Bits and Bytes   October 2013

Arkansas' Premier Computer Club

Bella Vista Computer Club - John Ruehle Center

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WINDOWS 7 SYSTEM REPAIR DISK

If you're running Windows 7 and plan on using it for a while yet, we want to remind you that it's a really good idea to create a System Repair Disk. Many of us forget about this very important disk until it's too late - when we need it and don't have it. It's easy to do:

System recovery options can help you repair Windows if a serious error occurs. To use system recovery options, you'll need a Windows installation disc or access to the recovery options provided by your computer manufacturer. If you don't have either of those choices, you can create a system repair disc to access system recovery options.

Open Backup and Restore by clicking the **Start** button 🌐 , clicking **Control Panel**, clicking **System and Maintenance**, and then clicking **Backup and Restore**. In the left pane, click **Create a system repair disc**, and then follow the steps. If you're prompted for an administrator password or confirmation, type the password or provide confirmation.

Note:

- If you're prompted to insert a Windows installation disc, it means that the files needed to create the system repair disc can't be found on your computer. Insert a Windows 7 installation disc. http://windows.microsoft.com/en-us/windows7/create-a-system-repair-disc

LEARNING OPPORTUNITIES

File Management—Oct 15, 1 pm to 4 pm
Genealogy Special Interest Group
        Oct 19, 10 am
Microsoft Publisher Oct 22, Oct 24
        10 am to noon
Using Windows 8, Part 3, "Projects",
        Oct 24, 1 pm to 4 pm
Digital Photography Part 3 "Photo
        Editing & Sharing" Sept 25 —
        9 am to noon
Windows Live Mail (Windows 7 & 8)
        Oct 1, Oct 3 —10 am to noon
Internet (IE 9 or 10) Oct 8, Oct 10,
        10 am to   noon
Microsoft Excel —Oct 8, Oct 10,
        1 pm to 3 pm
Setting Up Windows 7, Oct 9,
        10 am to noon
Digital Photography Part 1 "The Camera"
        Oct 9, 1 pm to 4 pm
Windows 8 " Mail & People Applications"
        Nov 5, 10 am to noon
PC Maintenance Part 1 "Cleaning"
        Nov 5, 1 pm to 4 pm
Computer Security—Nov 7,
        9 am to noon

Pre-registration is required for all classes and are free to all Computer Club members. Call Marie Herr (273-2558) for more information and to pre-register.

NOVEMBER PROGRAM: "Introduction to Computer Back Up Procedures —Part 2"

WHO'S WATCHING YOU?

Did you know that software exists that can turn on your web cam without your knowledge or consent...and it can do so without the web cam light illuminated? In other words your web cam may be turned on and you would not know it.

The same is true of the built-in microphone (generally laptops).

Here's a low-tech solution for web cam hacks, courtesy of PC World and the NSA.

Tape over the webcam

Integrated webcams are great for video chats, but they're also excellent tools for hackers to spy on users. And you would never know that you were being watched: Although the webcam indicator light is supposed to switch on when the camera activates, hackers have found ways to disable the light in certain laptop models.

According to the NSA, a simple, low-tech solution is to tape over your webcam—with black tape, naturally. If you're worried that the sticky residue might damage the webcam, use tape to secure a small piece of paper over the lens. By INFOAVE on September 19, 2013

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Open house for Computer Repair & Help at the Computer Club:

October 16th (10 am—1 pm) (Wednesday)

November 2nd (10 am—1 pm) (Saturday)

November 6th (1 pm—4 pm) (Wednesday)

Bonnie wants to know about System Restore and System Image

What is the difference between a system restore and a system image?

Our answer

Hi Bonnie. Windows System Restore creates restore points based on snapshots of your system taken when the restore point was created. These snapshots don't include any of your documents, photos, personal files, personal folders, pictures, videos, music etc. To make it simple, it basically makes a snapshot of programs installed and their dependencies (registry entries, menu entries, etc.). If you install program XYZ today and do a restore back to yesterday, program XYZ will be gone. But any emails you wrote, pictures you added, documents created today, will all be there even if you restore back to yesterday.

A system image is an exact mirror image of your hard drive -- everything on your hard drive is included in the system image. System Images are what computer manufacturers use to install the same software and operating system on thousands and thousands of computers. And system images are useful in restoring your computer back to the exact state it was in -- including all your personal files and folders - the day the system image was made. System images will restore your computer to the exact state it was in on the day the image was created -- so that even if your hard drive were to completely stop working- you could use the image to "image" the new hard drive. After you've used the image on the new hard drive and boot-up your computer -- it will be exactly the way it was the day the image was created -- including all your programs, the operating system, your photos, music, documents, files and folders. Everything is included in the image.

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Welcome to David Allen as the new Board Member filling the vacancy on the Board of Directors.

HOW TO WIPE CLEAN AN EXTERNAL HARD DRIVE

You can do it one of two ways. The easiest is just to do a quick format. It will wipe the drive quickly. However, if you're concerned about someone with forensic software getting a hold of that drive, then formatting it won't overwrite the data numerous times with gibberish and therefore everything will be recoverable to anyone with the right software.

You can use something like CCleaner's drive wiper. CCleaner has a free version you can use to wipe the data from an external drive. You can choose to run CCleaner Drive Wiper to wipe the data and overwrite 1, 7 or even 35 times with gibberish which will make the data on the drive nearly impossible to recover. But even then, someone with very expensive professional forensic file recovery software may be able to recover enough data from the drive to be able to piece together some of what was on it. But it should be good enough to prevent casual users from recovering anything, even casual users using file recovery software won't be able to get anything useful off the drive.

Wiping Free Disk Space

When you delete a file, Windows removes the reference to that file, but doesn't delete the actual data that made up the file on your hard drive. Over time, this data will be overwritten as Windows writes new files to that area of the drive.

(continue next column…….)

WELCOME NEW MEMBERS

Deena   Guptil
Sue   McDowell
Shirley   Newton
Alice   Tidwell

INVITE YOUR NEIGHBORS AND FRIENDS TO VISIT

AND PARTICIPATE IN THE COMPUTER CLUB!

This means that, given the right software, someone could reconstruct all, or parts of files that you've deleted. For privacy and security reasons, you can set CCleaner to wipe the free areas of your hard disk so that deleted files can never be recovered.

Note: Wiping free space can take a substantial amount of time.

Method 1 (Automatically wipe when cleaning):

1. In CCleaner, click the CCleaner icon at left.

2. On the Windows tab, select the **Wipe Free Space** check box.

3. CCleaner displays a warning about extra time. Click OK.

4. Run CCleaner as usual

Method 2 (Manually wipe with Drive Wiper):

1. Select Tools > Drive Wiper

2. Choose the type of wipe you require:

a) **Free Space Only** will leave your normal files intact

b) **Entire Drive** will erase all of the files on the drive. WARNING, this means the whole of the partition will be erased. The drive will still be formatted, but all data will be erased. For safety reasons, this feature is disabled for the boot drive.

3. Choose the type of security you require (Simple Overwrite is ok for most situations)

Select the drives CCleaner will wipe.

CCleaner can't wipe every deleted file from your free disk space. There are some limitations, because of the way Windows stores some files. Here are some examples:

• The file has been overwritten by another file (so no need to overwrite this again)

• The file had been overwritten by another file before you ran CCleaner, but the second file has now been deleted as well.

• The file was created almost exactly when you ran CCleaner. (www.piriform.com/docs/ccleaner/using-ccleaner/wiping-free-disk-space)

YOUR COMPUTER KNOWS WHERE YOU HAVE BEEN!

(Windows 7 & Windows 8)

How many of you think using a good cleanup program removes all traces of your web browsing? Raise your hands. OK, that's just about all of you — you CCleaner users seem particularly smug. OK, go ahead, make my day. Copy this post, paste it in a notepad file or an email, or your favorite text editor, and close your browsers (all of them if you have more than one open).

OK… use your favorite clean up program, right now, don't wait another minute. Fire it up and clean your temp files — clean everything – erase what you will.

OK? All clean. Now press and hold down the Windows key, and press the R key and type CMD and press ENTER to bring up a Command dialog. Now type in the following command at the prompt and press Enter

ipconfig /displaydns

What do you see? You see a lot of stuff there, right?

Do you really want to erase the traces of where you've been? Open a Windows Command dialog and type in the following:

ipconfig /flushdns

That should delete everything but the page your currently viewing. However the page you're viewing may have ads on it, and if so it will show the domains serving the ads. Additionally, many sites user analytics that analyze Web traffic and give site owners the lowdown on their visitors — nothing too personal, you understand, just geographical location, IP address (which is very personal because it's uniquely yours), browser, installed add-ons, and so forth.

ipconfig /flushdns

You may well see more then one web site listed there. And for those of you who are going to tell me those commands don't work on your computer, listen up: In both cases there is a space between ipconfig and the slash, okay. These commands are not new, they should work on every Windows computer from Windows 95 though Windows 8.1. If they don't work on yours, make sure you're typing the command correctly. When running command line commands, spaces matter. Also, some versions of Windows may need you to run an elevated command prompt with admin privileges. If so, type CMD in your start menu search and when CMD appears at the top, right-click it and choose "Run as administrator".

A sample of some web sites:
Record Name . . . . . : mapping.abine.com
Record Type . . . . . : 5
Time To Live . . . . : 4558
Data Length . . . . . : 8
Section . . . . : Answer
CNAME Record . . . . : diamond.abine.com
www.stumbleupon.com
——————————————-
Record Name . . . . . : www.stumbleupon.com
Record Type . . . . . : 1
Time To Live . . . . : 8555
Data Length . . . . . : 4
Section . . . . : Answer
A (Host) Record . . . : 199.30.80.32
click.email.newegg.com
——————————————-
Record Name . . . . . : click.email.newegg.com
Record Type . . . . . : 5
Time To Live . . . . : 463
Data Length . . . . . : 8
Section . . . . : Answer
CNAME Record . . . . :
click.virt.s6.exacttarget.com
drive.google.com

To remove these, open a command window (if required open one with elevated privileges as explained above) and enter IPCONFG / FLUSHDNS at the prompt and press Enter. Now run the command IPCONFIG / DISPLAYDNS again. All entries which were showing previously should be gone.

Next month we will have an article how to clean cookies from Adobe Flash Player that are not cleaned with Disk Cleaner.