

# *Greensboro ShepNet Learning Center*



[www.greensboroshepnet.org](http://www.greensboroshepnet.org)

# *“Monthly Cleaning”*

*Why do it?*

*What does it do?*

*How do I do it?*

# Why do it?

It will delete and remove from your system:

- Temporary Internet files
- Temporary files
- Spyware (also known as Malware)
- Old, unnecessary install files

# What does it do?

- Your system performs much better.
- Protects against spyware and malware.
- Dramatically reduces problems.
- Adds security to your system.

# OK...how do I do it?

- How often?
- In what order?

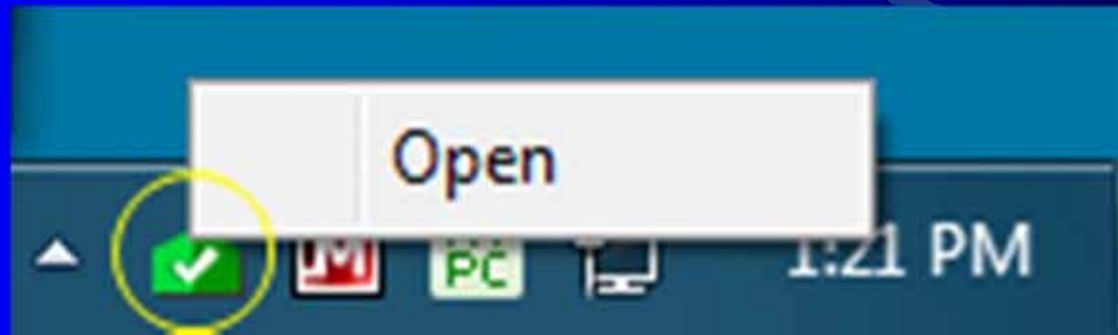
*It will cost you about 20 minutes a month.*

Try to do it in this order:

- Check your main security programs.
  - Microsoft Security Essentials (or whatever you use)
  - Malwarebytes (or whatever you use)
- Check for Microsoft updates.
- Set a Restore Point.
- \*Run Malwarebytes.
- Run Ccleaner.
  - Cleaner – Registry - Startup
- \*Defrag your hard drive.
- Set a Restore Point.

# Go to System Bar on Task Bar

(the lower right corner of computer screen)

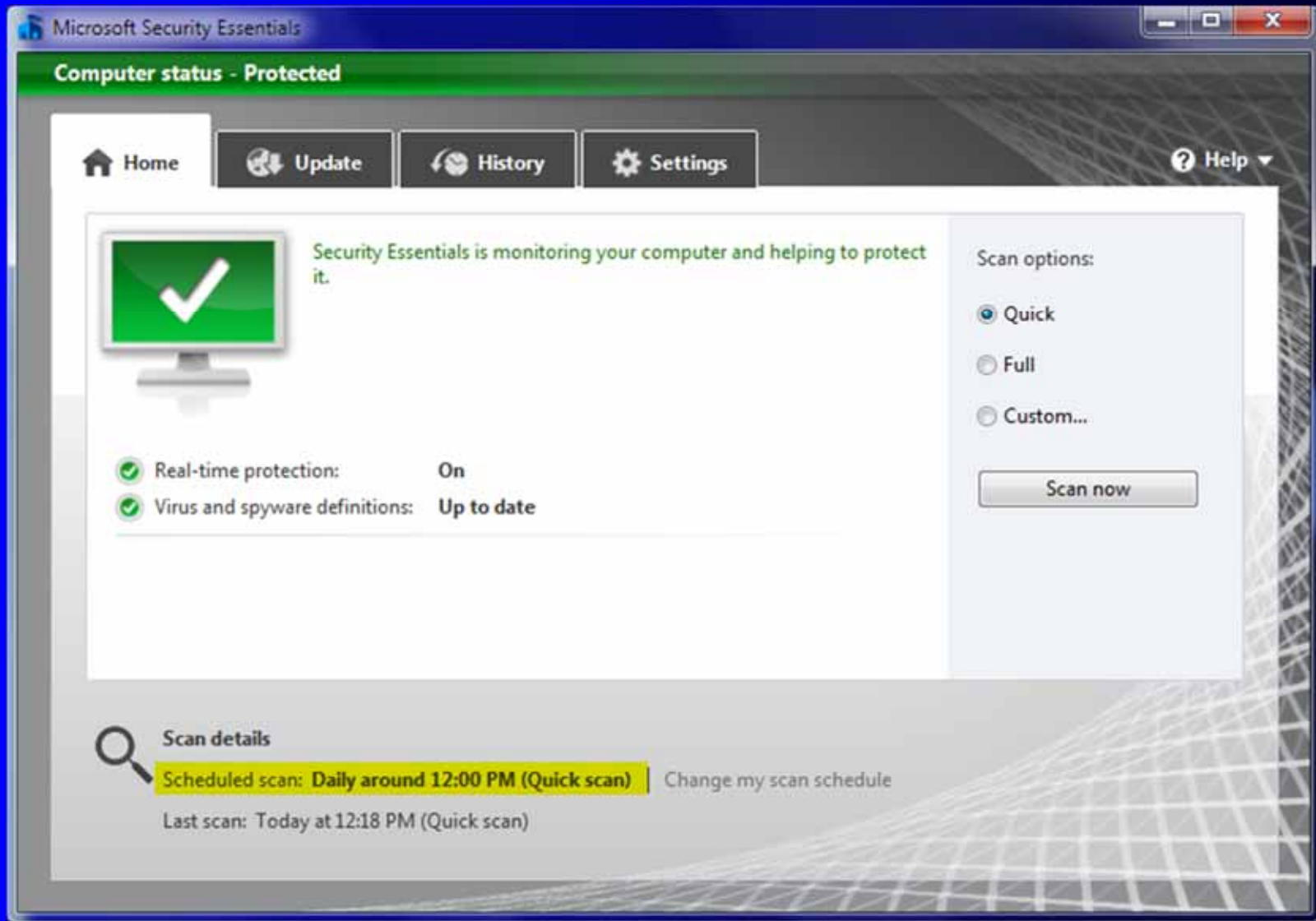


## Left click on the Antivirus icon

(some may require a double click)

I know...I know, they are automatic!

Humor me...



# Go to System Bar on Task Bar

(the lower right corner of computer screen)

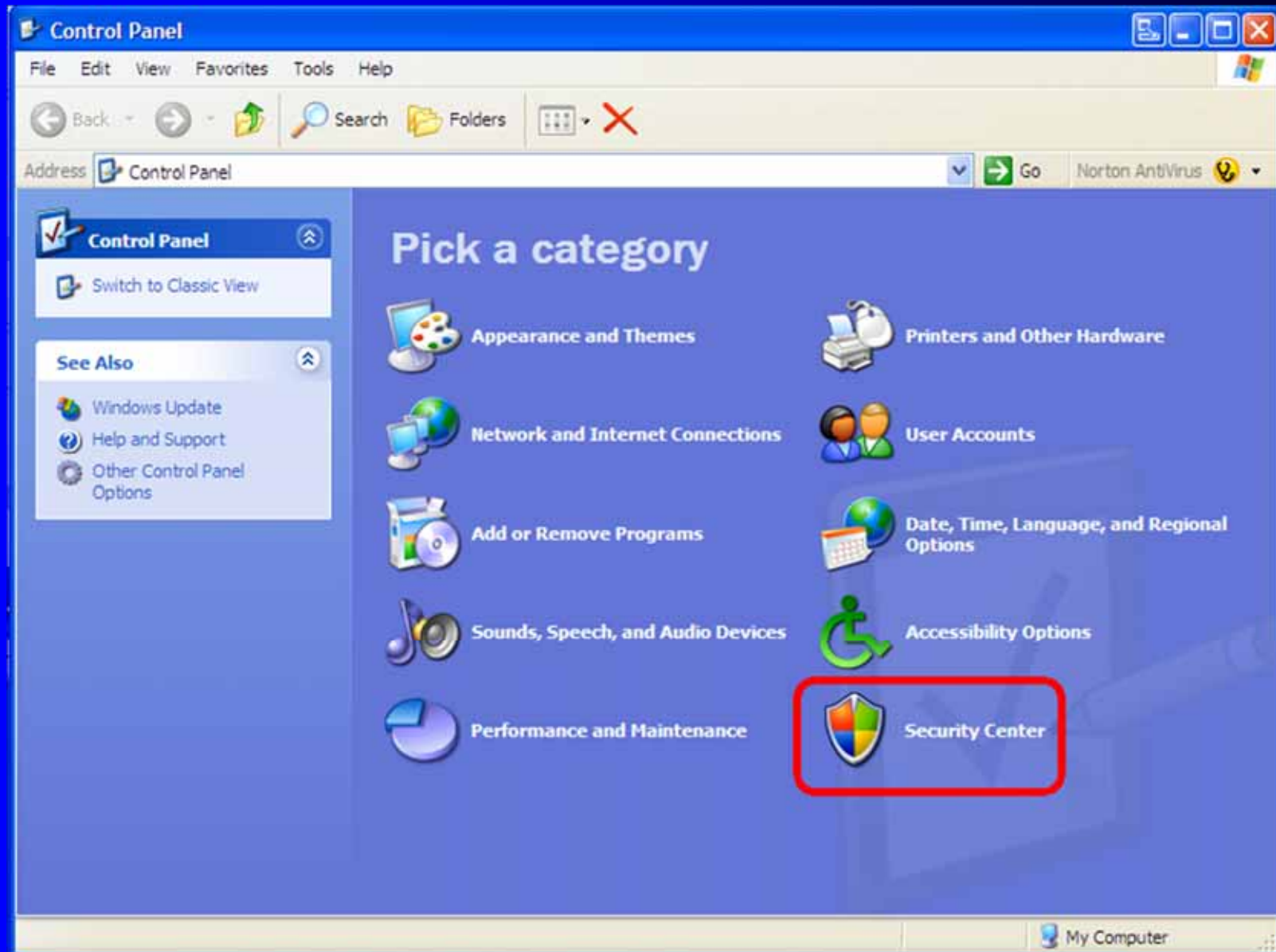


Double click on the icon



# Do this first...

For XP



Windows Security Center

# Security Center

Help protect your PC

### Resources

- Get the latest security and virus information from Microsoft
- Check for the latest updates from Windows Update
- Get support for security-related issues
- Get help about Security Center
- Change the way Security Center alerts me

## Security essentials

Security Center helps you manage your Windows security settings. To help protect your computer, make sure the three security essentials are marked ON. If the settings are not ON, follow the recommendations. To return to the Security Center later, open Control Panel.  
[What's new in Windows to help protect my computer?](#)

- Firewall** ON
- Automatic Updates** ON
- Virus Protection** ON

avast! antivirus 4.8.1335 [VPS 090316-0] reports that it is up to date and virus scanning is on. Antivirus software helps protect your computer against viruses and other security threats. [How does antivirus software help protect my computer?](#)

Note: You now have antivirus software that Windows can monitor. Click Recommendations to find out how.

[Recommendations...](#)

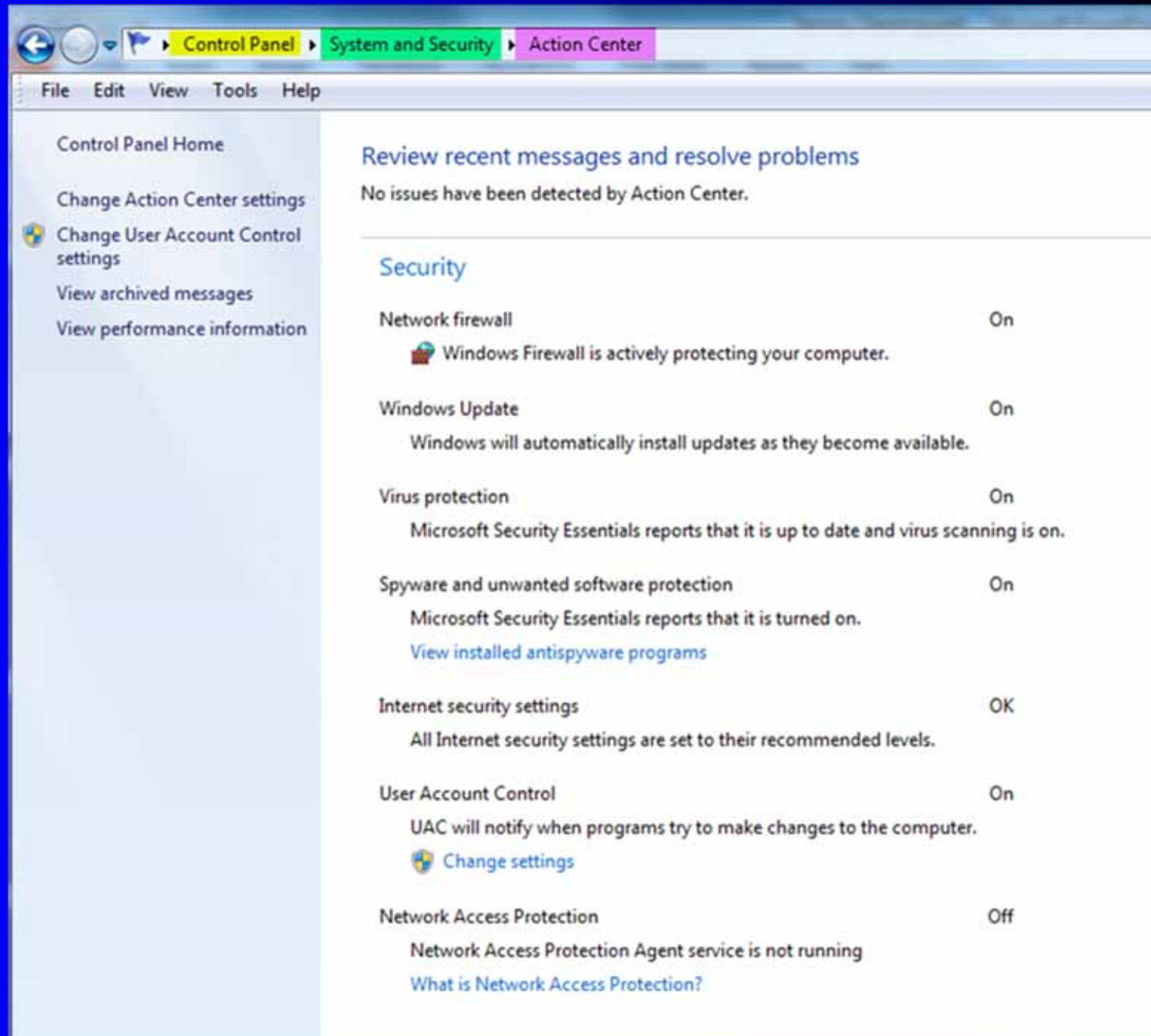
### Manage security settings for:

- Internet Options
- Windows Firewall
- Automatic Updates**

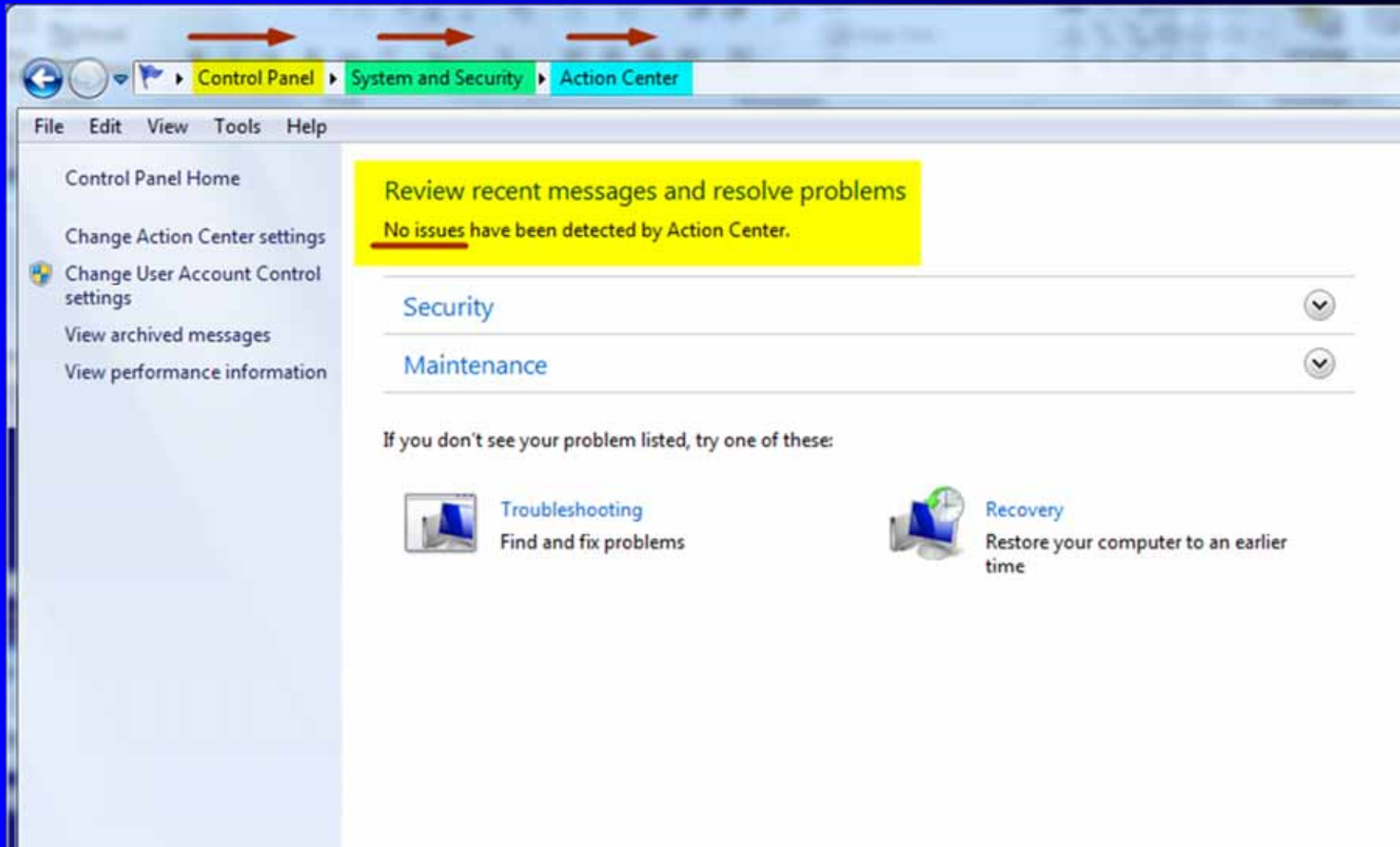
At Microsoft, we care about your privacy. Please read our [privacy statement](#).

My Computer

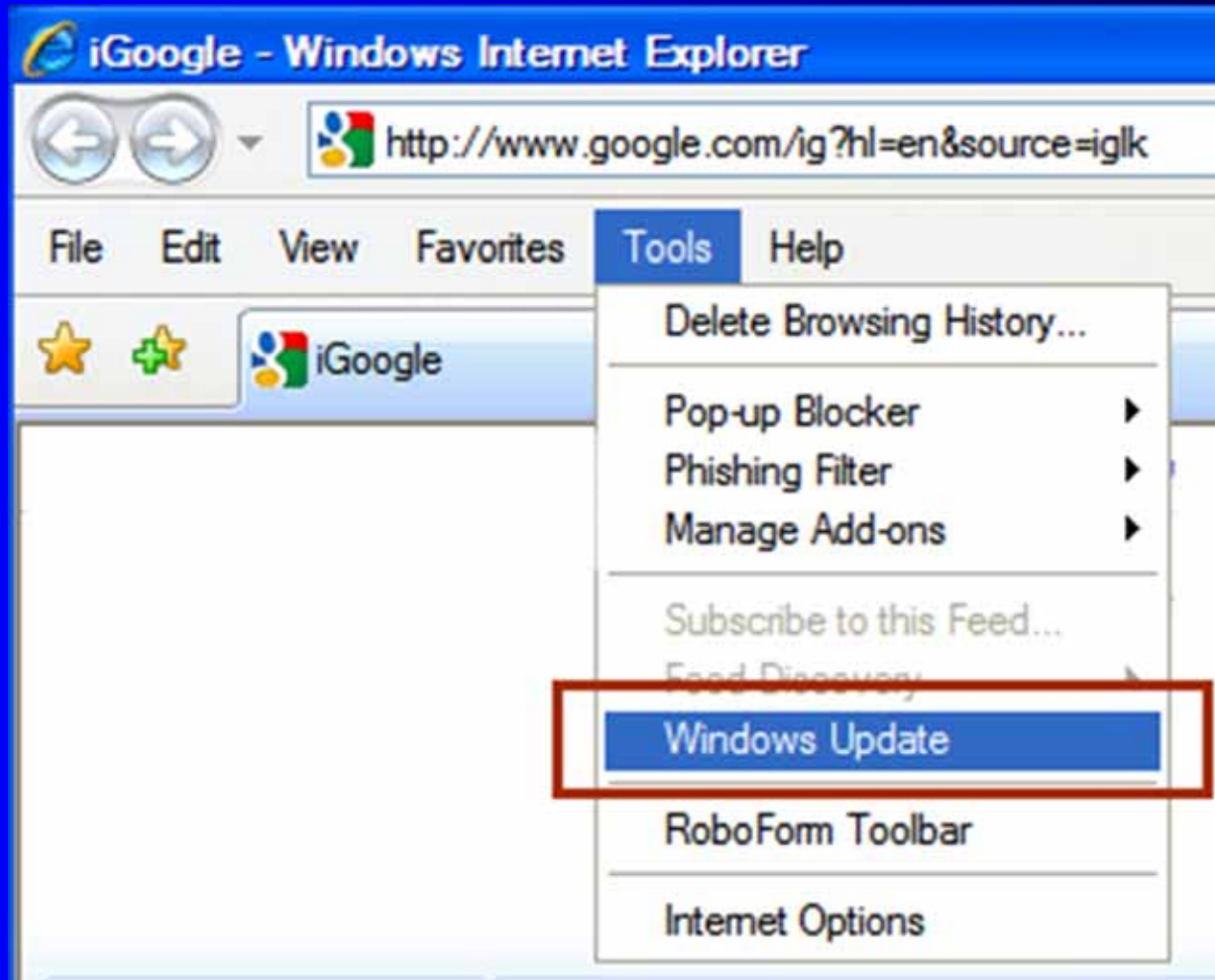
For Vista



# For Win 7



Just in case, check to see if any critical updates are missing...




Control Panel > System and Security > Windows Update

File Edit View Tools Help

Control Panel Home

- Check for updates
- Change settings
- View update history
- Restore hidden updates
- Updates: frequently asked questions

### Windows Update



Checking for updates...

Most recent check for updates: Today at 3:38 PM  
Updates were installed: 3/9/2011 at 6:04 PM. [View update history](#)  
You receive updates: For Windows and other products from Microsoft Update


Control Panel > System and Security > Windows Update


File Edit View Tools Help

[Control Panel Home](#)

- Check for updates
- Change settings
- View update history
- Restore hidden updates
- Updates: frequently asked questions

### Windows Update



 **No important updates available**  
2 optional updates are available | No updates are currently selected.

Most recent check for updates: Today at 3:38 PM  
Updates were installed: 3/9/2011 at 6:04 PM. [View update history](#)  
You receive updates: For Windows and other products from Microsoft Update

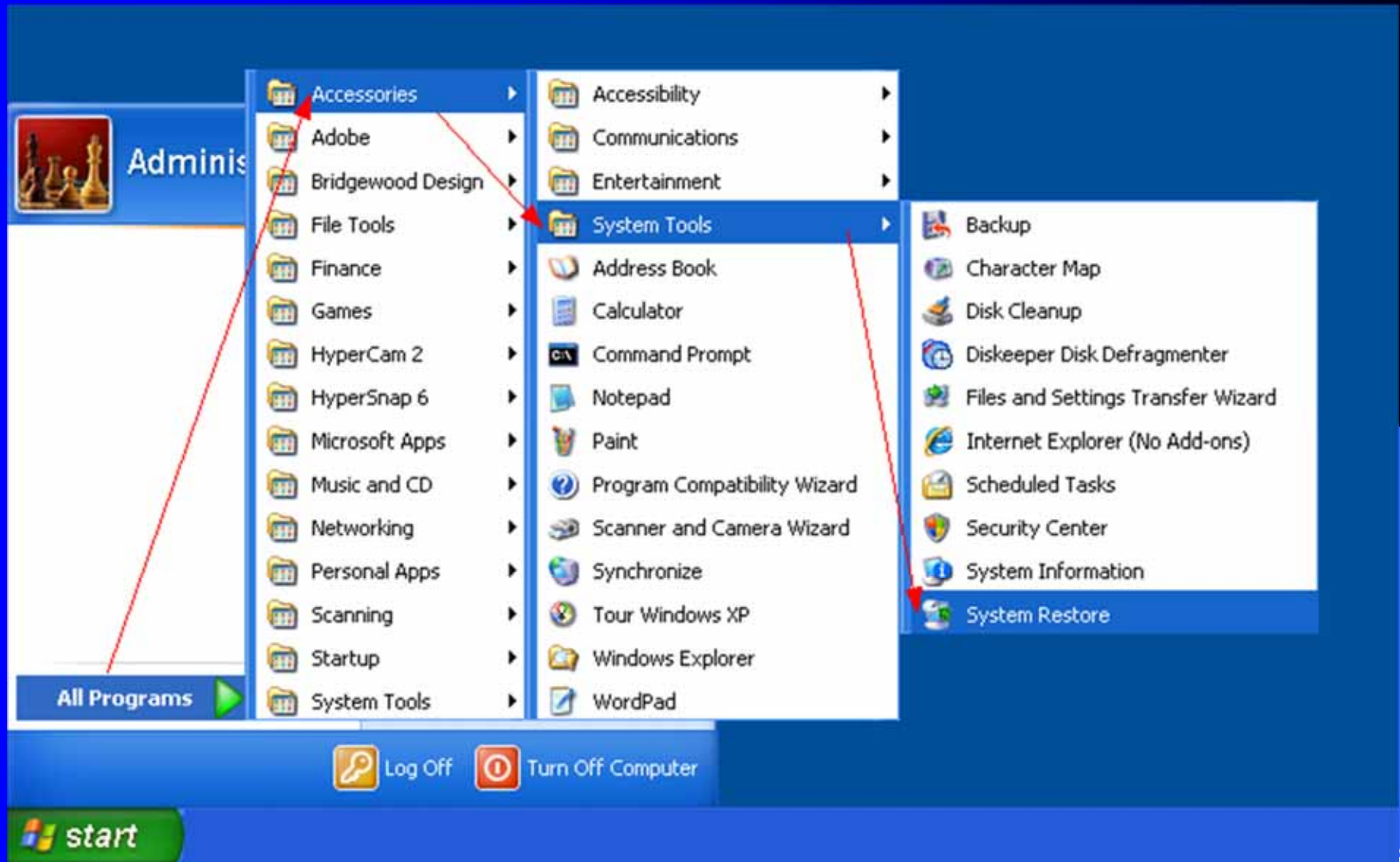
*Now...*

Go to System Restore and  
set a restore point!

Just in case something goes wrong, we can  
always [Safely] return to the start point.

After all...we are talking about computers!

# If you are using XP...



## Welcome to System Restore

You can use System Restore to undo harmful changes to your computer and restore its settings and performance. System Restore returns your computer to an earlier time (called a restore point) without causing you to lose recent work, such as saved documents, e-mail, or history and favorites lists.

Any changes that System Restore makes to your computer are completely reversible.

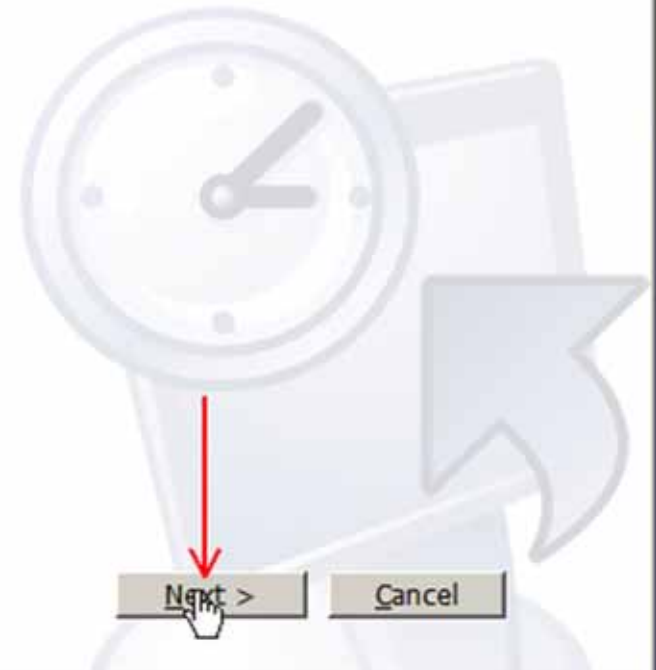
Your computer automatically creates restore points (called system checkpoints), but you can also use System Restore to create your own restore points. This is useful if you are about to make a major change to your system, such as installing a new program or changing your registry.

[System Restore Settings](#)

To continue, select an option, and then click Next.

### To begin, select the task that you want to perform:

- Restore my computer to an earlier time
- Create a restore point
- Undo my last restoration



Next > Cancel

System Restore

## Create a Restore Point

Your computer automatically creates restore points at regularly scheduled times or before certain programs are installed. However, you can use System Restore to create your own restore points at times other than those scheduled by your computer.

Type a description for your restore point in the following text box. Ensure that you choose a description that is easy to identify in case you need to restore your computer later.


**Restore point description:**

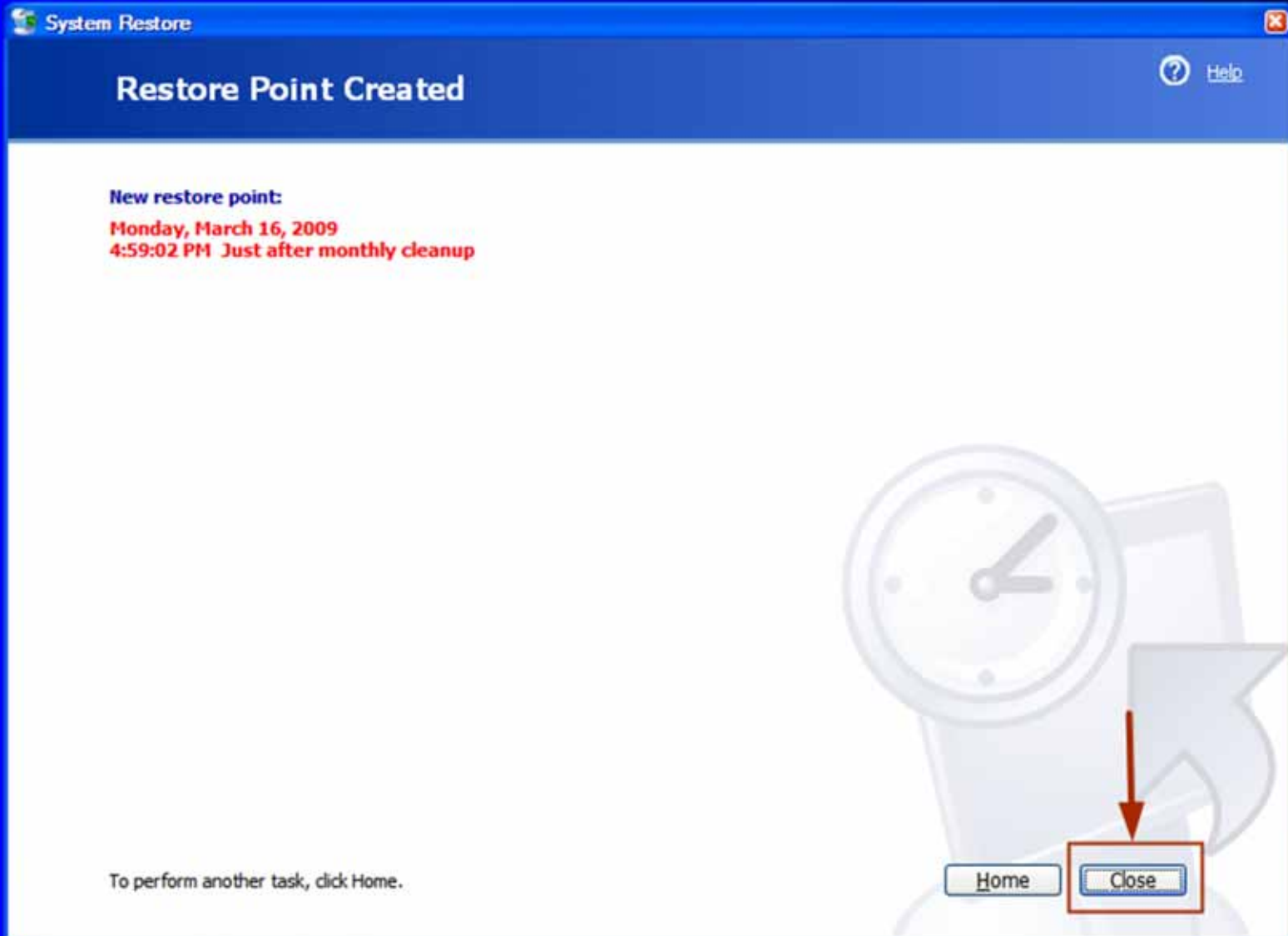
Just after monthly cleanup

The current date and time are automatically added to your restore point.

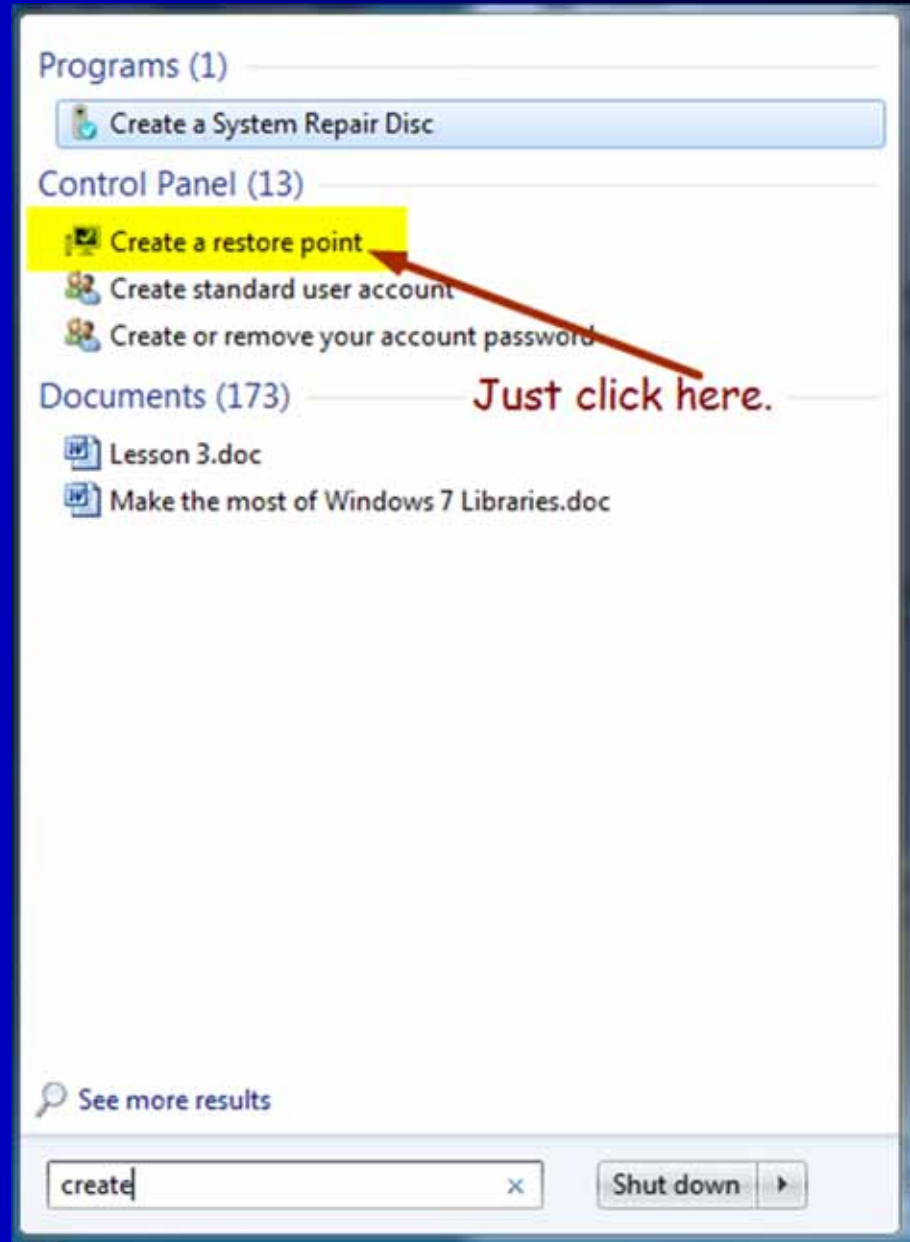
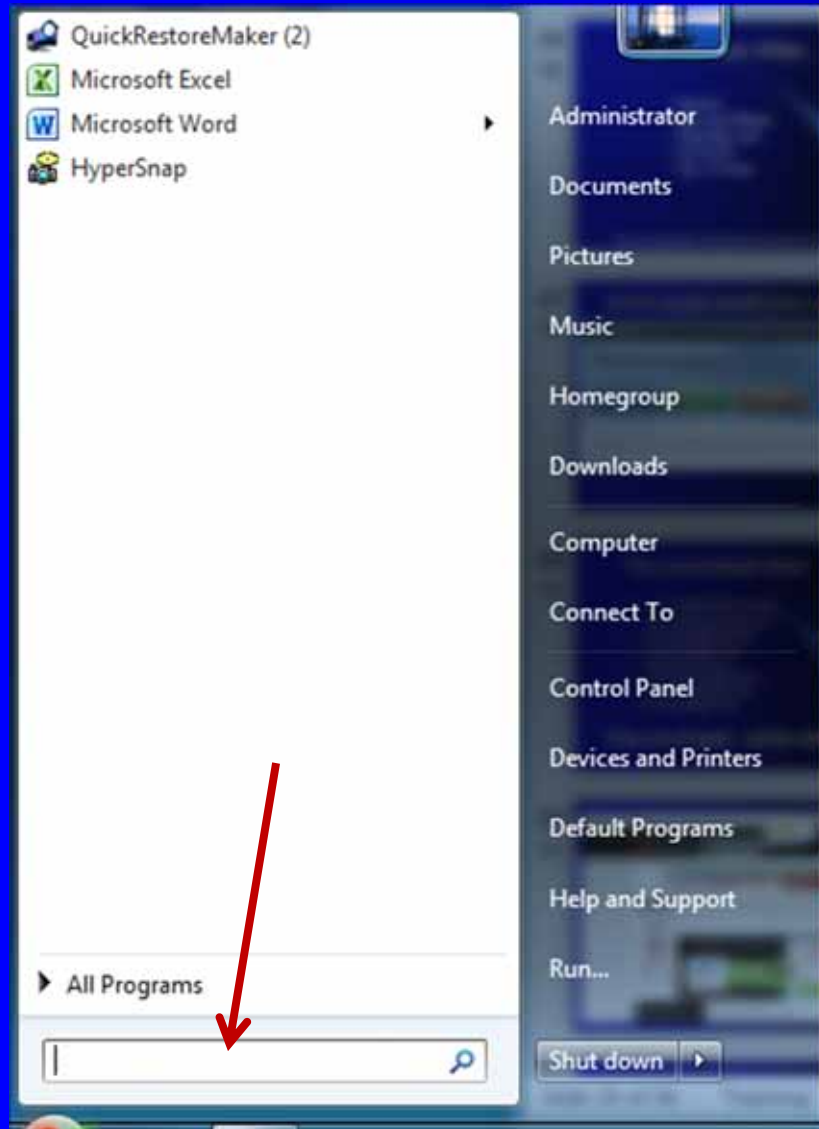
This restore point cannot be changed after it is created. Before continuing, ensure that you have typed the correct name.

< Back Create Cancel





# For Vista and Win 7



Get rid of any “spyware” that you may have picked up while on the Internet.

Malwarebytes – will be our example.

If you are using Malwarebytes Pro, this step is not necessary.

# There are many others...

- Spybot
- Spyware Blaster
- SuperSpyware
- Ad-Aware
- Spy Sweeper

\* They are all good and do not hesitate to use them if you have them.

# www.malwarebytes.org

**Malwarebytes** Products Purchase Support Company

## Malwarebytes' Anti-Malware

Proven to thoroughly detect and remove even the most advanced malware.

[Download  
free version](#) [Buy Now  
full version](#) [Corporate  
Licensing](#)

### Welcome to Malwarebytes

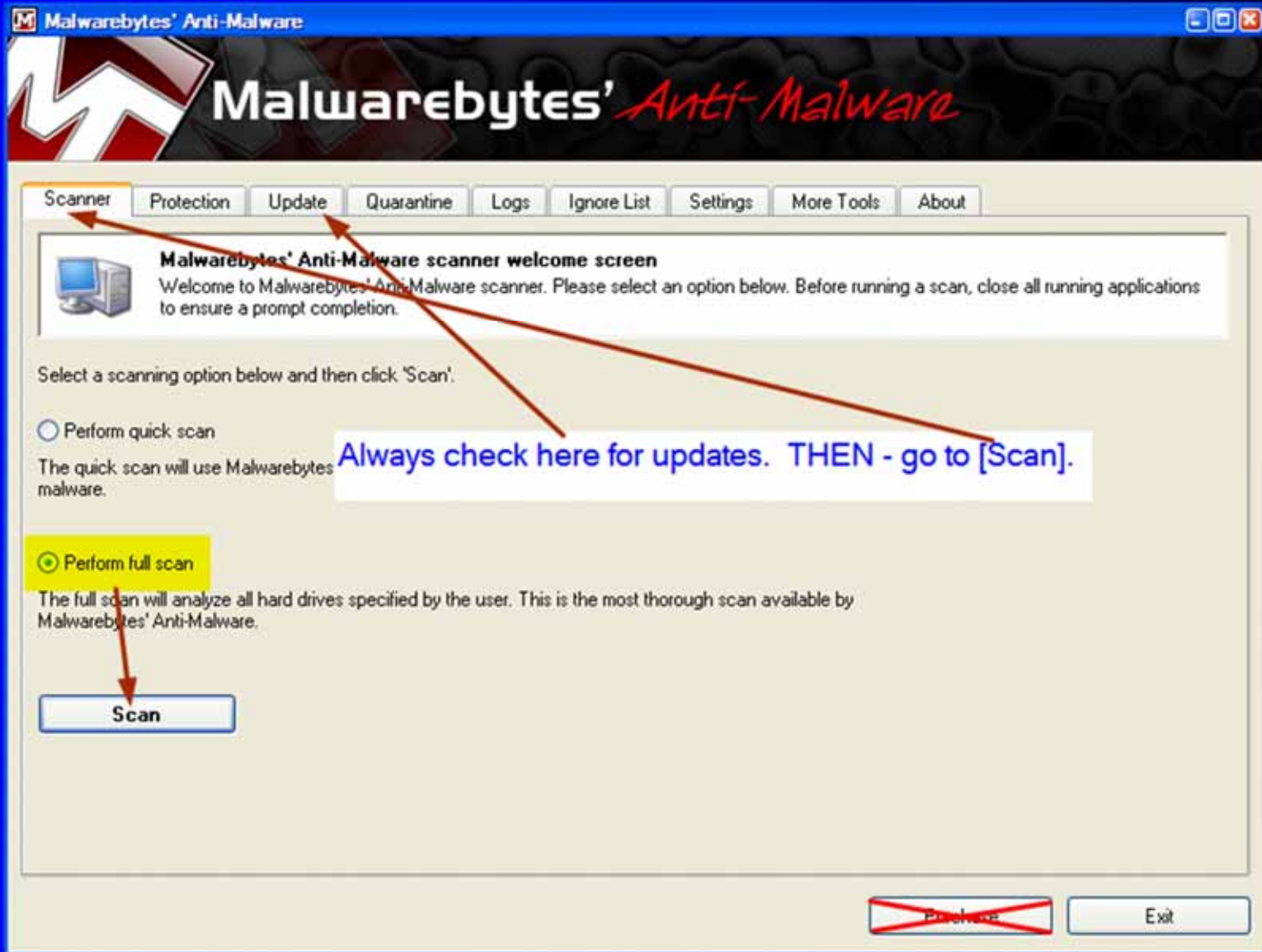
**Malwarebytes** is a site dedicated to fighting malware. Malwarebytes has developed a variety of tools that can identify and remove malicious software from your computer. When your computer becomes infected, Malwarebytes can provide the needed assistance to remove the infection and restore the machine back to optimum performance.

### Latest News

## You can download it from:

- [www.malwarebytes.org](http://www.malwarebytes.org)
- [www.download.cnet.com](http://www.download.cnet.com)
- [www.majorgeeks.com](http://www.majorgeeks.com)
- [www.filehippo.com](http://www.filehippo.com)
- [www.tucows.com](http://www.tucows.com)
- [www.freewarefiles.com](http://www.freewarefiles.com)
- [www.brothersoft.com](http://www.brothersoft.com)
- [www.techspot.com](http://www.techspot.com)

They are all good...just be careful!



Malwarebytes will find and delete any (almost) spyware that has become embedded on your computer.

# www.ccleaner.com

## Piriform®

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#### CCleaner

- [Download](#)
- [Features](#)
- [FAQ](#)
- [Screenshots](#)
- [Reviews](#)
- [Help](#)

#### Defraggler

#### Recuva

#### Speccy

### Email Newsletter

### News on the blog

Home > Products > CCleaner

### CCleaner

Optimization and Cleaning



CCleaner is the number-one tool for cleaning your Windows PC. It protects your privacy online and makes your computer faster and more secure. Easy to use and a small, fast download.

[DOWNLOAD](#)

### More information:

- [Download](#)
- [Features](#)
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## CCleaner

Optimization and Cleaning



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### Products

- CCleaner
- Defraggler
- Recuva
- Speccy

## CCleaner - Download

Optimization and Cleaning

At Home

At Work



### Download CCleaner Installer

Please help support our software and make your computer faster and more secure!

### CCleaner - Priority Support (\$24.95)



We accept the following:



[Business User?](#)

Huge thanks to those of you who have already contributed and support our software!  
You can still [donate here](#).

**Version 3.04.1389 (2.962 kb)**

- [Download from FileHippo.com](#)
- [Download from Piriform.com](#)

## CCleaner

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## Products

- CCleaner
- Defraggler
- Recuva
- Speccy

## Email Newsletter

## Company News

March 14, 2011



This windows appears in IE 7 and 8

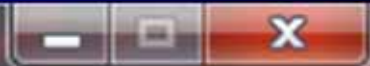
This is a screenshot of the FileHippo.com website. The page is for downloading CCleaner 3.04.1389. The site header includes a search bar, a "GO" button, and a language selector set to "EN". A banner at the top right encourages downloading a "FREE Update Checker". The main content area features a "TOP RATED DOWNLOAD" badge, the CCleaner logo, and the version number "3.04.1389" by Piriform, with a size of 2.89MB. There are tabs for "Description", "Technical", and "Change Log". A description of the software is provided, along with a list of "Old Versions". On the right side, a green download icon and the text "Download Latest Version 2.89MB" are circled in red. A "Registry Reviver" product image is shown with a large red 'X' over it.



This window appears in IE 9.0



CCleaner v3.04 Setup



### Install Options

Select any additional options



- Add Desktop Shortcut
- Add Start Menu Shortcuts

Check these the first time you download Ccleaner.

- Add 'Run CCleaner' option to Recycle Bin context menu
- Add 'Open CCleaner...' option to Recycle Bin context menu
- Automatically check for updates to CCleaner

Never check these.

Any future update you do, uncheck them all.

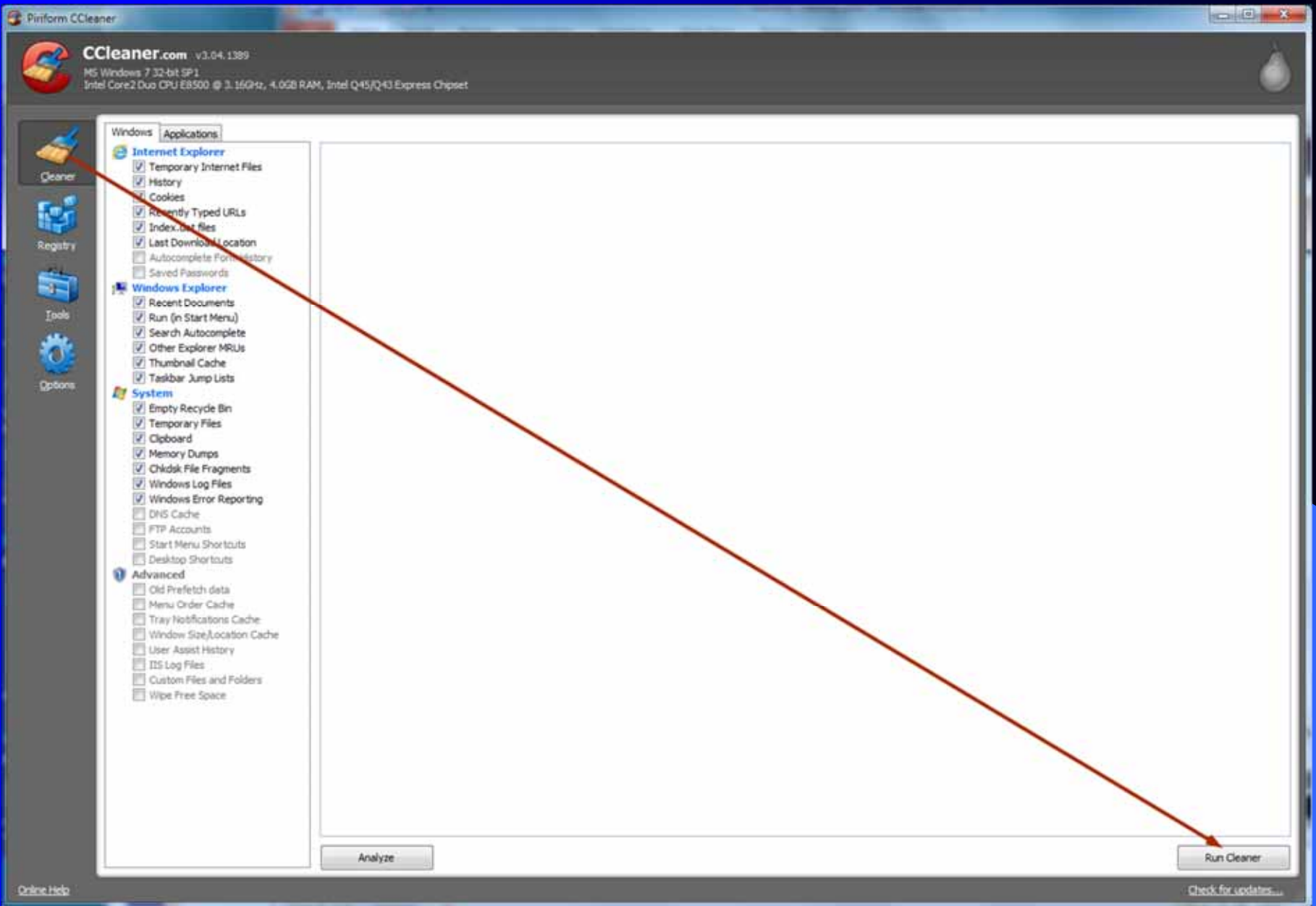
[www.piriform.com](http://www.piriform.com)

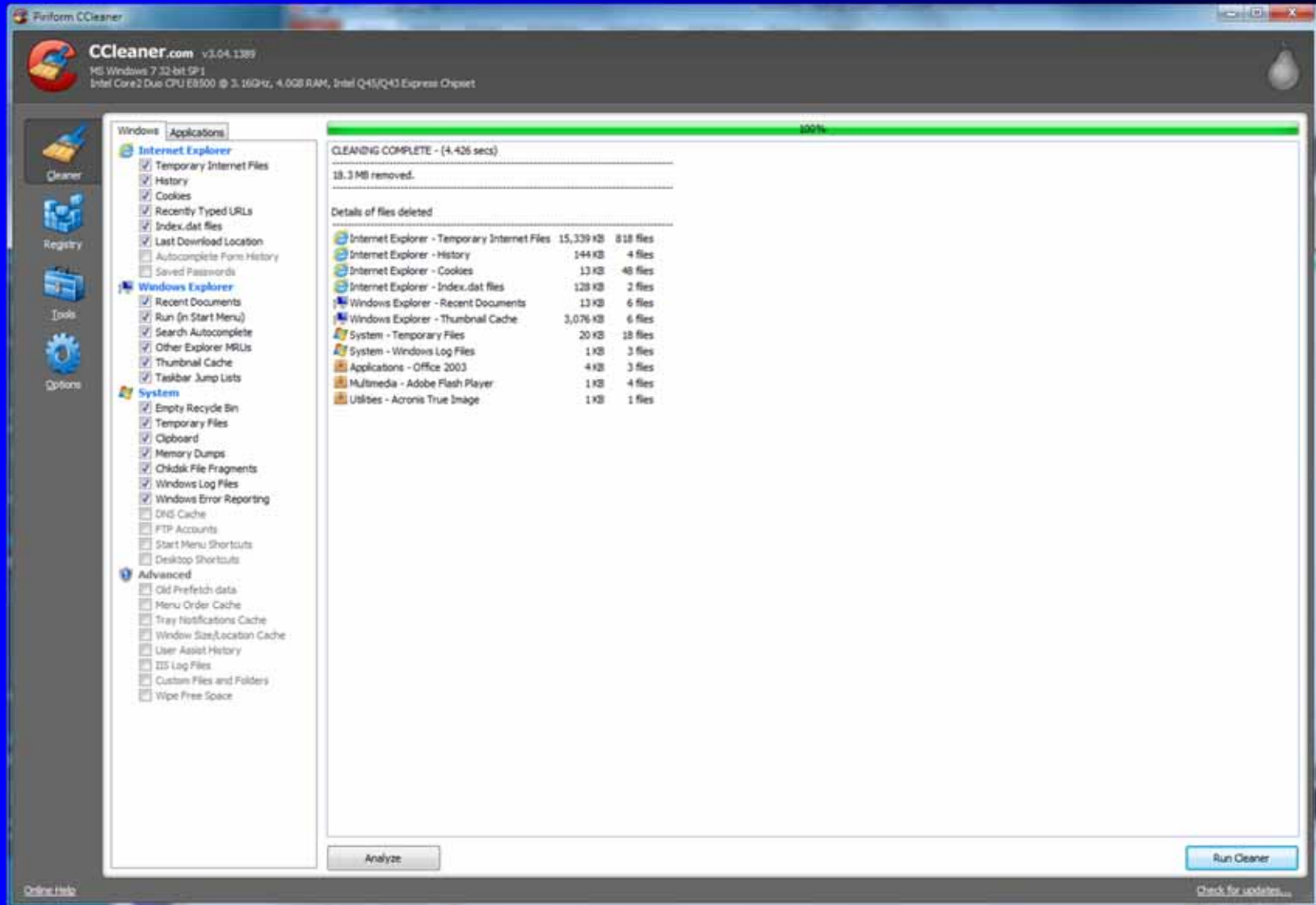
Advanced

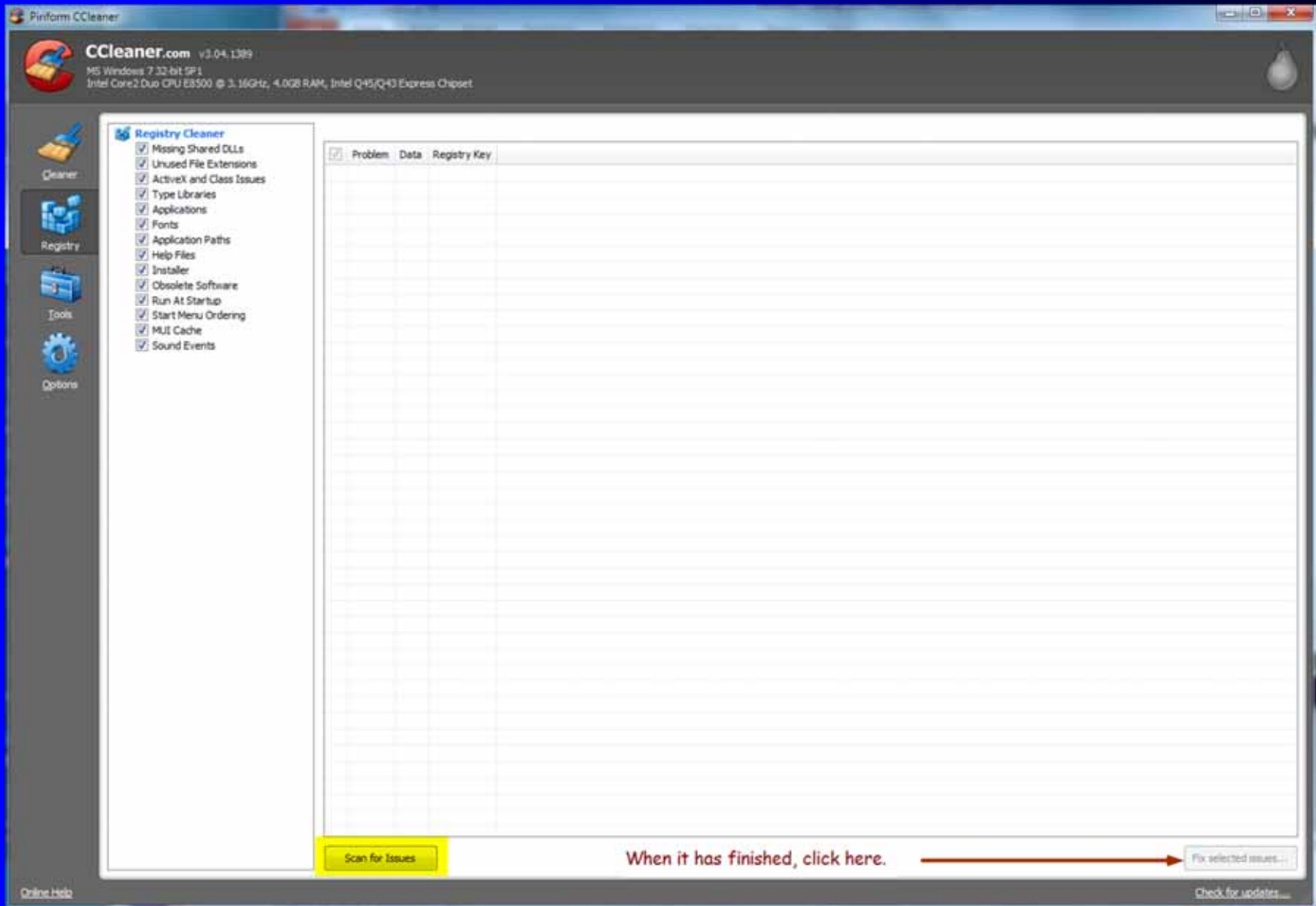
< Back

Install

Cancel







Piriform CCleaner

CCleaner.com v3.04.1389  
MS Windows 7 32-bit SP1  
Intel Core2 Duo CPU E8500 @ 3.16GHz, 4.0GB RAM, Intel Q45/Q43 Express Chipset

Uninstall  
Startup  
System Restore  
Drive Wiper

### Startup

These programs are set to run when your computer starts

Enabled	Key	Program	File	Enable	Disable	Delete
Yes	HKCU:Run	Sidebar	C:\Program Files\Windows Sidebar\sidebar.exe /autoRun			
Yes	HKLM:Run	IntellPoint	"C:\Program Files\Microsoft IntelliPoint\point.exe"			
Yes	HKLM:Run	TrueImageMonitor.exe	"C:\Program Files\Acronis\TrueImageHome\TrueImageMonitor.exe"			
Yes	HKLM:Run	Acronis Scheduler 2 Service	"C:\Program Files\Common Files\Acronis\Schedule2\schedhlp.exe"			
Yes	HKLM:Run	Malwarebytes' Anti-Malware	"C:\Program Files\Malwarebytes' Anti-Malware\mbamgui.exe" /starttray			
Yes	HKLM:Run	MSC	"C:\Program Files\Microsoft Security Client\msseces.exe" -hide -runkey			
Yes	HKLM:Run	Windows Firewall Control	C:\Program Files\Windows Firewall Control\Windows Firewall Control.exe			
No	HKLM:Run	WinPatrol	C:\Program Files\BillP Studios\WinPatrol\winpatrol.exe -espresboot			
No	Startup User	Dropbox.lnk	C:\Users\ADMINI~1\AppData\Roaming\Dropbox\bin\Dropbox.exe			

Save to text file...

Check for updates...

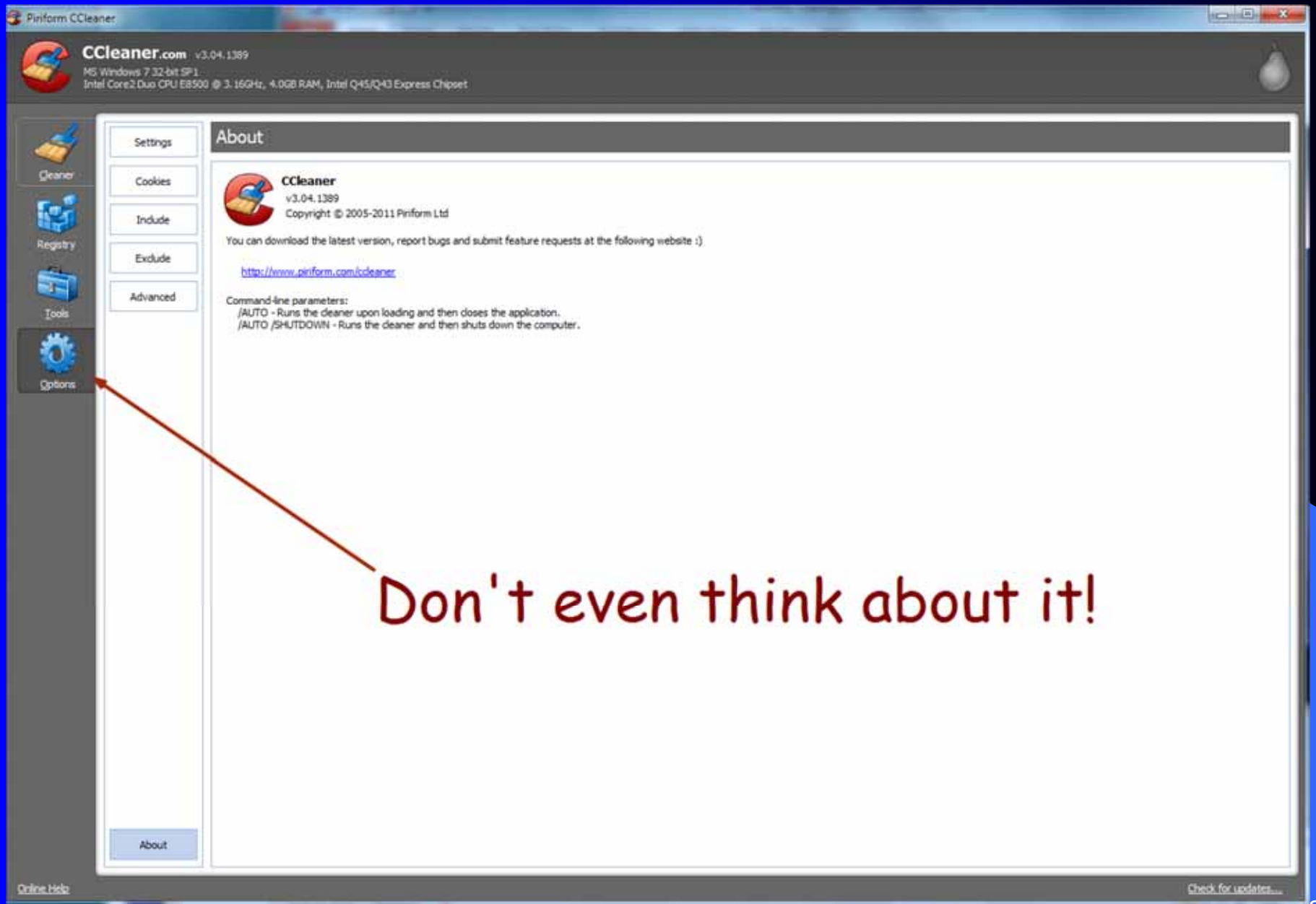
Online Help

If you highlight a line...you have a choice of

If you see any of these words:

- Update
- Updt
- Adobe
- Real
- QuickTime
- iTunes
- ccleaner

“Disable” them...



Don't even think about it!

You can do almost the same thing within XP/Vista/Win 7, but you have to go to multiple places.

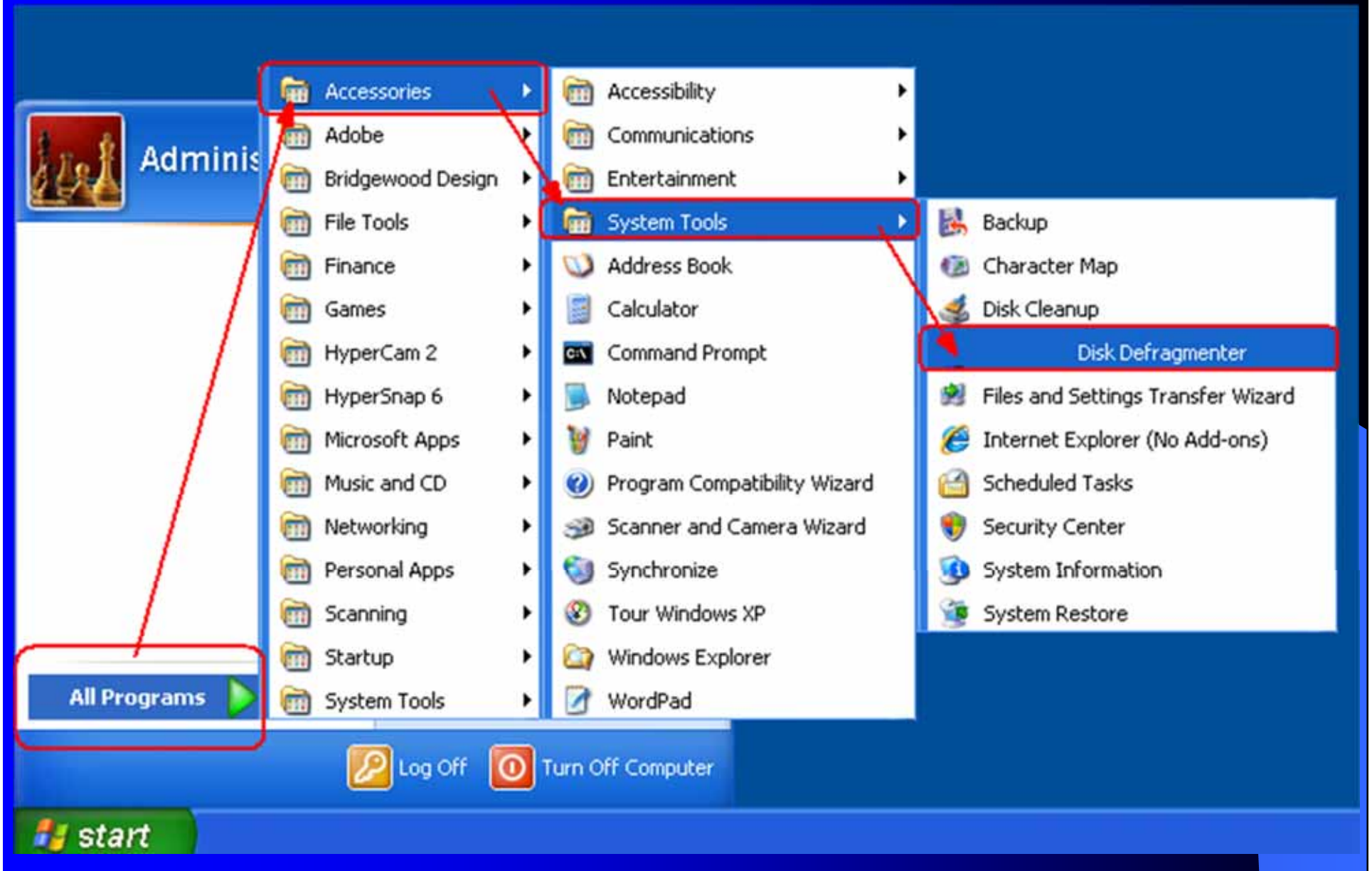
Ccleaner is a one stop cleanup.

The last thing you do is

*“defrag”*

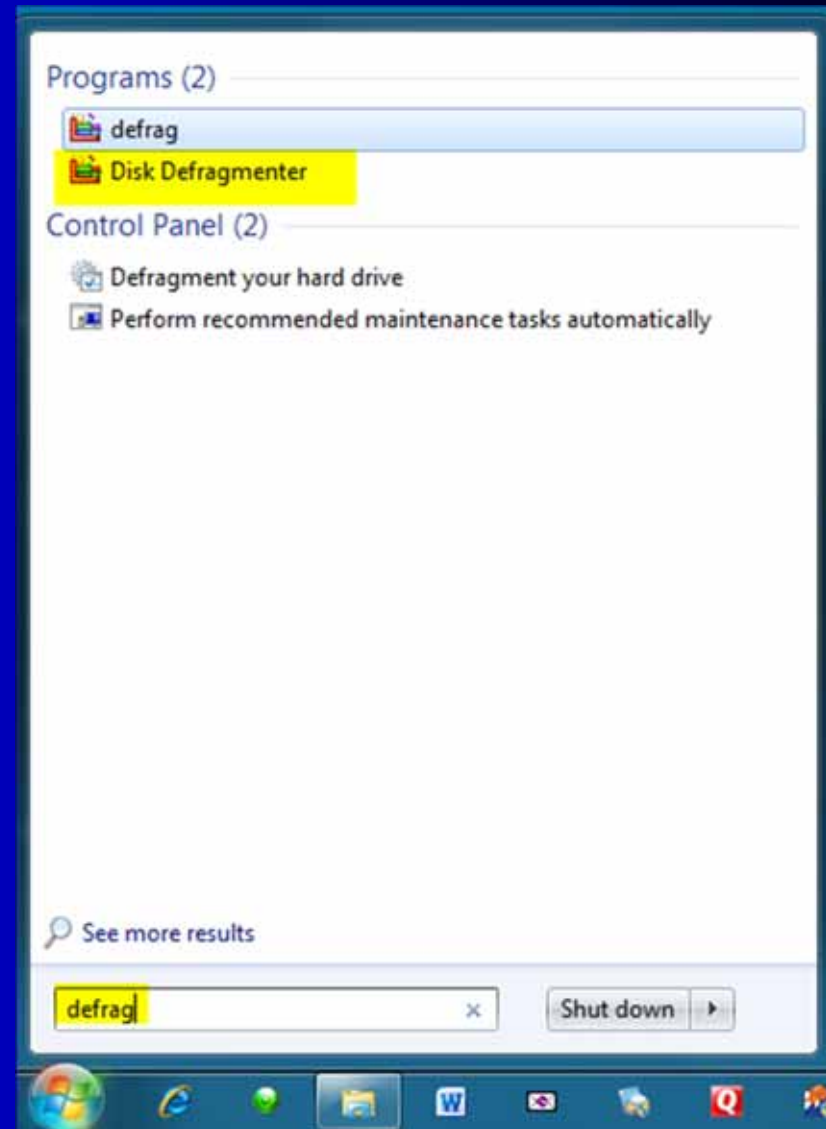
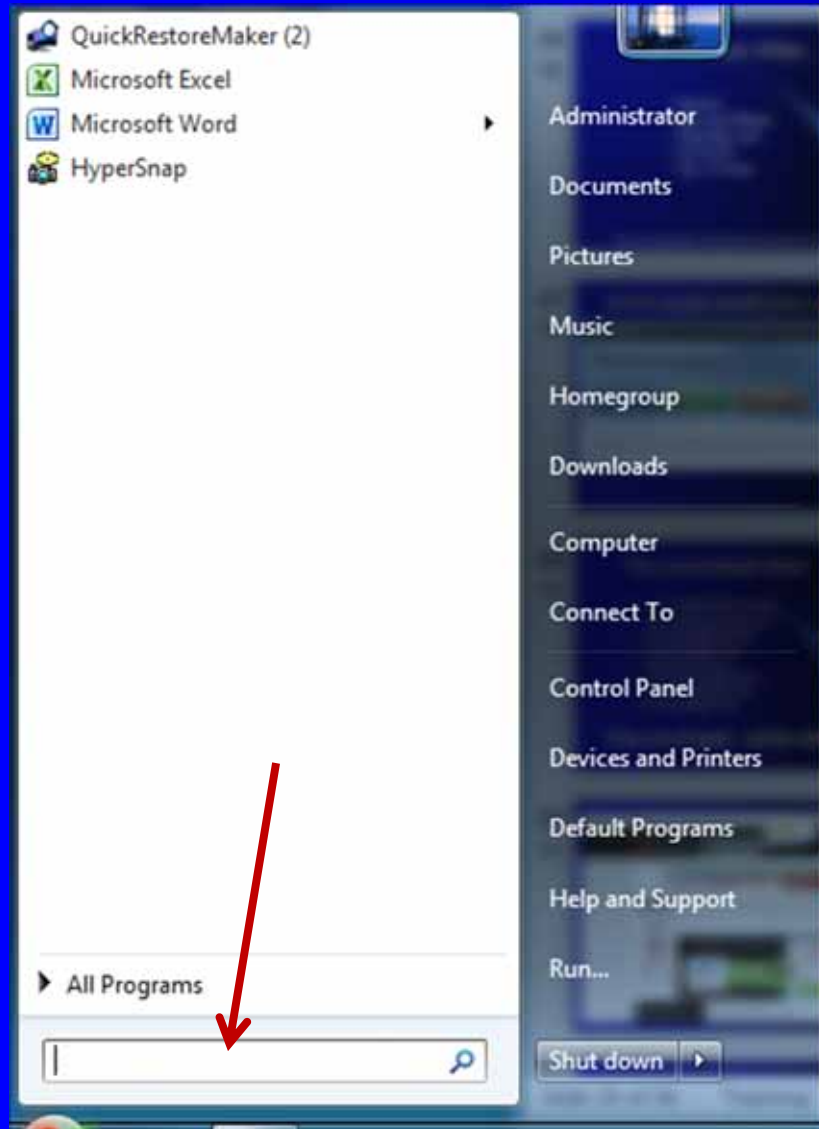
your hard drive.

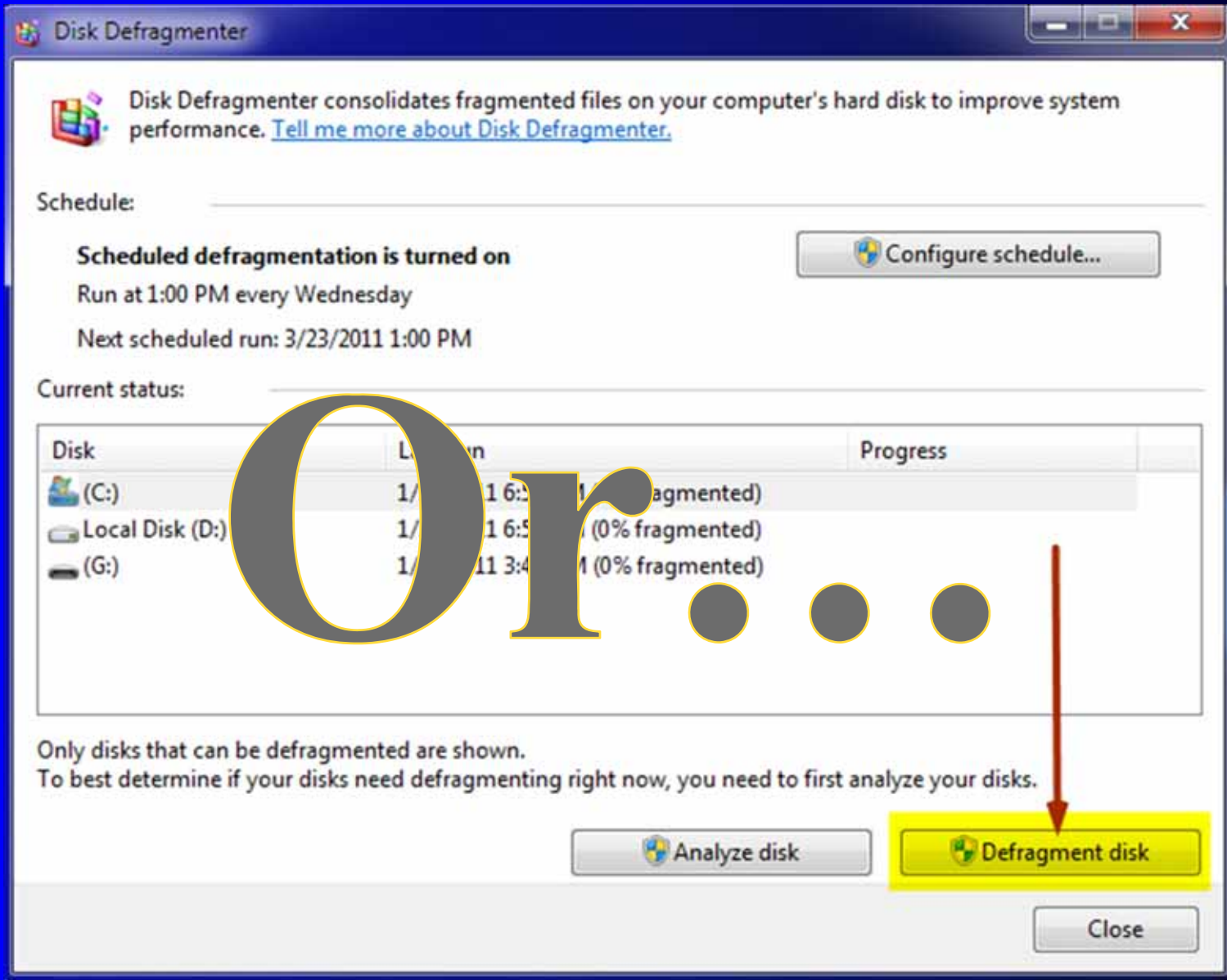
# For XP





# For Vista or Win 7







## Disk Defragmenter



Disk Defragmenter consolidates fragmented files on your computer's hard disk to improve system performance. [Tell me more about Disk Defragmenter.](#)

Schedule:

**Scheduled defragmentation is turned on**

Run at 1:00 PM every Wednesday

Next scheduled run: 3/23/2011 1:00 PM

Configure schedule...

Current status:

Disk	Last Run	Progress
(C:)	1/24/2011 6:53 PM (0% fragmented)	
Local Disk (D:)	1/24/2011 6:55 PM (0% fragmented)	
(G:)	1/14/2011 3:45 AM (0% fragmented)	

Only disks that can be defragmented are shown.

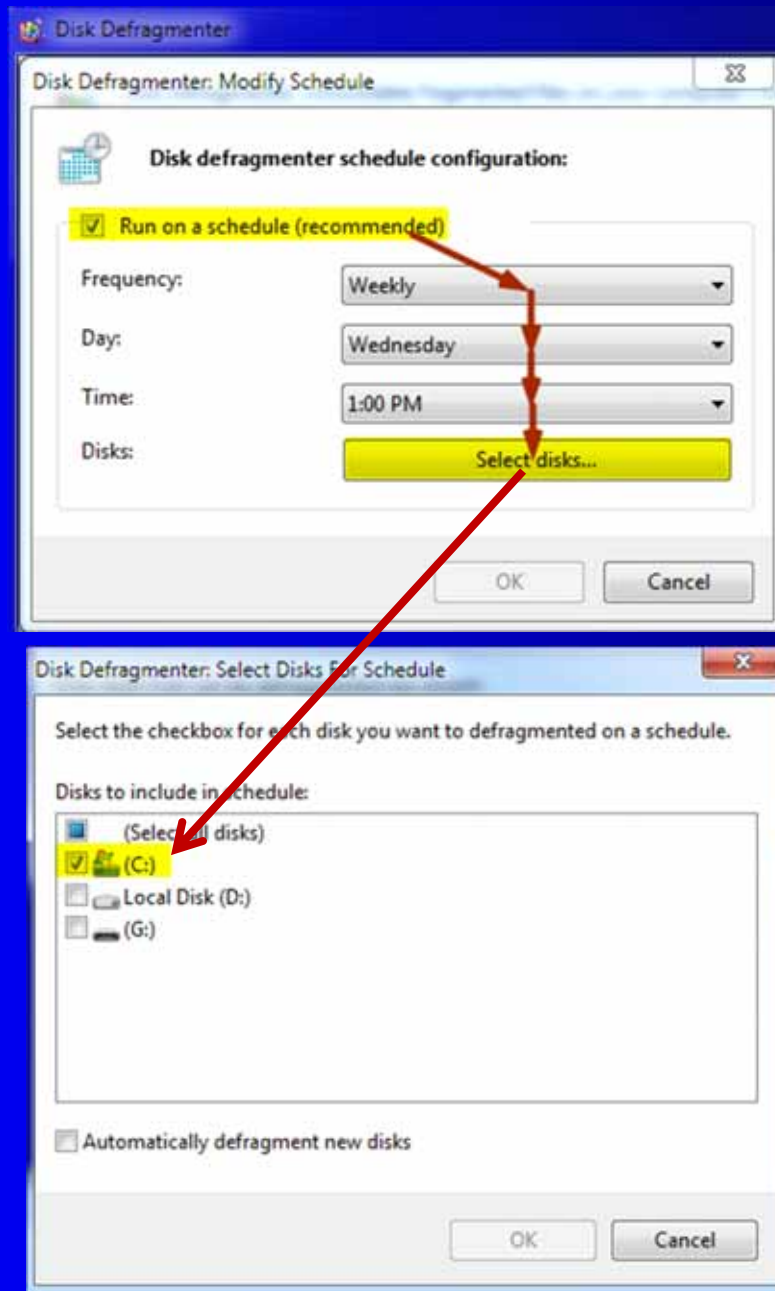
To best determine if your disks need defragmenting right now, you need to first analyze your disks.

Analyze disk

Defragment disk

Close

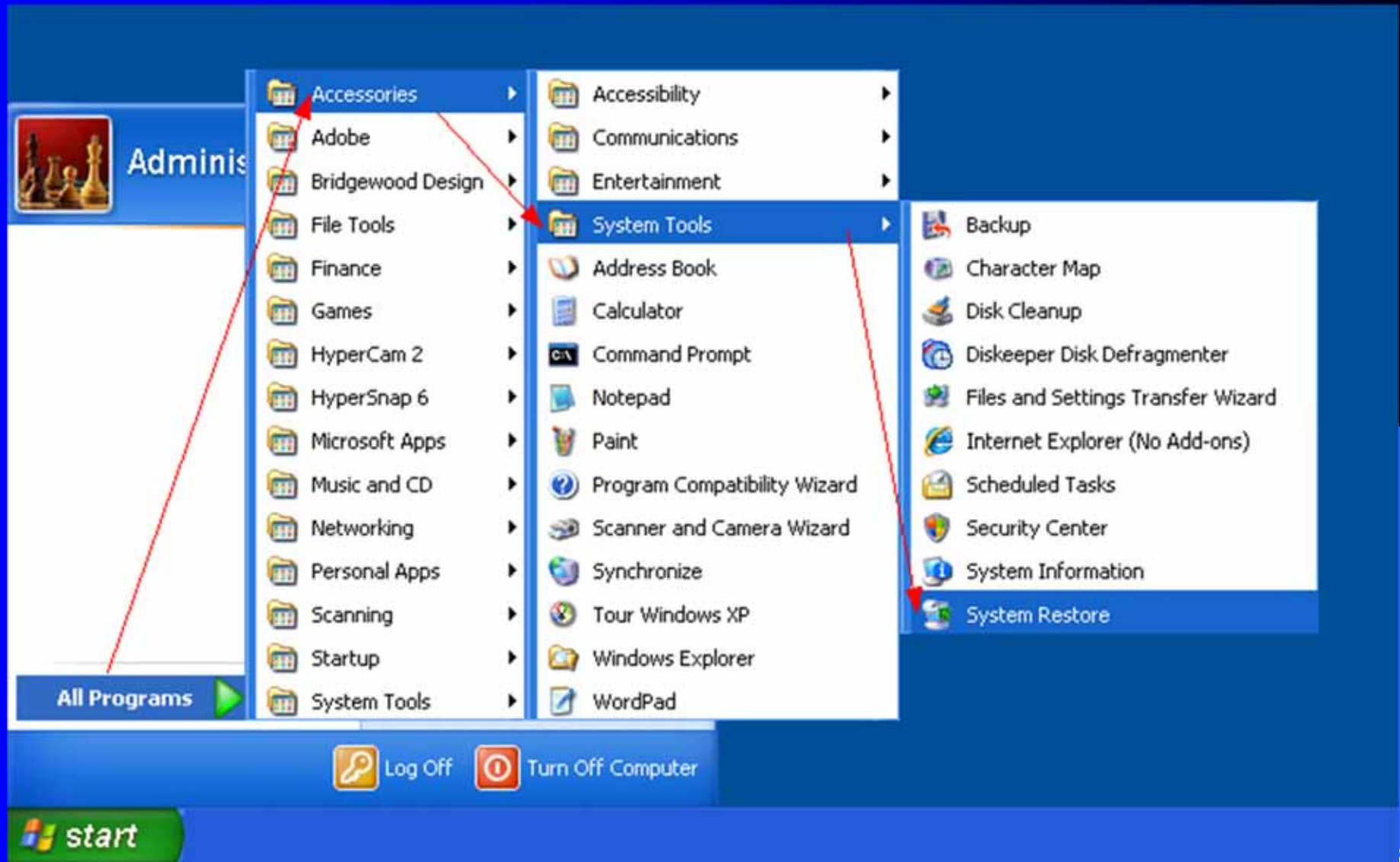
This works  
with Vista and  
Win 7 only!



*Now...*

Go back to System Restore and  
set another restore point!

# If you are using XP...



# Welcome to System Restore

You can use System Restore to undo harmful changes to your computer and restore its settings and performance. System Restore returns your computer to an earlier time (called a restore point) without causing you to lose recent work, such as saved documents, e-mail, or history and favorites lists.

Any changes that System Restore makes to your computer are completely reversible.

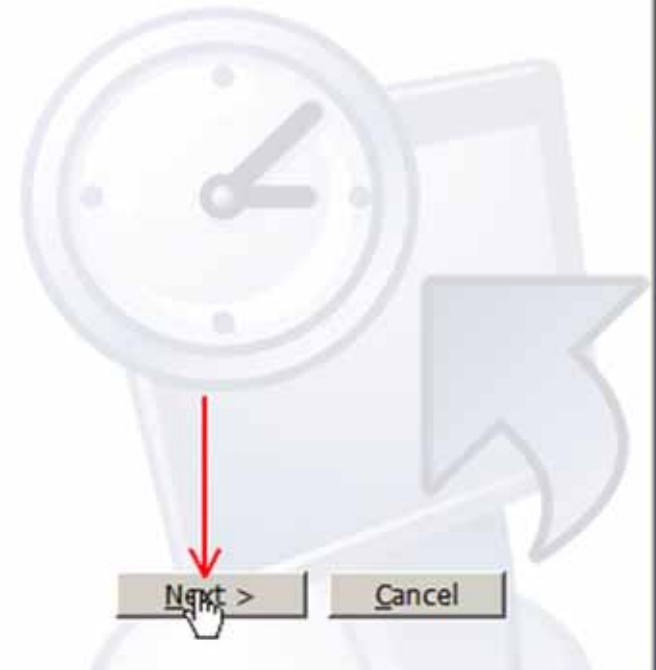
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[System Restore Settings](#)

To continue, select an option, and then click Next.

## To begin, select the task that you want to perform:

- Restore my computer to an earlier time
- Create a restore point
- Undo my last restoration



Next >

Cancel

## Create a Restore Point

Your computer automatically creates restore points at regularly scheduled times or before certain programs are installed. However, you can use System Restore to create your own restore points at times other than those scheduled by your computer.

Type a description for your restore point in the following text box. Ensure that you choose a description that is easy to identify in case you need to restore your computer later.

**Restore point description:**

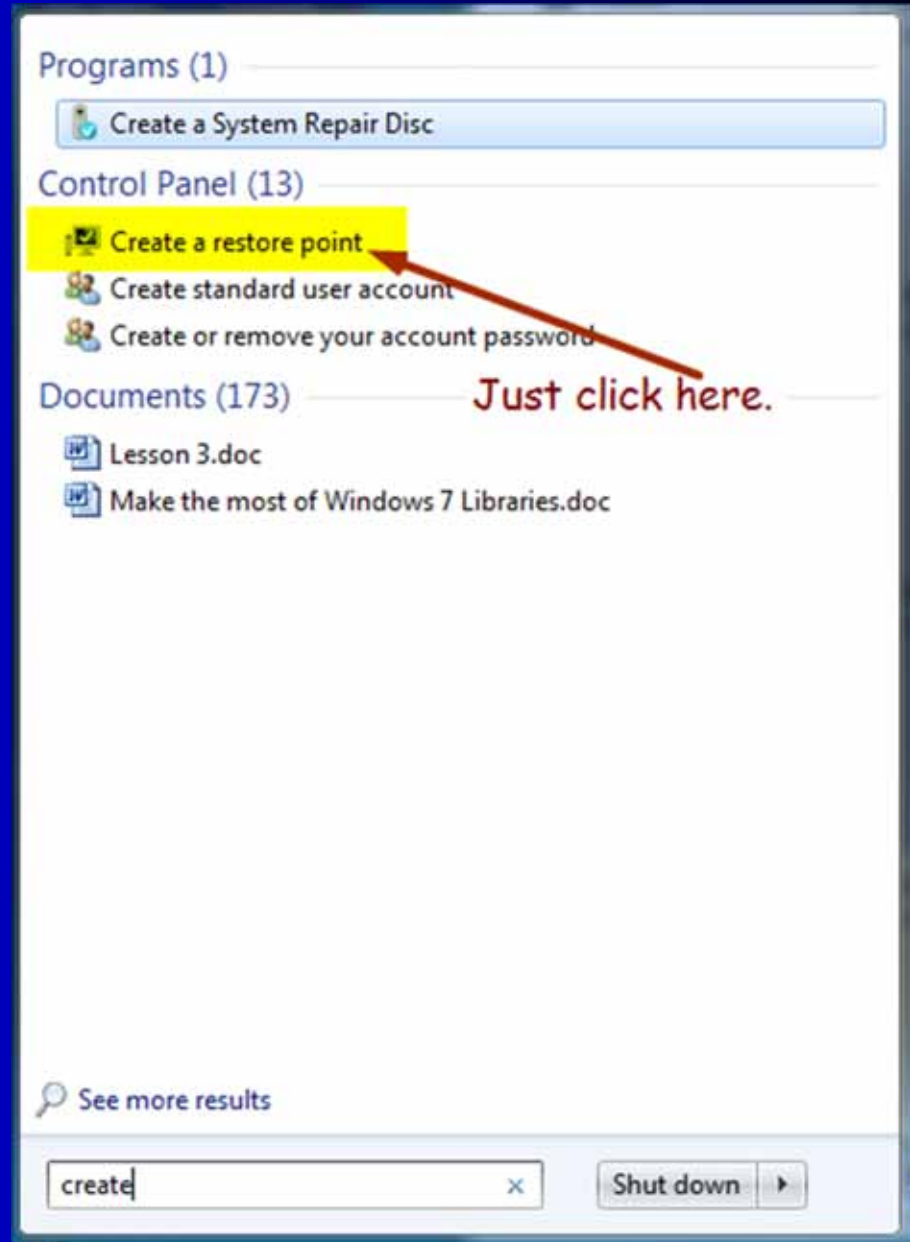
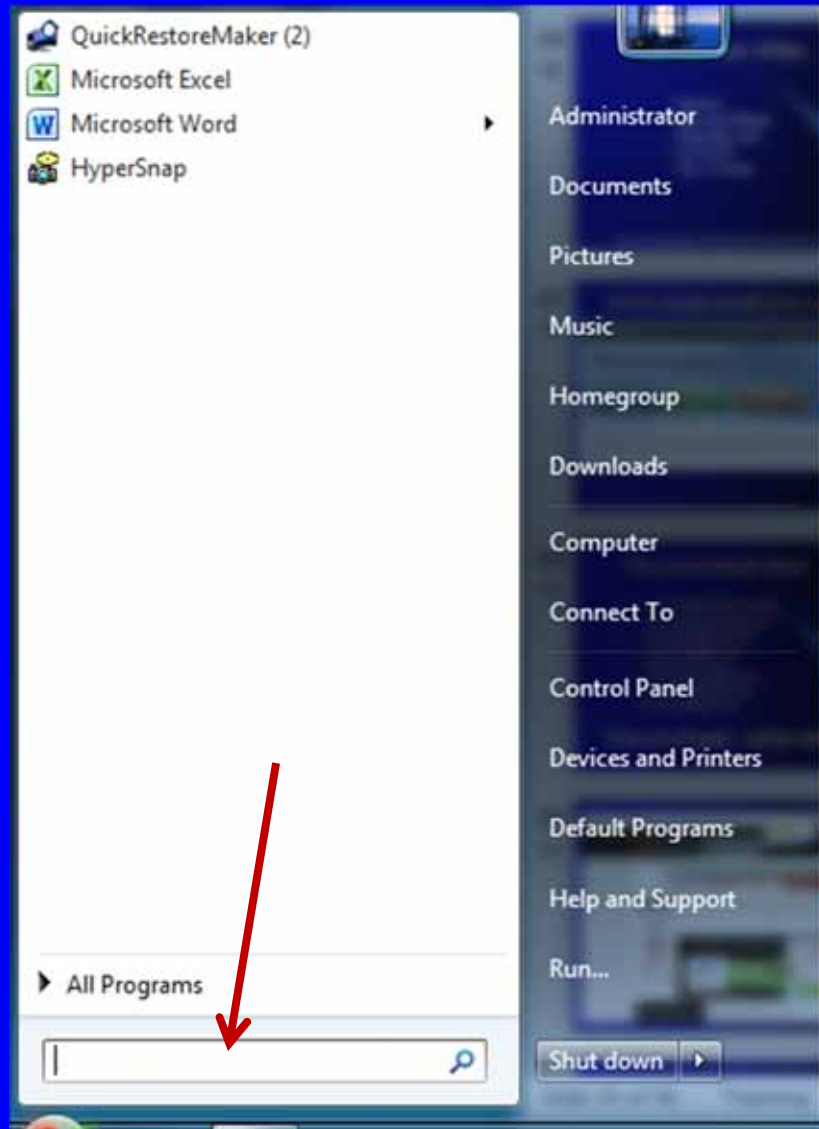
Just after monthly cleanup

The current date and time are automatically added to your restore point.

This restore point cannot be changed after it is created. Before continuing, ensure that you have typed the correct name.

< Back Create Cancel

# For Vista and Win 7



Just click here.

**You are finished!**

?

Questions

?

# *Greensboro ShepNet Learning Center*



[www.greensboroshepNet.org](http://www.greensboroshepNet.org)

This is just a “heads-up” alert.

**As disasters spread, so do online scammers**

Hurricane Katrina spawned 419 scams.

Japan will probably double that number.

If you would like to donate to a disaster charity – please check them out first!

**Go to [charitywatch.org](http://charitywatch.org)**