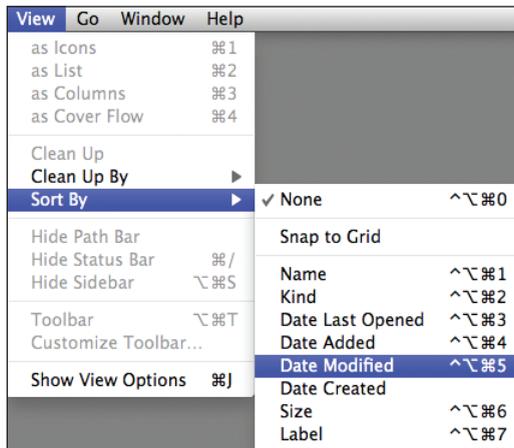
The Dock is designed to help make organizing and opening items as quick and easy as possible. For a detailed look at the Dock, see Chapter Two.

# Aqua Interface

The name given by Apple to its OS X interface is Aqua. This describes the graphical appearance of the operating system. Essentially, it is just the cosmetic appearance of the elements within the operating system, but they combine to give OS X a rich visual look and feel. Some of the main elements of the Aqua interface are:

## Menus

Menus in OS X contain commands for the operating system and any relevant apps. If there is an arrow next to a command it means there are subsequent options for the item.



## Window buttons

These appear in any open OS X window and can be used to manipulate the window.



## Option buttons

Whenever a dialog box with separate options is accessed, OS X highlights the suggested option with a pulsing blue button. This can be accepted by clicking on it or by pressing Enter. If you do not want to accept this option, click on another button in the dialog box.



## Don't forget



The graphics used in OS X are designed in a style known as Quartz. The design of this means that some elements, such as menus, allow the background behind them to show through.

## Don't forget



The red window button is used to close a window. However, this does not quit the app. The amber button is used to minimize a window and the green one is used to expand a window.

# About Your Mac

When you buy a new Mac you will almost certainly check the technical specifications before you make a purchase. Once you have your Mac, there will be times when you will want to view these specifications again, such as the version of OS X in use, the amount of memory and the amount of storage. This can be done through the About This Mac option that can be accessed from the Apple Menu. To do this:

- 1 Click on the Apple Menu and click on the About This Mac link



- 2 The About This Mac window has information about the version of OS X, the processor, the memory and the Startup Disk being used



## Don't forget



For more information about Software Updates, see Chapter Eleven.

- 3 Click on Software Update... button to see available software updates for your Mac

A blue button with the text 'Software Update...' in white.

- 4 Click on the More Info... button to view more About This Mac options

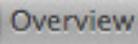
A blue button with the text 'More Info...' in white.

...cont'd

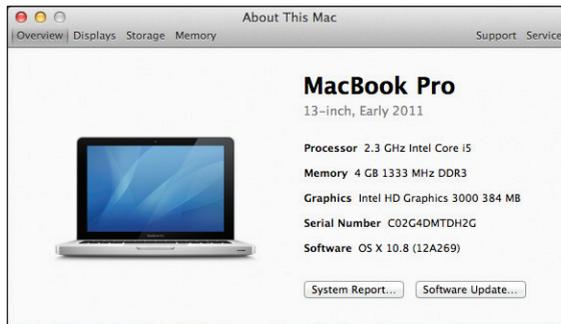
## Overview

This gives additional general information about your Mac:

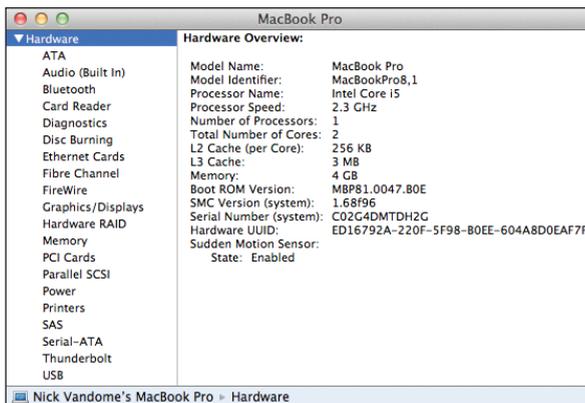
- 1 Click on the Overview button



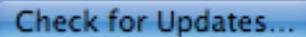
- 2 This window contains additional information such as the type of graphics card and the Serial Number



- 3 Click on the System Report... button to view full details about the hardware and software on your Mac



- 4 Click on the Check for Updates... button to view available software updates for your Mac



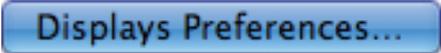
...cont'd

## Display information

This gives information about your Mac's display:

- 1 Click on the Displays button 
- 2 This window contains information about your display including the type, size, resolution and graphics card

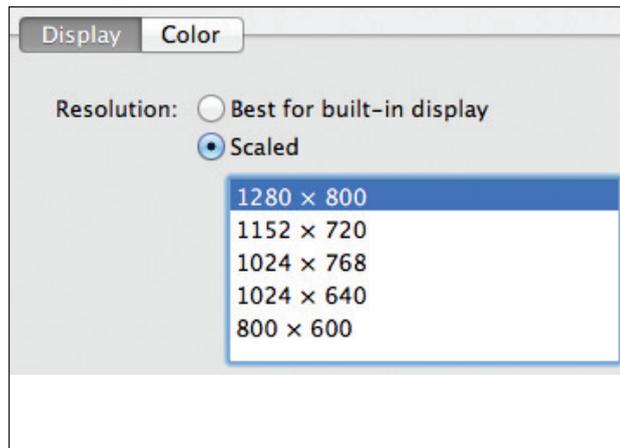


- 3 Click on the Displays Preferences... button to view options for changing the display's resolution, brightness and color 

**Don't forget**



For more information about changing the resolution, see page 20.



...cont'd

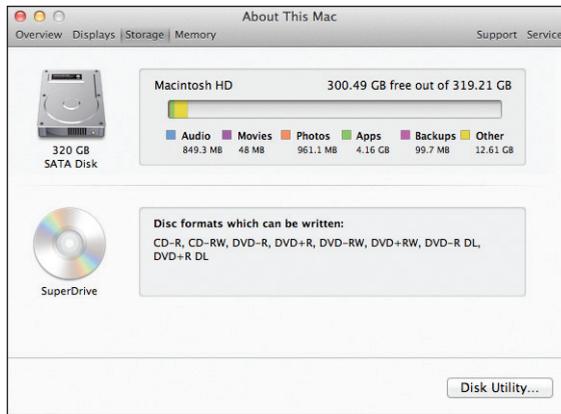
## Storage information

This contains information about your Mac's physical and removable storage:

1 Click on the Storage button

Storage

2 This window contains information about the used and available storage on your hard disk and also options for writing various types of CDs and DVDs



Don't forget

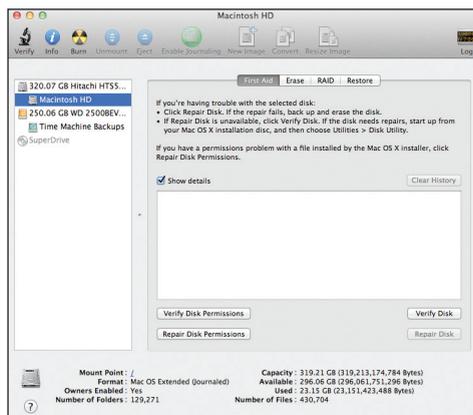


The disk usage is shown for different content types on your Mac e.g. videos, music, photos and applications.

3 Click on the Disk Utility...

button to view options for repairing problems on your Mac

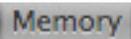
Disk Utility...



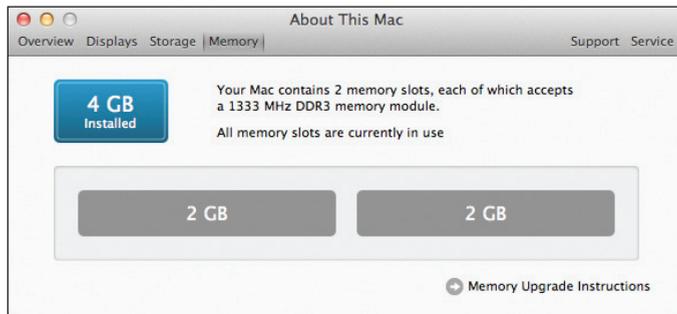
...cont'd

## Memory information

This contains information about your Mac's memory, that is used to run OS X and also the applications on your computer:

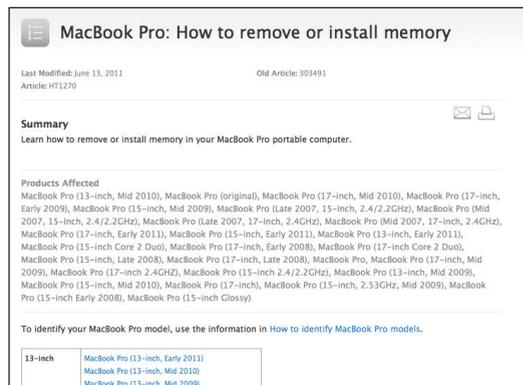
1 Click on the Memory button 

2 This window contains information about the memory chips that are in your Mac



3 Click on the Memory Upgrade Instructions if you want to upgrade your memory chips 

4 A page on the Apple website gives instructions for upgrading memory chips for different makes and models of Macs



### Beware



Always wear an anti-static wristband if you are opening your Mac to insert new memory chips, or any other time when you are working on the components of your Mac.

# About System Preferences

OS X Mountain Lion has a wide range of options for customizing and configuring the way that your Mac operates. These are located within the Systems Preferences section. To access this:

- 1 Click on this button on the Dock (the bar of icons that appears along the bottom of the screen), or from the Applications folder



Don't forget



For more detailed information about the Dock, see Chapter Two.

- 2 All of the options are shown in the System Preferences window

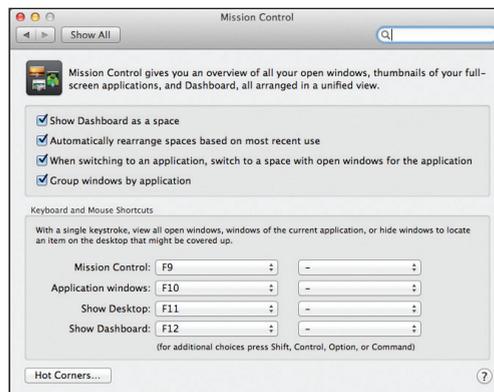


Don't forget



For a detailed look at the System Preferences, see Chapter Two.

- 3 Click once on an item to open it in the main System Preferences window. Each item will have a number of options for customization



- 4 Click on the Show All button to return to the main System Preferences window

Show All

# Changing the Background

Background imagery is an important way to add your own personal touch to your Mac. (This is the graphical element upon which all other items on your computer sit.) There are a range of background options that can be used. To select your own background:

## Don't forget



You can select your own photographs as your desktop background, once you have loaded them onto your Mac. To do this, select the iPhoto folder and browse to the photograph you want.

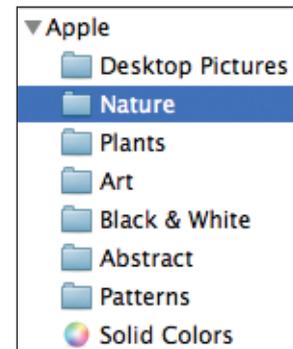
- 1 Click on this button in the System Preferences folder



- 2 Click on the Desktop tab

Desktop

- 3 Select a location from where you want to select a background



- 4 Click on one of the available backgrounds



- 5 The background is applied as the desktop background imagery

# Changing the Screen Saver

A screen saver is the element that appears when the Mac has not been used for a specified period of time. Originally this was designed to avoid screen burn (caused by items being at the same position on the screen for an extended period of time) but now they largely consist of a graphical element. To select your own screen saver:

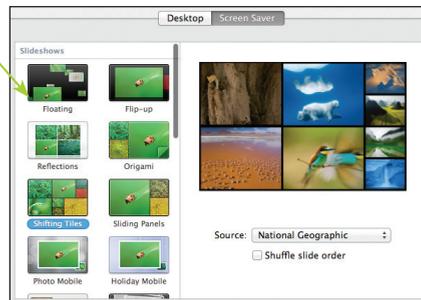
- 1 Click on this button in the System Preferences folder



- 2 Click on the Screen Saver tab



- 3 Select an option here for a slideshow screen saver, or



- 4 Scroll down to access other screen saver options



- 5 Click the Screen Saver Options... button to select options for the way the screen saver operates

Don't forget 

The slideshow screen saver consists of different images that appear as tiles on the screen.

**Don't forget**

A higher resolution makes items appear sharper on the screen, even though they appear physically smaller.

# Changing the Resolution

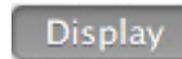
For most computer users the size at which items are displayed on the screen is a crucial issue: if items are too small this can make them hard to read and lead to eye strain; too large and you have to spend a lot of time scrolling around to see everything.

The size of items on the screen is controlled by the screen's resolution, i.e. the number of colored dots displayed in an area of the screen. The higher the resolution the smaller the items on the screen, the lower the resolution the larger the items. To change the screen resolution:

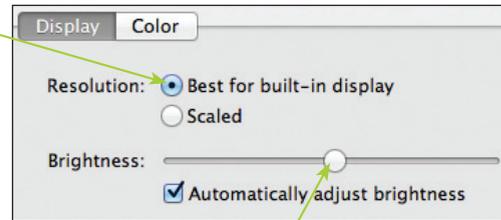
1 Click on this button in the System Preferences folder



2 Click on the Display tab

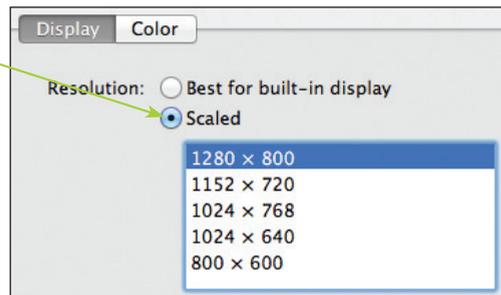


3 Click on the Best for built-in display button to let your Mac select the most appropriate resolution



4 Drag this slider to change the screen brightness. Check on the box to have this done automatically

5 Click on the Scaled button and select a resolution setting to change the overall screen resolution



6 Click on the Color tab to select options for using different color profiles and also calibrating your monitor



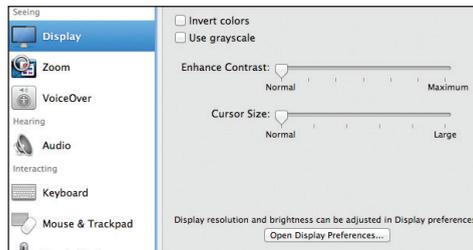
# Accessibility

In all areas of computing it is important to give as many people access to the system as possible. This includes users with visual impairments and also people who have problems using the mouse and keyboard. In OS X this is achieved through the functions of the Accessibility System Preferences. To use these:

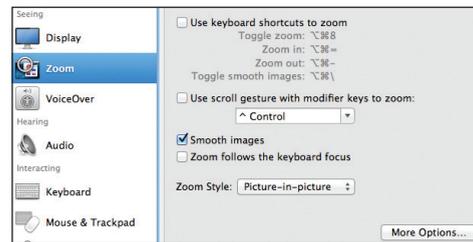
- 1 Click on this button in the System Preferences folder



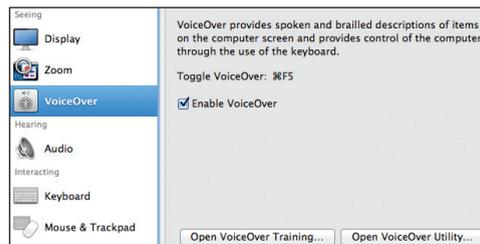
- 2 Click on the Display button for options for changing the display colors, contrast and increasing the cursor size



- 3 Click on the Zoom button for options to zoom in on the screen



- 4 Click on the VoiceOver button to enable VoiceOver which provides a spoken description of what is on the screen



Don't forget



Experiment with the VoiceOver function if only to see how it operates. This will give you a better idea of how visually impaired users access information on a computer.

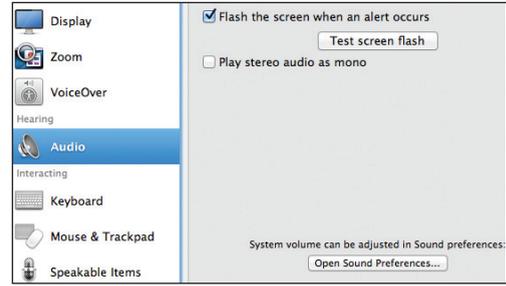
### Don't forget



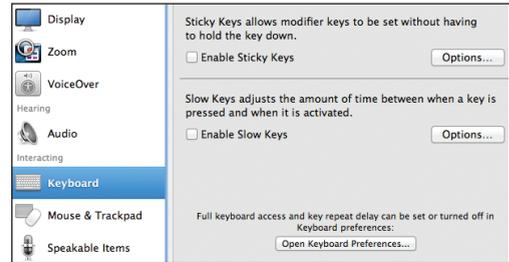
The Audio, Keyboard and Mouse & Trackpad accessibility options have links to additional options within their own System Preferences.

## ...cont'd

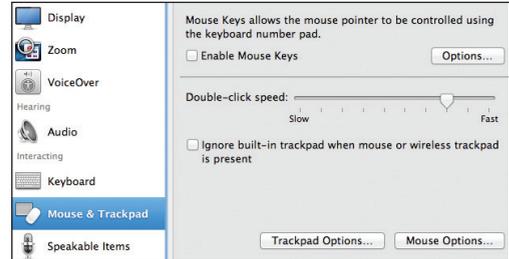
- 5 Click on the Audio button to select an on-screen flash for alerts and how sound is played



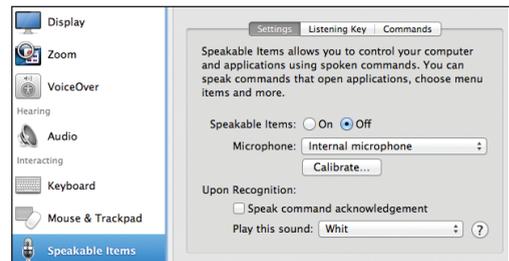
- 6 Click on the Keyboard button to access options for customizing the keyboard



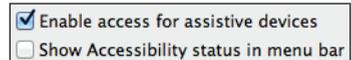
- 7 Click on the Mouse & Trackpad button to access options for customizing these devices



- 8 Click on the Speakable Items button to select options for using spoken commands



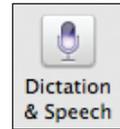
- 9 Click on this button to enable assistive technology such as screen readers



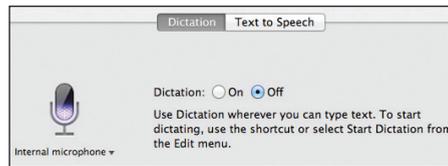
# The Spoken Word

Mountain Lion not only has numerous options for adding text to documents, emails and messages; it also has a dictation function so that you can speak what you want to appear on screen. To setup and use the dictation feature:

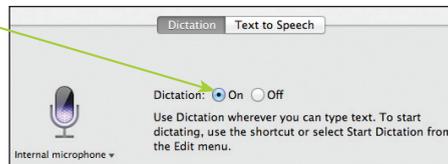
- 1 Click on this button in the System Preferences folder



- 2 By default, Dictation is Off



- 3 Click on the On button to enable dictation



- 4 Click on the Enable Dictation button



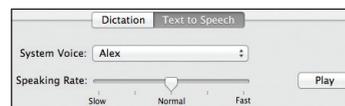
- 5 Once Dictation has been turned On, it can be accessed in relevant apps by selecting Edit>Start Dictation from the menu bar



- 6 Start talking when the microphone icon appears. Click Done when you have finished recording your text



- 7 Click on the Text to Speech selections for dictation



## Hot tip



Punctuation can be added with the dictation function, by speaking commands such as 'comma' or 'question mark'. These will then be converted into the appropriate symbols.

# Shutting Down

The Apple menu (which can be accessed by clicking on the Apple icon at the top left corner of the desktop or any subsequent OS X window) has been standardized in OS X. This means that it has the same options regardless of the app in which you are working. This has a number of advantages, not least is the fact that it makes it easier to shut down your Mac. When shutting down, there are three options that can be selected:

## Don't forget



When shutting down, make sure you have saved all of your open documents, although OS X will prompt you to do this if you have forgotten.

- **Sleep.** This puts the Mac into hibernation mode, i.e. the screen goes blank and the hard drive becomes inactive. This state is maintained until the mouse is moved or a key is pressed on the keyboard. This then wakes up the Mac and it is ready to continue work
- **Restart.** This closes down the Mac and then restarts it again. This can be useful if you have added new software and your computer requires a restart to make it active
- **Shut Down.** This closes down the Mac completely once you have finished working

## Don't forget



OS X Mountain Lion has a Resume function where your Mac opens up in the same state as when you shut it down. See Chapter Two for details.

Click here to access the Apple menu

Click here to access one of the shut down options

