

TakeABreak

© 1994-95 by John V. Holder
All Rights Reserved

What's the purpose of this Control Panel?

Sometimes we forget how long we are working on the computer (I know I do!). We need to be reminded to stop and take a break to give your eyes a rest, maybe get up and move around a bit. This Control Panel is designed to notify you to Take a Break from working on the computer at certain intervals that you define (every 30 minutes, every couple of hours, etc.). It can notify you by playing a QuickTime™ movie, playing a sound or showing a window (or all of the above).

Turning TakeABreak on/off:

You can turn TakeABreak on or off at any time by clicking the on/off switch box in the lower left of the TakeABreak Control Panel window. If the switch is up, TakeABreak is on.

Setting the Notify times:

You set the time between notification by entering how many in the "Notify Every: " edit box or you can use the pop-up menu to choose a time. If you set it to Notify Every 45 minutes, then every 45 minutes you'll be notified to stop working and take a break.

How to use TakeABreak:

- Assigning a movie:
To have a QuickTime™ movie play, just check the "Play QuickTime™ Movie" check box and select a QuickTime™ movie using the standard open file dialog. Once a movie is chosen, you can play it from the Control Panel window by clicking on its name.
- Playing a sound:
To have a sound play, just check the "Play Sound" check box and select a sound with a pop-up menu by clicking the box below the "Play Sound" check box. The sounds name will now be displayed. To play the sound, you can Option-click the sounds name.
- Showing a Window
To show the TakeABreak window, just check the "Show Window" check box.

Stopping a movie while it's playing:

Just click the mouse button and hold it down until the movie stops.

How to install TakeABreak:

System 7: Just drop this Control Panel file into your

System Folder and restart your Macintosh!
System 6: Just drop this Control Panel file into the
Control Panels Folder within your System
Folder and restart your Macintosh!

Miscellaneous Notes:

- The name of this Control Panel must NOT be changed!
- Problem: The movie does not play when it should:
- Solution: The movie may have been moved or deleted, if so, you should either turn the "Play QuickTime™ Movie" option off and clicking the checkbox on again to assign it a new movie.
- Problem: It doesn't seem to work!
- Solution: Perhaps TakeABreak has been turned off. Make sure the box in the lower left of the window is checked.

Who wrote this thing?

TakeABreak for the Macintosh was written on a Macintosh Quadra 630 by John V. Holder.

Thanks:

Thanks to Andrew Schmidt and Emily Gibson for help in testing!

TakeABreak History:

Version	Release Date	Description
1.0	(11/16/94)	Initial Release.
1.1	(3/2/95)	Bug fixes.

This is Shareware:

I've worked hard on this Control Panel and would like to continue to release fun and useful games and utilities, but the only way I can do this is if you send in the requested fee. Please, if you use this, send in the small fee requested. Do your part to keep the idea of shareware (and me) going! Thank you.

I have tested this Control Panel to the best of my ability, but cannot possibly test it with every application, INIT setup, etc. If you find any problems, please let me know about it! Also, if you have any suggestions of other features you'd like to see in this Control Panel, let me know. You can contact me at the address or on-line service below:

Shareware fee: \$5

John V. Holder
2862 Lowell Street
Eureka, CA 95501

or America Online.....: JohnHolder
or CompuServe e-mail.: 75040,1126
or on GENie e-mail.....: JOHN.HOLDER
or Internet.....: JohnHolder@aol.com
(for email, AOL is preferred)

OTHER PROGRAMS:

I have written several other shareware games and utilities. They are described below along with the price for each; price does not include disk or postage. To get the latest versions of all of these to try out for yourself, send a disk with a self addressed stamped envelope or send \$5 and I will supply the disk and pay postage.

GAMES:

Escape! - Escape is a simple strategy game that's mind-bogglingly similar to an old computer game called Daleks, though there's lots more goodies in this game! Control a guy as he runs around mazes trying to collect gems, weapons, mines and the occasional extra life, finding tunnels to pass through, while stupid, but persistent, robots attempt to smooch him. Simple, but addictive as all get out. (\$5)

ColorFall - A simple yet very fun and addictive new game! Blocks of 4 colors (or patterns for B&W) drop down; you position and rotate them where you want them and let 'em drop! Try to get 4 or more in a row down, across, diagonally or in a block... But that's not all! Random things happen during play to either help or hinder your progress, such as a falling weight, a bomb and other strange things! Try it! (\$10)

SideMinder! - SideMinder! is a challenging game played against the computer. Your mission is to place 3D game pieces on the board, matching as many sides as you can. The more sides you match, the higher the score! Many different options are available, such as various playing boards, tournament mode, rotating pieces, number of colors (or patterns for B&W), and level of difficulty! Try it, you won't be disappointed! (1.02 fixes a Scoring bug and adds new game boards!) I take no responsibility for time or sleep lost due to the habit forming effects of this game! (\$10)

PRODUCTIVITY:

ScrapIt Pro - Apple's Scrapbook, Note Pad and SimpleText are wonderful utilities - now check out their big brother! ScrapIt Pro is a must have utility!

New Features:

- speech manager support (speak text items)
- sound recording
- drag and drop
- alias support for scrap item folder
- saves scrap item names when cutting & pasting
- background color in window now easily changeable
- item type priority setting for PICT,TEXT, sounds and movies
- word and character count for text items

ScrapIt Pro is a powerful storage and cataloging utility which will allow you to archive and retrieve anything you can copy to the clipboard, import or drag & drop; sounds, Pictures, Text, QuickTime movies, and lots more.... all accessible at the click of a mouse! You can print thumbnail pictures or text lists of all items in any Scrap file. You can quickly and easily search through all the text items of a scrap file or scrap item names to find what you're looking for.

It can also be used it as a mini-word processor; create new or edit any text items, change fonts, style, size and color! Even have ScrapIt Pro speak any text if you have the Speech Manager installed. ScrapIt Pro can play the sounds or QuickTime movies it stores; it can view all of a large picture by scrolling or reducing to fit inside the window; you can select and copy portions of pictures or Text items... and so much more!

ScrapIt Pro will open any Apple Scrapbook file.

Shareware: \$15

TakeABreak - This control panel will remind you to take a break from the computer once in a while... You can have it remind you after a selected time period (every 30 minutes, every 2 hours, whatever you choose) by playing any installed Sound, showing a window, and/or playing a QuickTime(tm) movie! This is a must have utility if you spend over 20 min. at a time on the computer. (\$5)

Font DA - Ever wondered how to type a certain character from a certain font that you need? Well, wonder no more with this handy utility! Much better than KeyCaps DA! This DA allows you to view every character (in any size, font and style you select) of any installed font, and will also show what the exact keystrokes are needed to type the character! You can also print these handy tables for quick reference. This is a must have utility and only \$5 shareware!

JUST FOR FUN:

QTAction - QTAction is a Control Panel that lets you assign QuickTime movies OR sounds to certain system actions such as the System Beep, emptying the trash, Disk Eject, Disk Insert, Starting the Mac, and more!! Movies or sounds can be played at certain times, too, (on the 1/4, 1/2, 3/4 hour or on the hour). Check this out!!! (\$10)