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FROM THE ACTING EDITOR

Welcome to the August edition of Newstream ... if this month's edition looks a little different, or perhaps a little thinner than usual, it's because our regular editor Ron Baker has temporarily handed over the reins to me in anticipation of undergoing a long-awaited medical procedure. Sadly for Ron that did not eventuate this time around but we have our fingers crossed that his wait will be over in the near future.

I would like to remind members who are more accustomed to attending our daytime classes at OPEN that they also members of LCG and as such are welcome to attend any of the 'workshop' sessions that follow LCG meetings at 7:00 pm on the first Wednesday of each month. We try to make the topics a little different from what you might encounter at OPEN and on August 1st Judy Hall will be doing a presentation on how you can 'digitize' the music from your LP records and cassette tapes so that they can be recorded on CDs or transferred to your portable devices e.g. iPods, MP3 players and the like.

The next six months in the computing world will be very interesting as we anticipate the arrival of Windows 8, and Microsoft itself has livened up the scene by announcing that it be releasing its own tablet computers, the Windows 8 'Surface' range.

As we are finding that some of our members are already making the move into iPads, e-Readers, Android tablets and other touch-screen devices we are considering running a workshop or forum to acquaint members with the 'pros' and 'cons' of owning and operating 'tablet' devices.

Dennis Murray

Newstream Articles

Deadline : 10 Days before Meeting

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COMPUTING'S SWISS ARMY KNIFE

Control scanning by using Irfanview

To many members it may seem that I have an obsession with the FREE graphics program Irfanview. It seems that hardly a single tutorial session goes by without me trying to 'sell' its capabilities to a member or two.

Take the following case in which a member had scanned some photos at home but had somehow managed to misplace the scanner files. Actually that's not quite true — in reality the member's scanner software had saved the scanner files in such an obscure location that the only way to find them was to search for all the JPEG files on the C: drive.

This was yet another example of a problem that I covered in the newsletter a couple of months ago, in which the user 'surrenders' control to the computer rather than taking personal control of the situation.

When using a scanner I **NEVER, EVER** press the Scan button. Why? Because the manufacturer has set up that button to save the scanner's output in a location that THEY decide ... not you. It is possible to change the default location by going in to the configuration settings but in my experience not many scanner users are aware of this.

By using Irfanview to 'drive' the scanner I control the scanning process—Irfanview can detect the scanner, and locate the software without me having to know what the program is called. After a scan is completed I can use some of Irfanview's single-key commands to rotate, crop, re-size, and save the image with a meaningful name **in the folder that I select.**

USING IRFANVIEW FOR SCANNING (cont)

In the case referred to I noticed that some of the member's scanned files included two or three multiple photos which were separated after scanning. In fact it is usually much easier to use the scanning software to 'isolate' single photos and process them individually.

In the event that you were unable to work out how to selectively scan the photos the cropping and saving can also be done by Irfanview. But as our member did not have Irfanview on their computer they chose to do the cropping through Windows Photo Gallery and in my opinion that is hardly the most appropriate program for such an operation.

Image Conversion with Irfanview

Some members may have read in the July newsletter that it is possible to add images to the Clip Art Gallery in Open Office, and its close relatives Libre Office and Complete Office. Many of the images that can be used come from the Clip Art that was included in MS Publisher 98—around 14,000 of them! However there is a slight drawback in that many of these images are in Microsoft's WMF (Windows Metafile) format and while these can be viewed as Thumbnails in Windows XP, for some reason Vista and Windows 7 cannot display them as Thumbnails.

Irfanview to the rescue again! Using the Batch Conversion tool I was able to convert all those thousands of WMFs into JPG format in 15-20 minutes. It was just a matter of getting Irfanview to load all the WMFs in a folder and 'instructing' the program to convert them to the JPG format.

Dennis Murray

AUGUST MEETINGS

August 1st

at 1:00 pm OPEN's MONTHLY MEETING
at 7:00 pm LCG's MONTHLY MEETING

Followed by

Judy Hall's demonstration on how to convert your music on LP records or cassette tapes to digital format that can be 'burned' to CDs.

VENUE TELEPHONE NUMBER

Don't forget that the club telephone is available during class hours.

*** * * * *** 6343 4928 *** * * * ***

Members and tutors can be contacted at the clubrooms **during class hours** by telephoning the number shown above.

Monday to Friday 10am – 3pm

Tuesday evenings 7pm—9 pm

FINDING 'LOST' FILES

Windows Vista and Windows 7 are very good at finding misplaced files, folders and even programs.

Press the 'Windows' key, type in a few letters of the program you wish to locate and it should be displayed at the top of the Start Menu.

To find files in Windows Explorer view use the 'wildcard' method e.g. to find all the JPEG files on your computer type ***.jpg** in the Search box just below the Minimise button. The asterisk (*) symbol tells Windows to look for any combination of numbers or letters before the 'dot'.

WINDOWS' HIDDEN HELPERS

The people at Microsoft seem to be unable to grasp the concept that not everybody who buys a computer is an expert ... how else can you explain that some of the most useful basic features are hidden from view in Windows Vista and 7?

I don't know how many times I have started to advise a student-member to go to the 'File' or 'Edit' menu in an Explorer window only to discover that the Menu Bar is not being shown. It's easy for an experienced user to simply tap the 'ALT' key to bring up the menus but many computer users aren't aware of this. To turn the on Menu Bar click the 'Organise' button (top left of the window) go to Layout then tick the Menu Bar option.

Are you one of those people who have difficulty selecting multiple files that you want to copy or move to another folder? You're probably aware that you can hold down the CTRL key and select files at random but how many times has the process gone 'pear-shaped' and you end up with multiple copies of the files that you meant to move? Wouldn't it be great if you could just tick a box for each file you want to select?

Well you can! The option is hidden away in Windows Explorer's **Tools>Folder Options>View** area—just scroll down the list of options and there near the bottom of the list is 'Use check-boxes to select items'. Simply tick that box, click Apply and you'll see that each file in your folders has a small square at the beginning of the file-name or icon.

And don't forget those other handy tips from previous newsletters :

The **F12 key** takes you straight to the Save As box in Word, Excel and PowerPoint.

The **Snipping Tool** in Vista and Windows 7 is a quick way to take a screen snapshot.

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PLEASE NOTE THAT IN 2012 ALL OF JUDY'S
MORNING CLASSES WILL **START AT 10
AM AND NOT 9 AM AS IN PREVIOUS
YEARS**

FAMILY HISTORY ON-LINE

August 8 — 1 pm to 3:00 pm

August 22 — 10 am to noon

Judy Hall and the team will guide you through the processes required to research your ancestry.

New information is being added to our resources on an on-going basis to help you trace your family's origins. Contact the club for more information
Classes are limited to 8 people.

SPECIAL CLASS WEDNESDAY AUGUST 15

10 am to 12 noon

Computer Maintenance



Learn how to remove unwanted programs, and how to use the Windows Disk Cleanup and other utilities.

Class Fee : \$5.00
Tutorial Print-out \$2.00

BASIC GRAPHICS

Please check the registration sheets at the club to find out if there are places available.

The dates for the next classes are :

Graphics Workshop August 1

10 am to 12 noon

Explore the variety of tasks that can be performed with Print Artist

August 8

10 am to 12 noon

Graphics Workshop August 29

10 am to 12 noon

LEVEL 2 & 3 GRAPHICS

With Paint Shop Pro 7 and 8

Wednesday August 15 1:00 to 3.30 pm

Paint Shop Pro XI class on August 22

These classes are designed for people who have completed the Basic Graphics classes, and involves more advanced features of the Paint Shop Pro graphics programs.

Monday	10 am –12	General & Beginners
	1 pm – 3 pm	Basics and Beyond
	3:30 to 5:30	Beginners
Tuesday	10 am –12	O-Learn & Beginners [all day]
	1 pm – 3 pm	Mac [all day]
	7 pm—9 pm	Basics (Night Class)
Wednesday		Special sessions or Meetings
		As for mornings (see rosters)
Thursday	10 am –12	General & Beginners
	1 pm – 3 pm	General & Beginners
Friday	10 am –12	General & Beginners
	1 pm – 3 pm	Beginners

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SPECIAL WEDNESDAY SESSIONS

Please register on the sheets – numbers may be limited

Date	Time	Topic	Details
August 1	10 am—12 noon	Graphics Workshop	An extra session for members doing the Basic Graphics course.
	1 pm onwards	OPEN Monthly meeting	Have your input into how our club operates
	7:15 pm onwards	LCG Monthly Meeting	Followed by 'Digital Music' workshop—convert LPs and tapes to CDs
August 8	10 am—12 noon	Basic Graphics	Learn about the variety of tasks you can perform with Print Artist.
	1 pm—3.30 pm	Family History On-Line	Use the club's CD resources or log on to Ancestry.com to research your family
August 15	10 am—12 noon	Computer Maintenance	Learn how to clean up the unwanted programs and temporary files from your computer.
	1 pm—3.30 pm	Level 2 and 3 Graphics Class	Use Paint Shop Pro version 7 or 8 to perform advanced graphics tasks.
August 22	10 am—12 noon	Family History	With Judy, Margaret G and the team
	1 pm—3.30 pm	Level 2 and 3 Graphics Class	Graphics using Paint Shop Pro 11
August 29	10 am—12 noon	Basic Graphics	
	1 pm—3.30 pm	Advanced Graphics	

Running OLD Software with Windows 7

How many programs have you discarded because they will not work with your new computer? Well there are some methods available to keep your old software running. [without creating a dual boot system on your PC]

Using Windows 7 or Vista Compatibility Mode

Windows Vista or Windows 7, will have problems running some older versions of applications, just because so much has changed under the hood from Windows XP days. Thankfully there is a compatibility mode that can be easily set for each application (i.e. program)

To configure the compatibility mode for an application, just locate the installation directory and right click on the .exe file, selecting Properties from the menu.

Select the Compatibility tab:

(see screen snapshot at right —>)

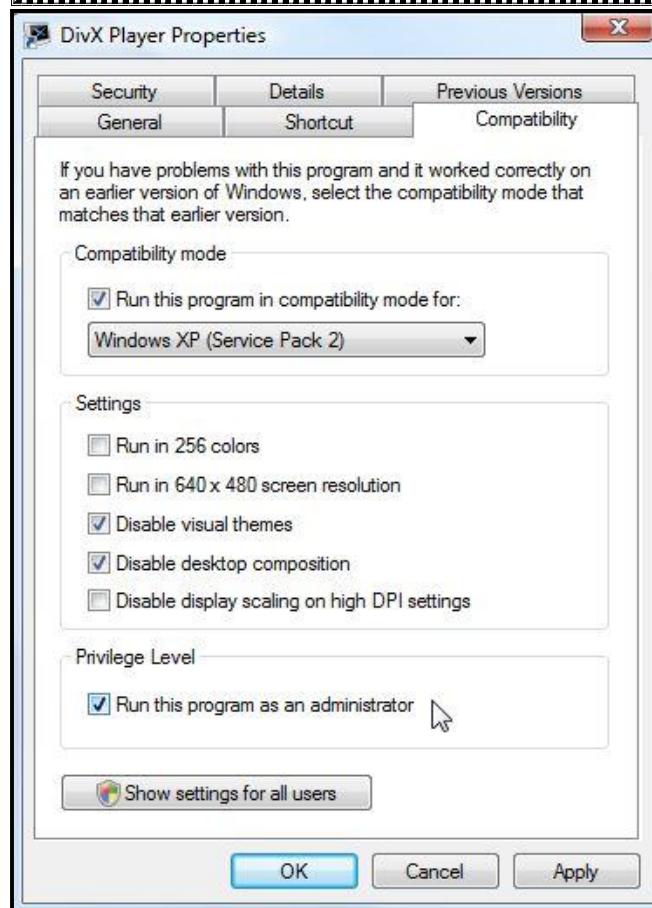
You can choose to run the program in Windows XP compatibility mode, or even all the way back to Windows 95 compatibility.

Probably the most useful setting to start off with would be to disable the visual themes and desktop composition, if you can't get things working. If you are trying to run a video game, you will often need to choose "Run this program as an administrator".

You'll have to play around with it, but most likely you can get your application working this way.

Go to column 3 for more options for getting old programs to run on newer operating systems.

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★ VICTOR PHONE NUMBER 0408 174 235 ★

★ Contact the Coordinator Rob Tierney for
★ assistance with computer problems at home

★ (Bookings are subject to availability of tutors.) ★

DosBox

DosBox is emulator software that emulates (loosely: "simulates") an IBM PC compatible computer running the older operating system, MS-DOS. A great deal of old DOS programs can run in this simulator. This emulator will run on even older PC's.

Virtual Box

Oracle VM VirtualBox is an x86 virtualisation software package. It can run systems including versions and derivations of Windows, Linux, BSD, OS/2, Solaris and others. It can also allow limited virtualisation of Mac OS X.

As Virtual Box operates within your current running operating system, your computer hardware needs to be capable of running two Operating Systems at once, one actual and one virtual. Your system should have at least a Multi-core CPU, 2Gb Ram and sufficient harddrive space to store the images created by Virtual Box.

I have had Virtual Box running for some time and have successfully installed Windows 7, Windows XP, Windows 98, & Ubuntu. I am also experimenting with Android v4. And MacOS X Lion.

To find out more, check out these web sites:-

<http://www.dosbox.com/>

<https://www.virtualbox.org/> Bruce Dineen

House Call 2012: One family, four PCs

By Fred Langa



Lexington, Mass., was in glorious, late-spring bloom when I visited Windows Secrets reader Helene Mayer.

Helene had a houseful of PCs (running XP, Vista, and Win7) exhibiting a variety of problems. I was there to help.

This is the second instalment of the 2012 House Call series — an off-and-on project in which I visit a reader's home or business and attempt to diagnose and cure real-life PC problems.

The idea behind House Call is simple: I collaborate with selected Windows Secrets readers to learn what really works in analyzing, maintaining, and improving our personal computers. We then share what we find with all Windows Secrets readers via articles like this. (For a fuller explanation of House Calls, see the first article in this series, the April 12 [Top Story](#), "House Call 2012: Fixing a sluggish PC.")

Assorted glitches, problems, and annoyances

I selected Helene for this House Call because — like many of us — she maintains a variety of Windows systems in her home. As she's added new systems over the years, the older systems remain in use, handed down to family members with less intensive computing needs.

Here's the note Helene sent in when I originally asked for House Call participants:

♠ "I'm one of those users who are afraid to do almost anything complicated to my computer, for fear of doing irreparable harm. I have a 6GB laptop running Windows 7 x64. I'm finding Windows 7 a bit wonky. [Helene then included more details, which I'll get to later.]

♠ "My son has my old laptop, which is running Vista. It's still registered to me, and I have no idea how to change that. I used to clean that PC up regularly. I tell my son to do the same, and to apply updates — but I doubt he ever does. He's 15 and spends a lot of time online. Who knows how much junk he has on that laptop!

♠ "We also have two PCs which are both slow and wonky and are running XP!"

✦



Figure 1. Windows Secrets subscriber Helene Meyer at the keyboard of one of her family's four PCs.

What follows are selected highlights of what we found during the course of the House Call.

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Windows shutdown problems

My preferred first step in any PC-maintenance session is a thorough system cleanup and tune-up – removing junk files, updating the software and drivers, and so on. (The process was described in the April 12 House Call [story](#).)

One of the issues Helene reported was slow startups and shutdowns, something I saw for myself during the initial cleanup/tune-up process. Shutdown, in particular, seemed very slow, with long periods of intense disk activity followed by periods with no visible system activity at all.

I suspected the long burst of disk activity was related to her system's relatively large amount (6GB) of RAM. In many setups, Windows is configured to wipe the pagefile at shutdown as a security measure, and a typical 6GB system has a 6–9GB pagefile. Wiping this much disk space can cause a **very** noticeable and annoying shutdown delay.

That type of delay might be worthwhile if wiping the pagefile actually improved security, but for most of us, it doesn't. (See the June 13 LangaList Plus [item](#), "Is Windows' pagefile a security risk?")

If pagefile-wipes are enabled on your system – as they were on Helene's – disabling them can dramatically reduce shutdown time while not materially increasing security risks.

Here's how it's easily done in Win7. (See Microsoft Support article [314834](#) for other Windows versions and for alternative methods.)

- Open Windows' built-in Registry Editor by entering **regedit** in the Start menu's text-entry box.

- Navigate to :

\HKEY_LOCAL_MACHINE\SYSTEM\CurrentControlSet\Control\Session Manager\Memory Management.

- Click on **ClearPageFileAtShutdown** and change the value from **1** (enabled) to **0** (disabled), as shown in Figure 2. That's all there is to it!

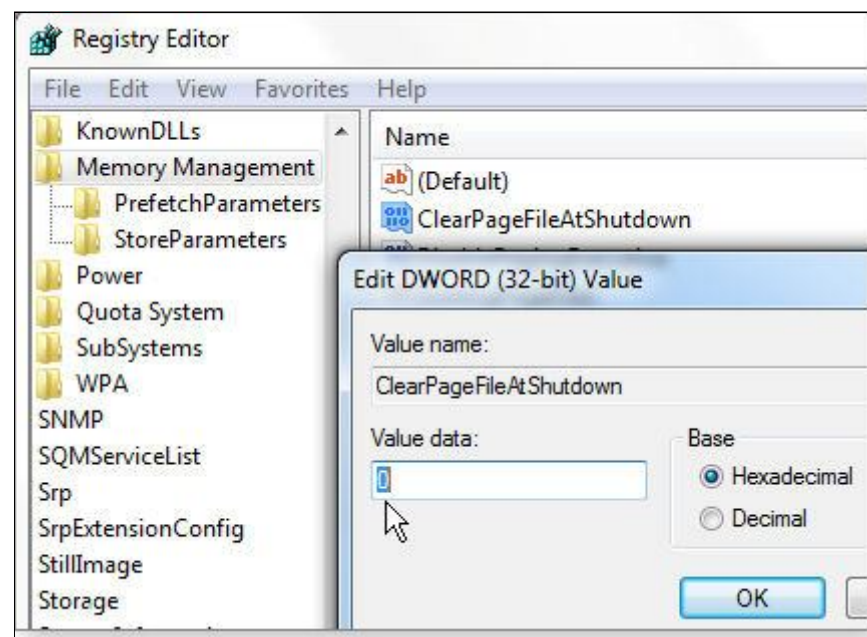


Figure 2. Setting the value of *ClearPageFileAtShutdown* to zero helps prevent long

That simple change eliminated the intensive disk activity at shutdown. But the shutdown process still contained long pauses where nothing seemed to be happening.

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This is usually caused by poorly written, third-party drivers (or services or other running software) that are slow or unresponsive to the operating system's shutdown command. Win7 normally gives each running software component up to 12,000 milliseconds – an extremely cautious **12 seconds!** – to respond before timing it out and proceeding with shutdown.

Vista and XP are even slower, waiting up to 20,000 milliseconds – 20 seconds! – per running component.

It doesn't take many 12,000–20,000-millisecond dead spots during shutdown to really gum up the works.

The best fix for unresponsive software is to install better software. But the apps and third-party drivers on Helene's system were current. Some software just isn't coded well, leaving end users holding the bag.

Fortunately, Windows offers a workaround for this problem: You can adjust the **WaitToKillServiceTimeout** Registry setting to a shorter time.

Here's how in Win7 and Vista. (For XP, see MS Support article [146092](http://support.microsoft.com/kb/146092).)

- Open RegEdit.
- Navigate to **HKEY_LOCAL_MACHINE\System\CurrentControlSet\Control**.
- Select **WaitToKillServiceTimeout** and set the value from the default setting to a lower value. (Note: Enter numeric digits only, as shown in Figure 3. Do not use comma separators.) On Helene's Win7 system, we initially reduced the timeout from 12000 milliseconds (12 seconds) to a more aggressive 8000 milliseconds (8 seconds). I suggested to Helene that she could later adjust the amount up or down, as experience dictated.
- Combined, these two Registry edits cut her shutdown time roughly in half!

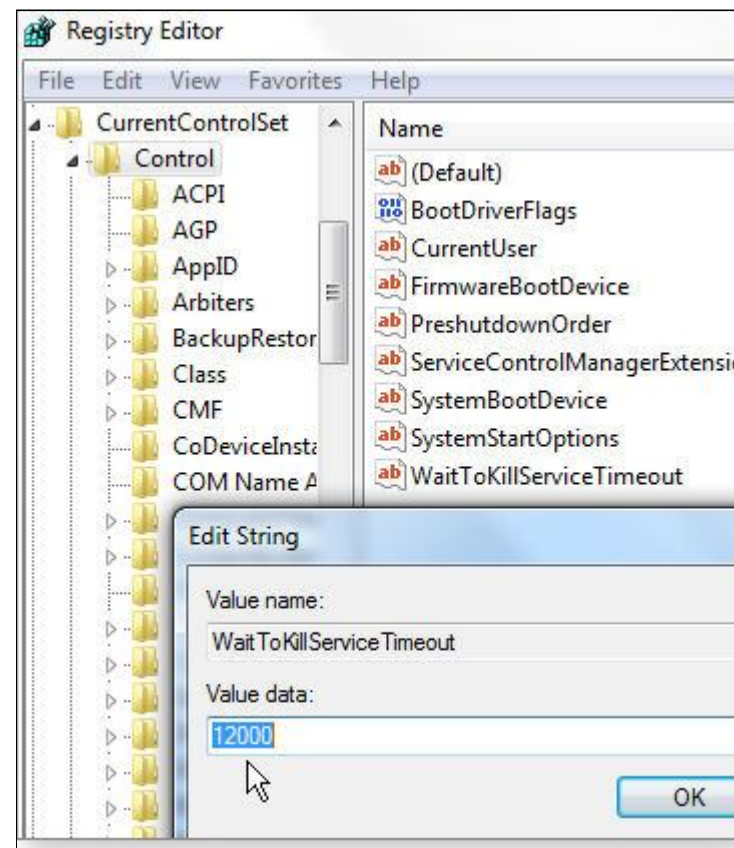


Figure 3. On Helene's Win7 system, we reduced the timeout value from 12000 milliseconds 8000 milliseconds.

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Using Soluto to streamline the startup

Next, we tackled the slow startup.

In many cases, software engineers design their programs to quietly launch as soon as the PC is booted. With all or part of the code in memory, the app will seem more responsive when the user actually opens it.

But you pay the price for that convenience at startup. When lots of software preloads that way (whether you want it to or not), you get needlessly long boot times.

We used Soluto ([site](#)), a free, automated tool that works on all current Windows versions, to streamline Helene's startup. Once installed, Soluto monitors the startup and figures out which background apps really need to load – what's essential and what's not. It displays its findings in a graphical interface that tells you what should be left alone, what's known to be removable from the boot process, and what is potentially removable (as illustrated in Figure 4).

Soluto lets you **remove** an item from the boot process (called a "pause" because you can still launch the software normally later on) or **delay** selected items, which still lets the software load itself – just not during the initial boot.

This article isn't a review of Soluto, which actually has many additional functions and features. There's plenty of information available on the Soluto site, and Lincoln Spector covered an earlier iteration of Soluto in his Jan. 6, 2011, [Top Story](#), "Four free programs to help control Windows 7."

After we'd finished running Soluto, Helene's system-startup time was reduced by 25 percent.

With Helene's Win7 system cleaned and running well, I moved on to the other machines.



Figure 4. Soluto's graphical interface (shown here in part) makes it easy to adjust your system's boot process.

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The Vista PC: packed to the gills

Helene's son's Vista laptop was indeed jam-packed with files: its 100GB hard drive showed 97.9GB used. When hard drives get very full, system performance can suffer because there's so little elbow room for the pagefile and other file-moving operations. Tasks such as defragging might not work at all, if a drive has less than about 15 percent free space.

Helene's son wasn't available, so I wasn't able to ask him about uninstalling unneeded and low-priority software. But a thorough cleanup (as described earlier) found and removed about 9GB of junk files – recovering almost 10 percent of his disk space!

In space-constrained systems, it's a good idea to check the size of browser caches, the Recycle Bin, and the System Restore cache. Most of this is easy to do. For example, in Win7 and XP, you can adjust the amount of space reserved for System Restore by means of a simple graphical slider interface (MS [info](#)).

But for reasons known only to Microsoft, Vista handles System Restore sizing the hard way, via a command line. I opened a Command window (using **Run as administrator**) and typed the following command:

vssadmin Resize ShadowStorage /For=C: /On=C: /Maxsize=3GB

That command tells **vssadmin** (the Volume ShadowStorage administrator tool) to resize the ShadowStorage area (which holds restore points and previous file versions) for the **C:** drive, on the **C:** drive, to a maximum size of 3GB. (You might want to use a larger or smaller value, depending on your system configuration.)

Ultimately, we increased the free space on the system to 11GB – still not all that much in absolute terms, but a fivefold increase from where we started!

I left two recommendations for further increasing free space on the system: first, uninstall unneeded and low-priority apps; second, use disk compression on some or all of the C: drive. (See Figure 5.)

(Continued on page 12)

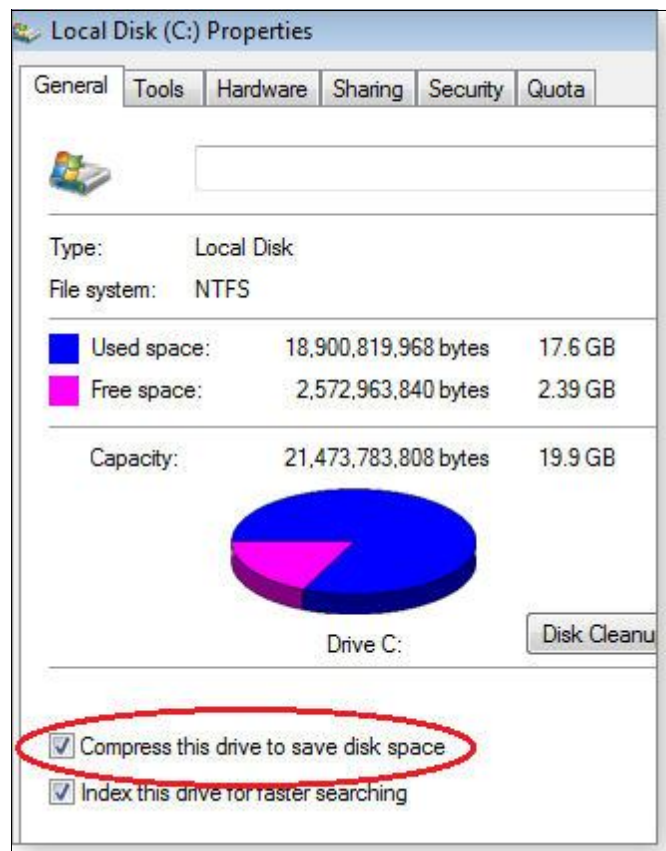


Figure 5. Disk compression is available in all Windows versions via a simple checkbox in the right-click Properties menu of any NTFS-formatted disk.

The Vista PC was still showing Helene as the registered owner, but that was easy to change. Here's how:

- Open RegEdit.

- Navigate to **HKEY_LOCAL_MACHINE\SOFTWARE\Microsoft\Windows NT\CurrentVersion**.

- Click **RegisteredOwner** and enter the correct information.

You can also use the same process to alter the **RegisteredOrganization** information, if you wish.

Final steps: the XP machines and the wrap-up

Tuning up the two XP systems was the most straightforward task of the lot: full, standard cleanups on both greatly increased their responsiveness.

One of the XP boxes was exhibiting a problem with extreme delays when opening Word. A simple uninstall/reinstall cycle for Word corrected this.

And with that, I was done.

I gathered my things and found Helene at her Win7 PC, going about her daily online tasks. As I entered the room, I heard her say, "Wow!"

"What's going on?" I asked.

She said, "It's not just startup and shutdown — **everything** seems faster!"

Now, that's what I like to hear!

Thanks, Helene, for letting us all learn from your systems. Stay tuned for the next House Call instalment!

Why some temporary files simply won't go away

By Fred Langa



Windows collects lots of temporary files that can, over time, consume large amounts of disk space and slow system performance.

But even when you're diligent about cleaning them out, some temporary files resist removal — and for good reasons.

How to give Windows a more thorough scrubbing

Like many of us, reader Bill Driscoll tries to keep his Windows system clean. And like many of us, he's found it sometimes difficult.

- ♣ "I've been a paid subscriber to Windows Secrets for a few years now and always get something interesting out of every issue. I just read Fred Langa's latest cleanup experience and once again acquired some new information.
- ♣ "Before running Malwarebytes or any other anti-malware app, I've used ATF Cleaner and manually checked system folders (Windows' **Temp**, **Prefetch**, and **Local Settings\Temp**). But even after I've cleaned up as much as I can, several hundred temp files remain.
- ♣ "I can't figure out why Microsoft tries so hard to protect **\Temporary Internet Files\Content.IE5** under each user profile and the profiles for **LocalService** and **NetworkService**.
- ♣ "Any light you can shed on doing basic file cleanup — either manually or with utilities — would be appreciated."



Here's the problem: there are different kinds of temporary files.

Some temp files are truly transient. For example, your browser stores as temporary Internet files (TIFs) any photos, logos, and other graphic images and elements from the websites you visit. Your browser uses the locally stored copy when you reload or revisit the same site or page. This makes your online experience faster, especially with slow Internet connections.

When you delete a TIF, it goes away for good — or until the next time you visit that page or site.

Other temp files are actually necessary for your OS and other software to work as designed. These system-level types of files and folders are more or less always there. However, their **content** is temporary; it's constantly changing as you use the PC.

If you delete this kind of temp file, it's re-created the next time the OS or some other software needs it — which might be almost immediately.

Other temporary files are history files, most recently used files, and so on. As with the contents of the TIF, these files are also genuinely temporary; they have a life span that's longer than that of TIFs but shorter than that of system-level Temp files.

All this can make it look as though a cleanup has failed — you think you've deleted the files, but when you look again, they're back.

So how can you make sure that your system isn't carrying needless temporary-file baggage? How can you tell whether it's being cleaned properly?

One way is to reduce the amount of storage area set aside for temporary Internet files. With a smaller storage area, fewer TIFs will be stored in the first place. There's really no downside to this, unless you're on dial-up or another bandwidth-limited connection for which having local copies of webpage elements can speed things up. (On a fast connection, your browser can just grab a fresh copy; you won't notice a delay.)

(Continued on page 14)

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All major browsers let you adjust their TIF area. For Internet Explorer 6 through 9 on XP, Vista, and Win7, Microsoft Support article [260897](#) offers both a manual and an automated **fixit** for deleting the contents of its Temporary Internet Files folder (or cache). You can also find links here for adjusting the size and location of the cache, and more.

In Firefox, you can click to **Tools/Options/Advanced/Network** for a similar option.

Chrome's a little geekier: you have to use command-line switches to adjust the cache. The Google Chrome [forum](#) explains how to do this.

Other browsers have similar options. Use your browser's Help system to find specifics.

You can also use a reputable cleaning tool, of which there are many. Longtime readers know my current favorites are CCleaner (free and paid; [site](#)) for routine work and jv16PowerTools (free trial, \$30 thereafter; [site](#)) for more advanced cleaning needs.

The Nov. 10, 2011, [Top Story](#), "Putting Registry-/system-cleanup apps to the test," contains additional information you might find useful, including a way to manually tweak Windows' built-in **Disk Cleanup** tool to make it far more powerful than its default settings allow.

To see whether your efforts are producing significant space savings, check the amount of drive space used, before and after cleanup. Right-click the drive you're about to clean, select Properties, and note the **Used space** number. Run your cleanup and then check the number again. If the cleanup was successful, the used-space number will be smaller.

But remember that you'll **never** be able to permanently delete **all** temporary files.

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others. **HOWEVER**, upon reflection, we would like to point out that it was **NOT** the senior citizens who took

The melody out of music,

The pride out of appearance,

The courtesy out of driving,

The romance out of love,

The commitment out of marriage,

The responsibility out of parenthood,

The togetherness out of the family,

The learning out of education,

The service out of patriotism,

The Golden Rule from rulers,

The nativity scene out of cities,

The civility out of behavior,

The refinement out of language,

The dedication out of employment,

The prudence out of spending,

The ambition out of achievement or

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God out of government and school.

And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others!!

And, we do understand the meaning of patriotism, and remember those who have fought and died for our country.

Just look at the Seniors with tears in their eyes and pride in their hearts as they stand at attention with their hand over their hearts!

YES, I'M A SENIOR CITIZEN!

I'm the life of the party..... Even if it lasts until 8 p.m.

I'm very good at opening childproof caps..... With a hammer.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a thing you're saying.

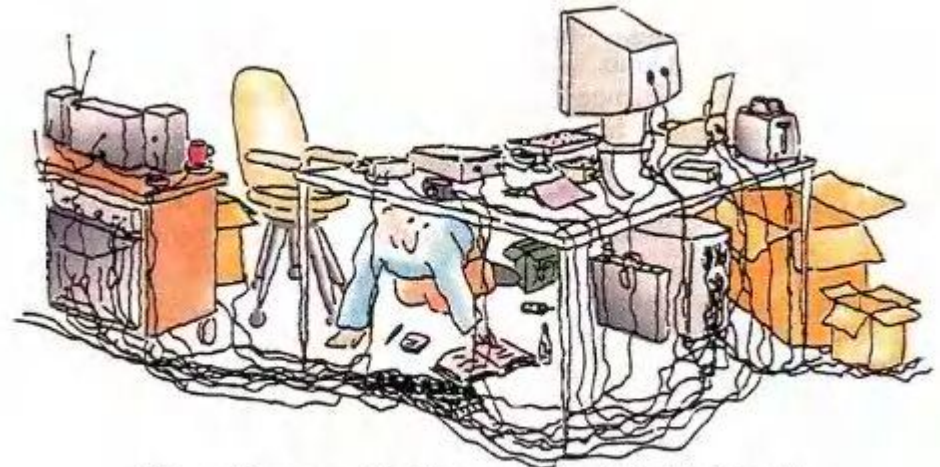
I'm sure everything I can't find is in a safe secure place, somewhere.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!

Now if I could only remember who sent this to me, I wouldn't send it back to them, but I would send it to many more too!



"Now, if you can find the power switch, flip it on."

Ever notice, the older we get,
the more we're like computers ?



We start out with lots of
MEMORY and DRIVE
then we become outdated,
and eventually have to get
our parts replaced...;)