

PC maintenance: Cleanup V3.3

The user is responsible for his computer back-up and maintenance. To make this a lot easier, install the free tools which are described below and the including tips. Use the given order below to get the best results.

1. Antivirus
2. Free Internet Windows Washer
3. Free Register Cleaner
4. Cleaning up Windows system folders
5. Free Power Defragmenter (defragment harddisk)
6. Making a Back-up (introduction)

1. Antivirus

These times we really can NOT without having a good, renowned and reliable Antivirus program. I will not mention my preference here, because those programs are too different from each other. What really counts: Having a **RECENT and UP-TO-DATE** program and keeping it **UP-TO-DATE**. Be sure to let the program get the latest definitions every day. If not: The used program is of less value and you are at risk!

2. Eusing Free Internet Window Washer:

Microsoft Windows is made in a way, that it saves a lot of data from what users and programs do. This is saved somewhere on the system. This way the system will be filled with trash and getting slower. This program is able to remove most of those files, without doing complex things. The user should ONCE set the relevant items and programs to be cleaned by clicking the "Wash Settings" on each tabbed page. Check the tools and programs which are installed (use your brains!). Click after start the button "Skip", when using the free version. After that, select the button "Wash Now". When the scan is ready, you can Exit this program by clicking the Exit button (left-below).

3. Eusing Free Register Cleaner:

This program removes not existing, wrong and old Windows registry entries. Click after start the button "Skip", when using the free version. You can make a registry back-up through the menu Files and selecting "Backup full registry" before scanning and repairing. When strange things happen after restart of the system, you can restore the backup and clean the registry selectively (manual). Start the scan, by selecting the button "Scan Registry issue". When the scan is ready, quit the program by clicking the top right X. Delete once in a while the older back-up files in the 'Eusing Free Registry Cleaner' \ Backup folder.

4a. Deleting the Windows Update files.

► You can also delete the Windows Update installation files, but **only when your system works without problems**. Those take up lots of space. You need to use an account with Administrator rights. When using Windows Vista or Windows 7, you (temporary) need to lower or switch off the User Account Control. Be sure that all files and folders are (temporary) shown (Windows Explorer Menu Tools, Folder options, View: Check the "Show hidden files and folders").

Start the Windows Explorer and go to the systems Windows Folder. Windows XP/2000: When available, select all folders and files which have a preceding **\$-sign** and the folder **\$hf+mig\$** and delete them with the key-combination Shift + Delete. Remove also the files with **KB*.log** like KBxxxxx.log. For all Windows: Remove all files and folders in de folder Windows \ Software Distribution \ Download, by selecting and deleting them with the key-combination Shift + Delete. If present, you can delete this way the contents of the folder Windows \ IE8updates (or IE7 or 9). You may now eventually set back the folder options to your default setting again by un-checking the "Show hidden files and folders" item (see above).

4b. Removal of System Restore files:

▶ You can also remove the System Restore files, **but only when your system works without problems**. This cleans up a **huge** amount of space. Go to the (My) Computer icon on the desktop and select properties with a right mouse click. Select the tabbed page System Restore. In XP check the "Turn off System Restore on all drives" and click Apply. Wait till the harddisk activity is gone (led) and un-check than the "Turn off System Restore on all drives" and click Apply again. When preferred, you can now adjust each partition again for disabling Monitoring or to set the max. amount of restoring space. Put the monitoring always to **ON** for the partition which contains Windows! Windows Vista and Windows 7 have a far more easy procedure. There, you can easily set the Monitoring to on/off for each partition by just checking / un-checking them.

▶ **Make a new System Recovery Point after cleaning up System Restore.**

4c. Cleanup System files (Disk Cleanup):

The next cleanup action can be done by double clicking '(My) Computer' and select the System C: harddisk partition by using the left mouse button. In the 'General' tab, click the 'Disk Cleanup' button. Check all items in the list, but except the 'Office Setup files' and 'Compress old files' and click the button 'Cleanup System files' or 'OK', depending on the installed version of Windows.

4d. If available, cleanup Symantec Anti Virus

Windows 2000/XP: in folder Program Files / Common Files / Symantec Shared / Virusdefs, and for Windows Vista / Windows 7 the folder ProgramData / Symantec / Definitions / Virusdefs. If present, delete the **xxxxx.tmp** folders and files and the oldest folders which have a date as filename. But keep always the most recent date folder!

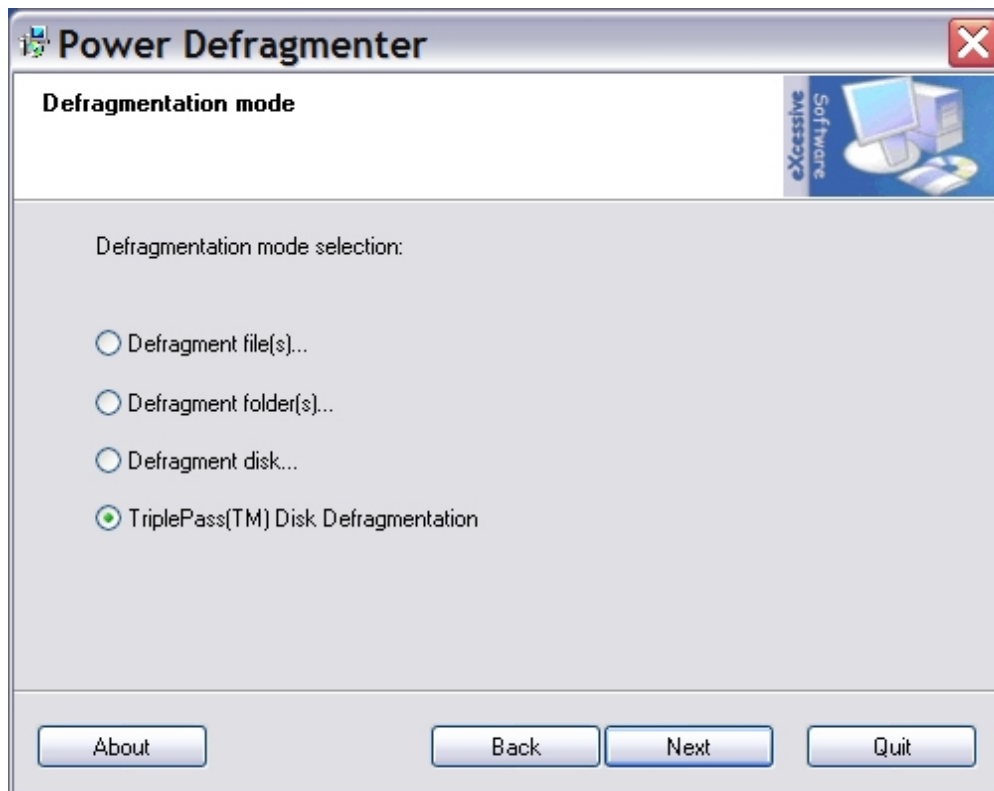
5. Free Power Defragmenter

Power Defragmenter defragments the harddrive much better and is easy to use. This program combines several file defragmentation aspects: Files will be placed on harddisk in one piece. It speeds up the system too. Use version 3 for Windows Vista and Windows 7 compatibility. Windows 2000 or XP may use v2. Version 3 works in 3 steps, v2 works in 2 steps. When using this, do not use the Windows defragmentation program.

► **When using a SSD (Flash) type storage device, do NOT use any defragmentation program. It's not needed and shortens SSD life.**

Start Power Defragmenter, click 'Next', choose the TriplePass™ mode (version 3) or PowerMode™ (version 2) and click 'Next' again. Select the harddisk (partition) you want to defragment and click 'Defragment'. The harddisk will now be defragmented. When using this program for the first time or when there have been a lot of changes on that harddisk (partition), it can just take a while. When using this program regularly, it will be much faster! Use this program for each harddisk (partition).





- **Updating:** Antivirus programs have the important ability to update the definitions (automatically) via internet. Please, update them regularly.

Tips:	Register Cleaner:	Min. once a week/month *** recommended.
	Free Internet Washer:	Min. once a week/month *** recommended.
	Anti Virus:	<u>Minimal</u> once a week an update and full scan.
	Defragmentation:	Once a week/month *** recommended.

*** Minimum recommendation: Daily users, once a week and others once a month.

► Using a 64bit Windows version, 32bit programs will be installed in the 'Program Files (x86)' folder. The 64bit programs are installed in the 'Program Files' folder. 32bit programs are emulated with SysWow64.

6. Making back-up's (Introduction).

Besides cleaning up the PC, making a System Back-up is also important. There are several suitable packages to make Back-up's: Norton Ghost, Acronis True Image Home or Windows Back-up. Windows Back-up can be available in the Windows installation of Windows Vista and Windows 7. They can make compressed harddrive partition back-ups to another harddisk partition or directly on DVD's. To restore a system back-up, you always need to have a suitable bootable CD with the back-up software. A back-up can be made in Windows or from the specific bootable CD.

Norton Ghost 2003 can be used for older IDE only systems for both harddisk and CD/DVD. For systems with an SATA type harddisk, use Norton Ghost 8.x or Ghost 11. Ghost 11 and 11.5 are suitable for Windows Vista (32 bit). Norton Ghost 15 and Acronis True Image Home 2010 (and more recent) and the build-in Windows Backup are suitable for Windows 7 (32 and 64 bit).

Programs using a DOS-boot CD / DVD will have problems on modern systems installed with Windows Vista and Windows 7 when the used CD / DVD player/burner is a SATA type: There are no DOS SATA drivers. If possible, set in BIOS the IDE mode when making/restoring back-up's from CD / DVD. When ready, the BIOS settings must be set back to original before rebooting Windows. This is often not possible on modern systems with an EFI compatible BIOS: We better use a BootCD which is using a form of the Windows PE (Pre-installed Environment Vista / W7) with the needed Backup and Restore programs: Like Norton Ghost 15 and Acronis do. ► [More Back-Up info is available in the Making Backup pdf.](#)

▶▶ Hints & Tips:

Addressbook and documents

It is recommended to make a copy of your addressbook and documents / pictures regularly by exporting, making a back-up. It is much better to change the path of your documents folder to another harddisk partition (e.g. by moving the (My) Documents folder). Make also a back-up on USB-Flash memory or DVD / CD's and/or external harddisks. There is no good reason NOT making backups at a regular basis. Better often than never!

Back-up of browser and email data and settings?

To make a back-up of the Mozilla Firefox (browser) and Thunderbird (email) data and settings, the MozBackup program is recommended. It is easy to use and has options for selectively restoring data and settings. There is also a simple manual available on my server.

Moving User system folders

When the harddisk is already partitioned in parts, it is wise to move the user folders to another harddisk part instead of the system partition.

Windows 2000 and XP: Select on the Desktop the icon of the 'My Documents' folder. Choose with right mouseclick the properties and adapt the location of the target folder to another partition. At the question to move all files, select 'Yes'. That is all...

Windows Vista / 7: The named user folder can be found on the Desktop when the Classic Mode is set, or on the left side in the Explorer. This folder points to the folder C:\Users\\ and contains more sub-folders. With the Explorer you can select the properties and in the tab Location, change and move the folder(s), e.g. into D:\<accountname>\ Best thing is to create the destination folders first, then moving them one by one by changing the Location in the Location tab.

Deleting Windows Vista Service Pack files (ONCE)

Go to: Start (menu) / Run, and type: cmd (Shift+Ctrl+Enter) [getting administrator rights]. Type in the cmd window: **compcln.exe** then **Y**. This will free up about 1 Gigabyte space on the system harddisk.

Deleting Windows 7 Service Pack files (ONCE)

Go to: Start (menu) / Run, and type: cmd (Shift+Ctrl+Enter) [getting administrator rights]. Type in the command window:
dism /online /cleanup-image /spsuperseded
This will free up about 1.5 Gigabyte space on the system harddisk.

Lowering or switching off UAC (Windows Vista and 7)

Go e.g. to the Control Panel, then to the User-accounts. **Windows Vista:** Click here on User Account Control and remove the check to disable it and click OK. **Windows 7** has a slider to set the level of user security: Set it ONE step above minimum. After setting UAC, you need to reboot.

Windows starts with 'Preparing desktop' or no profile ?

Windows 7 or Vista system has been started with a temporary or no profile. When this message pops up, try the action and order below:

1. Log off from the account and log in again (Startmenu).
2. If that does not help, restart the computer.
3. If this didn't help either, set back an earlier made System Recovery.
4. Not yet? Start in Safe mode (Reboot F8), do the System Repair.
5. Still not of any help? Set back a made system back-up (Recovery).

Disclaimer: ► The user is fully responsible for all the described actions taken. The writer of this document cannot be held responsible in any way for (possible wrong) actions taken by the user.

▶▶ Just a few remarks...

- ▶ XP SP3 is good, when 100% up-to-date (and for older systems).
- ▶ Windows 7 is what Vista should have been: Safer, better and faster.
- ▶ Take care that your system is always up-to-date and keep it that way!

Links to the used tools and programs:

Eusing Free Registry Cleaner:

http://www.eusing.com/free_registry_cleaner/registry_cleaner.htm

Free Internet Window Washer:

http://www.eusing.com/Window_Washer/Window_Washer.htm

Power Defragmenter and needed contig.exe:

<http://www.softpedia.com/get/System/Hard-Disk-Utills/Power-Defragmenter.shtml>

<http://www.softpedia.com/progDownload/Contig-Download-40913.html>

MozBackup download:

<http://mozbackup.jasnapaka.com/download.php>

Super Anti Spyware:

<http://www.superantispyware.com/downloadfile.html?productid=UPERANTISPYWAREFREE>