# Windows 10 Updating and

#### Windows 10 Maintenance

By Bob Primak, for the Lexington

Science and Technology Interest Group

Wednesday, February 13, 2019

General Plan:

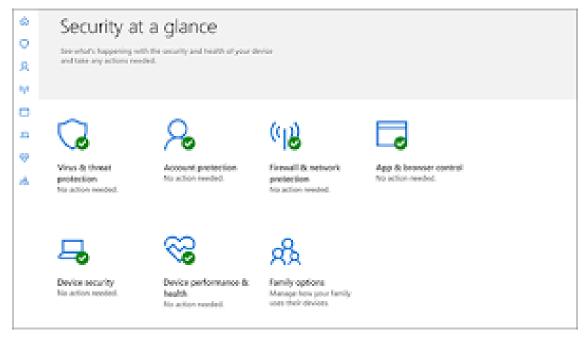
1) Things to do BEFORE anything gets changed:

a) SCAN EVERYTHING with at least two antivirus and antimalware scanning engines. How exactly you choose which engines to use, and in what form (online scans, stand alone scanners, active antivirus/antimalware scanners) is a personal choice.

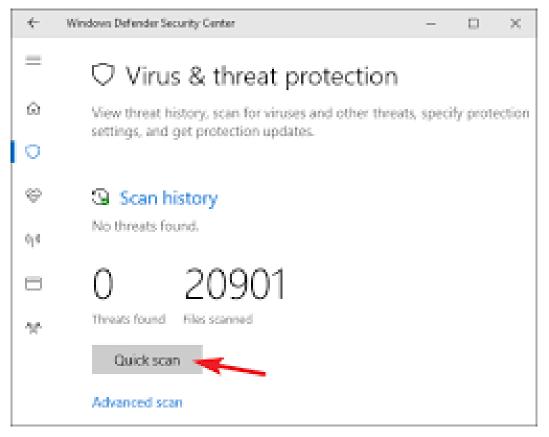
(Note: many tech writers discourage the use of any third party ACTIVE antivirus or firewall which disables the ACTIVE elements of Windows Defender.)

Full scans of the file system and attached data drives take a long time. But I do run full scans with several products after my version of Patch Tuesday, after updating all my third party software, checking my drivers and cleaning my system.

Virus scans run typically half an overnight.



#### Windows 10 Security Center



Windows Defender Scan Pane

Eyes Above The Waves

Robert O'Callahan. Christian. Repatriate Kiwi. Hacker.

THURSDAY, 26 JANUARY 2017

Disable Your Antivirus Software (Except Microsoft's)

https://robert.ocallahan.org/2017/01/disable-your-antivirus-softwareexcept.html

(A former Mozilla Firefox developer assesses the value of third party antivirus products.)

Comparisons of these sorts of products were presented earlier this year by Gary Patrick. Visit the Lexington Technology Group Yahoo Groups documents page to download a copy of his presentation. This document may also be available elsewhere. Ask group members about this.

Web References:

Microsoft Windows Defender Security Center

https://www.pcmag.com/article2/0,2817,1926596,00.asp

Microsoft Windows Defender: Finally Good Enough

https://www.tomsguide.com/us/windows-defender,review-2209.html

Malwarebytes Free

https://www.malwarebytes.com/mwb-download/

Antivirus versus Anti Malware: Which One Should I Choose?

Why antivirus and antimalware can help users fight against cyber attacks

https://heimdalsecurity.com/blog/antivirus-versus-anti-malware/

💓 Malwarebytes Premiur	m 3.0.6	
<b>⇔alware</b> b	ytes   premium	My Account
Dashboard		Real-Time Protection @ ⑦
🔶 Scan		Web protection: On Exploit protection: On
Quarantine		<ul> <li>Malware protection: On</li> <li>Ransomware protection: On</li> </ul>
Reports		Scan Status 🗏 🗊 C ⑦
(〇) Settings	Awesome!	<ul> <li>Last Scan: 3 hours ago</li> <li>Next scheduled scan: 2/12/17 3:14 AM</li> </ul>
	You're protected.	O Updates: Current
		Protection History ⑦
		Scan detections: 0
		Real-Time detections: 0
	Scan Now	

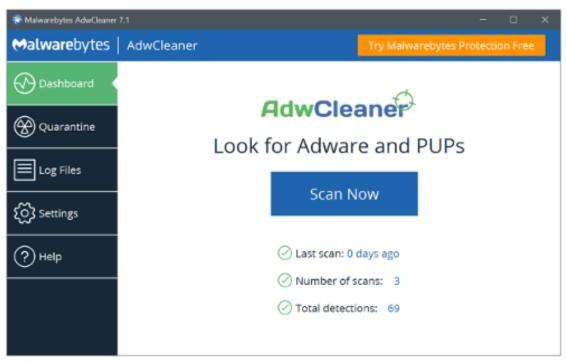
Malwarebytes Free

It's not either/or. You should use at least one of each.

And here's a bonus:

Anti-Adware product: AdwCleaner

https://www.malwarebytes.com/adwcleaner/



AdwCleaner current main interface

See also: <u>https://support.malwarebytes.com/docs/DOC-1160</u>

Purpose and usage:

https://www.bleepingcomputer.com/download/adwcleaner/

b) Back up Data – this should be happening all the time. Two mechanical hard drives, external. Only one connected to the computer at any one time, except when duplicating contents form one to the other.

÷	Settings	
ŝ	Home	Backup
Fi	nd a setting $ ho$	Back up using File History Back up your files to another drive and restore them if the originals are lost, damaged, or deleted.
Upd	late & security	-
c	Windows Update	+ Add a drive
¢	Windows Defender	More options
Ŧ	Backup	Looking for an older backup? If you created a backup using the Windows 7 Backup and Restore tool, it'll still work in Windows 10.
P	Troubleshoot	Go to Backup and Restore (Windows 7)

Windows 10 File History

Web References:

Back up and restore your files (File History)

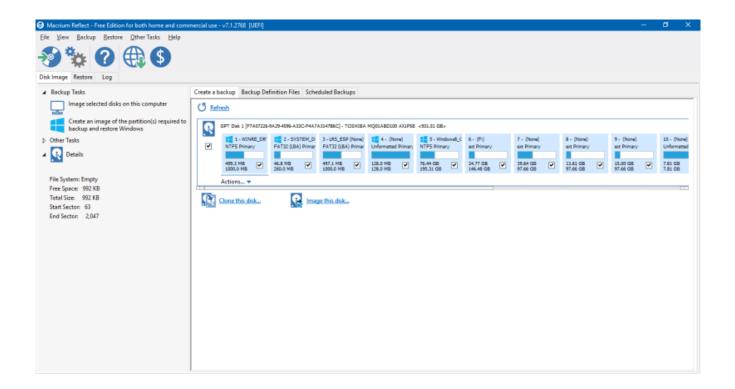
https://support.microsoft.com/en-us/help/17143/windows-10-backup-your-files

I use simple copy and paste. I recommend two separate external drives. That's in case one fails.

c) Image the System – two critical times. Microsoft Patch Tuesday – the weekend before. About the Third Weekend of a month, before updating third party software and performing manual maintenance.

https://www.macrium.com/reflectfree

Also has excellent tutorials and a knowledge base including general information about the types of image backups and their uses.



Macrium Reflect Free Main Interface

https://www.easeus.com/backup-software/tb-free.html

https://www.backup-utility.com/

(Aomei BackUpper. This product is used in a WinPE environment from boot media. This makes it unique among this group of products.)

d) Back up Windows 10 Drivers. This isn't as difficult as it may seem. All you need is a copy of the Windows Driver Store Repository:

Windows 10 tip: Back up your third-party hardware drivers

https://www.zdnet.com/article/windows-10-tip-back-up-your-thirdparty-hardware-drivers/

Tracking down drivers and control software for internal and external hardware devices after a clean reinstall doesn't have to be a tedious job. The secret is to back up the driver file repository that Windows 10 maintains. Here's where you'll find it.

(insert my own screenshot here. Nobody does this right online.)

Restore Drivers using a local folder in Windows 10 Device Manager:

📇 Device Manager		
<u>F</u> ile <u>A</u> ction <u>V</u> iew <u>H</u> elp		
🗇 🏟 🛛 📰 🖉 🛐 💆	<b>⊾ ×</b> €	
V PVD/CD-ROM drives	10N	
<ul> <li>Human Interface Devices</li> <li>IDE ATA/ATAPI controllers</li> <li>IEEE 1394 host controllers</li> <li>Imaging devices</li> <li>Keyboards</li> <li>Mice and other pointing devices</li> <li>Monitors</li> <li>Generic PnP Monitor</li> </ul>		
🗸 🚅 Network adapters	Update Driver Software	
<ul> <li>☑ Dell Wireless 1397 W</li> <li>☑ Realtek PCIe GBE Far</li> <li>✓ I<sup>™</sup> Other devices</li> </ul>	<u>D</u> isable <u>U</u> ninstall	
📕 Mass Storage Contro	Sc <u>a</u> n for hardware changes	
<ul> <li>Portable Devices</li> <li>Print queues</li> </ul>	P <u>r</u> operties	
> Processors		

🔹 📱 Update Driver Software - Generic PnP Monitor	
How do you want to search for driver software?	
→ Search automatically for updated driver software Windows will search your computer and the Internet for the latest driver software for your device, unless you've disabled this feature in your device installation settings.	
→ B <u>r</u> owse my computer for driver software Locate and install driver software manually.	
	Cancel

Update Driver Software - Generic PnP Monitor	
Browse for driver software on your computer	
Search for driver software in this location:	
D:\Drivers-Backup $\checkmark$ B <u>r</u> owse	
✓ Include subfolders	
→ Let me pick from a list of device drivers on my computer This list will show installed driver software compatible with the device, and all driver software in the same category as the device.	
 <u>N</u> ext Cancel	

from: How to Backup and Restore Device Drivers in Windows 10?

https://www.winhelponline.com/blog/drivers-backup-restorewindows-10/

How to set up System Restore in Windows 10

It isn't turned on by default.

Turn On System Restore in Windows 10

https://www.thewindowsclub.com/system-restore-disabled-turn-onsystem-restore-windows

System				×
· •	System Properties			م الا ×
	Computer Name Hardware Advanced Syste	m Protection F	Remote	0
Control Panel Horr	Use system protection to undo unwant	ed system char	nges.	
Device Manager	10-00 C			
Remote settings	System Restore			
System protection	You can undo system changes by reverting	Quete	em Restore	s 10
Advanced system :	your computer to a previous restore point.	Syste	em Restore	DIU
1994 - Marine Collins - California	Protection Settings			
		Protection		
	Available Drives	Protection		
	Available Drives	Protection On Off		
	Available Drives	On		
	Available Drives Windows 10 (C:) (System) Data (D:) Extra (T:) Configure restore settings, manage disk space	On Off Off	Configure	@ 2.00GHz
	Available Drives Windows 10 (C:) (System) Data (D:) Extra (T:)	On Off Off	Configure	@ 2.00GHz
	Available Drives Windows 10 (C:) (System) Data (D:) Extra (T:) Configure restore settings, manage disk space delete restore points. Create a restore point right now for the drives	On Off Off ce, and (	Configure	@ 2.00GHz
	Available Drives Windows 10 (C:) (System) Data (D:) Extra (T:) Configure restore settings, manage disk space delete restore points.	On Off Off ce, and (		ised
See also	Available Drives Windows 10 (C:) (System) Data (D:) Extra (T:) Configure restore settings, manage disk space delete restore points. Create a restore point right now for the drives	On Off Off ce, and (	Create	

# (Questions about Backup before changing anything.)

2) Update Software

It is important to keep Windows, web browsers and third party software up to date. Important security updates often occur. Even if an update has no security components, out of date software is a major cause of system instability.

Windows Update: Automatic for most folks in Windows 10. Happens most likely on the Second Tuesday of the month. Prepare accordingly.

If you want to control Windows Update behavior, there are ways. Most require paying for an upgrade to the Windows 10 Pro Edition.

← Settings	
û Home	Windows Update
Find a setting	You're up to date Last checked: Today, 7:29 AM
Update & Security	
C Windows Update	Check for updates
Windows Security	Change active hours
	View update history
↑ Backup	Advanced options
Ø Troubleshoot	
S Recovery	
O Activation	
A Find my device	
For developers	
😸 Windows Insider Program	
d Device encryption	

How to manage Windows 10 updates to prevent them from ruining your life

Buying or upgrading to Windows 10 Pro allows you more options to manage Windows 10 updates on your terms.

https://www.pcworld.com/article/3311868/windows/how-to-managewindows-10-updates.html ← Settings



#### **Update Options**

Give me updates for other Microsoft products when I update Windows.



Automatically download updates, even over metered data connections (charges may apply)

Off

We'll show a reminder when we're going to restart. If you want to see more notifications about restarting, turn this on.

On 🕐

You can set a wireless connection to "metered" to help limit unwanted Windows updates. Your router name will appear at the top.

← Settings

命 Your\_Router

Connect automatically when in range

On 💽

Network profile

O Public Your PC is hidden from other devices on the network and can't be used for printer and file sharing.

Private

For a network you trust, such as at home or work. Your PC is discoverable and can be used for printer and file sharing if you set it up.

Configure firewall and security settings

#### Metered connection

If you have a limited data plan and want more control over data usage, make this connection a metered network. Some apps might work differently to reduce data usage when you're connected to this network.

Set as metered connection



If you set a data limit, Windows will set the metered connection setting for you to help you stay under your limit.

← Settings					
G Home	Windows Updat	e			
Find a setting $\mathcal{P}$	You're up to da Last checked: Today				
Update & Security		, 1:29 AM			
C Windows Update	Check for updates				
Windows Security					
↑ Backup					
Troubleshoot		Active ho	urs.		
③ Recovery		11.102.10.115	12012	s know when you	u typically use this device. We
Activation		won't autom without cher			ve hours, and we won't restart
A Find my device		Start time			
For developers		8	00	AM	
11 Les des competa		End time (m			
Windows Insider Program		5	00	PM	
Pevice encryption			Save		Cancel

Update Options

Give me updates for other Microsoft products when I update Windows. On
Automatically download updates, even over metered data connections (charges may apply) Off
We'll show a reminder when we're going to restart. If you want to see more notifications about restarting, turn this on. On
Pause Updates
Temporarily pause updates from being installed on this device for up to 35 days. When updates resume, this device will need to get the latest updates before it can be paused again  Off
Pausing now will pause updates until 11/13/2018
Choose when updates are installed
Choose the branch readiness level to determine when feature updates are installed. 'Semi-Annual Channel (Targeted)' means the update is ready for most people, and 'Semi-Annual Channel' means it's ready for widespread use in organizations.
Semi-Annual Channel (Targeted) \vee
A feature update includes new capabilities and improvements. It can be deferred for this many days:
A quality update includes security improvements. It can be deferred for this many days:
Delivery Optimization

Privacy settings

The additional options circled in red are made available with Windows 10 Pro.

÷	Settings	-	×
ŵ	Schedule the restart		
	wree settings are managed by your organization     Have a question?       w configured update policies     Get help		
Sc	hedule a time		
We	'Il restart to finish installing updates when you tell us to. Just turn this on and pick a time.		
	On On		
Pic	k a time:		
Г	7 11 PM		
Pic	k a day.		
T	omorrow ~		

# How to block the Windows 10 October 2018 Update, version 1809, from installing

https://www.computerworld.com/article/3232632/microsoftwindows/how-to-block-the-windows-10-october-2018-updateversion-1809-from-installing.html

#### Wushowhide: an "odd bird" from Microsoft

Hide up	dates
	re available. Select the updates that aren't working, Windows will not install dates. Run this troubleshooter again to show hidden updates so they install ally.
Micro	soft Silverlight (KB4023307)
_	nced Micro Devices - MEDIA - 11/30/2016 12:00:00 AM - 10.0.1.1
	dia Technology Inc - USB - 8/29/2016 12:00:00 AM - 1.16.38.1
	ty Update for Microsoft Outlook 2013 (KB4011078) 64-Bit Edition re update to Windows 10, version 1809
	tion Update for Windows Defenders- KB2267602 (Definition 1.249.466.0)

Combined with a metered connection and the Pro deferral settings, these tools can keep a major Feature Update at bay for months. But eventually you will want to apply all MS Updates except drivers, Silverlight and certain other runtimes your PC may not need. This bears repeating: Drivers need attention only when:

1) something is not working

2) your manufacturer has been notified of a security issue with one of their drivers.

Let me be clear – only update drivers from your whole computer's manufacturer – not individual components. And do not use third party driver update utilities.

The one exception I know of is graphics cards. And of course anything not physically inside your computer, or added inside and not part of the original configuration.

But always go to the manufacturer's site. (I have an Intel Driver and Support Utility which automates this process.)

There may be third party or Microsoft runtimes on your computer. Some items which are generally no longer used by anything include:

Java Runtimes Microsoft Silverlight for many users, .NET Framework Adobe Flash Player (a few exceptions) certain other Microsoft Windows runtimes don't remove older versions. Removal of these items is usually a matter of going through Programs and Features and removing items you are very sure you won't need. If you need something after all, it can usually be found somewhere, even old versions, and installed.

To remove things like Java, more than the program's uninstaller may help prevent Windows and programs from experiencing difficulties based on disconnected remnants. I use Geek Uninstaller (although Revo Uninstaller is just fine) to fully remove the various tentacles things like Java runtimes can leave behind throughout a Windows system.

https://geekuninstaller.com/

A Geek Uninstaller 1.4	4.4.115		x
File Action View Help			
Program Name	Size	Installed On	^
ार्गि 7+ Taskbar Tweaker v5.3	3.15 MB	Jun 28, 2017	
27-Zip 16.04 (x64)	4.75 MB	Jun 28, 2017	
🚳 AnyToISO (32-bit)	21.7 MB	Jun 28, 2017	
@ BitTorrent	4.63 MB	Jun 28, 2017	
Brackets (32-bit)	124 MB	Jun 28, 2017	
Classic Shell	1.67 MB	Jun 28, 2017	
Cryptic Disk 5.2.2 (32-bit)	18.8 MB	Jun 28, 2017	
😻 Dropbox (32-bit)	195 MB	Jun 28, 2017	
GitHub		Jun 28, 2017	
Google Chrome (32-bit)	367 MB	Jun 28, 2017	
👹 HandBrake 1.0.1 (32-bit)	35.9 MB	Jun 28, 2017	
🔯 Macs Fan Control (32-bit)	19.5 MB	Jun 28, 2017	
😂 Microsoft Visual C++ 2008 Redistributa	13.2 MB	Apr 21, 2015	
😂 Microsoft Visual C++ 2008 Redistributa	10.1 MB	Apr 21, 2015	
😻 Mozilla Firefox 54.0 (x64 en-US)	115 MB	Jun 28, 2017	
📸 Mozilla Maintenance Service (32-bit)	234 KB	Jun 28, 2017	
Mozilla Thunderbird 45.4.0 (x86 en-US) (	83.5 MB	Jun 28, 2017	
😡 Node.js	37.5 MB	Jun 28, 2017	
🕥 OpenVPN 2.4.2-1601	6.42 MB	Jun 28, 2017	
Process Hacker 2 39 (r124) Type to find a prog	6 08 MR Jram	lun 28-2017	~
27 programs of 1.41 GB size in total	🚖 <u>Upg</u>	rade to PRO version	

Geek Uninstaller interface

Third Party Software is difficult to keep track of. But there are a few good and safe software update programs.

## Ninite

# https://ninite.com/

nstalling Dropbox.	
lide details	Write feedback Cancel
Application	Status
	Status Skipped (up to date)
Chrome	
Chrome Skype	Skipped (up to date)
Chrome Skype Spotify	Skipped (up to date) OK
Application Chrome Skype Spotify Dropbox LibreOffice	Skipped (up to date) OK OK

## SUMo Lite

# https://www.kcsoftwares.com/?sumo

		301010	(Soltware of	dates Monitor)	VJ.4.0.374		_
Eile <u>T</u> ools <u>O</u> ptions <u>H</u> elp		_			_		
	Products	🗸 ок	C Minor	📫 Major	PRO		
Update Monitor	81	42	32	7	Buy SUMo PRO		
	1	X	×	<b>I</b>			
Check Scan	Add	Remove	Ignore	Get Update	Drivers Update		
Product	Compa	ny		Version		Update	
7-Zip (64 bits)	Igor Pa	wlov		16.4.0.0		Update available (17.1.0.0)	
BlueStacks	BlueSt	ack Systems, Inc.		2.50.53.8324		Update available (3.50.60.2528)	
Dropbox0EM		-		1.0.1.0		Update available (3.1.18.0)	
Firefox (64 bits)	Mozilla	Foundation		56.0.1		Update available (57.0.0.0)	
Intel Rapid Storage Technology Driver	Intel	Intel		12.8.0.1016		Update available (15.8.1.1007)	
iv16 PowerTools	Maceo	raft Software		2.1.0.1200		Update available (4.1.0.1758)	
VMware Workstation	VMwa	e, Inc.		12.1.1.6932		Update available (14.0.0.24051)	
C Adobe Bridge	Adobe	Systems, Inc.		5.0.0.399		Update available (5.0.2.4)	
C Adobe Bridge (64 bits)	Adobe	Systems, Inc.		5.0.0.399		Update available (5.0.2.4)	
🧲 Adobe Extension Manager	Adobe	Systems, Inc.		6.0.0.412		Update available (6.0.8.28)	
C Adobe Photoshop	Adobe	Systems, Inc.		13.0.1.0		Update available (13.0.1.34)	
C Adobe Photoshop (64 bits)	Adobe	Systems, Inc.		13.0.1.0		Update available (13.0.1.34)	
😅 Avira	Avira 6	imbH		1.2.98.37213		Update available (1.2.99.21889)	
😅 BlueStacks	BlueSt	ack Systems, Inc.		3.50.52.1661		Update available (3.50.60.2528)	
😅 BTWUIExt (64 bits)	Broadd	om		12.0.0.9800		Update available (12.0.1.940)	
😅 calibre (64 bits)	calibre	ebook.com		3.10.0.0		Update available (3.11.1.0)	
😅 Canon IJ Network Scanner Selector EX	Canon	Inc.		1.4.0.9		Update available (1.5.4.258)	
Canon IJ Network Tool	Canon	Inc.		3.2.0.40		Update available (3.5.0.150)	
😅 Canon IJ Scan Utility	Canon	Canon Inc.		1.1.0.6486		Update available (1.3.1.10313)	
Cisco AnyConnect User Interface	Cisco S	Systems, Inc.		4.2.6014.0		Update available (4.5.2033.0)	
😅 Dell Digital Delivery	Dell			3.0.3999.0		Update available (3.4.1002.0)	
🖥 Disk Defrag	Auslog	ics		7.1.5.0		Update available (7.2.0.1)	
🖻 Driver Booster	IOBit			5.0.3.360		Update available (5.0.3.402)	
C Everything	David	Carpenter		1.4.1.873		Update available (1.4.1.877)	
Freemake Audio Converter	Freema	ake		1.1.8.11		Update available (1.1.8.12)	

#### Reference:

#### 9 Free Software Updater Programs

Update your outdated software with one of these free tools

https://www.lifewire.com/free-software-updater-programs-2625200

(Questions and Answers about Microsoft Updates and Software and Driver Updating, and removing obsolete programs and runtimes.)

We may be near the end of Session One at this point. The next and final part of this presentation is about Windows 10 system maintenance.

First, some things NOT to do:

Do not manually defragment hard drives, or apply Trim to SSDs. Windows 10 does this automatically if you let it happen. It's part of Windows 10 Scheduled Automatic Maintenance:

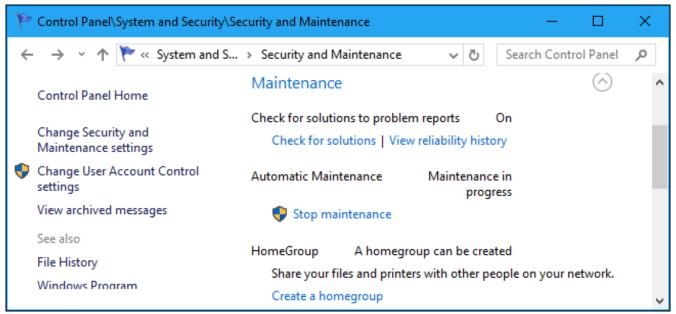
Every two weeks, you should let your computer stay on, in an Administrator Account, with Internet access, and idle (in Standby is OK, as you can set things up so that the PC will be awakened, maintenance will be performed, and the PC will go back to sleep when all maintenance is finished. A report is always available as to what has been done or attempted, and there are notifications if there's something found which automatic maintenance was unable to resolve.

Reference:

How to Schedule Automatic Maintenance on Windows 10

(and What It Does)

https://www.howtogeek.com/127078/how-to-change-and-manuallystart-and-stop-automatic-maintenance-in-windows-8/



Windows 10 Automatic Maintenace

The default time is 2:00 AM, any day when things need to be done. Usually, this happens only every two weeks or so. But when you first let it run, it only makes a one-hour window for itself. If longer time is needed, you will need to let this task run over several nights. So it's best at first to leave your computer idle but on overnight for about a week. After that, you should be able to get away with leaving the computer on just for one weekend per month, preferably a week or two after the monthly Microsoft Updates. Sooner would deprive you of the ability to fully restore your system if a monthly update goes sideways on you. (This is rare, in spite of the publicity such events can generate.)

Do not clean the Windows Registry, unless there's a malware episode, a runtime needs to be fully removed, or some such dire emergency. Aggressive Registry cleaners are third only to driver updaters and third party antivirus programs on the list of causes of Windows instabilities or inability to successfully apply updates or Feature updates (upgrades). Some "system optimizers" also do damages which may not show up for months or even years after the damage has been done.

What can be done: Windows Maintenance

Every day to every week, clean up your web browser.

You can export Bookmarks or Favorites, and History to backup sets, with as many folders as you want. Bookmarks and History for major browsers export to HTML files. Entire Chrome or Firefox user profiles can be copied and restored, if you know where they are.

Reference:

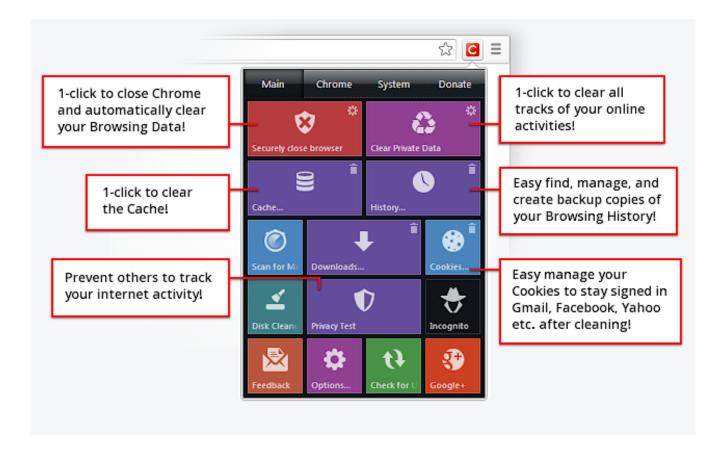
How to import and export browser bookmarks or favorites

https://www.computerhope.com/issues/ch000524.htm

<u>B</u> ackup	
<u>R</u> estore	>
Import Bookmarks from HTML	
Export Bookmarks to HTML	
Import Data from <u>A</u> nother Browser	

This is from Firefox, but others are similar. Note the HTML format is used.

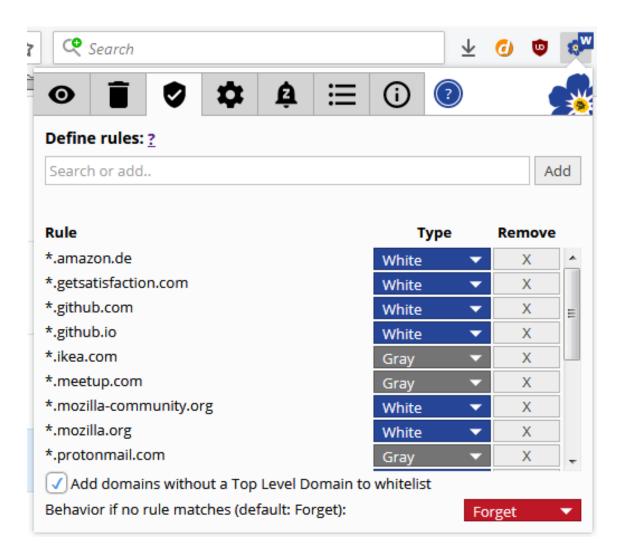
The point of exporting all the user data we can, is to be able to clean up the browser thoroughly. I use an Extension in Chrome, but you could find the settings and do all of this by hand.



What Click and Clean (HotCleaner) can cleanup (among other things) are:

Cookies, including tracking cookies. (I do not save login cookies.) Cache (a cause of browser slowdowns and "memory leaks") History (clutter I don't like to keep around) Passwords (never store these in a browser) plugin caches and histories

I like to clean out unused bookmarks myself. But some extensions and some system cleaners can do this for you as well. For Firefox I use Forget Me Not, which replaced Eraser.



By doing all this cleanup, my browser gets less cluttered and performs better. Removing unused extensions and not using ultiple ad blockers each with its own databases can also help with browser performance.

AdwCleaner also removes trackers and adware which may be slowing your browser and causing unnecessary distractions.

Startup Management and System Cleanup

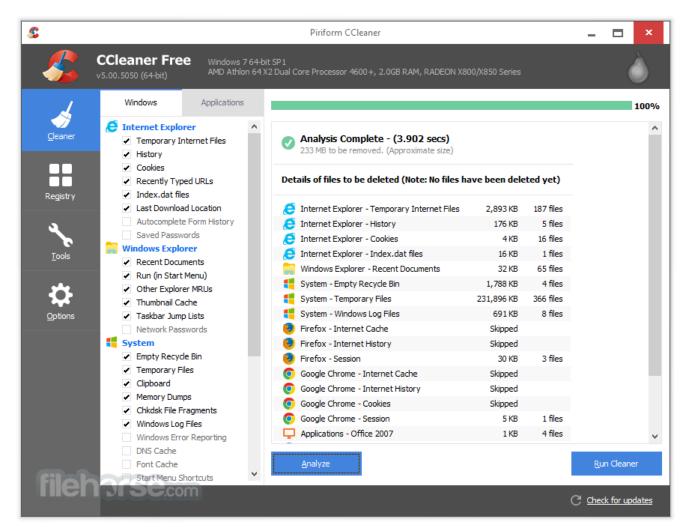
I use two different non-aggressive system cleanup tools: Glary Utilities and Ccleaner.

The important thing to keep in mind is to know what each checkbox you have enabled in a cleaner is going to remove. This avoids many unpleasant surprises down the road. Explaining all of these things to be cleaned is beyond the scope of this presentation, but the main purposes are to improve system stability and performance where possible, and to reduce distractions and clutter. Browsers and some third party apps can be added to the cleanup routines in these cleaners, but some of us do not want third party utilities doing the cleanup in some of our software.

So here's what these two utilities look like in action:

#### Ccleaner

#### https://www.ccleaner.com/ccleaner



# Glary Utilities

# https://www.glarysoft.com/glary-utilities/

Cverview	2- 1-Click Maintenance	Advanced Tools	Menu 👻
Registry Cleaner			
Shortcuts Fixer			
Spyware Remov	er		
🖌 Disk Repair			
Tracks Eraser			
Temporary Files	Cleaner		Ν.
Startup Manager	r		<b>A</b>
			Options
	Q so	an for Issues	

One thing to note: Both Glary Utilities and Ccleaner have Tray Items which you have to right-click on and select Quit or Exit to stop background system monitoring. This is very important, as these processes don't obey a Disable command. You'll have to quit these programs at every startup and every login.

But there are Startups which can be managed.

Windows 10 Startups management

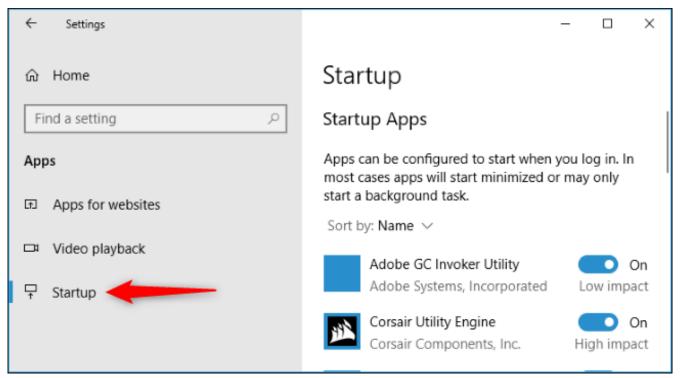
This can be done with the two system cleanup utilities, or Windows 10 has a way to do this the Windows way:

By the way, if you need to find a Windows 10 setting, just use Cortana Search. When set up for local results only, this is your best friend in finding the often hidden and scattered Windows 10 settings.

#### Reference:

How to Manage Startup Programs in Windows 10's Settings App

https://www.howtogeek.com/351537/how-to-manage-startupprograms-in-windows-10s-settings-app/



The Windows 10 Startups Manager setting pane.

There are also background processes which you can manage in several ways in Windows 10, but this is getting pretty technical. And it's easy to make a mistake if you don't know exactly what you are doing. No one likes to have to reset or restore Windows because of an error we did to ourselves. How to stop apps from running in the background on Windows 10 You can stop apps from running in the background to save battery, data usage, and (some) system resources, and in this guide, we'll show you how on Windows 10.

https://www.windowscentral.com/how-prevent-apps-runningbackground-windows-10

← Settings			– 🗆 X
û Home	Background apps		
Find a setting	Background Apps		Know your privacy options Learn how this setting impacts your
Privacy	Let apps run in the background		privacy.
	On On		Learn more Privacy dashboard Privacy statement
App permissions	Choose which apps can run in t	he background	
Call history	Choose which apps can receive info, send no	tifications and stay up-to-	Have a question?
🖾 Email	date, even when you're not using them. Turn		Get help
	can help conserve power.		1
Tasks	3D Viewer	Off Off	Make Windows better
Messaging			Give us feedback
	Alarms & Clock	On On	
Radios			
Conter devices	Calculator	Off Off	
Background apps	Camera	Off Off	
App diagnostics	Candy Crush Saga	Off Off	
Automatic file downloads			
Documents	Connect	Off Off	
E Pictures	Cooking Fever	Off Off	
□ Videos	Feedback Hub	Off Off	

Controls for Apps which run in the background in Windows 10.

28% CPU 0% 0% 0%	31% Memory 7.6 MB 10.8 MB 36.9 MB	0% Disk 0 MB/s 0 MB/s 0 MB/s	0% Network 0 Mbps 0 Mbps 0 Mbps	,
28% CPU 0% 0%	Memory 7.6 MB 10.8 MB	Disk 0 MB/s 0 MB/s	Network 0 Mbps 0 Mbps	
CPU 0% 0%	Memory 7.6 MB 10.8 MB	Disk 0 MB/s 0 MB/s	Network 0 Mbps 0 Mbps	
0% 0%	7.6 MB 10.8 MB	0 MB/s 0 MB/s	0 Mbps 0 Mbps	
0%	10.8 MB	0 MB/s	0 Mbps	
0%	10.8 MB	0 MB/s	0 Mbps	
0%	36.9 MB	0 MB/s	0 Mbps	
0.6%	28.8 MB	0 MB/s	0 Mbps	
0%	0.4 MB	0 MB/s	0 Mbps	
0%	57.4 MB	0 MB/s	0 Mbps	
0%	12.7 MB	0 MB/s	0 Mbps	
0%	2.4 MB	0 MB/s	0 Mbps	
0%	1.3 MB	0 MB/s	0 Mbps	
	0%	0% 2.4 MB	0% 2.4 MB 0 MB/s	0% 2.4 MB 0 MB/s 0 Mbps

Windows 10 Task Manager Processes Tab.

References:

How to use Windows 10 Task Manager to kill processes that drain resources

If your PC is slowing down or apps stop responding, this guide can help find and terminate the processes that are causing the problem, using Task Manager on Windows 10.

https://www.windowscentral.com/how-identify-and-terminate-highresource-processes-using-task-manager-windows-10

How to fix too many background processes in Windows 10

https://windowsreport.com/too-many-background-processeswindows-10

(Questions and Answers about system cleanup and browser cleanup.)

This brings us to (nearly) the end of this presentation.

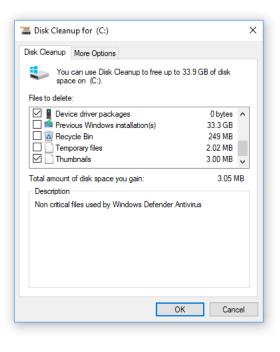
As I said upfront, there is way too much material available to handle in one, or even two, group meetings. And things change frequently with Widnows 10. Just look what has become of Windows Disk Cleanup (which can be run two weeks after a Feature Update, but is too powerful to use on a monthly basis):

Here's the Version 1803 Disk Cleanup pane:

Settings
 Settings

命 Free up space now

00	Thee up space now	
	<b>Recycle Bin</b> The Recycle Bin contains files you have deleted from computer. These files are not permanently removed empty the Recycle Bin.	2
	<b>Previous Windows installation(s)</b> Files from a previous Windows installation. Files and that may conflict with the installation of Windows ha moved to folders named Windows.old. You can acce from the previous Windows installations in this folder	ve been ss data
$\checkmark$	Temporary Internet Files The Temporary Internet Files folder contains webpag stored on your hard disk for quick viewing. Your pers settings for webpages will be left intact.	
	Delivery Optimization Files Delivery Optimization files are files that were previou downloaded to your computer and can be deleted if currently unused by the Delivery Optimization service	5
$\checkmark$	DirectX Shader Cache Clean up files created by the graphics system which o speed up application load time and improve respons They will be re-generated as needed.	



Windows 10 1809 (l) vs. 1803 (r) Disk Cleanup GUI.

But in Version 1809, this is part of Windows 10 Storage Sense.

One more change:

Beware! Disk Cleanup in Windows 10 October 2018 Update Can Empty Your Downloads Folder

https://wccftech.com/disk-cleanup-windows-10-october-2018update-empty-downloads-folder/

📇 Disk Clean-up for Windows 10 Pro (C:)		×
Disk Clean-up		
You can use Disk Clean-up to free up to space on Windows 10 Pro (C:).	6.34 GB of disk	
Files to delete:		
DirectX Shader Cache	401 KB 🗸	
Delivery Optimisation Files	165 MB	
U Downloads	48.6 MB	
A Recycle Bin	6.08 GB	
Temporary files	0 bytes	/
Total amount of disk space you gain:	52.8 ME	3
Description		
Downloaded Program Files are ActiveX controls downloaded automatically from the Internet whe pages. They are temporarily stored in the Downle Files folder on your hard disk.	n you view certain	
Clean up system files	View Files	
OK	Cance	: <b> </b>

So either uncheck the Downloads Folder in Storage Sense or move your more permanent downloads to other folders and make backup copies before running disk cleanup in Windows 10 Version 1809. For this and other reasons, I would not let Storage Sense automatically perform Disk Cleanup in Windows 10. I would do it selectively when I choose to do it.

As with automatic updates, don't let Windows run anything automatically in the middle of the night unless you really trust whatever it is that Windows is trying to do to...er, *for* you now.

Reference:

Microsoft confirms Disk Cleanup tool deprecation in Windows 10 https://www.ghacks.net/2018/09/14/microsoft-confirms-diskcleanup-tool-deprecation-in-windows-10/

So that's a rundown from a bird's eye view of Windows 10 updating and maintenance. There are many other things you can do, but these actions on this schedule should take care of most of the issues which maintenance and updating can deal with. The main objectives are not to lose anything important, but to get rid of clutter and performancekillers. Then also to make the system safer and more private.

Again, privacy controls can be dealt with much more aggressively than I am presenting here. But that is another topic entirely.

If we have any time left, or maybe next meeting, we can continue this discussion.

– Bob Primak –

– Feb. 13, 2019 –

for the Lexington Science and Technology Interest Group

Addenda:

MultiPack Visual C++ Installer

https://mpvci.co.uk/?mc\_cid=b80a23ba87&mc\_eid=fc278575d8

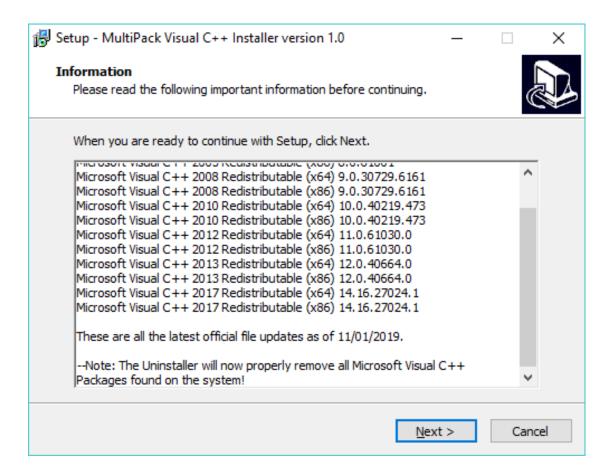
(mentioned in Windows Secrets Newsletter paid content, but I can share what it is and what it does)

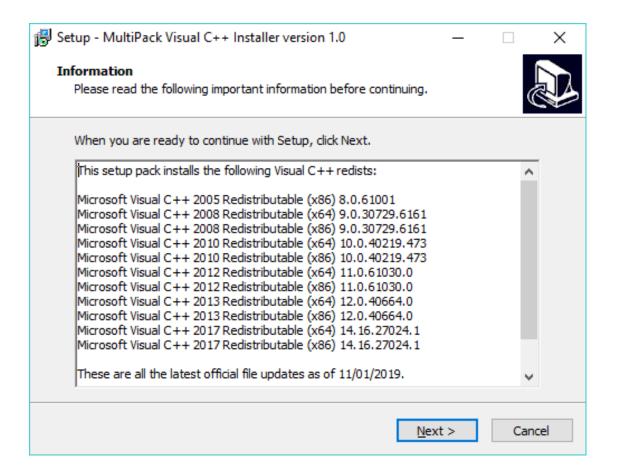
Hosted on OlderGeeks.com

https://www.oldergeeks.com/downloads/file.php? id=2511&mc\_cid=b80a23ba87&mc\_eid=fc278575d8

Why Are There So Many "Microsoft Visual C++ Redistributables" Installed on My PC?

https://www.howtogeek.com/256245/why-are-there-so-manymicrosoft-visual-c-redistributables-installed-on-my-pc/ So we need a tool which manages old, obsolete and possible insecure versions of these plugins. Up 'til now, I had no such tool I could recommend. But thanks to Deanna McElveen (Deanna's Freeware) I have a tool which I can recommend. And if you've never run this tool, you should -- ASAP.





The tool removes all C++ Redistributable packages, then downloads and installs all currently supported C++ Redistributable packages. It is a portable (not installed) program, so you can run it from any location and then remove it by deleting the folder or file it runs from.

Some older games and applications (and old versions of current software) may not work properly after doing this removal of old C+ + versions. That is something you will have to take up with whoever keeps you on these old versions or old apps. If it's your own failure to update and look for more modern alternatives, now's your chance to update or migrate.

Do this little task -- your security and the stability of some of your programs may improve.

If this program doesn't work properly, try this: <a href="https://github.com/abbodi1406/vcredist">https://github.com/abbodi1406/vcredist</a>

Also of Interest:

# Web Browsers -- Notes from the Field

Dispatches from the browser-war's front lines

By Woody Leonhard

AskWoody Plus Newsletter (free content)

(Look for this issue of the Newsletter at <a href="https://www.askwoody.com/dispatches-from-the-browser-wars-front-lines/">https://www.askwoody.com/dispatches-from-the-browser-wars-front-lines/</a>

– free content.)

Everything you would never have thought to ask, by Woody Leonhard.

-- Bob Primak --

(include in updating and cleanup talk Part Two.)

updated by Bob Primak 12:18:20 PM EST Tuesday, February 19, 2019