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May 26, 2018 4th Saturday

Presenter: Michael Goldberg will show APCUG video
Becoming Your Own Computer Expert by Phil Bock
in Room A

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Lamp Post 202
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by John Spizzirri

The eagles are back at Decorah, Iowa. Now there is an ad free view with two cameras **(1)** to view the three nestlings. With the warm weather the eaglets are visible much of the day time. The eggs hatched the beginning of April. They have grown quite large and will fledge in a few weeks so see them now while you still can.

1) https://www.raptorresource.org/?p=209

With the end of the bald eagle viewing season, the brown bears (grizzlies) start feeding at Brooks Falls in Katmai National Park in Alaska **(1)**. Right

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now, the video feed is just highlights from previous years which is still entertaining.

1) https://is.gd/5XSkeR

I have had a number of members ask for a recap of the April presentation notes. I would like to thank Tim Kekeis, President of the Chicago Computer Society **(1)**, who attended our meeting and contributed to the presentation. Here are the steps to tune up your PC. This was done on a Windows 7 machine. The steps are the same or similar in Windows 8.1 and 10. This recap is more extensive and annotated compared to the list that is on the April DVD of the Month. That list is the one I used for the presentation notes. I filled in the blanks because I know this material so well. Do not do this list step by step without reading it all the way through first. You may want to use the URLs at the end of the article before starting the process.

1. Get and install all updates (Windows Update)

2. Start - Accessories - System tools - Disk clean up - select disk
   OR
   In Windows 10 Click Start - Windows Administrative Tools - Disk clean up - select disk
   OR
   My Computer (or This PC) - Right click the C drive - Properties - Click for Disk Clean up

    Check all boxes - Click Ok - Click Delete Files in the 'Are you sure you want to permanently delete these files?' box

3. Windows key + R - Type msconfig - Click the Startup Tab - Uncheck superfluous programs
   OR
    In Windows 10 Click Start - Type msconfig - Click the Startup Tab - Uncheck superfluous programs
   OR
    Download **(2)**, install, and open cCleaner - Click Tools - Click Startup - Highlight and Click Disable superfluous programs

    Reboot the PC

4. Windows key + R - Type msconfig - Click the Boot Tab - Click the Advanced Options
   OR
   In Windows 10 Click Start - Type msconfig - Click the Boot Tab - Click the Advanced Options

    Check the Number of Processors box - pull down the box below it and select the largest number - Click Ok
    Click Ok

    Reboot the PC

Optionally, I like to use the cCleaner registry cleaner

If you have not done it already, Download, install, and open cCleaner - Click Registry - Scan for Issues - When it has finished Click Fix selected issues

Click Yes in the Do you want to backup changes to the registry? box. I recommend creating a RegBackup directory (folder) inside the Documents folder to save the changes file. That file is already marked with the time and date it was created.

5. Windows key + R - Type %temp% to open the hidden temp folder
  OR
  In Windows 10 Click Start - Type %temp% to open the hidden temp folder

  CTRL A to select all - Right click and select Delete (or press the Del or the Delete key)
  Skip any file that cannot be deleted

6. Download, install, and Run Junkware Removal Tool (JRT **(3)**)
   JRT was purchased by Malwarebytes. They discontinued it last October (2017). It is still available from Bleeping Computer **(4)**. According to Malwarebytes all the functionality of JRT was incorporated into Adwcleaner, however JRT still finds things that Adwcleaner does not.

7. Download, install, and run AdwCleaner **(5)**
  AdwCleaner was purchased by Malwarebytes. It is still available from them for free.

8. Download, install, and run Malwarebytes **(6)**
   Either make it run free or uninstall Malwarebytes
   To make it run free Click settings when it is running. Click the Account Details tab - Click the Deactivate the Premium Trial - Click Yes

9. Download, install, and run Superantispyware **(7)**
   Check for updates - get them if necessary - Click Scan this computer - Click Quick Scan unless you have the time for a Complete Scan
   When it is finished, Click Continue. Critical Threats (PUPs - potentially unwanted programs **(8)**) and Tracking Objects (cookies) are flagged automatically for deletion. I recommend looking through Critical Threats to see if Superanitspyware flagged a useful program. You can uncheck any Critical Threat or Tracking Object so that it will not be deleted by Superantispyware. Note: Nothing can be deleted if any browser is running.

10. Run cCleaner disk clean up by Clicking the Run Cleaner button

11. Download, install, and run ausLogics Disk Defrag **(9)**

If you use Ninite **(10),** Superantispyware and Malwarebytes can be downloaded and installed with just one download and run. Go to Ninite, put a check mark by each program you wish to install, scroll to the bottom of the page, click the Get your Ninite button. The custom Ninite download will transfer to your hard drive. Run that file. It will install all the programs you checked off. This avoids all the adware and spyware check boxes as Ninite takes care of that for you.

When using Windows 10, you can also right click on the Start button to get shortcut menu to

some of the items I refer to in this article.

1) **https://www.ccs.org/**
2) **https://is.gd/I8SedQ**
3) **https://is.gd/5sphxZ**
4) **https://www.bleepingcomputer.com/**
5) **https://is.gd/iOKRbC**
6) **https://www.malwarebytes.com/**
7) **http://www.superantispyware.com/**
8) **https://is.gd/8CLREr**
9) **https://is.gd/tCh9IO**
10) **https://ninite.com/**

Tim Kekeis, President of the Chicago Computer Society, who helped with my presentation told me he wrote the News & Tips Weekly Page **(1)** on the CCS web site. It has some tips and various news stories with links to the origin web sites.

1) **https://is.gd/jScQEK**

Microsoft (MS **(1)**) has worked with federal prosecutors to send Eric Lundgren to prison for 15 months. His crime? He printed packaging that used the Windows trademark and the Dell trademark on discs containing Windows XP and 7 software that it gives away (free down loads **(2)**). MS claims that they lost money on software that they sell. Hello??? MS does NOT sell software. They give it away. They license (sell) product keys. Their software will not work without a product key. Lundgren did not print or sell product keys. He was going to sell software that MS gives away. He had expert witnesses that testified that he was not costing MS any money. The prosecutors and judges could not be bothered with the truth of the matter. I do not mean to white wash Lundgren and his partner. They both operate at the bleeding edge of the law. They are not nice people, but MS by its action in this matter show that they are not nice either. Dell did not participate in the prosecution. I wonder why. Could it be that the prosecution was petty from the start and Dell did not want to sully its reputation on nonsense? By the way, at the outset, Lundgren freely admitted to printing the packaging which is a 'crime' per the DCMA **(3)**. I think prosecutors saw this as an easy win but were not satisfied with the admission of guilt. They wanted blood and convinced judges with the help of MS to take a year of this man's life. If anything, a 'crime' was about to be perpetrated on gullible users NOT MS. As William S. Gilbert said in 'The Mikado', "... let the punishment fit the crime..." **(4)**.

1) **https://www.microsoft.com**
2) **https://is.gd/xdZNwP**
3) **https://techcrunch.com/?p=1628392**
4) **https://is.gd/MLRorD**

As you may know from reading the Lamp Post or talking to me, I recommend Avast antivirus software **(1)**. Some users have problems downloading and installing Avast. Jas Dhaliwal **(2)** has provided a detailed Google Doc that has step by step instructions on how to do it plus additional information **(3)**. There is a video that steps through the installation process **(4)**. Avast provides a

FAQ (Frequently Asked Questions **(5)**) about its product. If you use AVG **(6)** as your anti-virus software, you may or may not be aware that Avast purchased AVG **(7)** about a year and half ago.

1) **https://www.avast.com/en-us/index**
2) **https://www.jasdhaliwal.com/**
3) **https://is.gd/YWfdPq**
4) **https://is.gd/t3a9YY**
5) **https://is.gd/0Il5hS**
6) **https://is.gd/nQmeCm**
7) **https://is.gd/cYA4GY**

Windows 10 Version 1803, the sixth update to Win 10, was 'released' April 30 but began 'roll out' on May 8th **(1)**. All of the versions 1507, 1607, 1703, 1709, and now 1803 are essentially service packs. The MS cheer leaders and MS disagree with that characterization but I think everyone that has gone through the product evolution since Windows XP realize this. Service Packs in many cases were a re-installation of the OS with all the patches in place i.e. a new version of the OS **(2)**. That is what these Win 10 versions are. The versions are named for the year and month they were released. Version 1803 was to be released in March but there were Blue Screen Of Death problems **(3)**, then software freeze problems **(4)**, and then boot failure problems **(5)**. I recommend to put off the update for as long as posible so that MS has the time to correct any more problems with it. If you still want to install considering all the problems **((6), (7))** and it works after the installation, there are some new features that you may want to investigate **(8).** There is a Timeline feature that keeps track of what you were working on at a particular date and time, so that if you remember the date and time it will show you what you were doing. Another feature is Focus Assist. It blocks notifications from e-mail, social media, and the system so that you will not be side tracked while working. If it can truly block notifications from Windows itself, I would be interested in it. MS Edge has introduced features that third party software has had for the last few years. Their features are just catching up to other software in an effort to get people to convert to Edge. Currently, only about eight percent of Internet users use Edge **(9)**. Another feature is Dictation. If you own Dragon Dictate, you know how this works. When the application is called, it will convert speech to text in a word processor or text editor. To put off the update for as long as possible there is web site that explains the steps involved **(10)**.

1) **https://blogs.windows.com/windowsexperience/?p=160168**
2) **https://is.gd/kbHoAv**
3) **https://is.gd/4y7LcQ**
4) **https://is.gd/8C3P4X**
5) **https://is.gd/FVcHv3**
6) **https://www.ghacks.net/?p=143537**
7) **https://is.gd/5F8k7P**
8) **https://blogs.windows.com/windowsexperience/?p=160168**
9) **https://is.gd/OuUc7S**
10) **https://is.gd/E4pzEt**

I have read where the 1803 version may be installed on the 1703 version skipping the 1709 version **(1)**. In practice this does not seem possible. I have a client where the update software

demands an update to 1709 before it can go to 1803. This will double the time necessary to update plus it introduces the troubles associated with the 1709 update. Those troubles are not as extensive as 1803 but they are serious. Right now it looks like my client will be forced to update to 1709 against my better judgment.

1) **https://is.gd/GrKGUZ**

Back to Basics
E-mail Basic Review
By Jim Cerny
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December 2017 issue, Sarasota Monitor
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I am going to assume you already have an email address and are enjoying sending and receiving emails. But perhaps you are not aware of the fun and helpful options available in all email applications. Hopefully something in this article will push your curiosity button and encourage you to "ask google" for more information. Although each email provider (app or program) may look different on your device (and even the SAME provider can look quite different on a Windows computer than on an iPad, etc.) all are capable of doing the following:

Entering people in your "TO:" box – If you just start typing the name of someone, your email will search your "contact list" or "address book" to find a match and list what it finds. Just click on the name you want. Be sure to keep your contact list of email addresses current. It is easy to click on a name which may have an OLD email address. If no name matches, you have to enter the email address yourself. Why not add that person to your contact list for next time?

Learn to use "group" email addresses. You can use your contact list to create a "group" email such as for a club or family group. This means you only have to enter the group name, and ALL the email addresses in that group will be placed in the "TO:" box for you. This is a great time saver. Of course, you need to keep the group current. It is easy to learn how to "add" or "delete" people from a group.

Clean out your "inbox" by deleting old emails or keeping only the emails you want by moving them to a folder. Your "inbox", "deleted emails", "drafts", etc., are all folders or places – you can add your own folders to this list and move the emails you want to keep to them. I have a folder for STUG emails and for another club I belong to. This keeps the emails in my inbox to a minimum.

Learn to SEARCH for emails in any or all folders. You can search and find words in the subject line or in the emails themselves. You can search for all emails to or from a specific address too. This is helpful if you forget where you put an email.

Emails you delete will go to the "deleted emails" folder and they need to be deleted again from

that folder to be deleted forever. Check to see if your email has an automatic delete setting for this folder. I have my email set to delete emails older than 90 days from my "deleted emails" folder. Do NOT keep thousands of emails! (Yes, there are people who like to keep everything, they call them "hoarders" and they have their own television show!).

Sharing photos using email is easy. You just "attach" the photo (or ANY file) to your email before you send it. Yes, you can attach more than one, but don't go crazy and attach too many, usually three or four is plenty. Photos take a lot more time to send than text.

Learn to access your email on another device. This is very helpful when you are traveling or need to use another computer to get to your email. You should always be able to access your email by going to your email internet webpage and entering your email account and password there. I highly recommend that you try this to be sure you can do it when you need to.

All emails provide many tools and options to help you. Most of them are easy to use, too. Please "ask Google" or use YouTube and watch a short video about your email and the possibilities it provides. There is always more to learn, and I hope this information will be helpful for you to find and use the tools you need for better emailing!

Power Strip Versus Surge Protector—Which Do You Need?
By Tim Elder, Treasurer, Canton Alliance Massillon User Group, OH
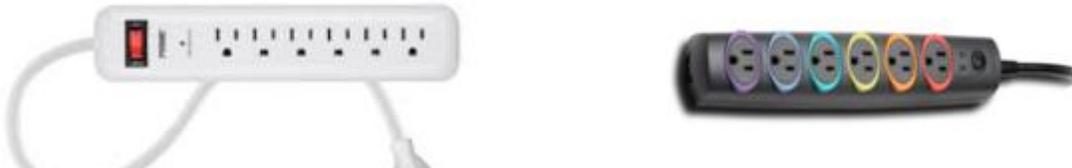February 2018 issue, The Memory Map
www.camug.com   treasurer (at) camug.com

These two devices are quite similar in appearance, but they are definitely not the same. If what you need is an extension cord with multiple outlets, a power strip will work fine because it acts as an extension of the wall outlet but does not add any protection capabilities. It will have multiple outlets, probably an on-off switch, which can disconnect all outlets at once, and maybe a circuit breaker or fuse. But if you are connecting to a computer, TV, home theater, or other electronics, a power strip will NOT be fine, because it cannot protect your expensive electronics from power line surges; for this you need a surge protector, sometimes called a surge suppressor or surge diverter.

An electrical surge is an intense very short duration voltage spike.

A surge protector does its "magic" by means of built-in electronic components which quickly cut the power when an electrical surge comes through the mains (this is a British term which works well for the electrical distribution grid—the system bringing electrical power into the building) or from electric motors within the house which can reflect surges back through the wiring. In order to work properly, a surge protector must be connected to a grounded outlet. A surge protector will cost more than a similar-appearing power strip.

The difference in capabilities of the two devices will be found on the packaging, and on the back of the device if the packaging has already been removed. Power strips and surge protectors will often be placed near each other on the store shelves; so, make sure you read the readin' to make sure you get what you need. A surge protector is generally, clearly labeled as such, but its capabilities can vary considerably.

Surge protectors are rated by the amount of electrical energy they can absorb, either all at once or bit-by-bit; this will certainly be advertised on the packaging. Suggested specifications to look for, which can be misleading if you are not paying attention, include: 2000 joules where more is better; and, sometimes listed, response time which is usually in nanoseconds, shorter is better.

How do you know how much of this protection is left? The number of joules is like a reservoir, but you can't tell how much has been used already. Thus, a surge protector should be replaced, say, after 5 years; after this it can serve as a power strip. Since our memories are fickle, put a self-adhesive note on it saying when it was installed. A surge protector will likely have a pilot light to tell you when the connected items are protected from line surges. If this light goes out or changes color, the surge protector has given its life to protect whatever was connected. It will have to be replaced. But this pilot light is not foolproof, meaning that it can give false assurance.

When purchasing a surge protector, be sure to get more outlets than you think you need and remember that transformer plugs can block adjacent outlets. Also remember that a surge can come in over phone or cable wires; look for connections for these if your setup uses them.

Many surge protectors also have USB charging ports. Labeling should also include a United Laboratories seal. When I was checking the stores, the price varied from $10 to $60 depending on the number of outlets, the number of USB charging ports, and the joule capacity which ranged from 500 to 4350. The selection at Staples was much better than at Walmart.

As with the protection pilot light, a surge protector is not foolproof, and you probably do not want to gamble with Mother Nature. If an electrical storm is approaching, you should shut down the computer, then turn off the surge protector switch or unplug it. Anytime the power goes off

http://www.caeug.net

suddenly for any reason, your first move should be to turn off the surge protector switch to stop the risk of a surge when the power comes back on.

If you want even more protection than a surge protector offers, consider a UPS (Uninterruptible Power Supply.) These offer a battery backup which provides a few minutes to properly save files and shut down the computer. They can also smooth any bumps in the incoming electrical supply; this capability is called AVR, Automatic Voltage Regulation. A surge protector can be purchased to protect the whole house from external surges, but these must be installed at the service entrance with the supply disconnected. An electrician is recommended.

May 2018 DVD of the Month

ADWCleaner - Updated adware cleaner
ARI - Monthly newsletter
AudioBook - Free audio book
ButtercupPasswordMan - Password manager
ClassicStart - Updated start menu for Win 8 - 10
CPix - Updated small picture viewer / organizer
DVDOMlists - Contents of CDs and DVDs of the Month
DxWnd - Program to run old games on newer machines

KeppysMIDIConverter - Converts MIDI to Ogg, wav, or MP3
KeppysSynthesizer - MIDI synthesizer
MemberContributions - Things members send me
OldTimeRadio - Old radio audio files
Opera - Updated Internet browser program

Simplenote - Note program that works across the Internet
SIV - Updated system information program
SoftMakerFreeOffice - Office suite -
    word processor/spreadsheet/presentation
Sysinternals - Updated troubleshooting tools and help files
Thunderbird - Updated e-mail client program
VirtualBox - Updated virtual environment program to run an OS
    within an OS
WifiInfoView - Updated program to display available local
    wifi SSIDs
WinUSB - Program to load Windows image on USB flash drive