



*I have a choice:*

*I can spend the day in bed  
recounting the difficulty I have  
with the parts of my body that no  
longer work.*

*Or get out of bed and be  
thankful for the ones that do.*

*Each day is a gift, and as long as  
my eyes open, I'll focus on the  
new day and all the happy  
memories I've stored away.*

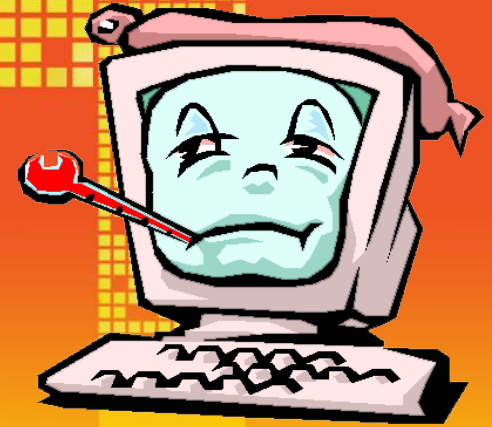
*Just for this time in my life.*



# COMPUTER HEALTHCARE IV — w7

Palm Creek RV and Golf Resort

January 30, 2013



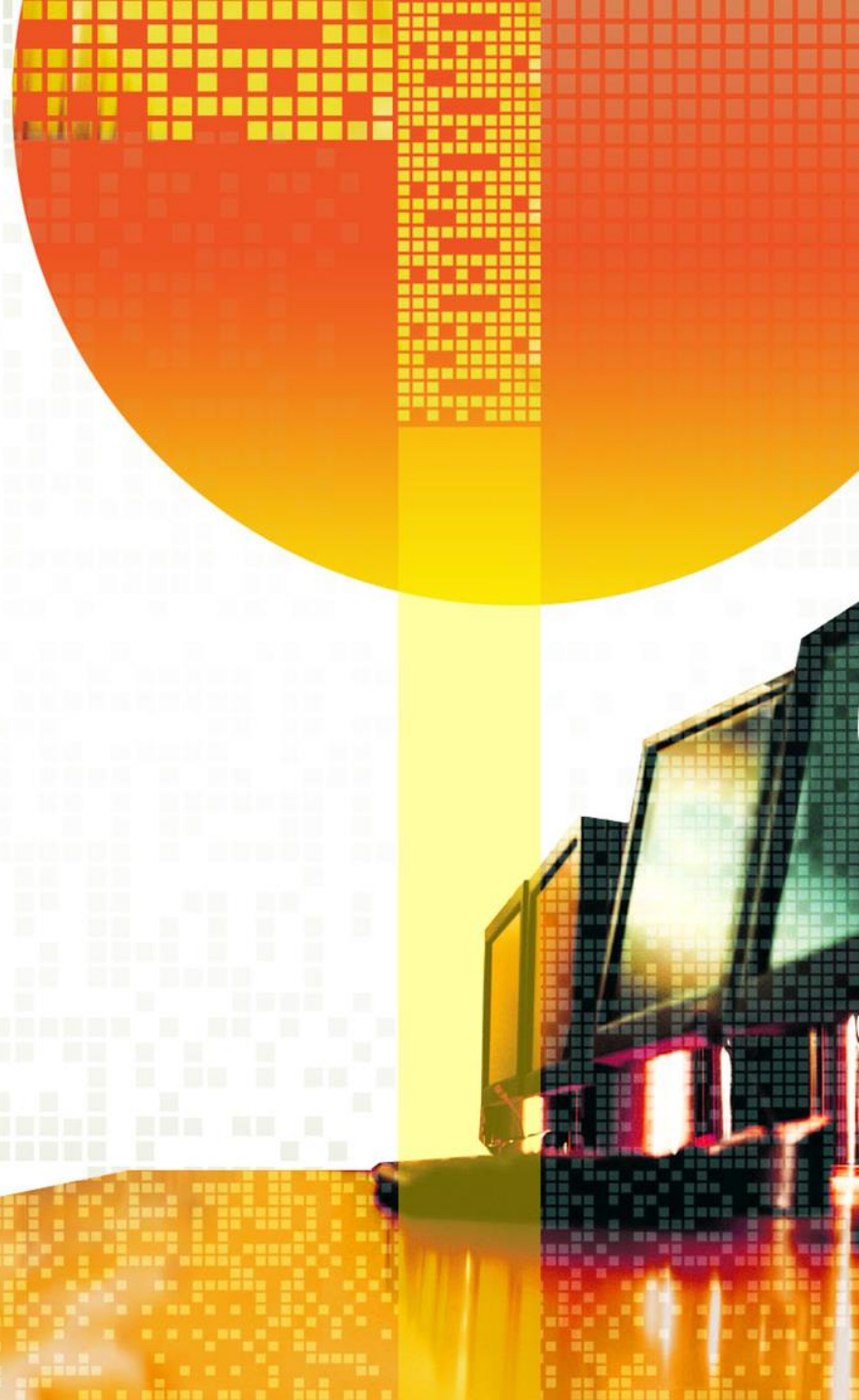
**“If you don’t have time  
to do it right the first time,  
When will you have time  
to fix your mistakes?”**

*Garth  
Vanstone*



# COMPUTER HEALTHCARE

- **Hard Drive Clean-Up**
- **Hard Drive Defragging**
- **Restore Points**
- **Temporary Internet Files and Cookies**
- **Virus Protection**
- **Questions & Answers**



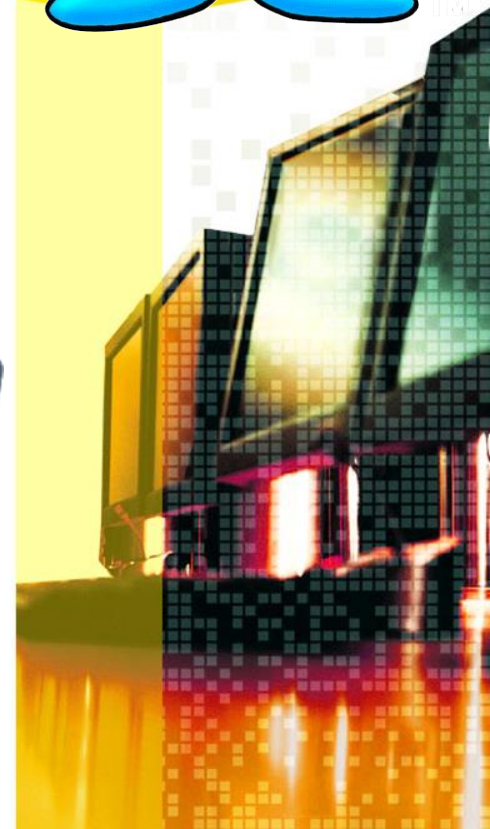
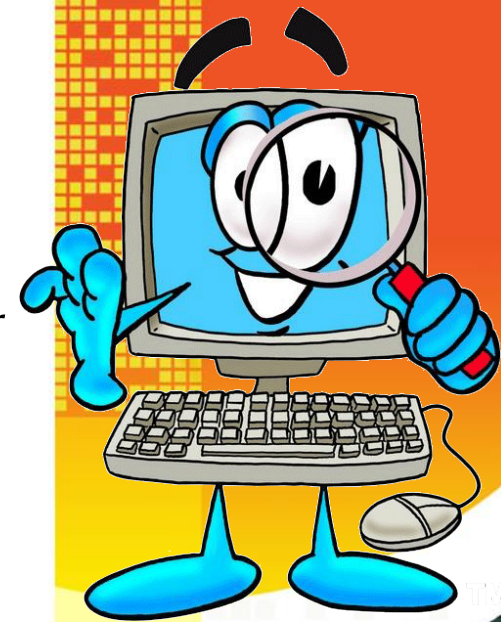


# How do I “Clean Up” my Hard Drive?

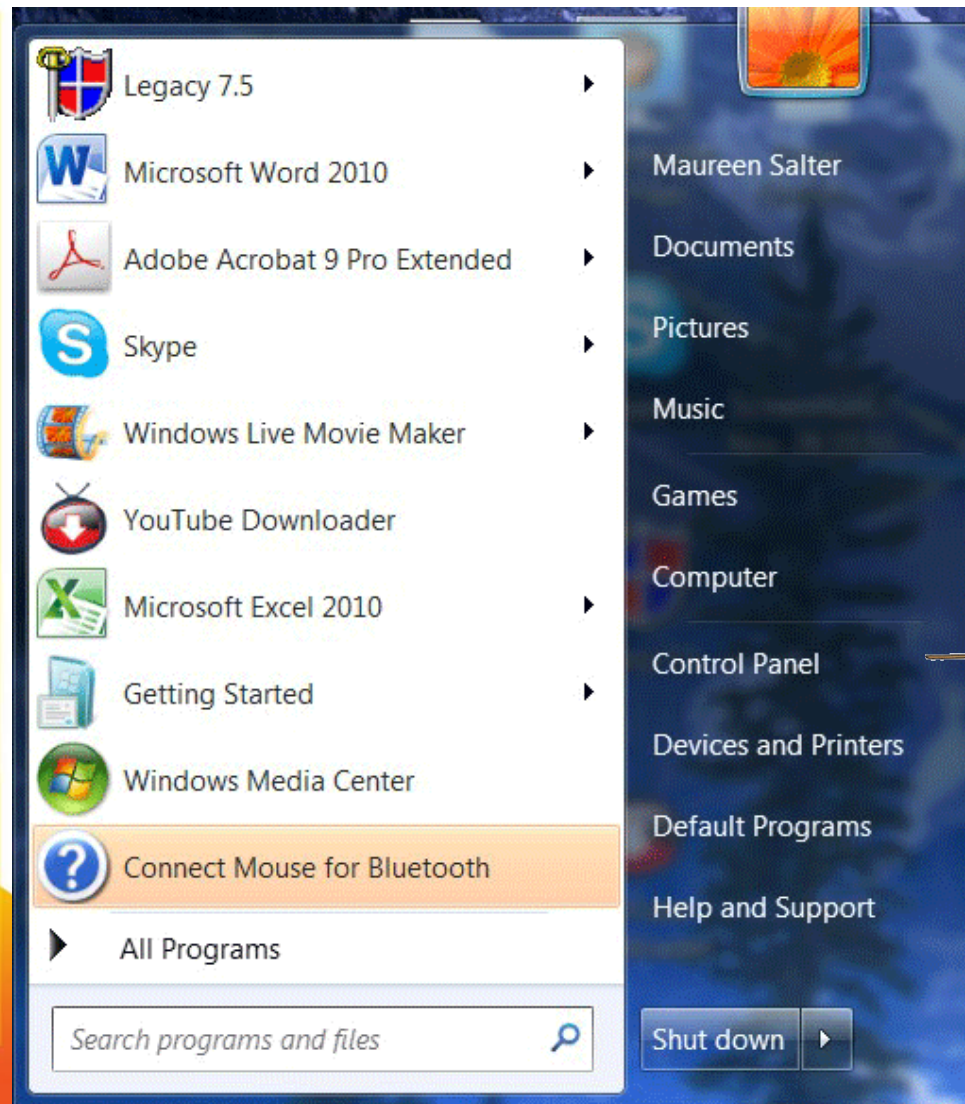


## Disk Cleanup

- If you want to reduce the number of unnecessary files on your hard drive to free up disk space and help your computer run faster, use Disk Cleanup.
- It removes temporary files, empties the Recycle Bin, and removes a variety of system files and other items that you no longer need.



# Disk Cleanup Options

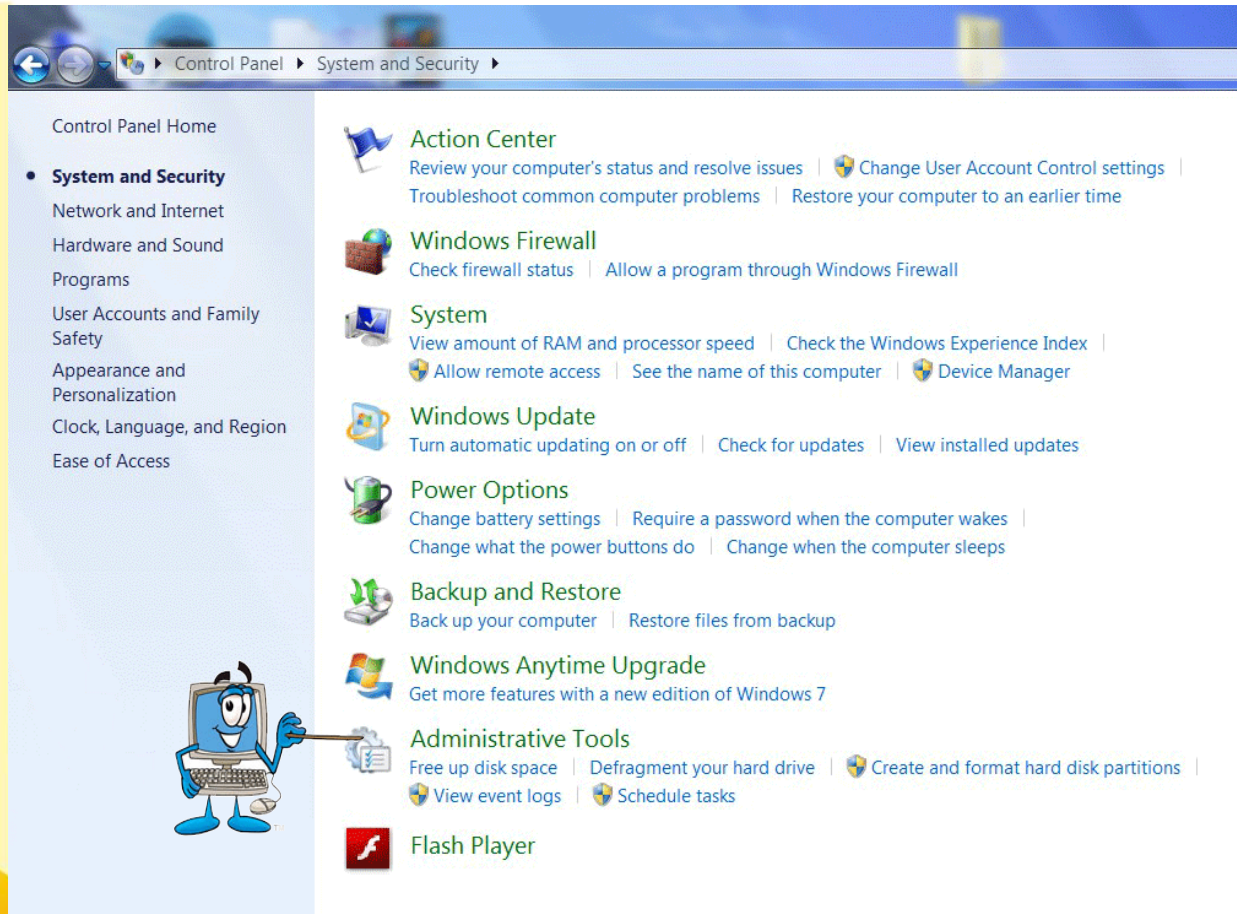




# Disk Cleanup Options – cont'd

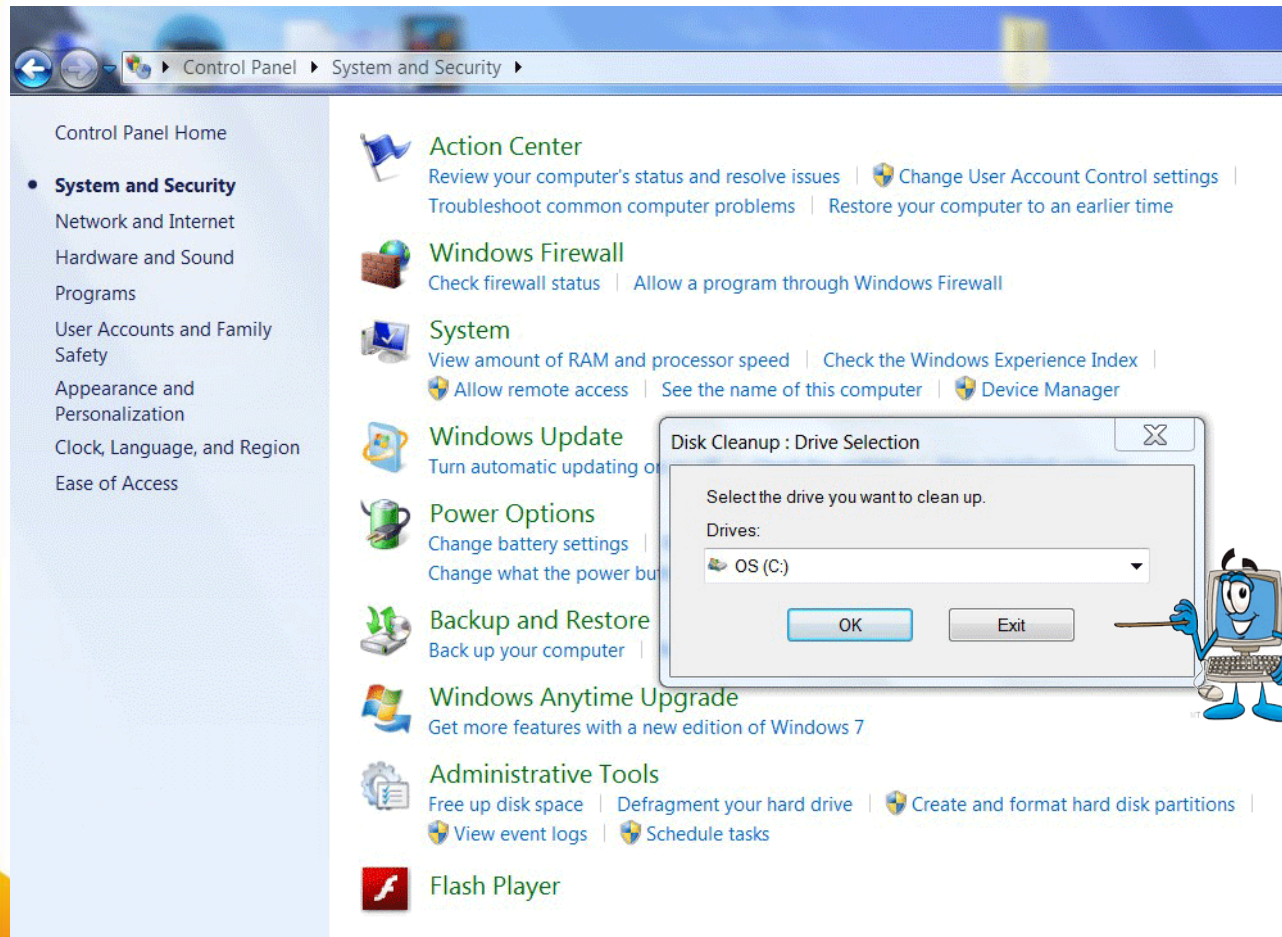


# Disk Cleanup Options – cont'd

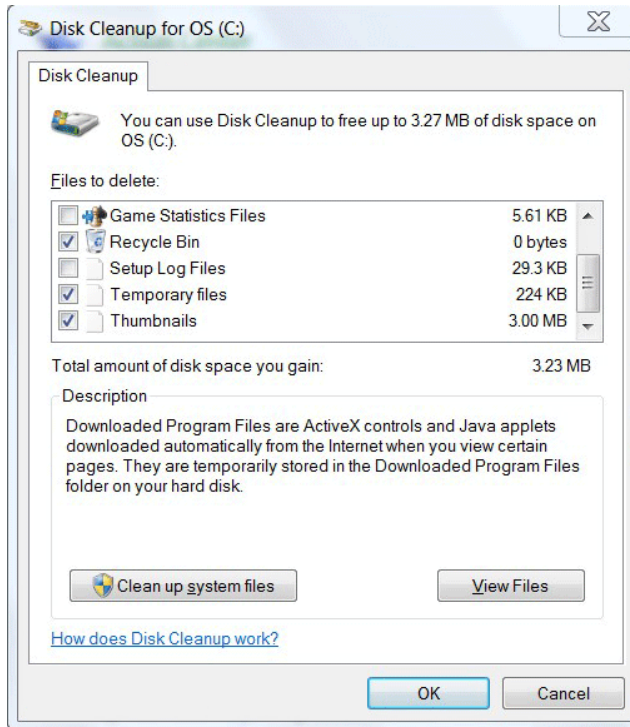
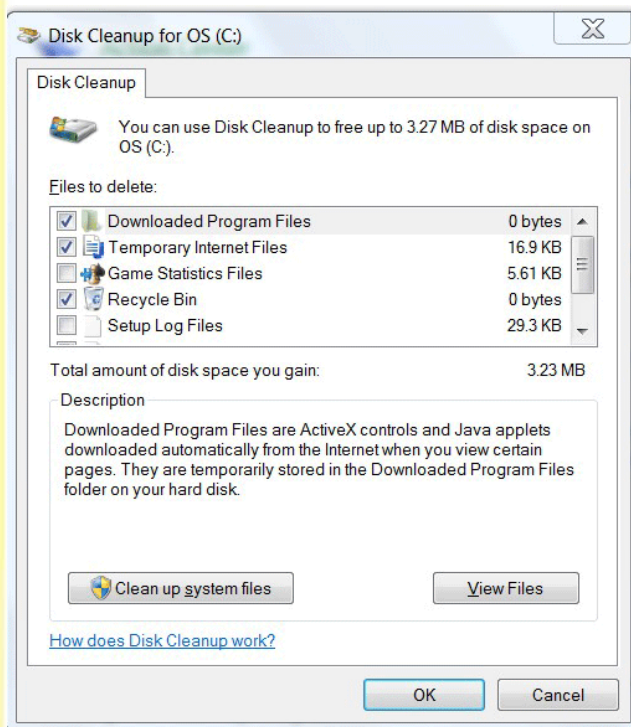




# Disk Cleanup Options – cont'd



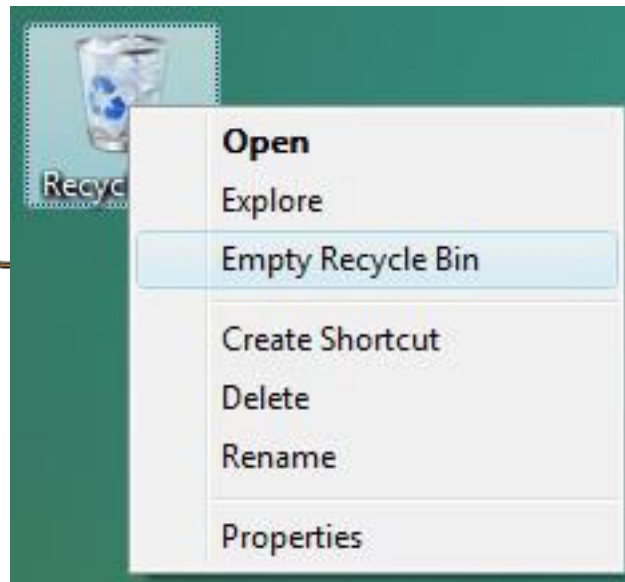
# Disk Cleanup Options – cont'd





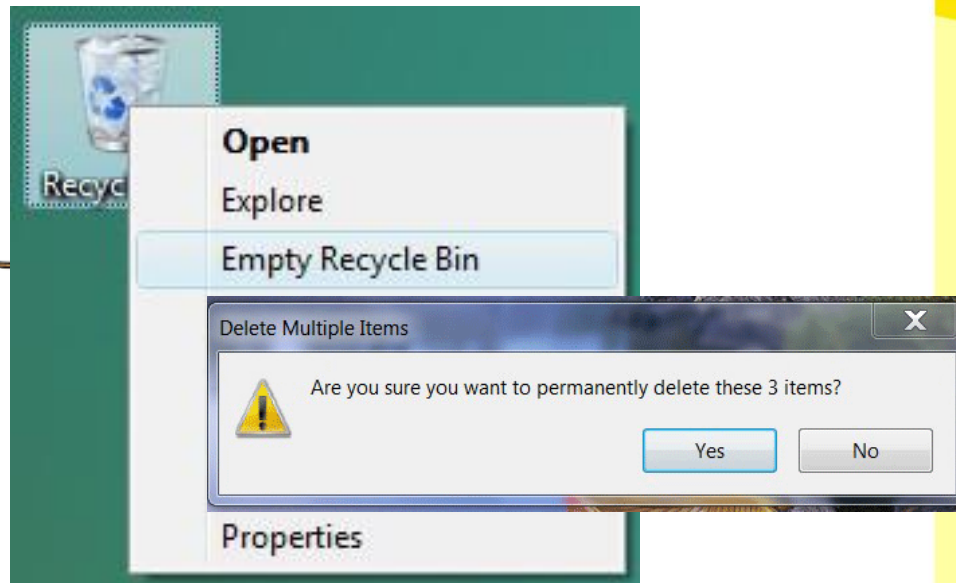
# Disk Cleanup Options – Recycle Bin

- When using the Recycle Bin
  - Don't choose "Delete"
  - Do choose "Empty Recycle Bin"



## Disk Cleanup Options – Recycle Bin – cont'd

- When using the Recycle Bin
  - Don't choose "Delete"
  - Do choose "Empty Recycle Bin"

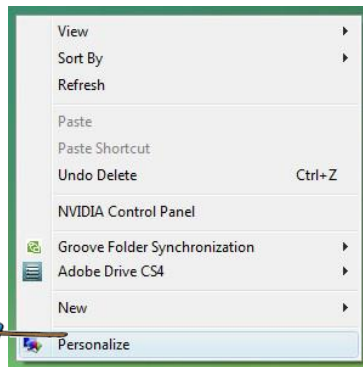




# Recycle Bin cont'd



- I chose DELETE!!!!
- **To Fix**
  - **Right click on a blank space in the desktop**



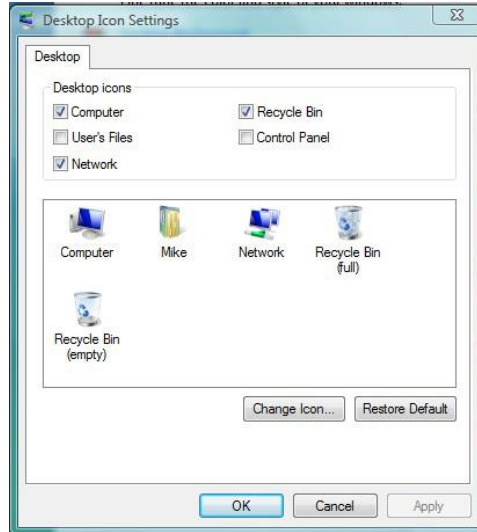
1



2



3



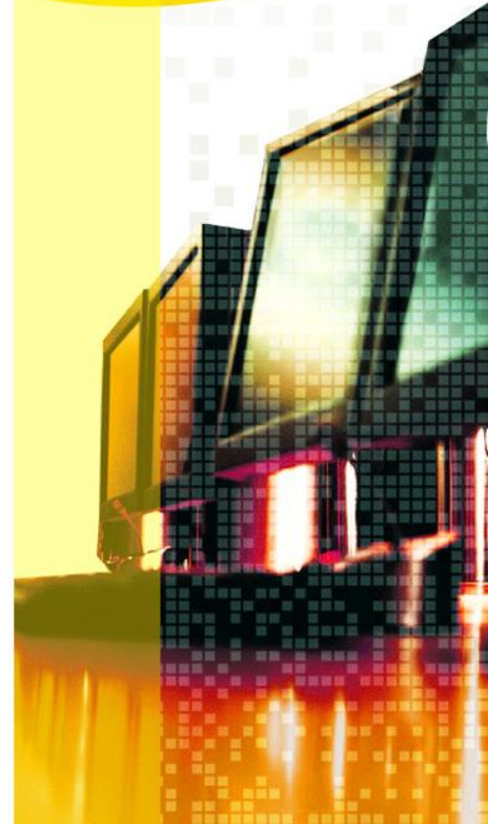
# Hard Drive Defragment



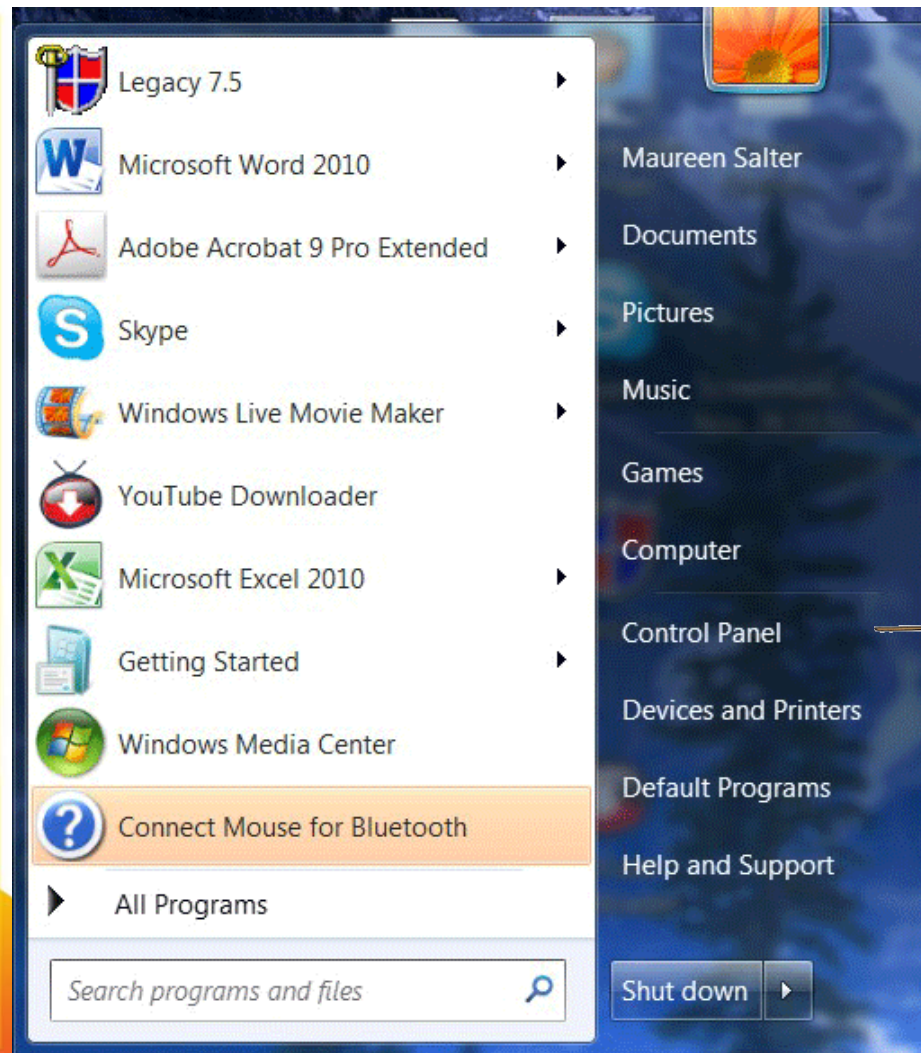


# What is Disk Defragmentation?

- Disk defragmentation describes the process of consolidating fragmented files on your computer's hard disk.
- Fragmentation happens to a hard disk over time as you save, change, or delete files. The changes that you save to a file are often stored at a location on the hard disk that's different from the original file. Additional changes are saved to even more locations. Over time, both the file and the hard disk itself become fragmented, and your computer slows down as it has to look in many different places to open a file.



# Disk Defragment

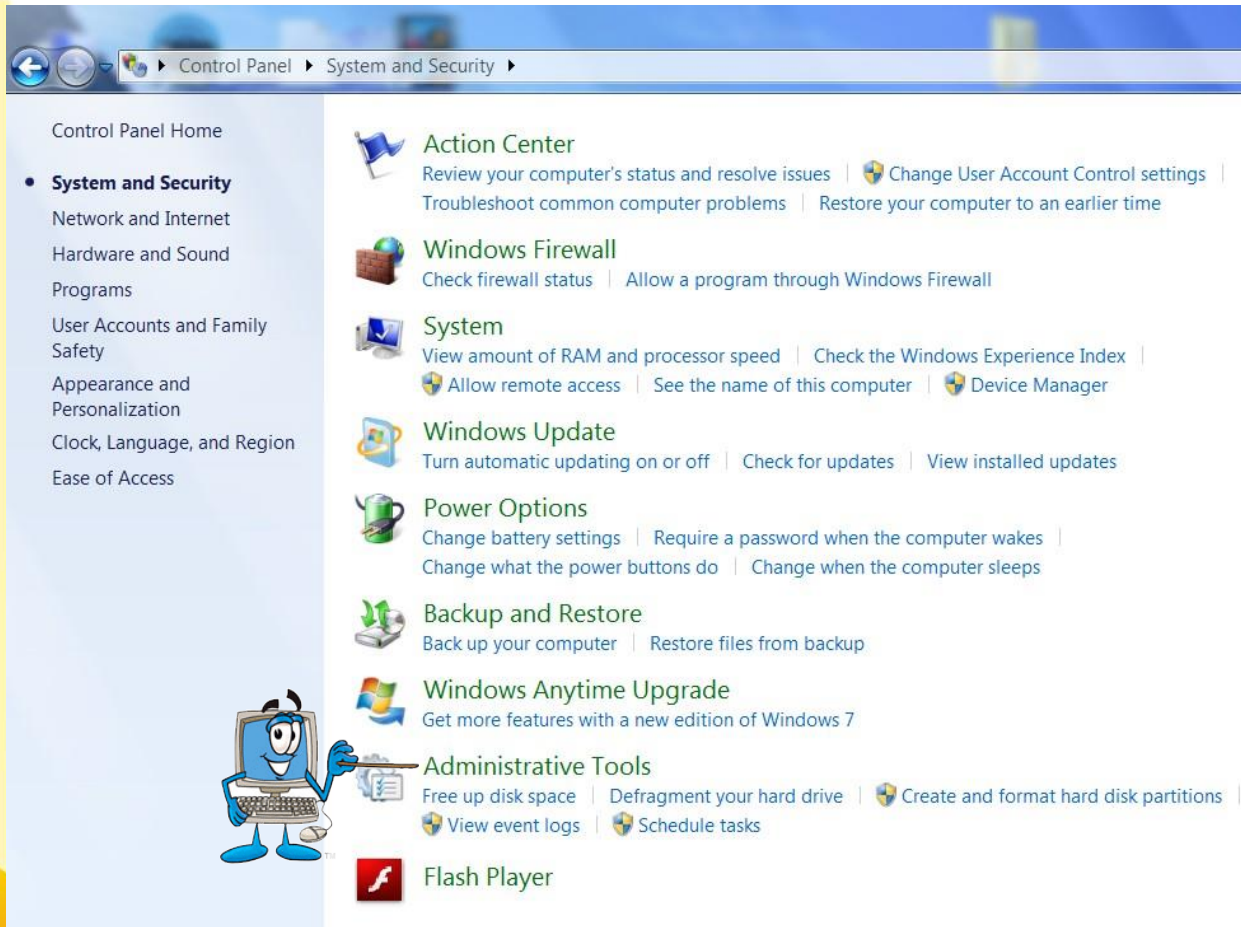




# Disk Defragment – cont'd

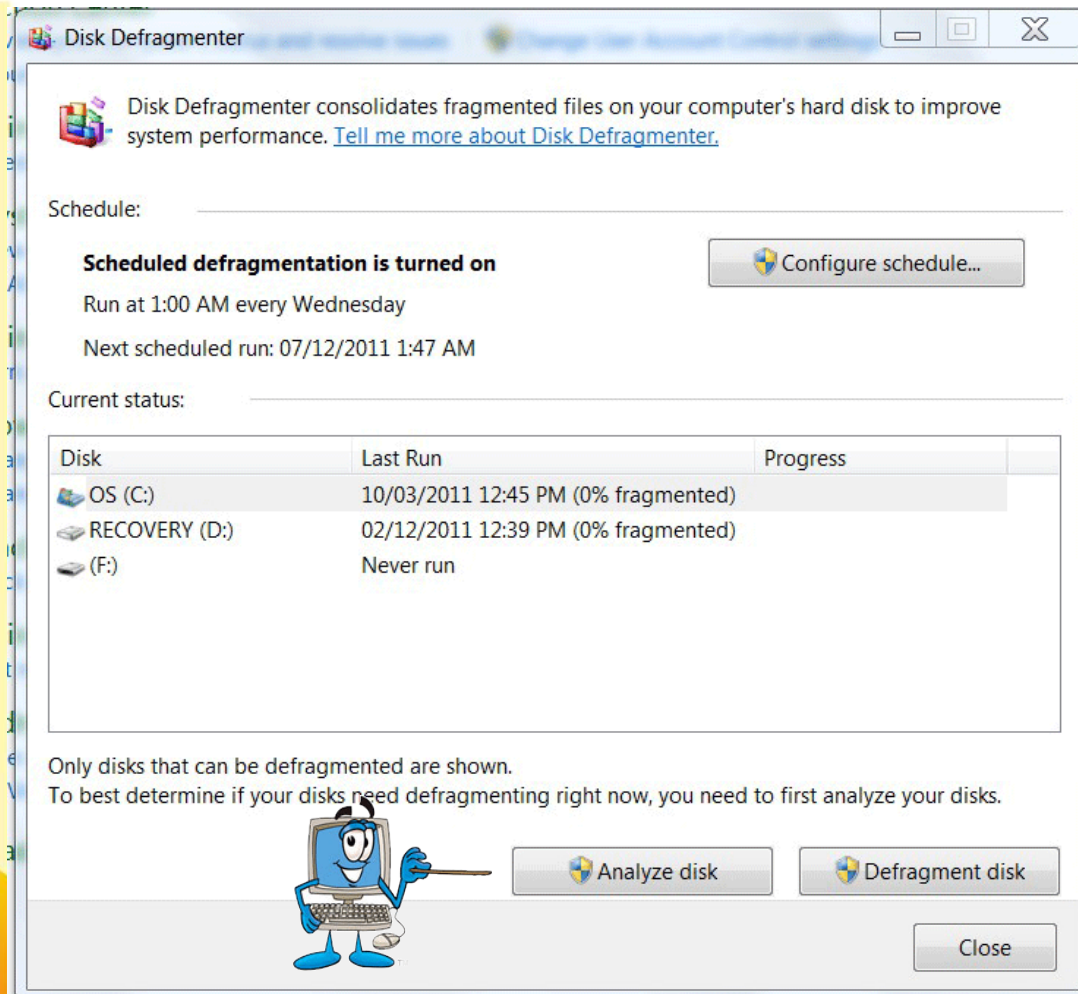


# Disk Defragment – cont'd

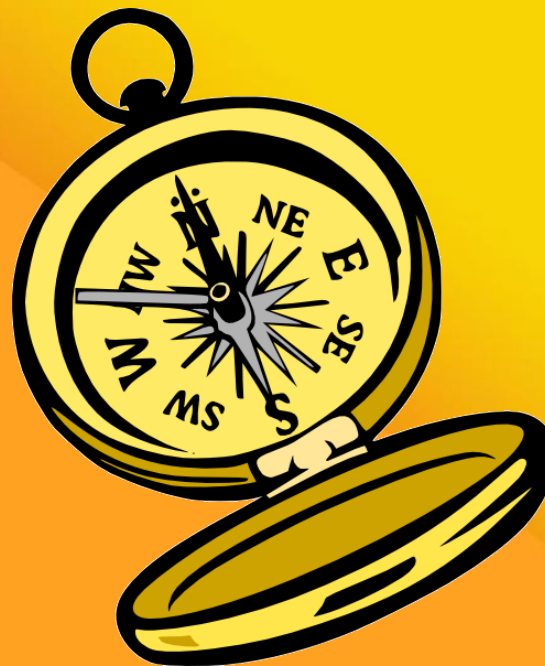




# Disk Defragment – cont'd



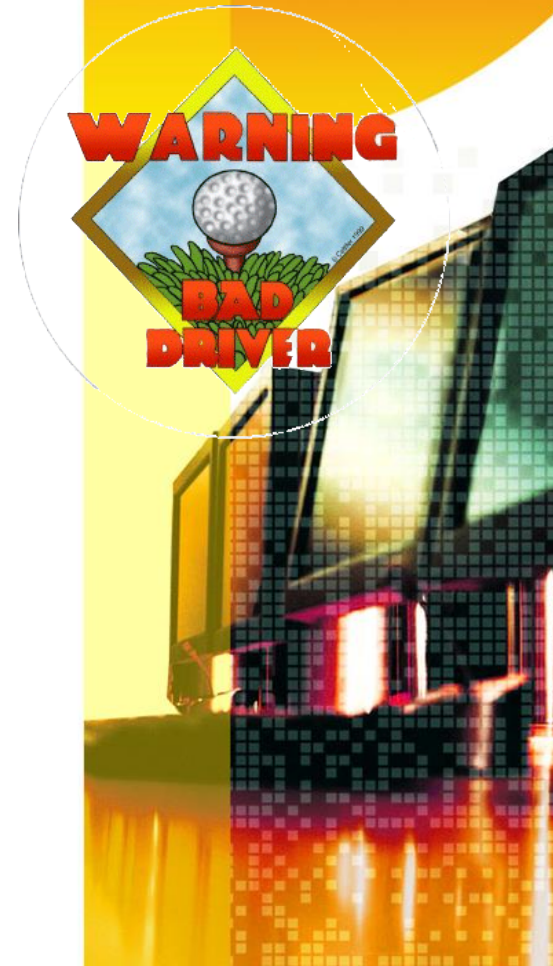
# System Restore & Restore Points





# What is System Restore?

- System Restore helps you restore your computer's system files to an earlier point in time. It's a way to undo system changes to your computer without affecting your personal files, such as e-mail, documents, or photos.
- Sometimes, the installation of a program or a driver can cause an unexpected change to your computer or cause Windows to behave unpredictably. Usually, uninstalling the program or driver corrects the problem. If uninstalling does not fix the problem, you can try restoring your computer's system to an earlier date when everything worked correctly.



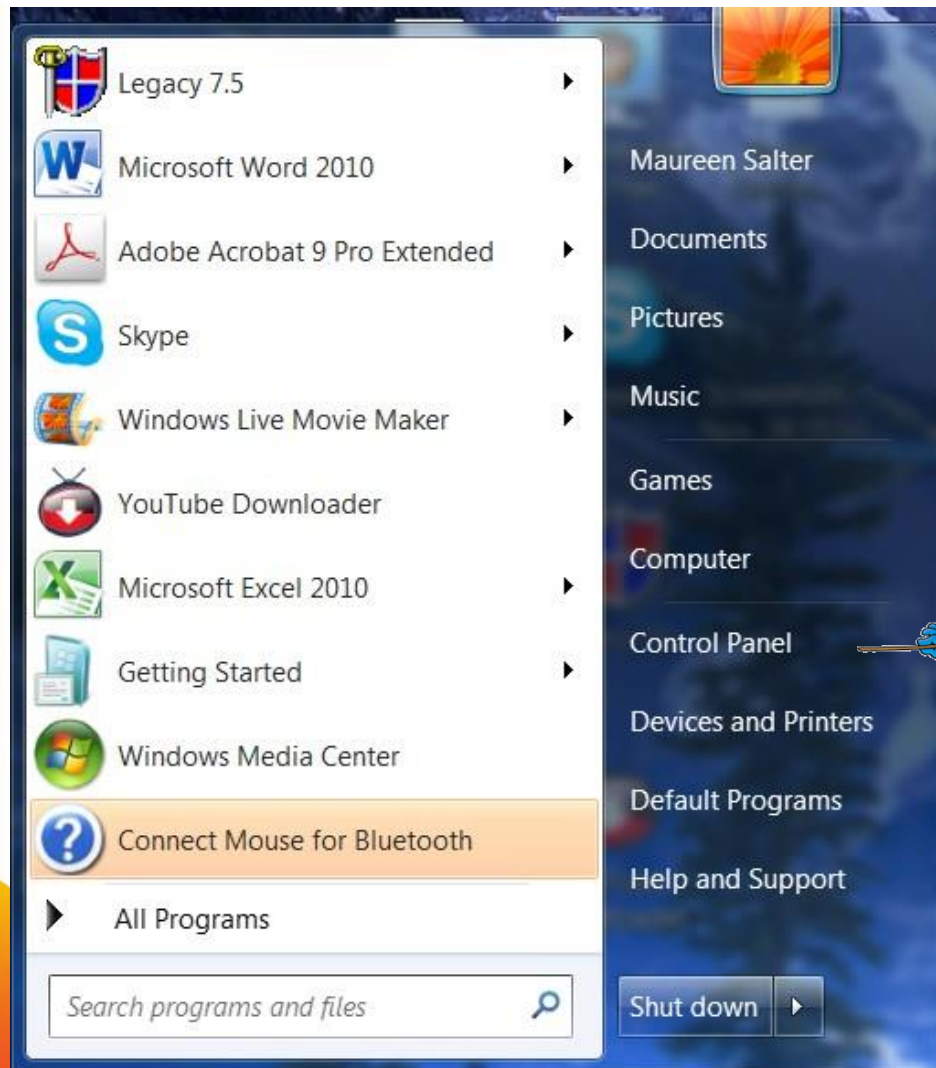
# What is System Restore? – Cont'd

- System Restore uses a feature called System Protection to regularly create and save restore points on your computer. These restore points contain information about registry settings and other system information that Windows uses. You can also create restore points manually.
- System Restore is not intended for backing up personal files, so it cannot help you recover a personal file that has been deleted or damaged. You should regularly back up your personal files and important data using a backup program.





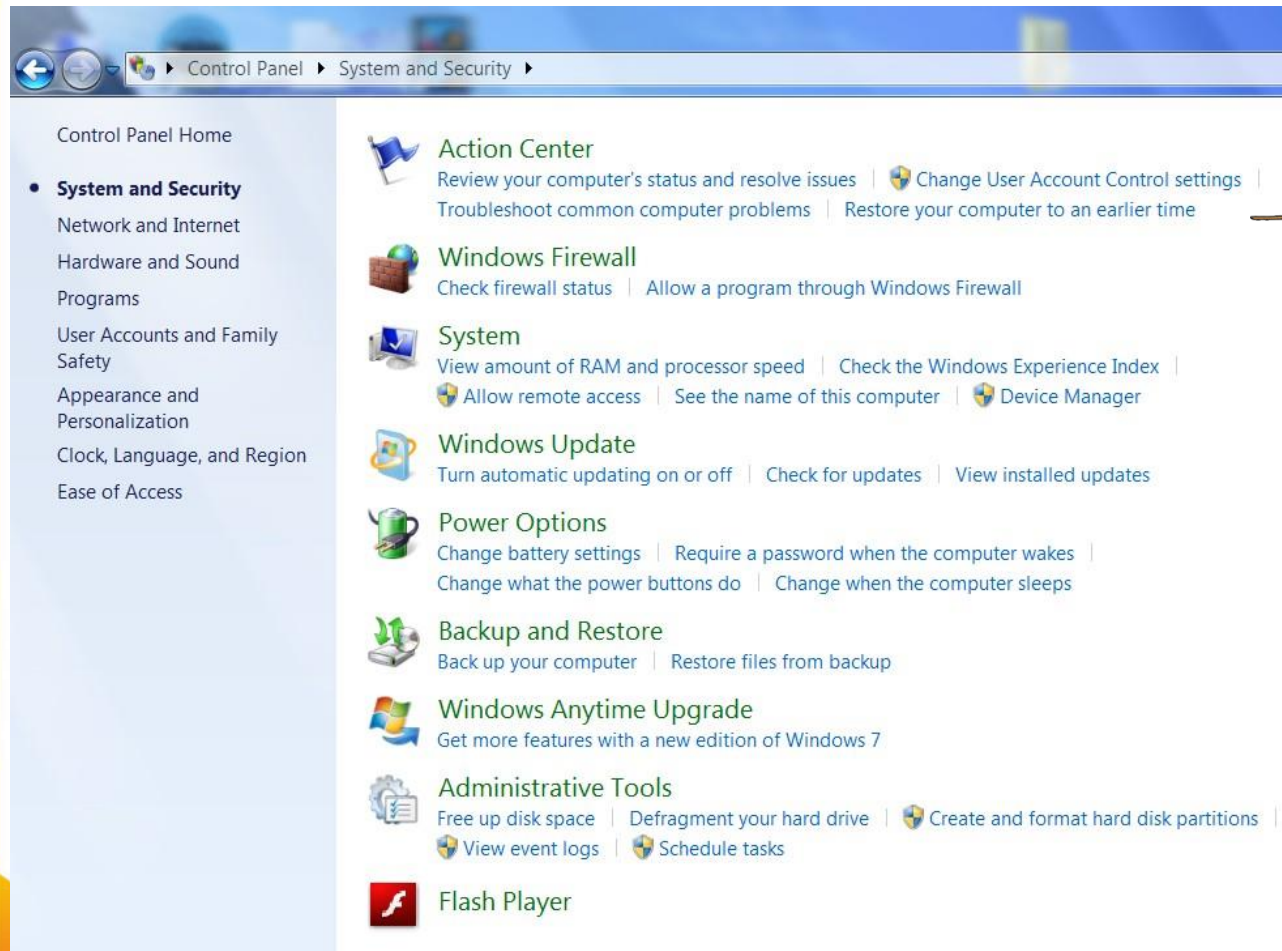
# System Restore – Step 1



# System Restore – cont'd



# System Restore – cont'd



## Action Center

Review your computer's status and resolve issues | Change User Account Control settings | Troubleshoot common computer problems | Restore your computer to an earlier time



## Windows Firewall

Check firewall status | Allow a program through Windows Firewall



## System

View amount of RAM and processor speed | Check the Windows Experience Index | Allow remote access | See the name of this computer | Device Manager



## Windows Update

Turn automatic updating on or off | Check for updates | View installed updates



## Power Options

Change battery settings | Require a password when the computer wakes | Change what the power buttons do | Change when the computer sleeps



## Backup and Restore

Back up your computer | Restore files from backup



## Windows Anytime Upgrade

Get more features with a new edition of Windows 7



## Administrative Tools

Free up disk space | Defragment your hard drive | Create and format hard disk partitions | View event logs | Schedule tasks

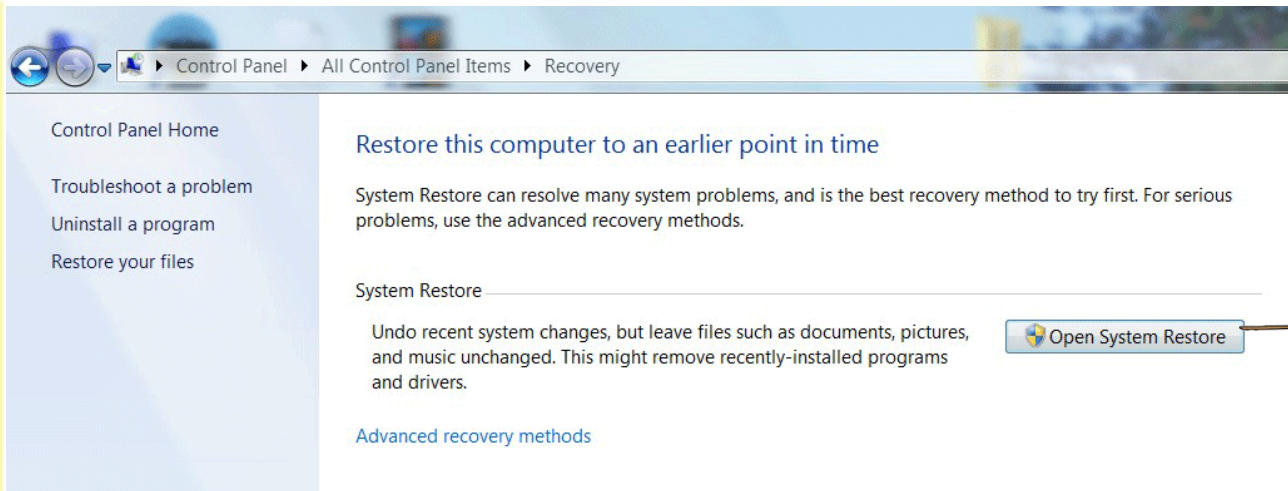


## Flash Player

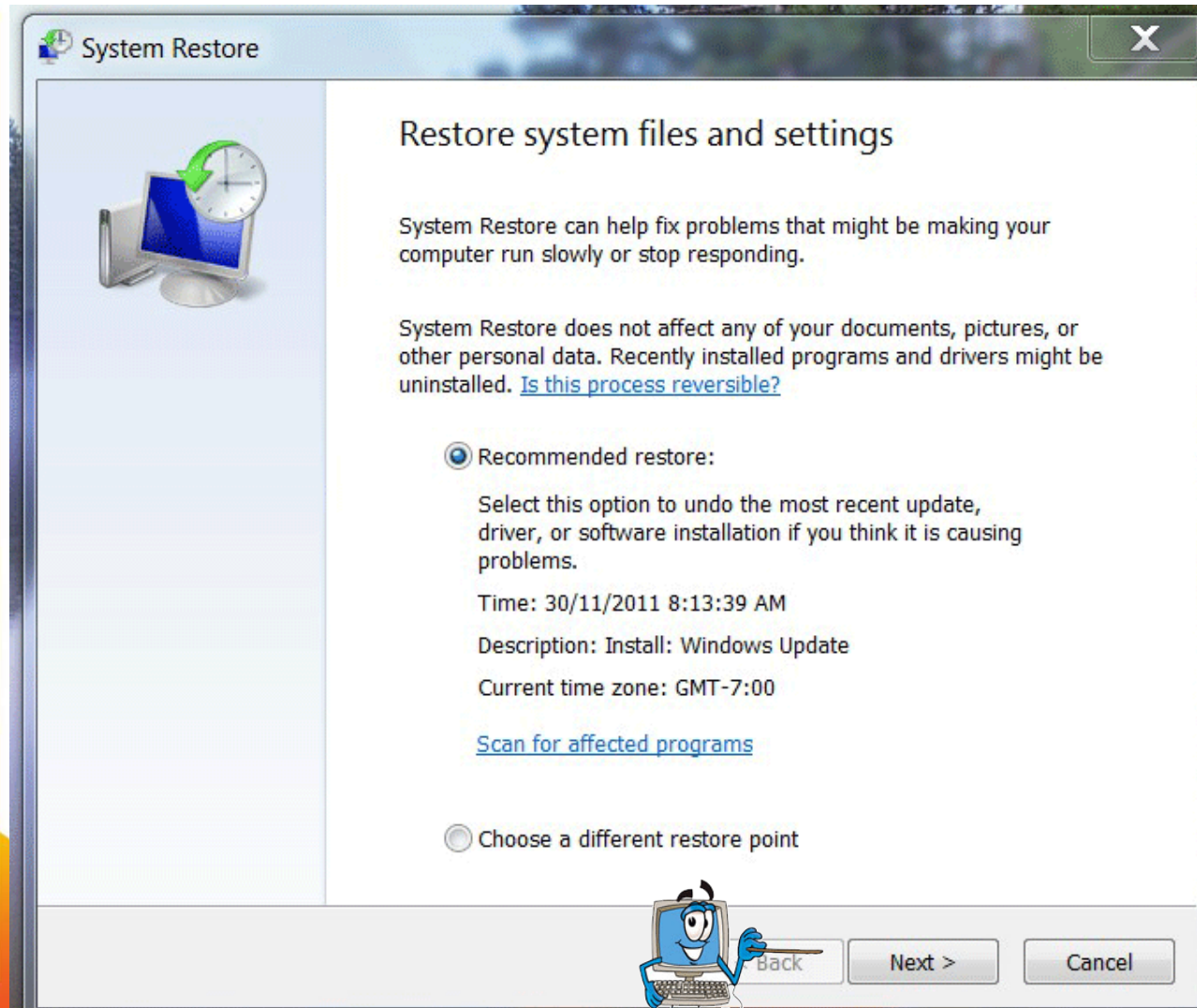




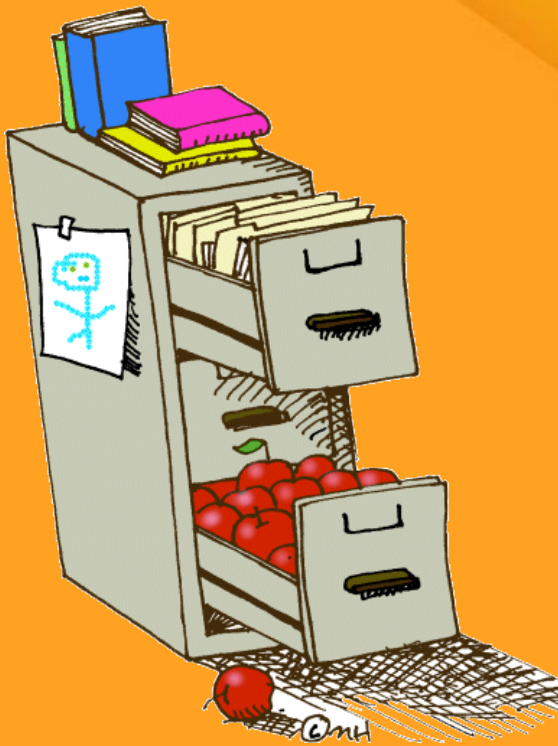
# System Restore – Step 1



## System Restore – Step 2



# Temporary Files & Cookies





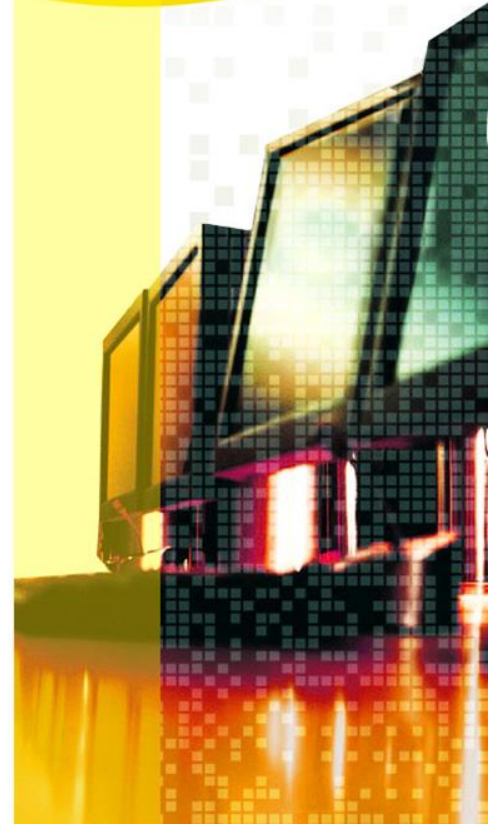
# What is a Cookie?

- A small text file that websites put on your computer to store information about you and your preferences.
- Websites use cookies to offer a personalized experience to users and to gather information about website use.
- Many websites also use cookies to store information that provides a consistent experience between sections of the site, such as a shopping cart or customized pages.

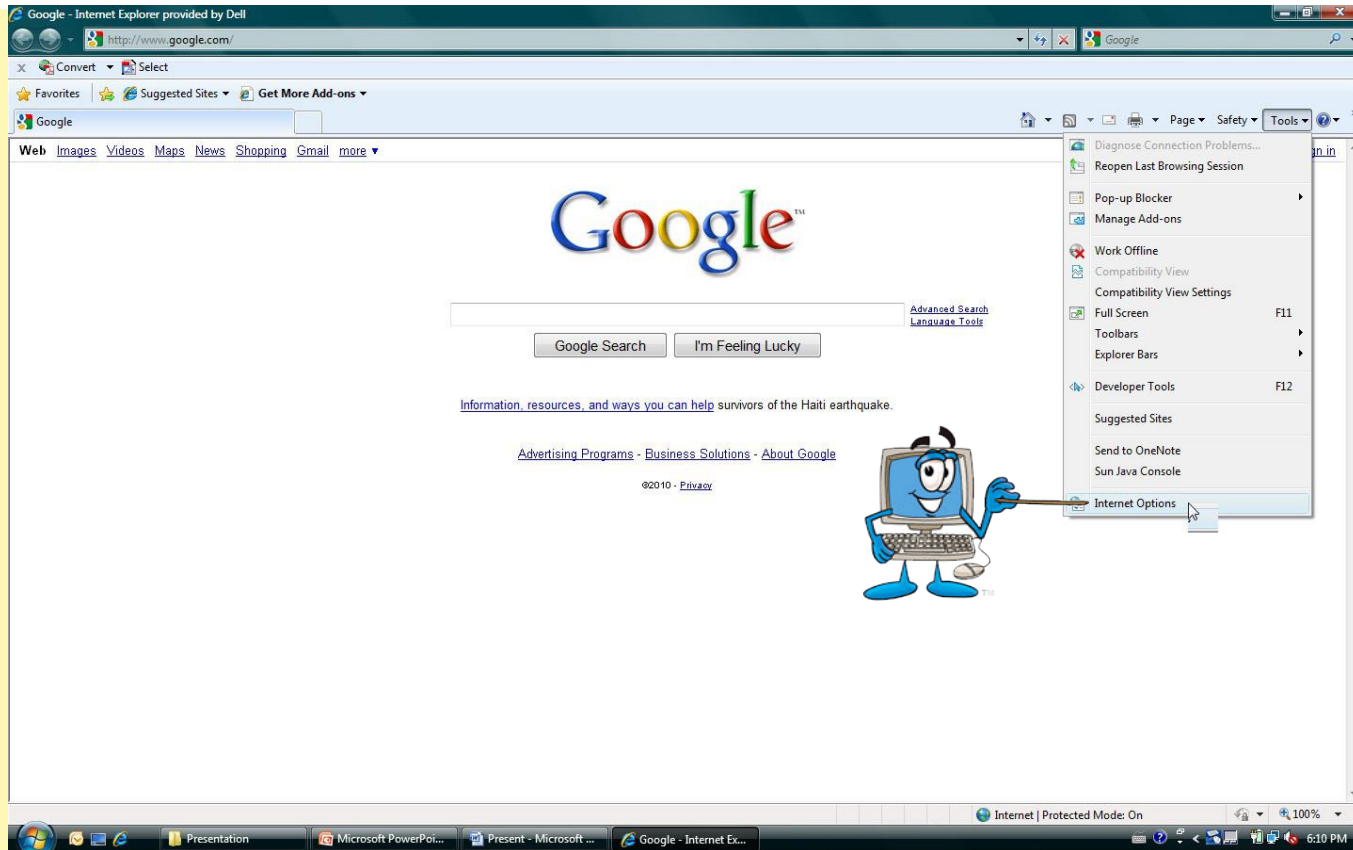


## What is a Cookie? – cont'd

- With a trusted website, cookies can enrich your experience by allowing the site to learn your preferences or allowing you to skip having to sign in every time you go to the website.
- Some cookies, such as those saved by banner ads, might put your privacy at risk by tracking sites you visit.

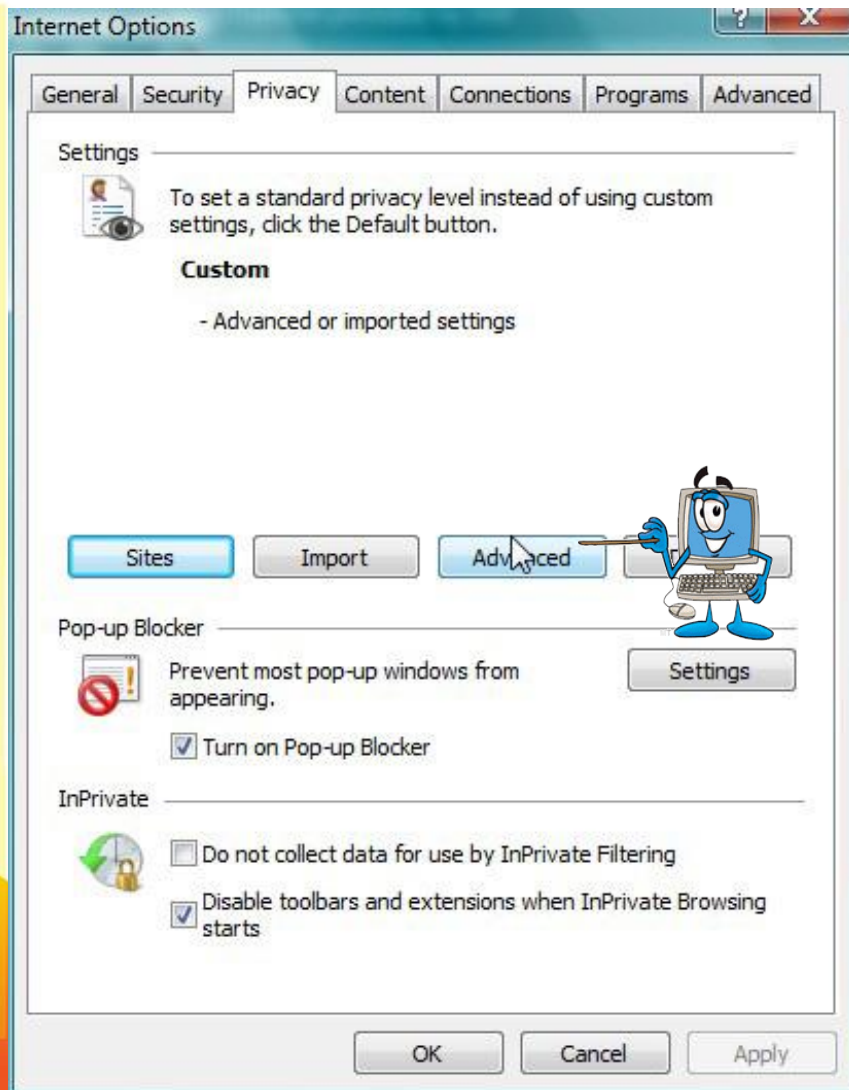


# Explorer - Internet Cookies

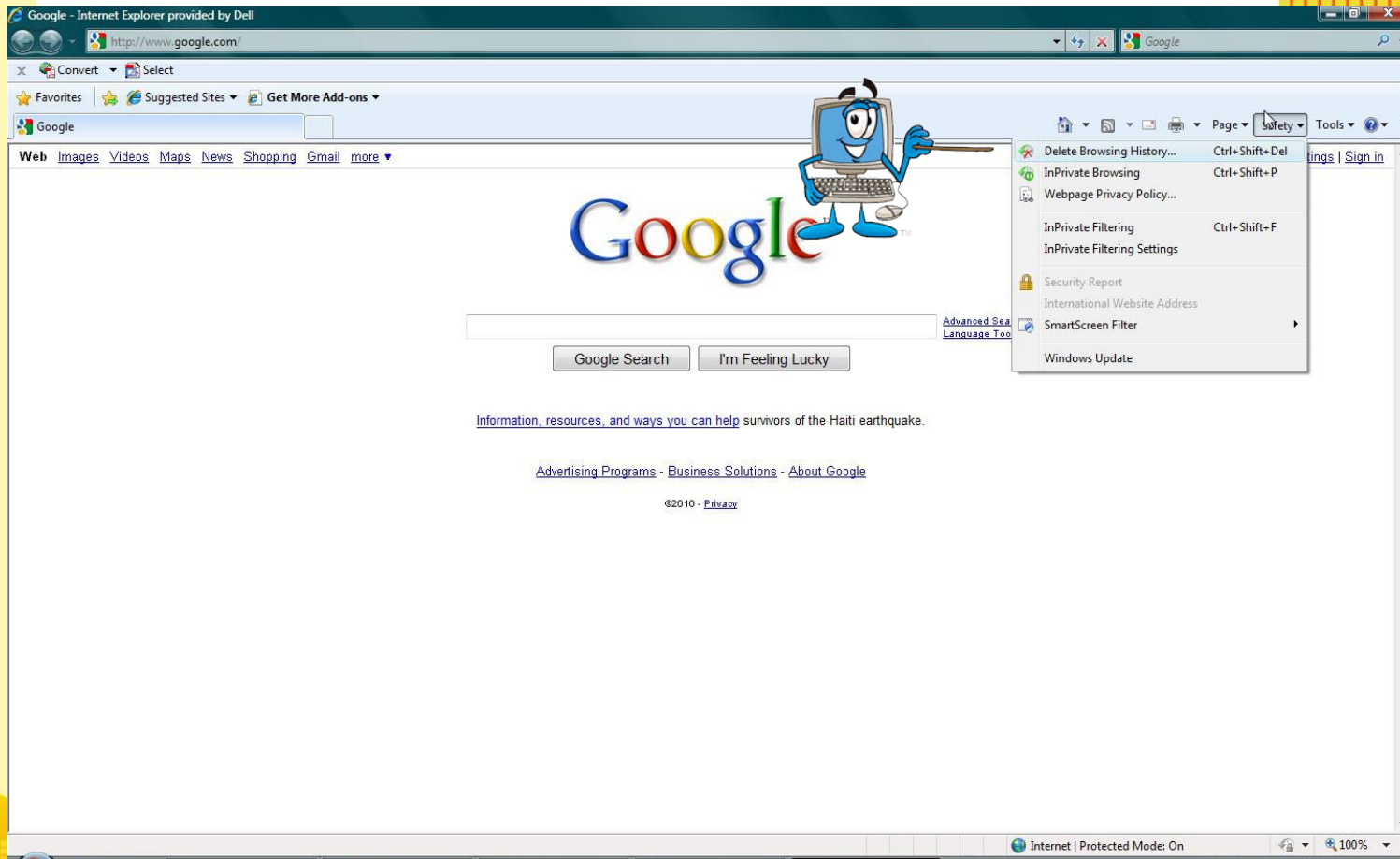




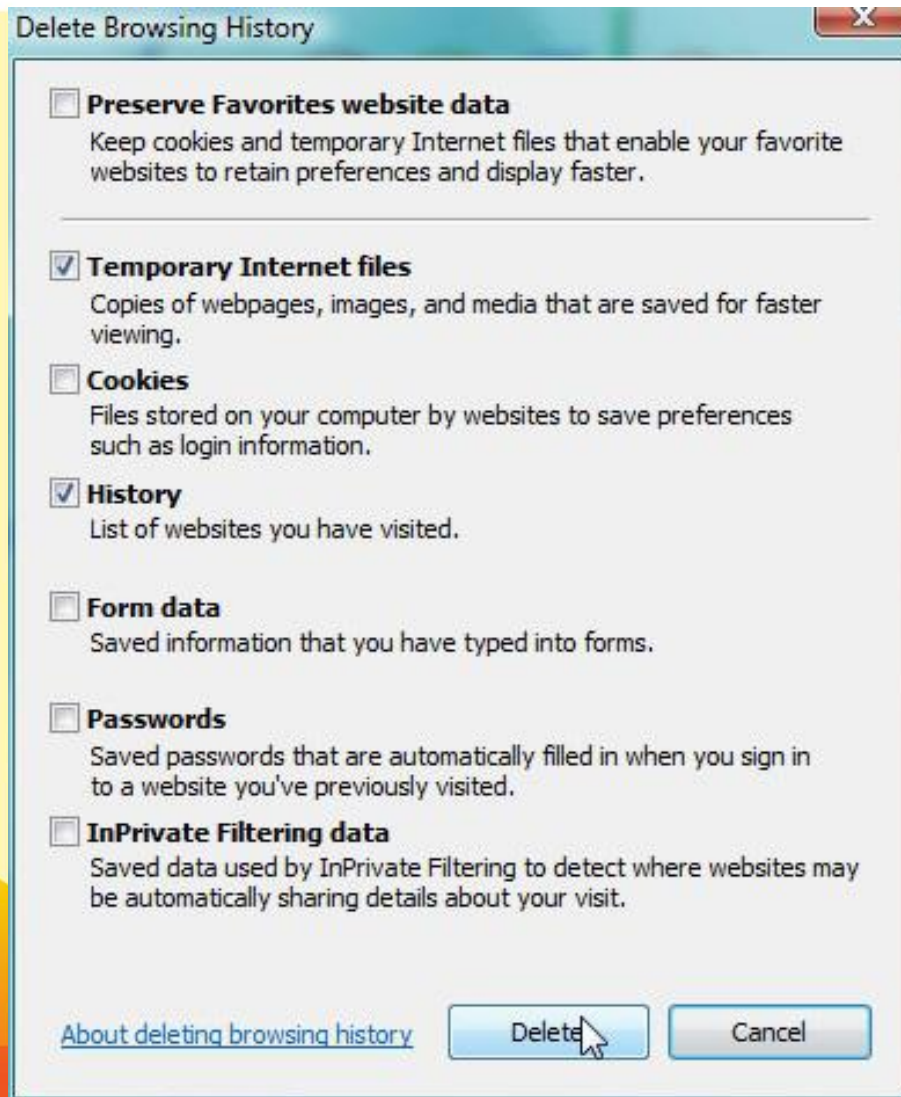
# Explorer - Internet Cookies – Cont'd



# Explorer - History and Cookie Clean Up

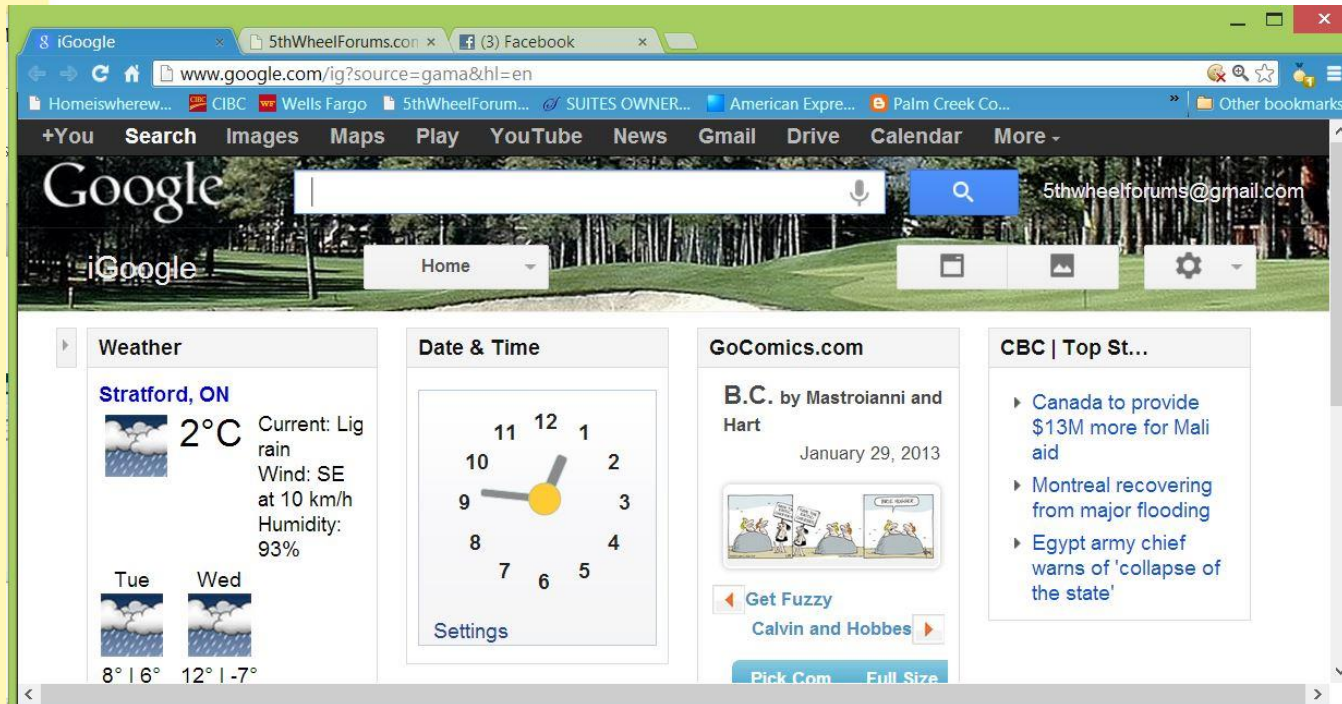


## Explorer - History and Cookie Clean Up – Cont'd

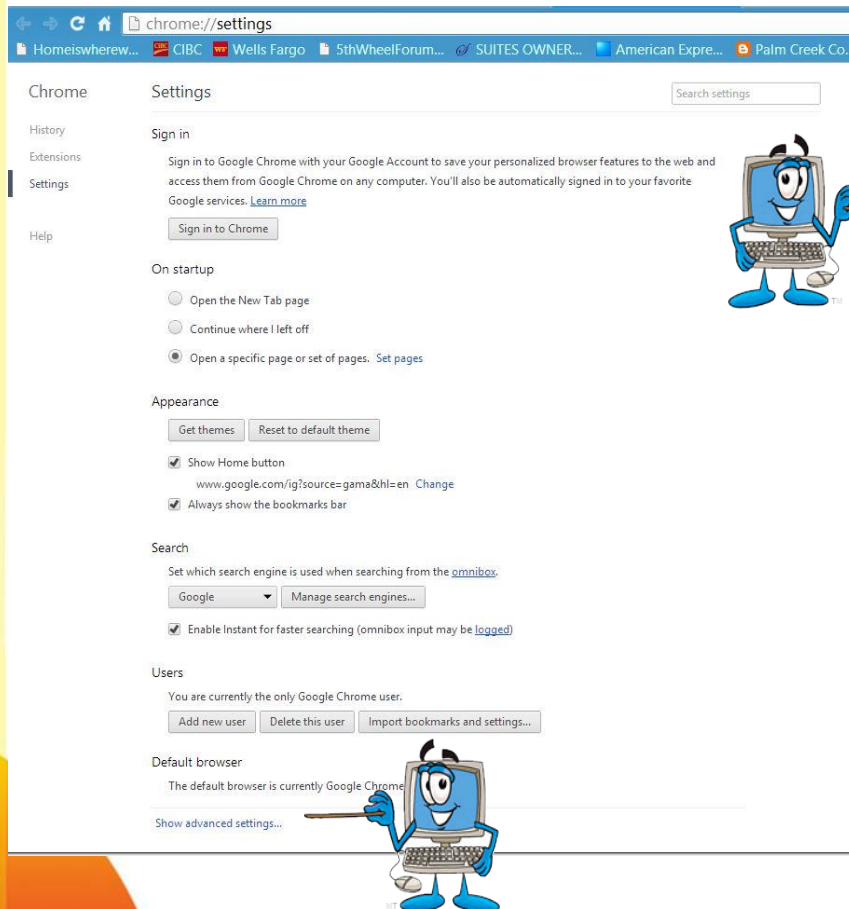




# Chrome - Internet Cookies



# Chrome - Internet Cookies – Cont'd



The screenshot shows the Google Chrome Settings page in a browser window. The address bar displays 'chrome://settings'. The left sidebar contains links for Chrome, History, Extensions, Settings (which is highlighted), and Help. The main content area is titled 'Settings' and includes a search bar. The 'Sign in' section prompts the user to sign in to Google Chrome with their Google Account. The 'On startup' section has three radio button options: 'Open the New Tab page', 'Continue where I left off', and 'Open a specific page or set of pages' (which is selected). The 'Appearance' section includes buttons for 'Get themes' and 'Reset to default theme', and checkboxes for 'Show Home button' and 'Always show the bookmarks bar'. The 'Search' section has a dropdown menu for the search engine (set to 'Google') and a checkbox for 'Enable Instant for faster searching'. The 'Users' section shows 'You are currently the only Google Chrome user.' with buttons for 'Add new user', 'Delete this user', and 'Import bookmarks and settings...'. The 'Default browser' section states 'The default browser is currently Google Chrome' and includes a 'Show advanced settings...' link. A cartoon character of a computer monitor with a face, arms, and legs is positioned at the bottom right of the settings page, pointing towards the 'Show advanced settings...' link.

## Privacy

[Content settings...](#)

[Clear browsing data...](#)

Google Chrome may use web services to improve your browsing experience. You may optionally disable these services. [Learn more](#)

- ☒ Use a web service to help resolve navigation errors
- ☒ Use a prediction service to help complete searches and URLs typed in the address bar
- ☒ Predict network actions to improve page load performance
- ☒ Enable phishing and malware protection
- ☐ Use a web service to help resolve spelling errors
- ☒ Automatically send usage statistics and crash reports to Google
- ☐ Send a 'Do Not Track' request with your browsing traffic

# Chrome - History and Cookie Clean Up



Content settings

Cookies

- ☐ Allow local data to be set (recommended)
- ☐ Keep local data only until I quit my browser
- ☐ Block sites from setting any data
- ☒ Block third-party cookies and site data

[Manage exceptions...](#) [All cookies and site data...](#)

Images

- ☐ Show all images (recommended)
- ☐ Do not show any images

[Manage exceptions...](#)

JavaScript

- ☐ Allow all sites to run JavaScript (recommended)
- ☐ Do not allow any site to run JavaScript

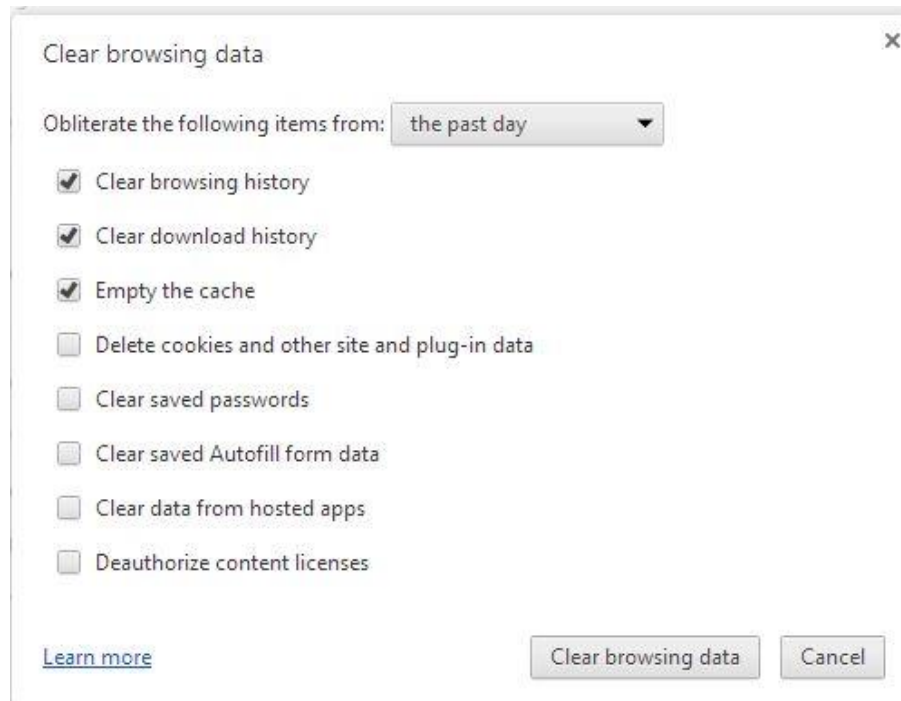
[Manage exceptions...](#)

Handlers

- ☐



## Chrome - History and Cookie Clean Up – Cont'd



The screenshot shows the 'Clear browsing data' dialog box in Google Chrome. The title bar reads 'Clear browsing data' with a close button (X) on the right. Below the title bar, the text 'Obliterate the following items from:' is followed by a dropdown menu set to 'the past day'. A list of eight items follows, each with a checkbox: 'Clear browsing history' (checked), 'Clear download history' (checked), 'Empty the cache' (checked), 'Delete cookies and other site and plug-in data' (unchecked), 'Clear saved passwords' (unchecked), 'Clear saved Autofill form data' (unchecked), 'Clear data from hosted apps' (unchecked), and 'Deauthorize content licenses' (unchecked). At the bottom left is a blue link 'Learn more'. At the bottom right are two buttons: 'Clear browsing data' and 'Cancel'.

Clear browsing data

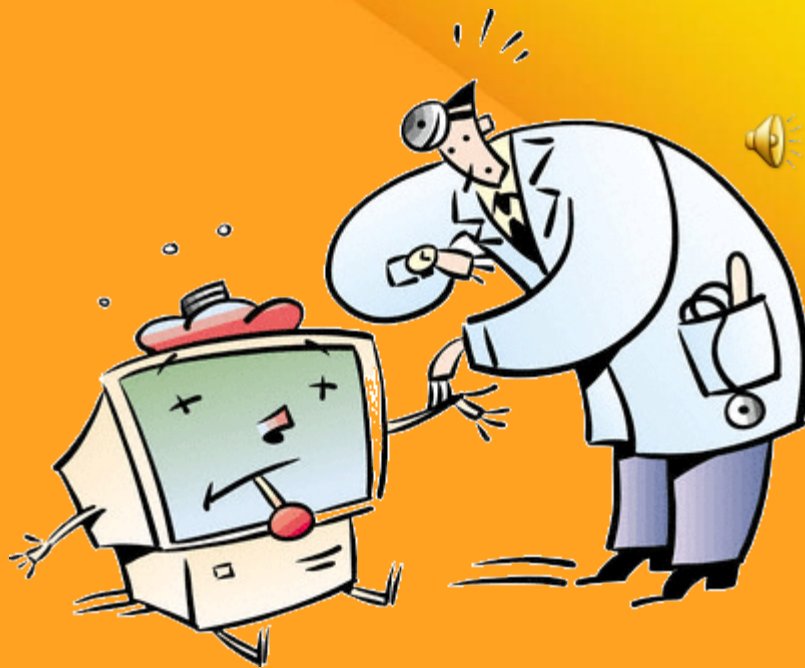
Obliterate the following items from: the past day ▼

- ☒ Clear browsing history
- ☒ Clear download history
- ☒ Empty the cache
- ☐ Delete cookies and other site and plug-in data
- ☐ Clear saved passwords
- ☐ Clear saved Autofill form data
- ☐ Clear data from hosted apps
- ☐ Deauthorize content licenses

[Learn more](#)

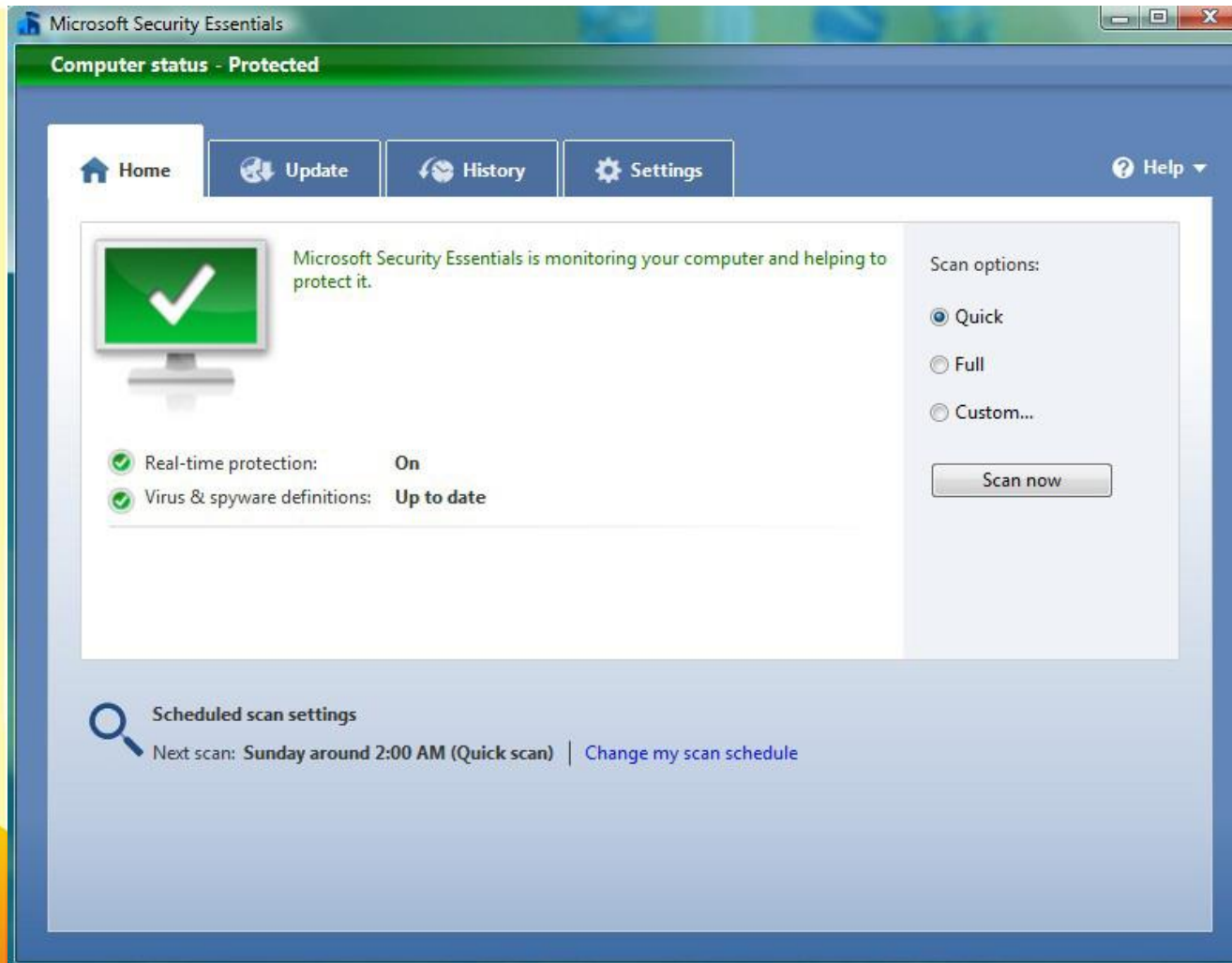
Clear browsing data Cancel

# Virus Protection



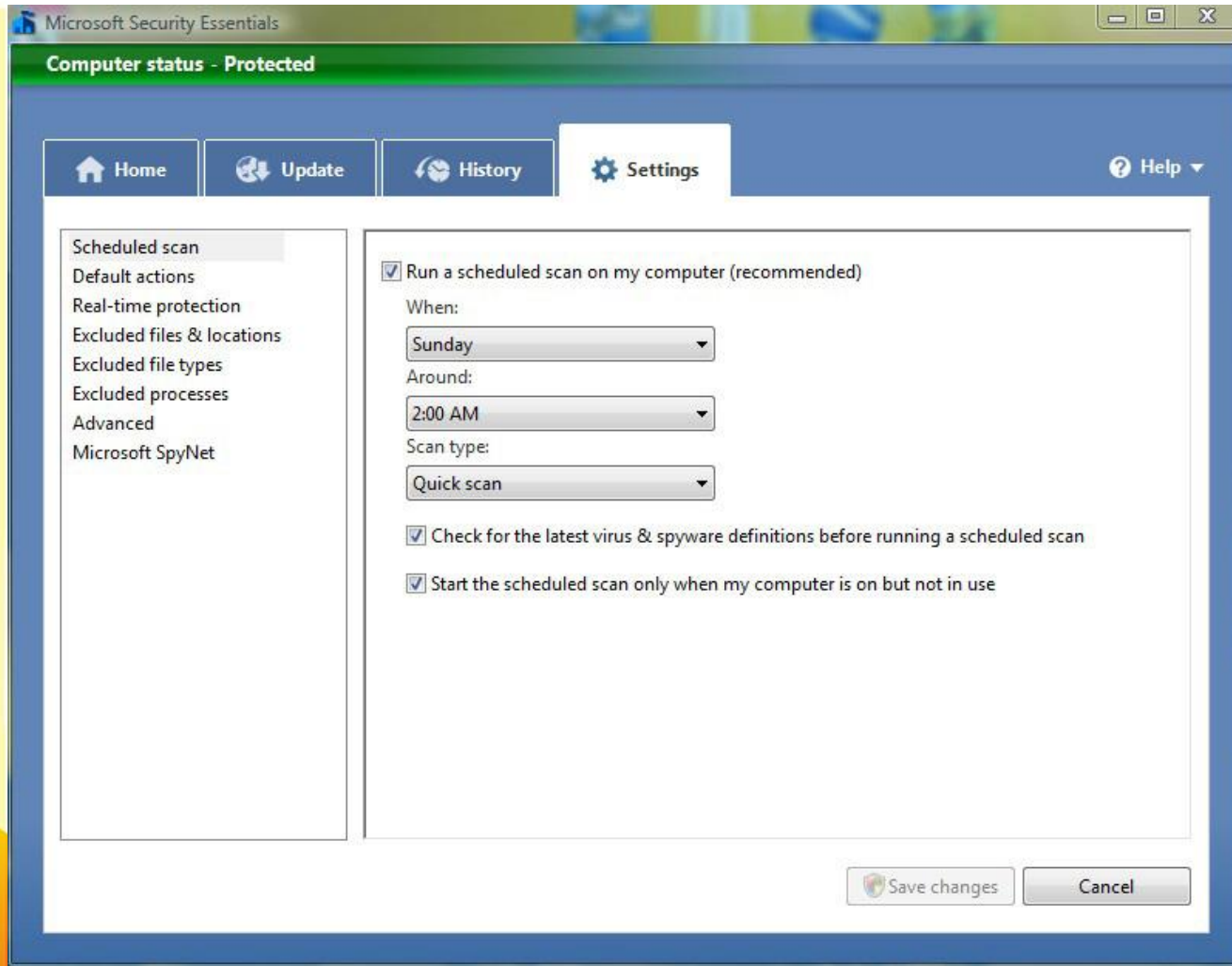
Please Practice Safe Computing!

Microsoft Security Essentials – and it's Free!





# Microsoft Security Essentials – and it's Free!



Questions?

