

# Give Windows a Tune Up.

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This  
Presentation  
covers  
Windows  
7 & 8.1,10

# Overview of Windows TuneUp.

- Computer Wear and Tear
- Start with a System Backup
- Check Your Hard Drive
- Update Software
- Check Your Defenses
- Take Out the Trash
- Clean up the Dirt & Dust
- If a Spill Happens
- System Restore
- Cleanup Startup Folder
- Adjust Windows Updates  
Win 7/8
- Update Security Tools
- Delete Programs
- Log ON as Standard User

# Consider these Aspects of Computer Wear and Tear:

- Windows Update - added dozens of patches to your operating system.
- You've likely installed some new third-party software.
- Uninstalled other programs.
- Upgraded or patched apps and utilities.
- Altered, tuned, and tweaked various aspects of your system's user interface and software settings.
- Created and deleted myriad new:
  - emails, documents, photos, MP3s, videos, spreadsheets, etc.
- Upgraded your Windows 7 or 8.1 system to Windows 10.
- Your hard drive spun hundreds of millions of revolutions
- System fans rotated for hundreds of hours.
  - Heat, dust, and chemical degradation did their inevitable damage, reducing the remaining physical life of your system's components.
  - Just as we're a year older, our PCs are not the same machines they were a year ago.
- To ensure your system runs smoothly for another year, now's a good time to perform some extra maintenance.
- It'll help prevent new errors from piling on old ones and keep your system fundamentally sound.

# Start with a full system backup.


- If anything goes awry, you can recover quickly.
  - manner of ills that might bring down a PC: power spikes, hard-drive crashes, malware infestations, cockpit error, and many other calamities.
- All current versions of Windows provide the means to make reliable backups.
- To back up your programs, system settings, and files:
  1. Open Backup and Restore:
    - a. click the Start button > click Control Panel > click System and Maintenance > click Backup and Restore.
    - b. In the left pane, click Create a system image,
    - c. follow the steps in the wizard.

Control Panel Home > System and Security > Backup and Restore

## Back up or restore your files

**Backup**

Location: **images (J:)** [Back up now](#)

 236.80 GB free of 400.56 GB

Backup size: 162.30 GB

[Manage space](#)

Next backup: 12/30/2012 6:00 AM

Last backup: 12/29/2012 6:16 AM

Contents: Files in selected folders and system image

Schedule: Every day at 6:00 AM

[Change settings](#)

**Restore**

You can restore your files that were backed up on the current location. [Restore my files](#)

[Restore all users' files](#)

[Select another backup to restore files from](#)

[Recover system settings or your computer](#)

See also

- Action Center
- Windows Easy Transfer

Control Panel\System and Security\File History


Control Panel Home > System and Security > File History

## Keep a history of your files

File History saves copies of your files so you can get them back if they're lost or damaged.

**File History is on**

Libraries, Desktop, Contacts, and Favorites

 Seagate 5GB ext (G:) 171 GB free of 4.54 TB

File History is saving copies of your files. [Stop](#)

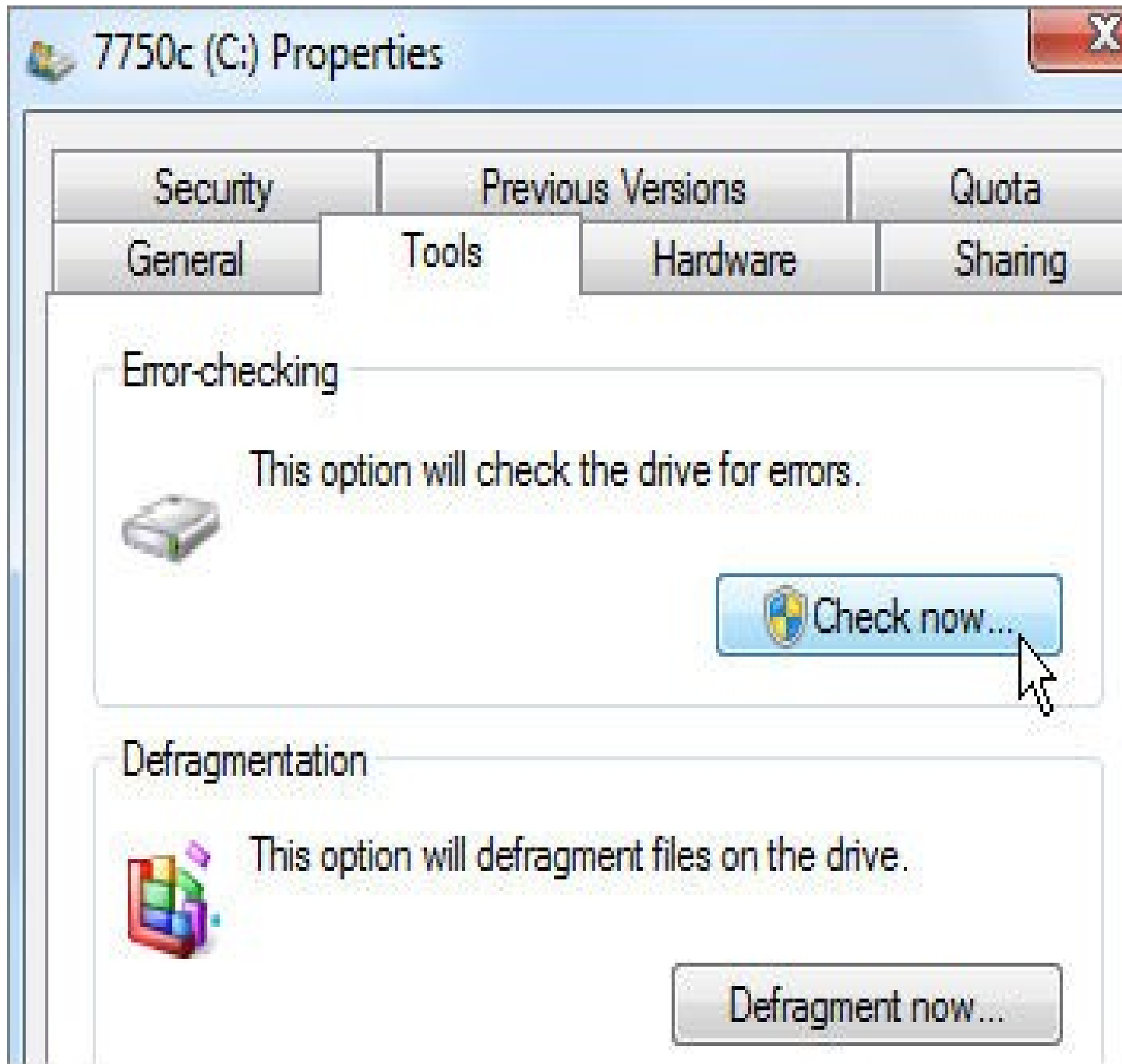
See also

- Recovery
- System Image Backup

[Turn off](#)

# Check the 'hard drive's' physical/logical health.

- The hardest-working components in PCs.
- As sure as death and taxes, **all drives eventually wear out.**
- Take a few minutes to check your drive's physical health via the Self-Monitoring, Analysis, and Reporting Technology (**aka SMART**) subsystem built into most current hard drives.
  - Free software can help you do so. Google: 'SMART Test for Hard Drive'
- Windows' built-in tools check on the 'logical health' of the files on the drive.
  - Every version of has chkdsk (as in "check disk") for exactly that purpose.
  - The basic version of chkdsk is a simple point-and-click operation.
  - In Windows Explorer:
    - right-click the drive that you want to check
    - select Properties.
    - Click the Tools tab
    - under Error-checking, click the Check now button.



there's a much more powerful alternative — **chkdsk.exe** — that's accessed from a command line and that offers many more options for advanced users.

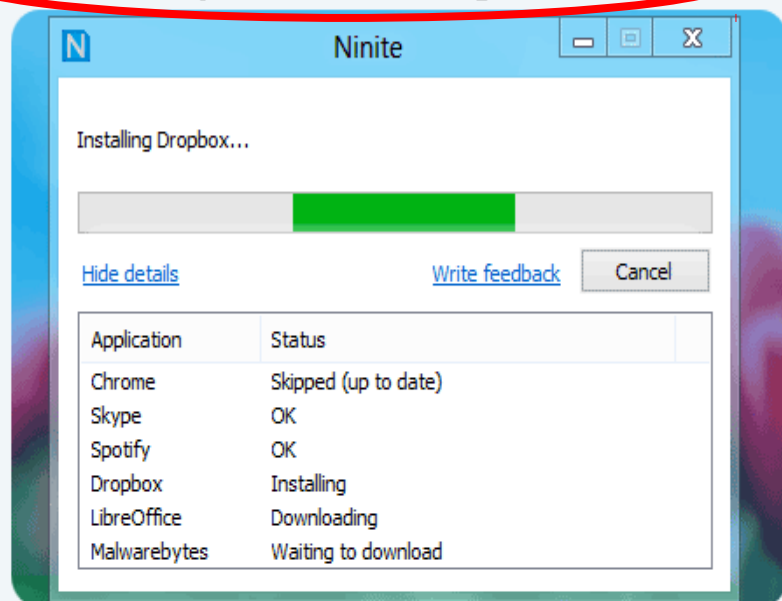


# Patch and update all software and the OS:

- Make sure all software updates are installed
  - — especially security-related patches!
  - Start by opening Windows Update:
    - click Check for updates;
    - review the list of patches Microsoft wants installed.
- Windows 10 has changed the OS-updating game.
  - Security updates are mandatory and automatically installed.
  - Win10 Pro users have a bit more control over feature updates, but eventually all nonsecurity updates will be automatically installed, too.
- Check your other software.
  - Most applications let you check for updates manually
    - via menu options such as Help, Help/About, or Help/Update.
    - Software Tools that work: Secunia Personal Software Inspector 3.0; CNET's TechTracker auto-update tool; FileHippo.com's Update Checker tool;
- While you're checking your software, look for programs you haven't used for a while.
  - Removing applications that no longer serve any useful purpose can help make your system leaner and cleaner — and easier to troubleshoot if the need arises.

**Install and Update All Your Programs at Once**

<https://www.ninite.com>



No toolbars. No clicking next. Just pick your apps and click Get Installer.

**Always Up-to-date**

You don't have to watch for updates. Our bots do that. Here's what's new:

Eclipse updated to 4.4.2.  
18 minutes ago

LibreOffice updated to 4.4.1.  
yesterday at 12:26 pm

AVG updated to 15.0.5751.  
Wednesday at 5:03 pm

Thunderbird updated to 31.5.0.  
Tuesday at 8:24 pm

Firefox updated to 36.0.  
Tuesday at 5:21 pm

[more news](#)

**Trusted by Millions**

We install and update over 500,000 programs each day for millions of home users and [Ninite Pro](#) subscribers like NASA, Harvard Medical School, and Tupperware.

The [press](#) likes us too:

"I'll bet the service saved me a couple hours"  
**PCWorld**

"Ninite.com frees up your day"  
**The Christian Science Monitor**

"This post can be fairly short because Ninite works exactly as advertised."  
**Lifehacker**

**1. Click all the apps you want**

You can learn more about a program by hovering over it.

**2. Click Get Installer and run it**

Ninite installs apps for you in the background. No clicking next. We say NO to toolbars or other junk.

**3. Run it again later**

Your installer will update apps to the latest versions. If something is up-to-date we'll skip it.

**Web Browsers**

- Chrome
- Opera Chromium
- Firefox

**Compression**

- 7-Zip
- PeaZip
- WinRAR

**Messaging**

- Skype
- Pidgin
- Google Talk
- Thunderbird
- Trillian
- AIM
- Yahoo!

**Media**

- iTunes
- Hulu
- VLC
- KMPlayer
- AIMP
- foobar2000
- Winamp
- Audacity
- K-Lite Codecs
- GOM

**Runtimes**

- Java 8
- .NET 4.5.2
- Silverlight
- Air
- Shockwave

**Developer Tools**

- Python
- FileZilla
- Notepad++

**Imaging**

- Paint.NET
- Picasa
- GIMP
- IrfanView
- XnView
- Inkscape
- FastStone
- Greenshot

**Documents**

- OpenOffice
- Reader
- SumatraPDF
- Foxit Reader
- CutePDF
- LibreOffice
- PDFCreator

**Security**

- Essentials
- Avast
- AVG
- Malwarebytes
- Ad-Aware
- Spybot 2
- Avira
- Super

**File Sharing**

- qBittorrent
- eMule
- Utilities**
- TeamViewer
- ImgBurn
- Auslogics
- RealVNC
- TeraCopy
- CDBurnerXP

**Online Storage**

- Dropbox
- Google Drive
- Mozy
- OneDrive
- SugarSync
- BitTorrent Sync

**Other**

- Evernote
- Google E
- Steam
- KeePass
- Everythin
- NVDA

# Do a thorough review of your PC's defenses

- **Passwords**: Verify that your most important passwords are still secure by testing them (or a variant of them) on any of the many good password-checking sites, such as:
  - How secure is my password?
  - Gibson Research Corporation's How big is your haystack?
  - Password Meter
- **Bottom Line**: upgrade your passwords.
- **Firewall**: Test your Firewall.
- The following sites offer free, easy-to-use, firewall-testing tools and services.
  - HackerWatch Probe
  - Gibson Research Corporation's ShieldsUP

# Do a thorough review of your PC's defenses

- **Antivirus**: run a full scan with a standalone security tool such as:
  - ESET's Online Scanner (<http://www.eset.com/us/online-scanner/>)
  - Microsoft's Safety Scanner (<http://www.microsoft.com/security/scanner/en-us/sysreq.aspx>)
  - Trend Micro's HouseCall (<http://housecall.trendmicro.com/>).
- **Wi-Fi Router**: Many routers contain a flaw in their Wi-Fi Protected Setup (WPS).
- Hackers might easily breach your Wi-Fi defenses, regardless of what encryption and password you use.
- To see whether your router is affected — and what to do if it is — check out "Routers using WPS are intrinsically unsafe:  
"<http://windowssecrets.com/top-story/routers-using-wps-are-intrinsically-unsafe/>
- and the follow-up story: <http://windowssecrets.com/top-story/putting-wi-fi-routers-security-to-the-test/> "Putting Wi-Fi router's security to the test."

# Take out all the trash accumulated in Windows

- Windows is something of a pack rat (as are most PC users when it comes to their systems); \ul>  - it can accumulate truly astounding amounts of digital debris, including temporary files that sometimes become all too permanent.
- Excellent disk-cleanup tools: cleanmgr is one
- The how-to instructions still work perfectly in all current Windows versions.
  1. Click on Start,
  2. Type in 'Run'
  3. Type 'cleanmgr /sageset:99'
  4. In the Run box, click Enter.

The Disk Cleanup Tool will run in a special mode that offers you an expanded selection of cleanup choices. Most importantly, it will remember whatever choices you make now, and re-use those same choices when you use a matching "sagerun" command later on.

# Preserve and protect your data

- After your system is updated, cleaned,, and otherwise optimized, make a new full backup or system image to preserve your new
- **Dust you must, for a truly clean PC**
- Most PCs have cooling fans that constantly draw in room air.
- Over time, the inside of your PC can become astonishingly choked with dust, resulting in poor air flow, higher temperatures, and shorter component life.
  - "Take your PC's temperature — for free!" shows how to check whether your PC is running warmer than it should — and how to clean it, if it is.
  - <http://windowssecrets.com/top-story/take-your-pcs-temperature-for-free/>
- Additional cleaning information:
  - "Right and wrong ways to de-dust a PC":
    - <http://windowssecrets.com/langalist-plus/right-and-wrong-ways-to-de-dust-a-pc/>
  - "Getting the grunge out of your PC":
    - <http://www.informationweek.com/langa-letter-getting-the-grunge-out-of-your-pc/d/d-id/1030644?>

# For more stories on general PC maintenance, see:

- "Keep a healthy PC: A routine-maintenance guide" - Jan. 16, 2014, Top Story
- "Tools for finding PC-performance bottlenecks" - Feb. 12, 2015, Top Story
- "Free first aid for a wide range of Windows ills" - June 11, 2015, Top Story
- "How to safely test file and image backups" - April 16, 2015, Top Story
- "Activate Windows' hidden, master admin account" - May 14, 2015, Top Story
- "Learn to use the Windows 10 Recovery Drive" - Sept. 17, 2015, Top Story
- "Prepping a Win7 PC for the Win10 upgrade" - July 2, 2015, LangaList Plus column (in the paid section of Windows Secrets)
- "Huge WinSxS folder stymies PC cleanup" - July 23, 2015, LangaList Plus column (paid section)
- "Email: Drop the junk; keep your contacts" - July 2, 2015, Top Story
- For a general guide to personal online security, see:
- "How to safely and securely use public Wi-Fi" - April 2, 2015, On Security column (paid section)
- "Revisiting the WS Security Baseline: Part 1" - July 3, 2014, Top Story
- "The WS Security Baseline — New Year's edition" - Jan. 8, 2015, On Security column (paid section)

# If a Spill Happens on Keyboard

- Immediately:
  1. Turn off your computer –
    - a. Explain “Emergency Shut Down” procedure.
  2. Disconnect the keyboard and flip it over:
    - a. Keyboard Cord is thicker than mouse cord.
  3. While the keyboard is upside down:
    - a. blot the keys with a paper towel
    - b. leave it to ‘air dry’ overnight
  4. Ensure that all traces of moisture have evaporated before using the keyboard again.



# Extra Info-

## If your Cell Phone Gets Wet

- Hint: **Don't Panic**
- **Do not shake it** – that spreads liquid.
  - Turn it off.
  - Remove the battery
  - Wipe off all liquid with dry cloth
  - Put it in a zip-lock bag with **dry white rice.**
    - **Uncooked dry white rice.**
  - Let it set overnight – minimum.

# Windows Tuneup Tasks

**Maintenance tasks that will help clean up your PC's digital clutter.**

- Set a **System Restore** point – when PC is Healthy – Know How.
  - a. The System Restore :
    - allows users to restore their computers to a previous state without losing personal data files.
  - b. so if a problem occurs on your PC, you can reset Windows to a previous date of good functional state.

**Note:** that 'System Restore' will **NOT** delete files such as:

- Photos
- documents,
- It will purge programs that you installed and the settings you changed between now and the restore point you return to.

**Note:** Not all software gets along with other software already on your computer.= download new software = S/W fight.

# To set a Restore Point in Windows 7.

- 1. click the Start button ,
- 2. In the Search bar, Type -"Restore"
- 3. Choose 'Backup and Restore'
- 4. Near the bottom of the window: click 'Recover System Setting on your Computer'.
- 5. Click - 'Open System Restore' button.
- 6. Click the 'Next' button
- 7. Select a Restore date.
- Follow the process thru.

# To set a Restore Point in Windows 8

(Perform at home when PC is Healthy)

1. Press the Windows 'logo' key + W to open the Settings menu.
2. Type 'restore' in the search field.
3. In the search results, click 'Create a Restore Point' .
  - The "System Properties" window opens.
4. Click the 'Create' button.
5. Type a descriptive name for the restore point that will help you remember when you created the restore point.
6. Click Create .
  - The computer creates the restore point.
7. When the restore point is created, a small window appears stating that the restore point was created successfully.
8. Click Close
9. Click OK to close the system restore window.

# Create a Restore Point - Windows 10

- 1. Search for “Create a restore point” from the taskbar.
- 2. Select it from the list of search results.
- 3. In the System Protection tab,
  - A. Select Create.
- 4. Enter a description for the restore point,
- 5. Select \ Create > OK.

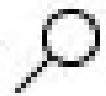
# Windows 10 Screen Shot



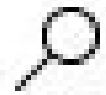
Create a restore point

Control panel

## Web



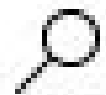
create a restore point



create a restore point windows 8



create a restore point windows 10



create a restore point in safe mode

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# Clean Up Your Startup Folder

**Common Problem** - your PC takes longer to start up

Applications and programs are designed to:

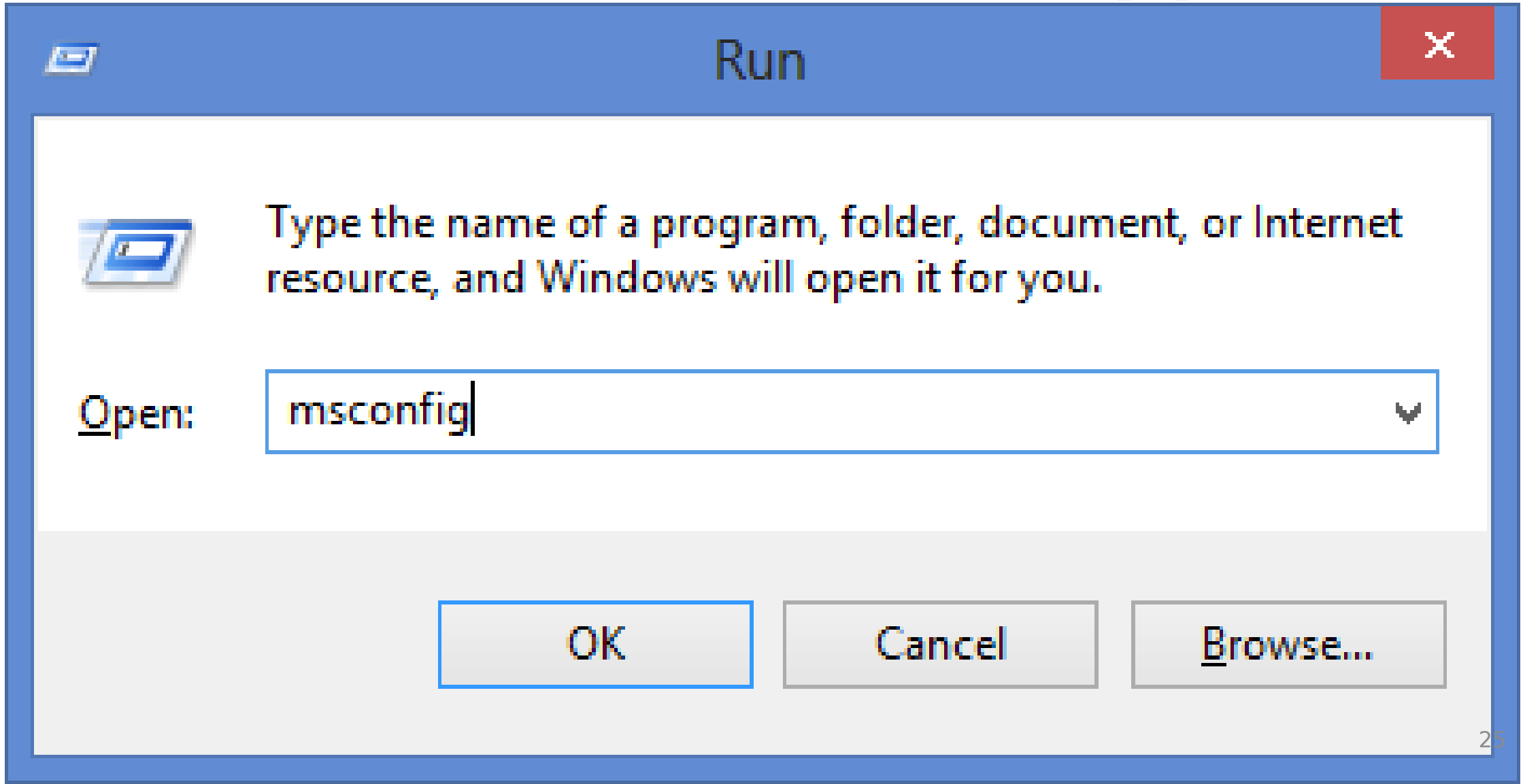
- automatically insert themselves into Windows' startup sequence
- so the application is **ready instantly.**
- **This action:**
  - drains your system resources
    - Slows down a program speed
    - Ram is filled up - (Random Access Memory)
- Results in slow startup/ slow performance

# How to disable Startup Programs - Windows 7

1. On the Keyboard - Depress: Windows Logo key + R
  - a. select the 'run command' option.
2. Type in the Open box : MSCONFIG
  - a. Microsoft Configuration Utility
3. Click 'OK'
4. Select the: 'Startup' tab.
5. Select & disable un-necessary programs.  
**Which ones are not necessary?**
6. Restart PC.

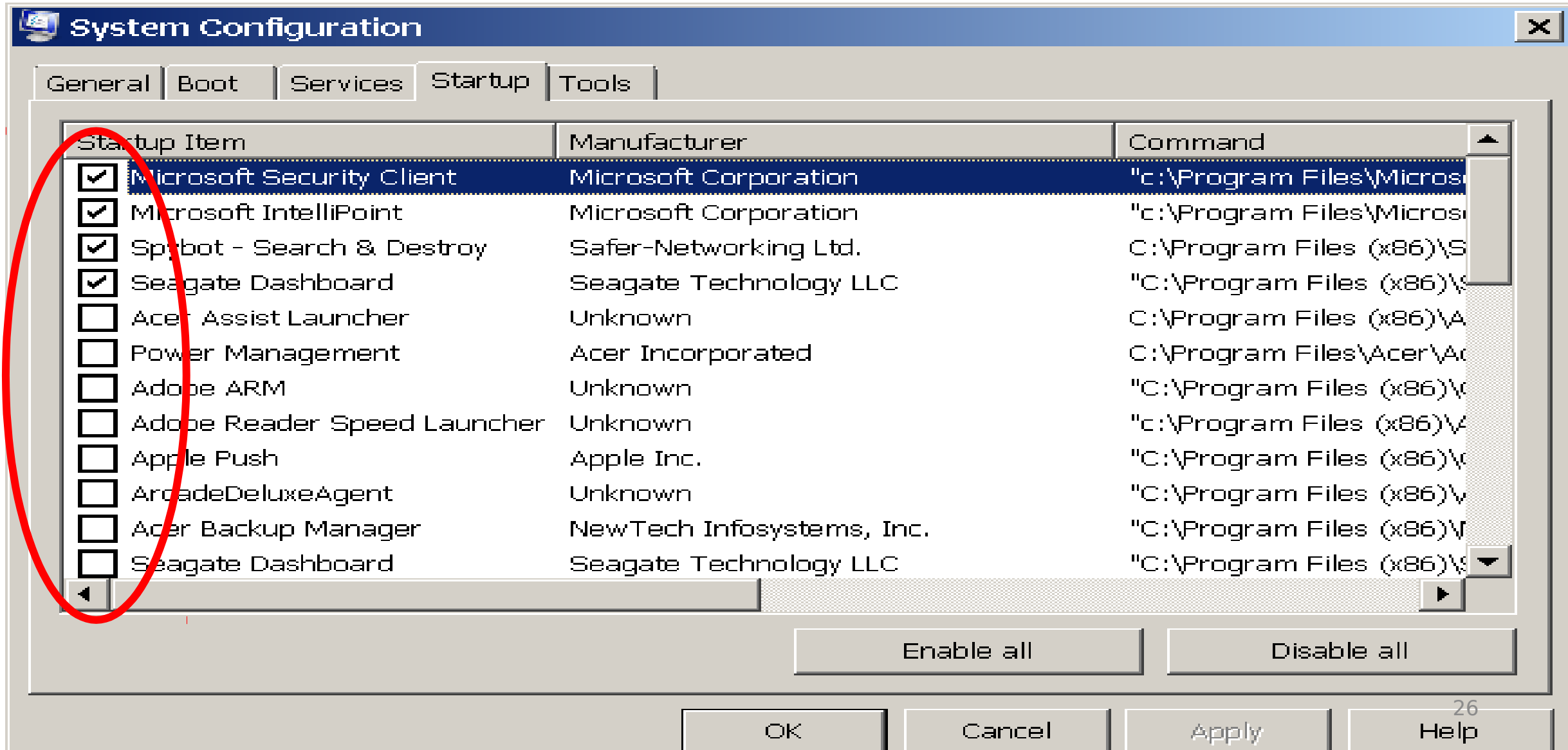


# 'Run Command' App



# msconfig - Win 7

Check marks means still running in the background



## Windows startup programs - Database search

If you're frustrated with the time it takes your Windows 8/7/Vista/XP PC to boot and then it seems to be running slowly you may have too many programs running at start-up - and you have come to the right place to identify them. This is the **original start-up programs** (as opposed to processes/tasks) list - one of the most accurate and comprehensive. Services are not included - see below. For further information on this and how to identify and disable start-up programs please visit the [Introduction](#) page.

See [here](#) for further information on random entries - which are typically added by viruses and other malware or unwanted programs.

Last database update :- 31st December, 2015  
47313 items listed

[http://www.pacs-portal.co.uk/startup\\_search.php](http://www.pacs-portal.co.uk/startup_search.php)

You can search for any of the following terms to find and display entries in the start-up programs database but the ~~minimum search is 3 characters and you must click on the "Search" button.~~ Results are sorted by the **Startup Item/Name** field.

- From Windows 8 Task Manager (CTRL+SHIFT+ESC → Startup): **Name, Command** (Note - right-click on any column heading and ensure "Command" is ticked)
- From MSConfig (Start → Run → msconfig → Startup): **Startup Item, Command**
- From Registry Editor (Start → Run → regedit): **Name, Data**
- From SysInternals free [AutoRuns](#) utility: **AutoRun Entry, Filename from "Image Path"**
- From Windows Defender for XP/Vista (Tools → Software Explorer): **Display Name, Filename**
- O4 entries from [HijackThis](#) or similar logging utilities: Text highlighted here - **[this text]** or here - "Startup: **this text.lnk**", **Filename**
- Any other text

Alternatively, you can [browse](#) the full database (without the search facility) over a number of pages or you can use the alphabetical index below to list the entries for that letter by the **Command/Data** field, but the results may take longer to appear due to the number of them:

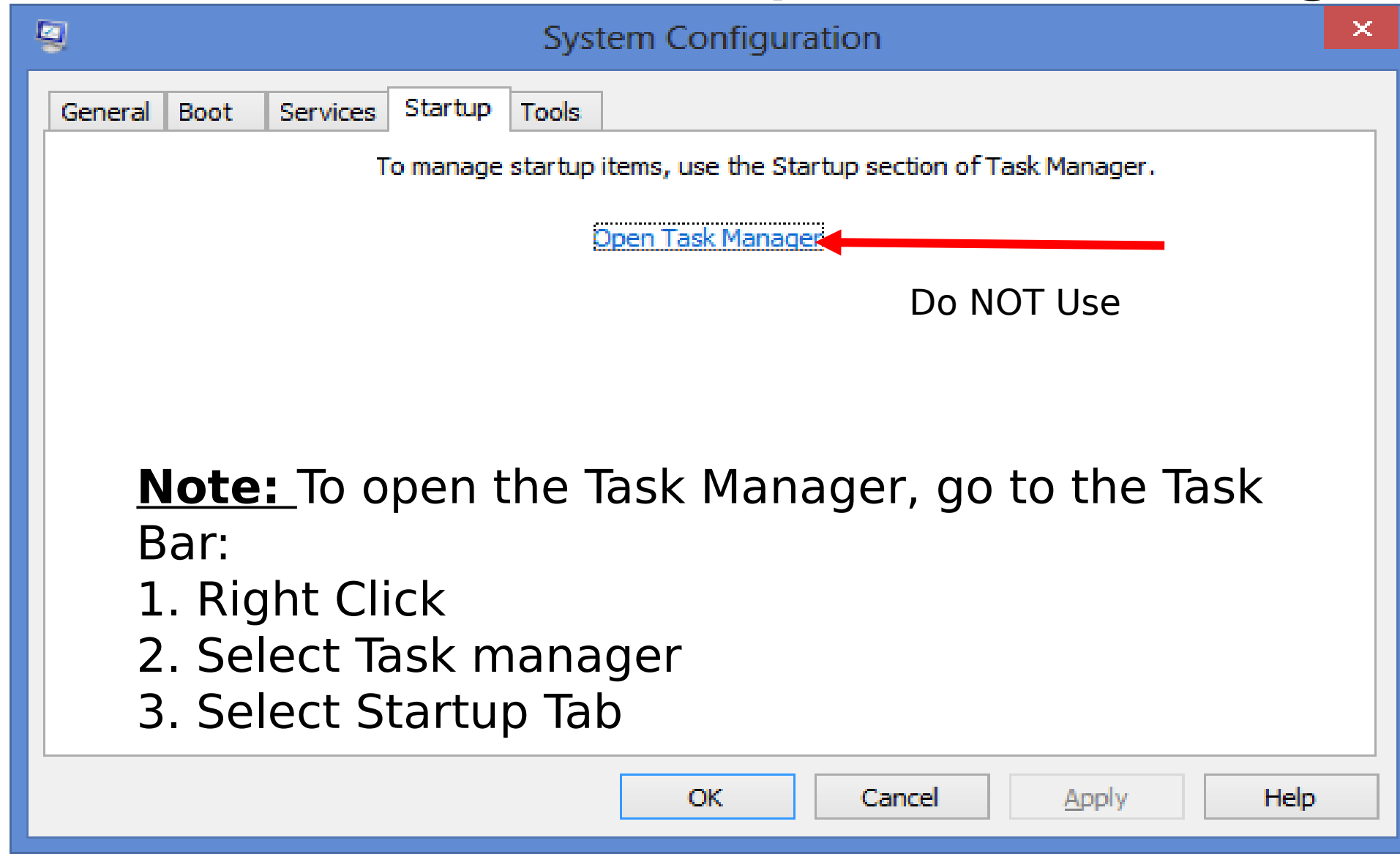
[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [B](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#)

**NOTE:** Searching for common words (i.e. "the" or "where") will mean the results take longer to appear due to the number of them.

Please click on the Search button

Startup Item or Name	Status	Command or Data	Description	Tested
Adobe Flash Accelerator	X	msnmsgr.exe	Detected by Intel Security/McAfee as <a href="#">Generic Dropper!fhw</a> and by <a href="#">Malwarebytes Anti-Malware</a> as Backdoor.Bot. Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %AppData%\Microsoft\System Root Certificates	No
AdobeR	X	msnmsgr.exe	Detected by <a href="#">Malwarebytes Anti-Malware</a> as Trojan.Agent. Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %AppData%	No
Configuration Loader	X	msnmsgr.exe	Detected by Sophos as <a href="#">W32/Sdbot-SO</a> and by <a href="#">Malwarebytes Anti-Malware</a> as Backdoor.Bot. Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %System%	No
ctfmon	X	msnmsgr.exe	Detected by Sophos as <a href="#">Troj/Bdoor-JV</a> . Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %System%	No
Driver For Microsoft Windows	X	msnmsgr.exe	Detected by Kaspersky as <a href="#">Trojan-Dropper.MSIL.Late.kk</a> . Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %System%\Driver For Windows	No
HKCU	X	msnmsgr.exe	Detected by <a href="#">Malwarebytes Anti-Malware</a> as Backdoor.HMCPol.Gen. Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %System%\win32.exe	No
Intec Service Drivers	X	msnmsgr.exe	Detected by Trend Micro as <a href="#">WORM_SDBOT.DDH</a> and by <a href="#">Malwarebytes Anti-Malware</a> as Backdoor.Agent. Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %Windir%	No
Messenger	N	<a href="#">MsnMsgr.exe</a>	Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> and was previously MSN Messenger) utility - available via the Start menu. Disable by clicking on the "Show menu" icon and select Tools → Options → General → deselect "Automatically run Windows Live Messenger when I log on to Windows". This is the Windows Defender/Vista MSConfig entry for version 8.*	Yes
Microsoft System Firewall 2006.2	X	msnmsgr.exe	Added by a variant of <a href="#">W32/Sdbot.worm</a> . Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %System%	No
Microsoft Windows Update	X	MSNMSGR.EXE	Detected by Sophos as <a href="#">W32/Sdbot-WM</a> and by <a href="#">Malwarebytes Anti-Malware</a> as Trojan.MWF.Gen. Note - this is not the valid MSN Messenger or Windows Live Messenger (which has now <a href="#">moved</a> to <a href="#">Skype</a> ) utility which is located in either %ProgramFiles%\MSN Messenger or %ProgramFiles%\Windows Live\Messenger. This one is located in %System%	No

# System Configuration Screen - Windows 8.1, 10 ( msconfig)



Last BIOS time: 3.3 seconds

Name	Publisher	Status	Startup impact
Amazon Music Helper.exe (2)		Enabled	Low
CCleaner	Piriform Ltd	Enabled	Not measured
EEventManager Application	SEIKO EPSON CORPORATION	Enabled	Medium
EPSON Status Monitor 3	SEIKO EPSON CORPORATION	Enabled	Medium
Fax Reception	SEIKO EPSON CORPORATION	Enabled	Medium
Fax Transmission	SEIKO EPSON CORPORATION	Enabled	High
HP CoolSense	Hewlett-Packard Development Company, L.P.	Disabled	None
HP Message Service	Hewlett-Packard Development Company, L.P.	Disabled	None
hpwuSchd Application	Hewlett-Packard	Disabled	None
iCloud	Apple Inc.	Enabled	Medium
iCloud Drive	Apple Inc.	Disabled	High
iCloud Photos	Apple Inc.	Enabled	Medium
iTunesHelper	Apple Inc.	Enabled	Low
LastPass Installer	LastPass	Disabled	None
LastPass Installer	LastPass	Enabled	High
Ninite	Secure By Design Inc.	Enabled	Not measured
PowerDVD RC Service	CyberLink Corp.	Disabled	None
Realtek HD Audio Manager	Realtek Semiconductor	Disabled	None

# Adjust Windows Updates

## Windows 7 & 8

1. Go to the Control Panel
  2. Select 'Windows Update'
  3. Select "Important Updates"
  4. Read and Investigate Updates
    - Important, Recommended, Optional, Featured .
  5. Google your Questions - use KB number: Ex: KB2310138
    - I do not know what the Update means.??
  6. Install necessary Updates - follow directions.
- Automatic Updates - takes control of your PC.

I recommend - use: another option

# Turn OFF Automatic Updates:

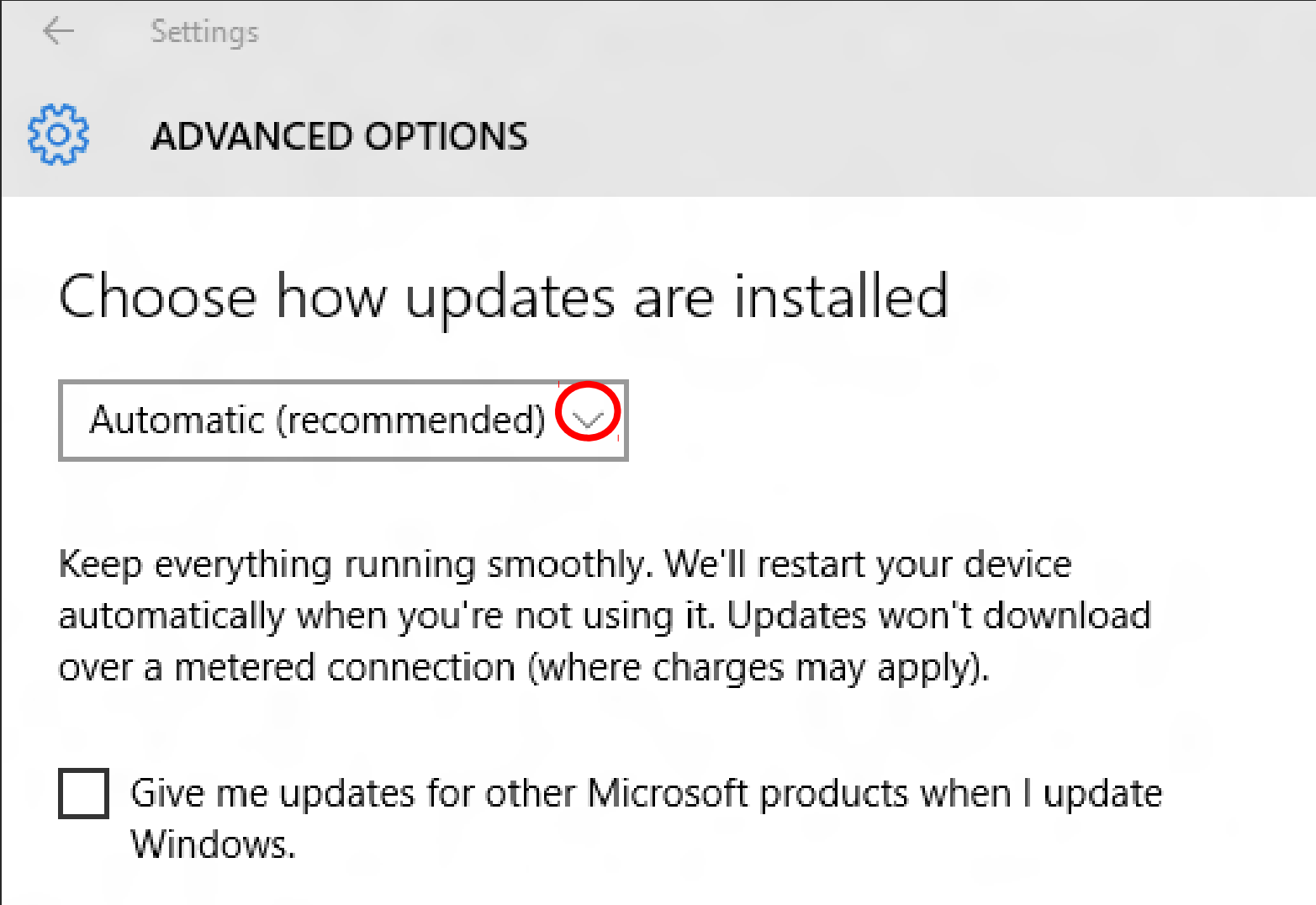
- Microsoft reissued **12** botched security patches in September 2015
  - It's not unusual for Microsoft to release flawed updates.
- But most Computer User Groups members are savvy enough to control their own update destiny.
- Look up the Updates for Clarity in your own mind.
- Install Updates that apply to you and your device.
- Install Security Updates as they apply to your OS.
- Run 'cleanmgr /sageset:99' to remove outdated Windows Updates.



# Windows 10 Updates

- Your PC may need to restart to install the updates.
- To prevent those restarts from happening at the most inconvenient time:
  - Select the Start Image of Start button:
  - Select Settings > Update & security > Windows Update, > Advanced options
  - Under Choose how updates are installed:
    - use the drop-down menu to choose an option:
      - Schedule a restart
      - Automatically restart

# Windows 10 Update Options.




The screenshot shows the Windows 10 Settings application. At the top, there is a back arrow and the word "Settings". Below that is a gear icon and the text "ADVANCED OPTIONS". The main heading is "Choose how updates are installed". A dropdown menu is open, showing "Automatic (recommended)" with a red circle around the downward arrow. Below this, there is a paragraph of text: "Keep everything running smoothly. We'll restart your device automatically when you're not using it. Updates won't download over a metered connection (where charges may apply)." At the bottom, there is a checkbox that is currently unchecked, followed by the text "Give me updates for other Microsoft products when I update Windows."

Settings

ADVANCED OPTIONS

## Choose how updates are installed

Automatic (recommended) 

Keep everything running smoothly. We'll restart your device automatically when you're not using it. Updates won't download over a metered connection (where charges may apply).

Give me updates for other Microsoft products when I update Windows.

# Update all Security Tools

- **Free versus Paid Anti-virus** - Depending on whom you ask, paying for antivirus software is either a:
  - good investment or a total **rip-off**.
  - In reality, neither viewpoint is accurate.
- Free Anti-Virus – Generally Do NOT do Auto Update.
  - You must Update A/V Yourself
  - Can be done in the background.
- Make sure your **“Firewall”** is turned ON.
  - Type ‘Firewall’ in the Search Box.

# Free Anti-virus with Microsoft

**Microsoft Security Essentials** - Built into Windows 7, 8.1, 10.

- **Win 8, 10 - Anti-Virus is called “Windows Defender”**
  - **It is in fact “Microsoft Security Essentials”**
  - to prevent spyware,
  - Windows includes a few security tools that you’ll want to keep up-to-date to protect your PC from malware threats. (see slide 12)
- **Keep Antivirus/ Malwarebytes/ AdBlocker updated.**

# What is a Malware Cycle

- Using [malware-infected computers](#) to make money is easier and safer than any other illegal endeavor.
  1. Hacker makes a Malware program/ puts it on the Internet.
  2. Antivirus company discovers malware/makes a fix.
  3. You get an update to your antivirus software.
  4. You install the update.

What is the time lapse between steps  
1 and 4.?

No Anti-virus is 100% effective.

# Delete Programs

**Get rid of Programs you no longer need or use.**

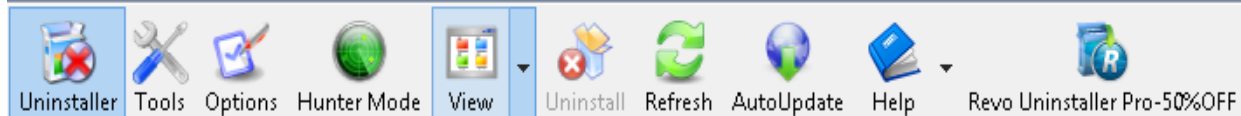
- Uninstall a program from your computer if:
  - you no longer use it
- You can use “Programs and Features” to: (from the Control Panel)
  - uninstall programs
  - change the program's configuration by adding or removing certain options.
  - repair the program
- Windows 7 or 8 =
  1. Go to the ‘Control Panel’
  2. Click ‘Programs and Features.’
  3. Select a program, and then click Uninstall.
    - To change a program, click ‘Change’ or ‘Repair’.

# Revo-uninstaller or IObit Uninstaller 2.0

Google: Revouninstaller Free / available in ninite

[www.ninite.com](http://www.ninite.com)

- Launching either fires up the Uninstaller screen:
  - which shows icons and titles of all programs installed on your machine.
- **4 Step Process**
  1. Set restore Point
  2. Run Uninstall
  3. Search for left over Registry Items.
  4. Search for left over Files on Hard Drive.



Search

Application	Version	Installa...	Company	Website	Comment
Absolute Reminder	2.1.0.8	1/12/2013	Absolute Software		
Adobe Connect 9 Add-in	11,2,385,0	8/3/2013	Adobe Systems Incorporated	<a href="http://helpx.adobe.com/adobe-conn...">http://helpx.adobe.com/adobe-conn...</a>	
Adobe Flash Player 11 Plugin	11.8.800.168	9/10/2013	Adobe Systems Incorporated	<a href="http://www.adobe.com/go/flashplay...">http://www.adobe.com/go/flashplay...</a>	
Amazon Browser App	1.0.0.0	1/12/2013	Amazon		
Apple Application Support	2.3.4	8/9/2013	Apple Inc.	<a href="http://www.apple.com/support/">http://www.apple.com/support/</a>	
Apple Software Update	2.1.3.127	8/9/2013	Apple Inc.	<a href="http://www.apple.com/support/">http://www.apple.com/support/</a>	
avast! Internet Security	8.0.1497.0	9/17/2013	AVAST Software		
Compatibility Pack for the 2007 Office system	12.0.6612.1000	9/17/2013	Microsoft Corporation	<a href="http://www.microsoft.com/support">http://www.microsoft.com/support</a>	
CyberLink Media Suite Essentials	10.0	1/12/2013	CyberLink Corp.		
Dell Backup and Recovery	1.0.0.5	3/29/2013	Dell Inc.		
Dell Backup and Recovery - Support Software	1.0.0.5	3/29/2013	Dell Inc.		
Dell Digital Delivery	2.7.1000.0	8/25/2013	Dell Products, LP	<a href="http://support.dell.com/support/topi...">http://support.dell.com/support/topi...</a>	Downloads and installs the applicatio...
DriverUpdate	2.2.30452	9/2/2013	SlimWare Utilities, Inc.		
Dropbox	2.2.13	8/8/2013	Dropbox, Inc.	<a href="http://www.dropbox.com">http://www.dropbox.com</a>	
EPSON Scan		2/19/2013			
Foxit Reader	6.0.6.722	9/13/2013	Foxit Corporation		
Garmin Express	2.2.21	9/10/2013	Garmin Ltd or its subsidiaries		
Glary Utilities 3.9	3.9.0.137	8/27/2013	Glarysoft Ltd		
Google Earth	7.1.1.1888	7/29/2013	Google		
IDT Audio	1.0.6426.0	9/2/2013	IDT		
Intel(R) Control Center	1.2.1.1008	1/12/2013	Intel Corporation		
Intel(R) Management Engine Components	8.1.0.1252	1/12/2013	Intel Corporation		
Intel(R) Processor Graphics	9.18.10.3071	9/2/2013	Intel Corporation		
Intel(R) Rapid Start Technology	2.1.0.1002	1/12/2013	Intel Corporation		
Intel(R) Rapid Storage Technology	11.7.4.1001	9/2/2013	Intel Corporation		
Intel(R) SDK for OpenCL - CPU Only Runtime Package	3.0.0.63463	9/2/2013	Intel Corporation		
IrfanView (remove only)	4.36	7/28/2013	Irfan Skiljan		
Java 7 Update 40	7.0.400	9/13/2013	Oracle	<a href="http://java.com/help">http://java.com/help</a>	

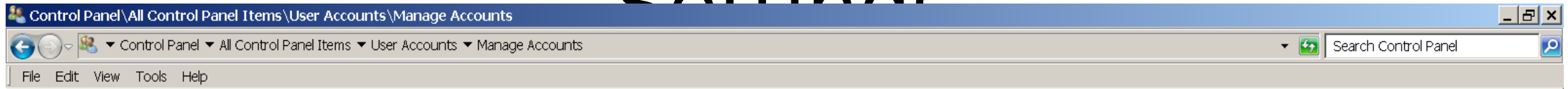
Uninstaller shows you all of the installed programs and components for both the current and all users. In the "Details" view type, or by the context menu, you can reach additional information (links and properties about the installations). A primary feature of Revo Uninstaller is Hunter mode. This mode gives you the flexibility to uninstall, stop, delete or disable from auto-starting with just one click.



# Don't stay logged on as an administrator - Microsoft words




- **Why use a standard user account instead of an administrator account?**
- When you are using programs that require Internet access, such as:
  - a web browser
  - an e-mail program,
- we recommend that you log on as a standard user rather than an administrator.
- That's because many viruses and worms **can't** be **stored and run** on your computer unless you're logged on as an administrator.

# 'User Accounts' in Control Panel / Settings



Choose the account you would like to change

The 'Manage Accounts' page shows three user accounts in a grid. Each account has a small icon and text describing it. The 'Jere Joyce' account is highlighted with a dark blue background. The 'Jere A' account is an administrator account. The 'Guest' account is currently disabled.

	<b>Jere Joyce</b> Standard user Password protected		<b>Jere A</b> Administrator Password protected
	<b>Guest</b> Guest account is off		

[Create a new account](#)

[What is a user account?](#)

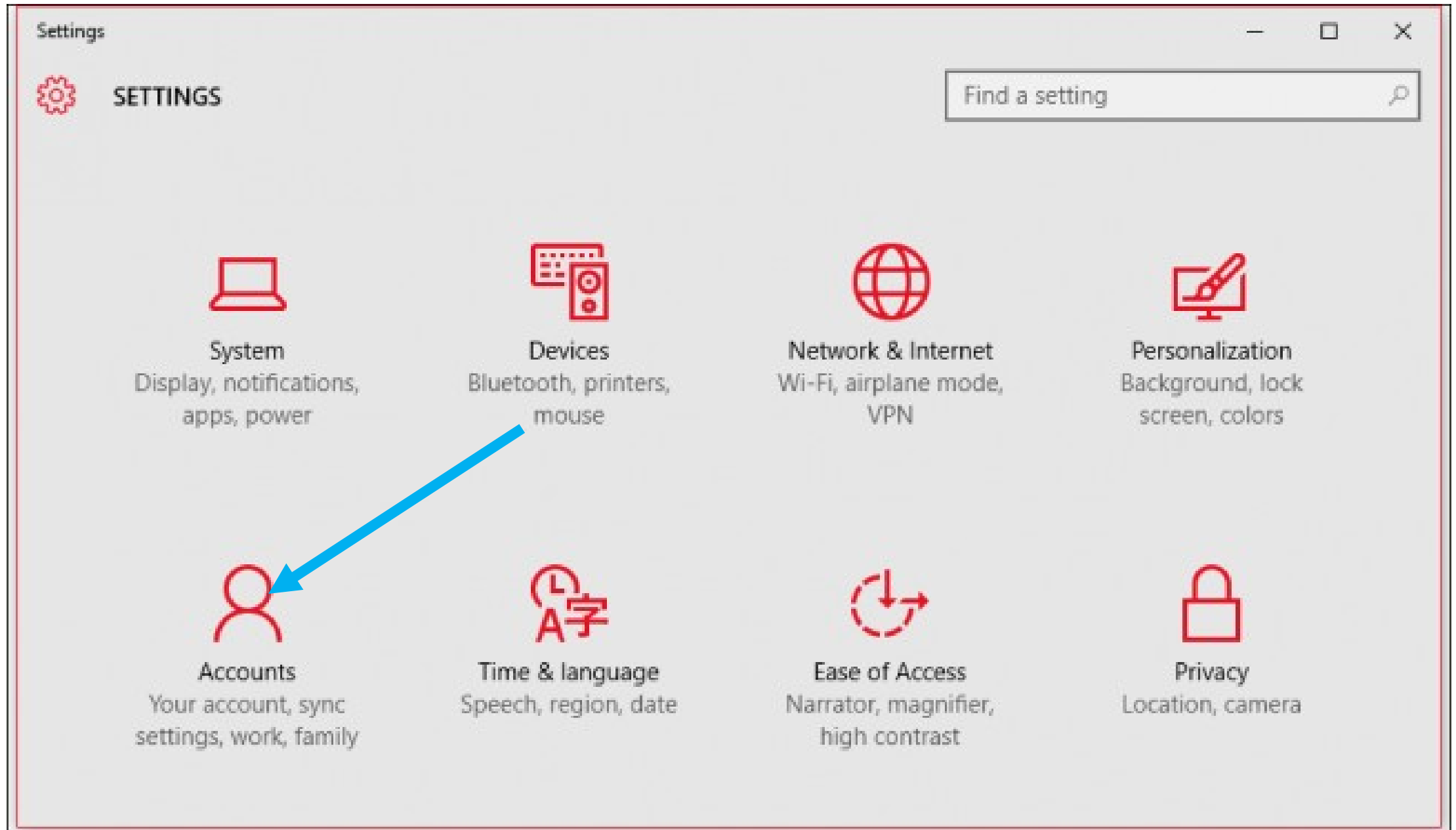
**Additional things you can do**

 [Set up Parental Controls](#)

[Go to the main User Accounts page](#)

**Sign in each days as 'Standard' account, NOT as 'Administrator'**

# Windows 10 - User Accounts



# Tune Up Your Computer Review.

1. Regular Maintenance keeps your computer running at top performance.
2. Restore Points are sometimes very beneficial.
3. Disk Cleanup is a monthly function.
4. Keep your programs & Anti-Virus updated.
5. [www.ninite.com](https://www.ninite.com) is a trusted Web Site. (https://)
6. Log on to your PC as a Standard user.
7. Got a Question, go to your PC book- **Help and Support**

# Tune Up Your Computer Recommendations

- Things to do when your computer is Healthy:
  - A. Set a restore point.
  - B. Clean out your start-up File.
  - C. Download and Run 'Ccleaner' at least weekly.
  - D. Update your Applications.
  - E. Perform 'Disk Cleanup'.
  - F. Run Updates on your Anti-Virus program

# Questions or Comments

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