User Friendly

*LACS
A Computer and
Technology
User Group*

**LACS IS A MEMBER
OF APCUG**

www.apcug2.org
www.facebook.com/APCUG
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www.youtube.com/apcugvideos

apcug

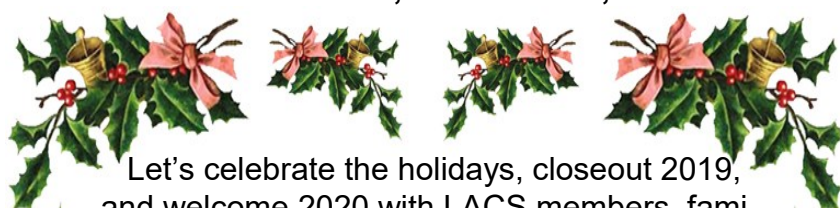An International
Association of Technology
and Computer User Groups

DECEMBER 10 GENERAL MEETING

HOLIDAY POTLUCK DINNER PARTY
6:30 - 9:00 P.M.
**Westchester United Methodist Church
Fellowship Hall
8065 Emerson Ave., Westchester, 90045**

Let's celebrate the holidays, closeout 2019, and welcome 2020 with LACS members, families, and friends with a potluck dinner party. Our December general meeting will give us an opportunity to enjoy fellowship while sharing good food. Members are encouraged to bring family and friends.

You may bring hors d'oeuvres, salads, main dishes, side dishes, and desserts to share. Beverages and paper goods will be provided along with the makings for coffee and tea.

Please RSVP so we will know how many tables to set up. Tell us how many in your party and what dish you intend to bring. We would like to have a balanced meal. Please have your contribution "table ready" with any necessary serving pieces. The oven in the kitchen will be available for reheating, if necessary.

We plan to begin serving at 6:30, so the arrival of food before 6:30 will be appreciated.

Please help by coming a little early, by 5:30 - 6:00, to help set up tables. Or, you may plan to stay after the festivities to tidy up.

Contact Leah at <leahjc@sbcglobal.net> to RSVP, to ask questions, to volunteer help, or to offer suggestions.

Happy Holidays

FROM YOUR PRESIDENT / EDITOR

*Wishing all
Los Angeles Computer Society
Members, their families and
friends bright holidays
and a New Year filled with
joy and peace.*

Tech Newsletters

Over the years, I have subscribed to several computer and technology newsletters via email. I had learned about them mostly from User Group conferences. They have been sources of much helpful and interesting information. Here are some URLs that you may want to look at if you're not familiar with them already.

How-to Geek: www.howtogeek.com

Ask Leo!: www.askleo.com

Geeks on Tour: www.geeksontour.com

Cyn's Tech Tips:
https://cynmackley.com/category/cyns-tech-tips/

Top Story of the Day:
Microsoft Weekly:
Open Source Weekly:
www.techrepublic.com

The Last Issue of *User Friendly* for 2019

We've enjoyed good fellowship and have learned a lot along the way. Here is a list of some of the general meeting topics we have explored this year.

- Digital Literacy with Techboomers
- Translating Thoreau's Walden into a Video-game
- Google Searching with Better Results
- Technology and Interesting Birds of the World
- Digital Asset Estate Planning
- Ask the Gurus
- You, Your Tech Devices and Ergonomics
- How to Buy and Sell on the Internet
- Cut the Cord: New Ways to Watch TV
- Cyber Security for All Your Devices
- Windows 10 Tips and Q & A

We had been exposed to diverse and interesting subjects. Let's celebrate at our December Potluck party.

I have been amazed by all the new features in Windows 10 and so many Google Apps. With so much new stuff, I sometimes feel overwhelmed.

Please let the board know what you would like to explore in 2020. Also, please tell me what you would like to read about in *User Friendly*. It would be wonderful if members would write articles about what they have learned that was found useful, and about what devices and apps they have liked or didn't like.

**Merry Holidays
to All**

GENERAL MEETING REPORT
November 12, 2019

By **Leah Clark**, LACS Editor and President

Windows 10 Tips and Q & A

Speaker: **Jere Minich,** APCUG Advisor

Jere Minich gave short talks about four different subjects related to Windows 10. You can delve into them further at your own speed. Jere will answer any questions emailed to jminich@apcug.org. Listen to the podcast for more details for each subject at https://www.lacspc.org/category/audio-files/.

Storage Sense helps to keep your computer cleaned up. This doesn't mean you still don't need to run a utility like CCleaner. Storage Sense runs automatically, but it is turned off by default. You must turn it on. Click on the Windows Logo, Settings, System, Storage and click on Storage Settings. Toggle the Storage Sense switch from Off to On. Tell it the frequency you want it to run and select what files you want to be cleaned. After running, it will tell how much space was freed up.

Reading or Reader View (Reading View in MS Edge and Reader in most other OSs) is handy. Jere couldn't describe how to set it up for each individual device. Open your browser, go to a search engine, put in "Reader View for (your device.)" You'll get lots of answers on how to set it up. Sometimes there are many ads on a web page. Reader View gets rid of a lot of extra stuff to give a clean page. The Reader View icon, an open book, will be in the address bar. Click on it to get rid of the junk. A downside is that it may eliminate pictures that go with an article. Click on the icon again to go to the normal webpage. Jere explained how to set it up for your iPhone or iPad. All sites don't have Reader View, but most do.

Privacy Settings in Windows 10

Microsoft recently has become good at protecting your data and information, giving you greater control. Go to Settings→Apps→Apps and Features to get a list of all the apps on your PC. Click on an app for the ability to remove it. You can go to Settings and Privacy to set your privacy wishes for the different features in Windows 10. Under Apps Permissions, go to Location to select any apps you do or don't want to know your location. Do the same thing under camera, microphone, and many other features. Jere showed four apps under Account Information that want information about him. Check who has access to your contacts list. Microsoft wants to collect diagnostic data from you, so you have to make decisions about that. There are settings for inking and typing personification and Activity History. You can stop targeted ads and Microsoft personalized services. When a big Microsoft update comes out, some of your settings may be reset. While writing this report, I went in and turned off a lot of permissions. I'll see what happens.

How to Upgrade to Windows 10 from Windows 7, 8 or 8.1

If you are running Windows 7, you must upgrade. As of January 14, 2020, Windows 7 won't be supported by Microsoft, so you won't get any security updates. An app developed to run in Windows 7, may not be supported either. There are a lot of things that are better in Windows 10 than in Windows 7: a better screen capture tool, a cumulative clipboard, dark and light mode, etc.

Jere showed us what we need to do to get started to have a trouble-free upgrade. Make sure your current OS is properly activated, backup your personal files in case anything goes wrong, and turn off any third-party antivirus tools.

Windows 10 Upgrade Assistant

• The Windows 10 update tool is straight forward; you can find the download at

https://www.microsoft.com/en-us/software-download/windows10 or at

http://bit.ly/2PQDFGA.

- The update tool will figure out the right version of Windows to update to.

- It determines if the current version of Windows is 32-bit or 64-bit, and it updates to the same version.

- You cannot move from a 32-bit installation of Windows 7 or 8 to a 64-bit installation of Win 10, even if your PC supports it.

- If you're running a 32-bit version of Windows and want to move to a 64-bit, you'll have to do a clean install instead.

Running the Upgrade Installer

When ready to upgrade:

- Run the installer tool named "Media Creation Tool"

- Select "Upgrade this PC now"

- Click "Next" button

The tool begins downloading the Windows 10 installation file.

The time that takes depends on the Internet connection speed.

Consider doing the download with an Ethernet Cable, not WiFi.

For more information about upgrading to Windows 10 Go to How To Geek at

https://www.howtogeek.com/225048/how-to-upgrade-from-windows-7-or-8-to-windows-10-right-now/ or to

http://bit.ly/2NMxZe2.

More Hints from Jere

- Many of Jere's Tips and Tricks for Windows 10 come from "HowToGeek.com."

- Try Googling "How to upgrade to Windows 10 for free."

- Restart vs. Shutdown in Windows 10:

Click Restart for a full shutdown if you are troubleshooting a problem. It reloads all the programs and the operating system. In Windows 10, Shutdown may save what was on your computer last and bring it back up when you restart.

- Do not turn your inkjet printer off. When you turn a printer off, the ink is dumped, so it won't dry up in the printhead if the printer is off for a while. Only turn it off if you'll be away from home for some time.

- Hold down the Windows logo key, the shift key, and the S key for the new Win 10 Snipping Bar. The snip is sent to the clipboard.

- When you hit the PrtSc key, anything on the desktop goes to the clipboard.

- The Windows 10 Fall update, v.1909, is starting to roll out slowly. ❖

WINDOWS 10 TASKBAR OPTIONS

By **Jim Sanders**, Director / Webmaster
North Orange County Computer Club, CA
Orange Bytes, September 2019
www.noccc.org / jsanders (at) ligasmicro.com

The taskbar is a very important part of the Windows 10 operating system. Arguably, it's primary purpose is to make computing life for you, the user, easier. Like a lot of things in Windows 10, most of the features in the taskbar can be implemented or modified in more than one way. Some, directly on the taskbar itself. For instance, the order in which shortcut icons appear on the left end of the taskbar can be rearranged by simply moving the cursor to that icon, left click and hold with the mouse, then drag the icon left or right to the position where you want it to be.

The taskbar is a great location for any shortcuts that you use often. One way to get that shortcut onto the taskbar is to right-click on any shortcut icon on the desktop and choose "pin to taskbar" from the list of options in the window that pops up. Or, click on start, pick the program that you want from the list that you can scroll through, right-click on that program, in the window that pops up,

left-click on "more" and on the sub-window that pops up, click on Pin to taskbar. If a program shortcut icon has already been pinned to the taskbar, you can "unpin it" by the same procedures.

One feature that some people love, and others hate, is auto-hide the taskbar. When the taskbar is at the default bottom of the screen location, and auto-hide is turned off, the taskbar is always visible and covers up at least one line of information at the bottom of the screen. When auto hide is turned on, the taskbar is hidden until you move the mouse cursor to the bottom edge of the screen. At that point the taskbar rises to visibility. I happen to prefer that setting.

One taskbar function that few people seem to be aware of, assuming "Lock the Taskbar" is not checked, is that by simply moving the mouse cursor to the top edge of the taskbar, a double-headed arrow appears. With the double-headed arrow visible, a left click and hold will allow you to move your arrow up and increase the number of lines that the taskbar covers, to half the screen if you want, or vice versa. Increasing the height of the taskbar allows you to have more of the larger icons that are easier to read.

The taskbar incorporates a large number of functions that could make your computing life easier if you studied up a bit on all the things that it can do. When you right-click on the taskbar, the first item on the window that pops up, at the bottom, is taskbar settings. It is recommended that you click on that and read all of the possible variations that the settings screen allows you to make. In particular, the section on system icons. ❖

APCUG VIRTUAL TECHNOLOGY CONFERENCE (VTC)

By Leah Clark, President/Editor LACS

As for previous VTCs, I made some extra coffee, stayed in my robe, and tuned into Zoom. As usual, the presentations were excellent. I learned much that I didn't even know I wanted to learn. I attended two presentations, and I plan to pick up the others on YouTube when they are posted. Ron Brown showed how mobile technology can be lifesaving. Bill James gave a preview of new features coming with the Android 10 release. I only wish there was another day in the week for time to check them all out.

Saving Your Life with Technology

Ron Brown, physician and APCUG speaker

Ron's presentation showed how technology can really save your life. As an example, he showed a video of a woman who had intermittent symptoms of light-headedness. But when she saw her doctor, she felt fine, and all the tests were normal. She eventually suffered a stroke. He explained the heart's electrical wiring and what a slow or rapid pulse may indicate. Stroke victims often don't know they have atrial fibrillation. Wearable technology, like the Apple Watch, can monitor the electrical activity of the heart to report trouble in real-time to prevent a serious incidence. Ron discussed other mobile technologies that can diagnose and can monitor if medications are working.

Android 10's New Features

Bill James, APCUG director

The Android 10 update will be available soon. Bill explained some of the new features. Included options are a dark background, foldable smartphones, native 5G, notification options, background noise reduction, smart reply, better permissions control, full gesture-based navigation, built-in screen recording, Android Auto on your car display, and many other Easter Eggs (hidden functions). ❖
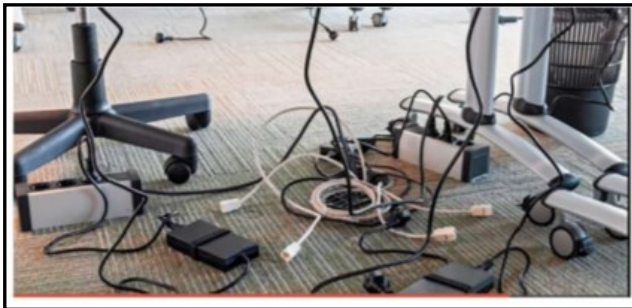
MAKING YOUR TECH "FIT"
Cords, Voice, Sound, and Other Hazards

By **Debra Carlson**, Technical Advisor
CVC Computer Club, CO

Tech-Notes, Q4 2019

cvc.computer.club (at) gmail.com

Cords — Whether tripping or kicking (and disconnecting) them … or getting the contents of your desktop lost in the shuffle … cord and cable management is both a convenience and a safety issue.

Some basic principles
Label each cord you plug into your outlets or surge devices.

Hint — When you get a new device, unplug the power cord from the device and attach the outlet end of the new device to this with a twist tie (or tape). Pull the old cord from the outlet end and it will fish your new cable to the surge strip or outlet. This doesn't work in a "mess of wires" but is good for many setups.


If you have many peripherals intermittently connected to your machine (a couple of cameras, a scanner, an external drive), consider a cable management "toy" for that as well.


Voice — You may have a microphone built into your webcam (or the webcam in your laptop), part of a headset, or a separate microphone. Settings are most often tested in an app that uses the microphone (e.g. Skype). External units may connect to your machine by audio jack, USB cable or Bluetooth (wireless). Two things are important:

1. Train transcription software completely if you use it. It will help minimize errors in the text.
2. If you are using this for dictation, assume there are going to be errors! Check for them — this will help avoid embarrassment over the messages you may send.
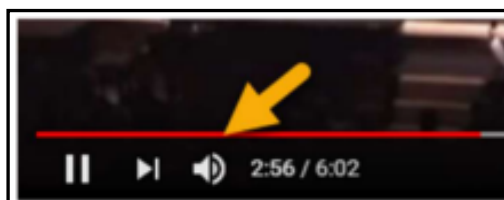
Sound — The biggest issues with speakers – USB, audio jack, Bluetooth, or Wi-Fi is accidental muting. This may happen on the speaker – especially if the on/off switch is a button rather than a knob control OR …
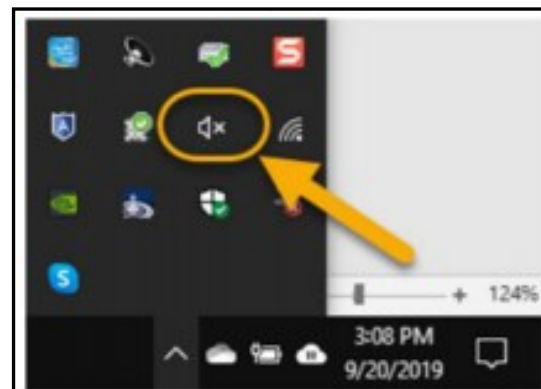
your sound is muted. See the X next to, or on top of the megaphone.
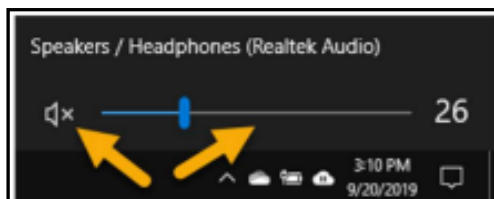
If not muted, the volume may be too low.

Your YouTube or other video may need either unmuting or volume adjustment. (YouTube shown.)

You may need to adjust the speaker volume AND the volume of the audio/video. Setting both of them to maximum can interfere with sound clarity.

Other hazards —

- UPS units and surge/power strips can be great, but many have on/off switches. Be sure your unit is not in a position where it can be easily kicked (or hit) – and shut off.

- All computing devices can overheat. Have circulation space -- at least a couple inches each side on a tower, and if you have a laptop that lies flush on a desk, consider a cooling pad or other prop. I like bread cooling racks – right height and size.
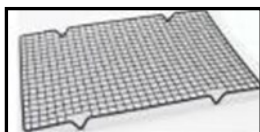
Old program CDs make good drink coasters, wind chimes, decorative hangings, picture frames., or holiday decorations.

A couple ideas to make your desk area manageable and to clear some clutter ❖

THE INTERNET IS MY COOKBOOK

Searching for Recipes

By **Tom Burt**, Vice-President
Sun City Summerlin Computer Club, NV
Gigabyte Gazette, September 2019

www.scscc.club
tomburt89134 (at) cox.net

A motto around Casa de Burt is "Fight Boring Food." Most nights, we stay home and cook, as this gives better portion and ingredient control. We enjoy ethnic food – especially Indian and Thai, though our repertoire includes all cuisines. Another challenge is coming up with recipes that work well for two. Often, we plan for a second meal as a way to get double duty from the original preparation.

As part of the menu planning process, we sit down mid-week, after the supermarket flyers have arrived, along with an inventory of what's in the freezer and refrigerator. We then figure out the dinner plan for the following week. Each dinner typically includes a protein, a starch, and a vegetable or salad and some fruit. Once we have a general plan, the challenge is to decide how a given meal will be cooked. The goal is to have lots of variety while keeping cost and effort low.

For example, we might decide to have chicken one evening. Will it be boneless-skinless breasts or thighs or a whole roast chicken, or do we boil a chicken to make soup, or do we cut up the chicken and do it oven-fried or perhaps a pan fricassee? Another night it might be beef: steak, pot roast, braised brisket, fajitas, carne asada, roast prime rib, or sweet and sour? And so on. The choice of prep for the protein, in turn, drives the choice of starch – rice, potatoes, egg noodles, pasta, bread, and so on – as well as the choice of veggies or salad.

Often, especially for a preparation we haven't done for a while, I like to fire up my favorite web search engine to get an idea of

LACS NOTICES

WELCOME ALL

George Wolkon, LACS Database Manager

New Members (2)
Gera Freeman
J. Speed

Renewals (6)

|	
Guy Clark	Charlotte Semple
Leah Clark	Paula Van Berkom *
Edie Ditmars	
Carol Johnson	

* Contributor

JOIN OUR MAIL LISTS

All you have to do to join our lists is send your name only in the message body of an email from the address you want LACS to use to

lacspc-subscribe (at) yahoogroups.com and to

lacslist-subscribe (at) yahoogroups.com

These lists are for members only.

Lacspc is for official LACS business.

Lacslist is for any other computer-related messages and questions.

LACS IS ON TWITTER

On **Twitter**, follow us at:

https://twitter.com/LA_CompSoc or click on this icon to see what's there.

LACS WEBSITE

www.lacspc.org posts current and back copies of the color version of *User Friendly*, calendar information, and podcasts of most of the general meetings. There is also a bi-annual index to past issues on the website. Check the menu on the right side.

FIX YOUR PC FOR FREE?

Jim McKnight has an open offer to all LACS members to diagnose, repair, disinfect, or upgrade members' PC's for free.
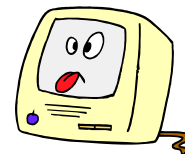
There are certain limitations to Jim's offer, so see the details by clicking the "Fix my PC for Free?" link at www.jimopi.net.

Non-members can wisely invest in a one-year new Regular LACS membership ($40.00), and Jim will fix your PC problem, too. Contact Jim for specific considerations.

RIDE SHARING

If you need a ride to a General Meeting, or if you are able to give a ride, please contact Freda Sanders at 323-230-3278.

HOW TO CHANGE YOUR CONTACT INFORMATION

Go to www.lacspc.org. Click on **Member Forms** in the bar under the picture. Under **Membership Update,** select **Click Here** to select either the DOC or PDF form. Fill it out and bring it to a meeting, mail it, or email your changes to **membership (at) lacspc.org**.

LACS HAS JOINED MEETUP

Our Meetup group is called:
"*Los Angeles Computer Society and Technology Meetup.*"

Please join and **RSVP** for our general meetings - it's free. Go to http://www.meetup.com/Los-Angeles-Computer-Society-and-Technology-Meetup/ **or click on this icon.**   Then click on **"Join Us."**

LACS CALENDAR

Holiday Potluck Party
Date: Tuesday, December 10, 2019
Time: 6:30 P.M.
Where: Westchester United Methodist
      Church, Fellowship Hall.
8065 Emerson Ave. Westchester, L.A. 90045

LACS Board Meeting
Date: Monday, January 7, 2020. There will be no board meeting in December.
Time: 7:00 P.M.
Where: At the home of Charlotte Semple Contact a board member for her address.
LACS members are invited to attend.

No Special Interest Group (SIG) meeting is scheduled for December.
New SIGs can be created if there is sufficient interest and leadership.
   Please contact the board to make your wishes known and to offer ideas or help.

December 7   Pearl Harbor Day
December 10:   **LACS Potluck Party**
December 22:   Hanukkah Begins
December 25:   Christmas
December 26:   Kwanzaa

GENERAL MEETING PRESENTATIONS
December 10: Holiday Party
January 14: Windows 10 Topics by our member, Jim McKnight
Note: This schedule is subject to change.
Check email, *User Friendly*, and the LACS website for updates, but mark your calendar now.

PODCASTS
Listen to the podcasts of our general meetings. Go to https://www.lacspc.org/category/audio-files/. Click on the session you want to hear.

USER FRIENDLY BACK ISSUES AND INDEXES
To see back issues of *User Friendly,* go to http://www.lacspc.org/category/user-friendly/.
For indexes to past issues go to https://www.lacspc.org/category/uf-index/

GENERAL MEETING SNACK SCHEDULE
By **Sylvia Q. Davis,** Hospitality Chair
Refreshments and socializing will be at **7:00**. The meeting starts at **7:30**. Please bring refreshments at **7:00.**
December 10.......Holiday Potluck Party
January 14 ……...E through I
February ……….. J through N
March ……………O through S
April …………….. T through Z
Bring **finger-food** treats such as fruit, veggies, nuts, cookies, cold drinks and the like.
LACS provides hot drinks.
See your email for updates and reminders.
Please pick up your leftovers and serving pieces at the end of the meeting.

MEMBERS HELPING MEMBERS

LACS members volunteer to help other members solve hardware and software problems by telephone during the hours listed below. Select the topic from the list and then call a person whose number is listed next to it. Or you may use a Helper's e-mail address, found in your LACS Roster. We hope that you find this free service useful. **If you are experienced using a particular program or know a topic, please volunteer to be a consultant. You don't have to be an expert.** To volunteer for this list or to make corrections, please email Leah Clark at <Leahjc (at) sbcglobal.net> or call her at 310-677-2792. More Quick Consultants, and more categories are always needed. You may decline or postpone a call if it comes at an inconvenient time.

Adobe Creative Suite: PDF, InDesign, PhotoShop, etc. - 17
Android Smartphones - 5
Apple devices - 15
Anti Malware and Backup - 5,12
Digital Imaging, Editing - 8
Digital Photography - 8
Dragon Naturally Speaking - 4
Genealogy - 5
Hardware - 12

Linux - 11
Lotus Word Pro, Approach - 12
Mozilla Firefox - 12
MS Excel - 3, 5, 15
MS Word - 3, 4, 10
MS Outlook - 5, 15, 17
MS PowerPoint - 15
MS Publisher - 7
Open Office - 16

Photoshop - 17
QuickBooks -18
Quicken - 3, 5
Thunderbird - 12
Utilities - 5, 12
Visual Basic - 13
Websites - 13
Windows 5, 12, 16
WordPerfect - 5

No.	Name	Preferred Phone for Calls	From	To
3	Wilder, Joan	310-472-8445	9:00 AM	9:00 PM
4	Hershman, Irv	310-397-9453	11:00 AM	11:00 PM
5	Nordlinger, Stephanie	323-299-3244	10:00 AM	7:00 PM
7	Clark, Leah	310-677-2792	7:00 AM	5:00 PM
8	Silverstein, Elliot	310-670-1544	10:00 AM	10:00 PM
10	Beckman, Loling	310-471-7893	10:00 AM	6:00 PM
11	Hughes, Bill	424-259-1818	Any	Any
12	McKnight, Jim	310-823-7829	8:00 AM	7:00 PM
13	Ialongo, Gilbert	310-641-7906	9:00 AM	5:00 PM
15	Van Berkom, Paula	310-398-6734	9:00 AM	5:00 PM
16	Johnson, Carol	310-372-8535	10:00 AM	9:00 PM
17	Rozek, E. J.	310-823-3811	Noon	8:00 PM
18	Semple, Charlotte	310-398-5052 M-F	9:00 AM	5:00 PM

OFFICERS, DIRECTORS AND LEADERS

Title	Name	Term	Telephone
President	Leah Clark	2019	310-677-2792
Past President	Stanley Johnson	2019	424-216-6984
Vice President	Stephanie Nordlinger	2019	323-299-3244
Secretary	Stanley Johnson	2019	424-216-6984
Treasurer	Charlotte Semple	2019	310-398-5052
Director	Paula Van Berkom	2019	310-398-6734
Director	George Wolkon	2019	310-459-2671
Director	**Open**	2019	
Director	**Open**	2020	
Director	E. J. Rozek	2020	310-823-3811
Director	Howard Krivoy	2020	310-717-7465
Director	Mark Presky	2020	310-398-0366
APCUG Rep.	Leah Clark		310-677-2792
Car Pool Coordinator	Freda Sanders		323-230-3278
Change of Address	George Wolkon		310-459-2671
Corporate Counsel	Stephanie Nordlinger		323-299-3244
CCSC Computer Lab	Loling Beckman		310-471-7893
Greeter	Freda Sanders		323-230-3278
Assistant Greeter	Penny McKnight		310-823-7829
Hospitality Chair	Sylvia Davis		213-924-4927
Asst. Hospitality Chair	**Open**		
Membership Database	George Wolkon		310-459-2671
Newsletter Editor	Leah Clark		310-677-2792
Program Chair	Stephanie Nordlinger		323-299-3244
Assistant Program Chair	**Open**		
Publicity - Press	Mark Presky		310-398-0366
Publicity - Online Media	Stanley Johnson		424-216-6984
Quick Consultants	Leah Clark		310-677-2792
Webmaster	Paula Van Berkom		310-398-6734

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Voice Mail   1-310-398-0366   **Webmaster**   sitemaster (at) lacspc.org
E-mail   ContactUs (at) lacspc.org   **Change of Address**   membership (at) lacspc.org

The **ContactUs (at) lacspc.org** address goes to our **president** and **vice president**.

If the message is for another officer or member, they will forward it to the correct person.
To contact other officers, directors, leaders, or members directly, members may use our
roster for phone numbers and e-mail addresses.

WHAT'S THE BEST REGISTRY CLEANER?

By **Leo A. Notenboom**

The best registry cleaner is none at all. There may be cases where you want to use one, though, and I'll review which I'd use and how to use them safely.

What would be the best software to buy to fix and clean the Windows registry?

There is no "best" registry cleaner.

There are a wide variety of opinions on registry cleaners and PC cleaning tools. Many people believe they're valuable and important tools to keep your system running smoothly.

I disagree. Most of the time, registry cleaners are simply so much snake oil.

Registry cleaners are rarely needed

I *rarely* use a registry cleaner. (While I use the term "registry cleaner" throughout, my thoughts apply to all forms of generic "PC cleanup" utilities, most of which include registry cleaning as one aspect of a larger, still ineffective, toolset.)

In fact, I've never felt I've *needed* to use a registry cleaner. I only run them to experiment with the cleaner, not because I felt my system would benefit.

And I *definitely* install and play with random things on my machines all the time. That kind of "playing" is exactly what most registry cleaning advocates say lead to registry issues, yet I've rarely had issues, and when I did, registry cleaners weren't the solution.

The best registry cleaner is no registry cleaner at all.

Registry cleaner risks

In my experience, most computers don't benefit substantially, if at all, from a registry cleaning. Some even get worse.

Many people reach for a registry cleaner when an application is having problems, or Windows is misbehaving. The problem is, these types of situations rarely respond to cleaning. They often require an application-specific or Windows-specific solution.

I do get reports of cleaners making things worse. I've even heard from individuals who've had to completely reinstall Windows after running a registry cleaner that did much more harm than good.

When to run a registry cleaner

In my opinion, registry cleaning is appropriate in only two cases:

- To attempt to speed up a very slow Windows machine, *but only if nothing else has helped*.

- To resolve Windows or application crashes, *but only if nothing else has helped.*

I consider it a last resort. While it might help, it's not likely to help much.

Back up first

Before you run any cleaner, back up first. This is one of the few times I'll consider using system restore, as it is nothing more than a glorified registry backup.

I prefer, however, to take a full system image backup. That way, if anything goes wrong — including a system restore failure — you can safely restore your machine to a point in time before the damage was done.

Safe registry cleaning

There are those who disagree with my position. And, to be honest, while there are horror stories, *most* of the time cleaners don't do any damage. They may not do any good, but reputable ones aren't going to harm your system unless there's some other kind of underlying problem. Since you can't tell whether your situation is going to be one of those "mostly harmless" scenarios or a total disaster, it's critical that you back up properly before you

Which registry cleaner?

If you're going to use a registry cleaner, which one should you use? There are plenty of tools out there, that's for sure. I'll mention two:

- **CCleaner**, a Windows cleanup utility that has a registry cleaner as well. Run **Analyze**, and you'll see the changes it is about to make.
  Caveat: in recent years, after being purchased by Avast, CCleaner's setup program has been known to install Potentially Unwanted Programs (PUPs) if you're not careful at install time. Also, while they take great pains to push their paid version, or paid support, neither are required; the free version is all you need.

- **JV16PowerTools**, from Macecraft, includes not only a registry cleaner but an entire suite of useful maintenance utilities.

I've used both these tools on an otherwise clean and working copy of Windows and had no issues.

If you feel you must use one, then regardless of which you choose, *please* backup first. You can't have too many backups. ❖

Related Posts

- **CCleaner, a Windows Cleaning Tool**
  CCleaner is a highly-regarded tool for cleaning files, history, cookies, and much more from your computer. It's particularly helpful in Windows 10.
  https://askleo.com/ccleaner-windows-cleaning-tool/

- **Using Windows Disk Cleanup**
  Windows Disk Cleanup is a handy tool for freeing up space on your hard drive. I'll show you how it's done.
  https://askleo.com/using-windows-disk-cleanup/

- **Backup and Restore the Registry Using System Restore**
  In my opinion, System Restore is good for exactly one thing: backing up and restoring the registry.
  https://askleo.com/backup-restore-registry-using-system-restore/

- **Scheduling CCleaner**
  CCleaner is a useful and powerful system-cleaning tool that can help recover disk space as well as clear general clutter. It can be run manually, but in this article, I'll show you how to set it up to run once a week automatically (Editor's note: only on a paid version.)
  https://askleo.com/scheduling-ccleaner/

BAD MEMORIES

By **Greg Skalka**, President
Under the Computer Hood UG, CA
Drive Light, September 2019
www.uchug.org
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We are our memories. Our personalities and identities are tied to the information stored in our brains. We are who we are due to our memories of experiences, remembered preferences, and lessons learned over our lifetimes. Without our brain's ability to store and retrieve memories, we could not learn, improve ourselves, or differentiate ourselves from others as individuals.

Almost everything we do has to be learned and thus remembered in some type of memory, and there are several types used by our brains. Some things, like the beating of our hearts or breathing, may not relate to memory, as we don't have to learn these things. A lot of other physical things, from simple things like walking or picking up objects to more complex activities like riding a bike or speaking, require memory, as we must learn them, as opposed to being born with these capabilities. These are attributed to what we sometimes call "muscle memory" — something we remember how to do but don't consciously have to think about. We also appear to have a "scratch-pad" short term memory, which can be used to store a small number of items (5 to 9) for a short time (maybe 15 to 30 seconds). This is what we use to remember a phone number read to us; without some reinforcement, the information quickly bleeds away.

In more complex learning and in remembering experiences, the mind uses short term memory and then converts some short-term memories into long term. Long term memory is usually defined as memory lasting longer than 30 seconds, although long term memory of the last few days or years is also often referred to as short term memory.

In some cases, injury or disease can affect memory, especially short-term memory. General aging, Alzheimer's disease and other dementias, brain tumors, blood clots and infections around the brain, head injuries, and substance abuse can all cause short term memory loss. A common situation in these cases is a person that can remember in great detail events and people from 20 years in their past but is unable to remember recent events or people known for a short time.

Amnesia is a form of memory loss where the subject retains their identity and basic motor skills such as walking and speech but loses some memories or the ability to form new memories. One very common type is infantile amnesia, in which you cannot remember the first three to five years of life. In retrograde amnesia, you lose previously created memories, typically starting with the most recent ones. Diseases like Alzheimer's gradually cause this type of amnesia. With anterograde amnesia, new memories cannot be formed. This can be a temporary condition, as in a black-out from excessive alcohol consumption, or permanent, when due to a brain injury. The 2000 movie "Memento" portrays anterograde amnesia.

A good friend recently told me about an incident he had not long-ago involving memory loss. He went to the gym after work one day as he was in the habit of doing, but he does not remember what he did there on that visit. His wife was called to the gym by the manager, out of concern that something was wrong with my friend. The manager said my friend was looking for his gym bag and had repeatedly asked for the manager. He had asked for the manager's name several times during their interaction, even though the manager told it to him each time.

Concerned that he'd had a stroke, my friend's wife took him to the emergency room, where after extensive testing, it was found he had experienced TGA or transient global amnesia. For about an hour and a half, my friend's brain made no short-term memories. Although he could otherwise function and knew where he was, he could not remember anything of his time at the gym or why he was there and was confused by it. He could remember his past and recognized his wife, but still has no recollection of events at the gym that day. It is not

known what causes TGA, though it seldom results in a repeat incident.

I've since learned that another friend's wife had a TGA incident about 20 years ago. Hearing about these incidents and the stories my sister has told about her mother-in-law's Alzheimer's makes me wish there were some way to back up our human memories. I guess the closest we can get to that now is to take lots of photos and videos of our lives.

Computers and other tech devices also rely on memories to function, and there are a number of parallels to humans in the way memories are used and the problems they have.

There are different types of electronic digital memories, and they are used in computers in different ways.

The two main types of digital memories are

- Volatile, which retain information only as long as power is applied to them

- Non-volatile, which retain information even without power being applied to them

Volatile memories include both types of RAM (random access memory): static (SRAM) and dynamic (DRAM).

Non-volatile memories include Flash memory (USB Flash drives and solid-state drives or SSDs), magnetic hard drives, floppy disks, and optical discs.

Memory is located in many places in most computing devices, including small blocks of high-speed cache RAM inside the microprocessor component, fast DRAM modules for main memory, SSD modules, or magnetic hard drives for main OS/program/data storage and peripheral removable storage (USB, floppy and optical discs).

Just as with humans, computers and tech devices without memories cannot function. It is the information stored as operating systems, apps, and data in our tech devices that give them their "personalities" and capabilities. A computer or smartphone with blank memory devices is just an empty, inert shell.

Memory failures can cause big problems for computers, as they do for humans. An unreliable main memory DRAM module can result in errant program operation and computer crashes. SSD or hard drive failures can mean data loss, programs that won't load and OS crashes.

Our electronic digital memories give us two advantages over our human memories - the ability to easily replace faulty components and the ability to back up our data, so faulty components don't result in a serious loss. Important data in non-volatile memory devices should be backed up or copied to other devices so that a failure of the original device can be easily corrected by replacing the device and restoring the data from the backup copy. Bad volatile memories like DRAM modules can easily be replaced so computing can resume.

I got my first camera in grade school and have always enjoyed taking photos. I have taken quite a few over the years, and the quantity increased greatly once I got a digital camera and no longer had to worry about the cost in film and developing each shot represented. I now take thousands of digital photos and hours of digital video each year. It does provide that additional assistance to my memory when I want to know when an event occurred, as I can check the date stamped on my slides or photo prints or the time/date stamp in my photo jpeg files.

Having digital photo files is great, as they don't degrade and can be backed up, but over the years, the file size of photos has greatly increased. My first digital camera was just 1 Megapixel, and the photo files were only about 100 KB each. My latest camera takes 18 Megapixel photos, resulting in 10 MB files each. Such large files make great photos, but they have become difficult

to share, at least in their full-size form. These files are too big to email as an attachment, and while I have often put them up on a file-sharing site to allow others to download, some folks I send them to have problems getting them. Even for those tech-savvy recipients, downloading 30 GB of data can be a pain.

My son was recently married, and I took many photos and videos of the event and days surrounding it that I wanted to share with relatives. I wound up with about 20 GB of data to share. Since this was a one-time event with files going to only about eight recipients, some of which were out of state, I decided the best way to share was to copy the files to relatively inexpensive USB flash memory devices and give them out in person or mail them.

All I needed was about ten 32 GB Flash drives, which could be had for around $8 each. I had previously bought some loose Patriot 32 GB drives from Amazon; these came in a cardboard envelope. I needed more, so I also bought some from Fry's Electronics; I got 32 GB individually packaged Samsung drives for about the same price on sale.

Our group's board meeting was just a few days after I bought the Fry's drives, and so I told the board about my need for USB Flash drives and the purchases I'd made. Our vice president then warned me about buying Flash drives online, as the quality can sometimes be poor. He claimed that parts that fail manufacturing tests can be intercepted from the dumpsters and sold online as "good" drives. I thought that unlikely from Amazon, but I soon found our VP's warning to be credible.

A few days after the board meeting, I started copying the files onto the USB Flash drives. I had used some of the Amazon drives and had only one left, and so started with it. During the copy process, however,

it stopped and said the drive was full. I was only copying 20 GB onto a 32 GB drive, yet it had stopped with only about 4 GB put onto the drive. Windows File Explorer indicated the drive was 32 GB in size, but with only 4 GB on it; it said it had 27 GB of used space and 4 GB free. Something was definitely wrong with this drive.

I recalled no problems with the others I'd bought in this Amazon batch, but also recalled that I had put no more than 2-3 GB on any of them before giving them out.

I pulled out my Fry's drives, and all worked fine with the full 20 GB of files. I considered that it was possible that my Amazon drives could have been "counterfeits" pulled from the manufacturer's dumpsters and resold; after all, they came in unconventional (meaning no) packaging. The Fry's drives were shrink-wrapped onto cardboard holders, and so were more likely to have gone through the manufacturer's full process.

It is unfortunate that the Fry's drives are sold with additional packaging that winds up in the landfill, but it may be an additional indicator of an authentic, fully functional product. ❖


Bad Drive

Good Drive

## The Internet Is My Cookbook

(*Continued from Page 7*)

how a particular dish is prepared. Usually I'll look over a dozen or so recipes to get a sense of what ingredients are fundamental to the dish, cooking time and temperature, and any special techniques. Most dishes also involve a sauce or gravy. Once I know what it will take to make the dish, I note any unusual ingredients (e.g. fresh ginger, cilantro, coconut milk, scallions, tortillas), and put them on the shopping list.

Now that I've got you salivating, let's look at a couple of real-world examples.

All recipe searches should start with RECIPE followed by your protein (or perhaps veggie), followed by the preparation. For example: RECIPE CHICKEN TIKKA MASALA EASY. Adding the qualifier EASY to your search homes in on recipes that don't have a lot of complex ingredients or preparation. Chicken Tikka Masala is actually a dish made popular in Britain, using Indian spices, chicken, tomato sauce, and plain yogurt. My search on Google turned up 3,260,000 hits – a few too many to read. But the top 10 or so provide all the essential information.
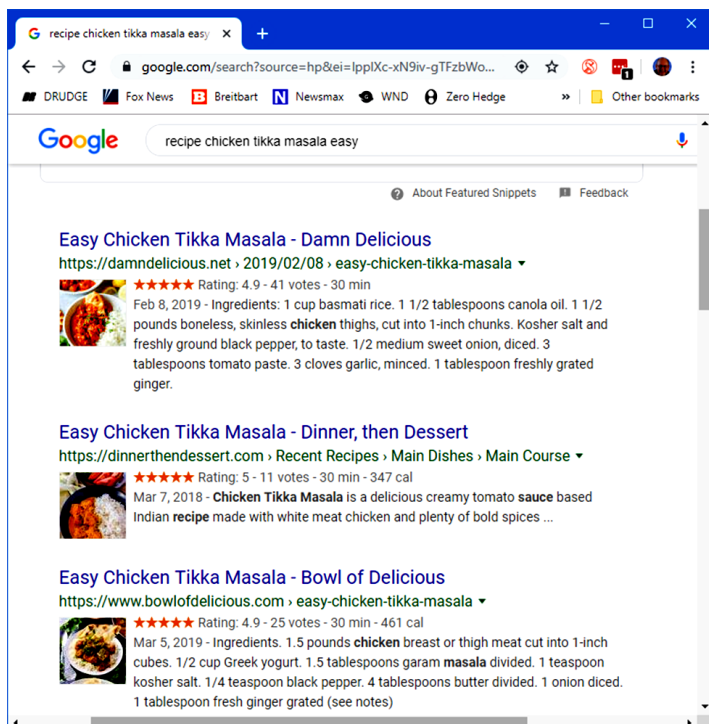
Many of the resulting recipes have star ratings that help you home in on ones that produce the best results. Clicking on a link takes you to the website where the details of the recipe, ingredients and preparation steps, are detailed. Many of the recipes have calculators to adjust the ingredients to the number of portions you want to make. Many have lots of photos or videos to help less experienced chefs to understand the preparation.
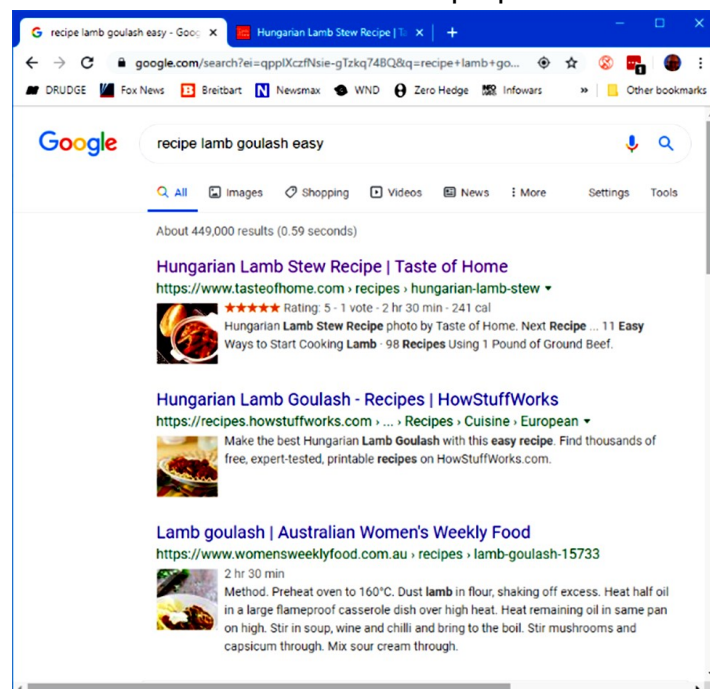
This one got 449,000 hits. The rating on the top recipe is five stars, so it should be pretty good. Goulash is a Hungarian spicy meat stew made with meat, onions, tomatoes, bell peppers, garlic, and *lots* of paprika. It's a single pot meal that's served in a bowl, so very easy on prep. There are many variations in the meat and veggies.

The recipe possibilities on the Internet are endless, and no matter what you're looking for, the web will serve up a recipe for you. If feeling adventurous, try searching for:

RECIPE DUCK A-L'ORANGE or RECIPE AVGOLEMONO SOUP

Let your imagination be your guide. In the words of noted French chef Jacques Pépin, "Happy Cooking"! ❖

JERE'S TECH TIPS

For many helpful tips and tricks for all aspects of computing see *Jere's Tech Tips* at

https://apcug2.org/jerestips/.

TECHBOOMERS.COM

teaches how to use various websites and internet-based applications.

- https://TechBoomers.com
- https://www.youtube.com/watch?v=O2-bwYlYu1l

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Go to the APCUG website https://apcug2.org/discounts-special-offers-for-user-groups/ for discounts and special offers for Members of User Groups. Avast Anti-virus and Acronis True Image, and several book, media and training sites offer discounts including the two mentioned below.

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LAUGHING OUT LOUD

"*I'm a personal trainer. Your smart scale alerted me, and it sounded serious.*"

From https://*HowtoGeek.com*

Wikipedia: "I know everything."

Google: "I have everything."

Facebook: "I know everybody."

Internet: "Without me you're nothing."

Electricity: "Keep talking losers."

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A LACS member who wishes to see or has questions about our financial reports may contact our treasurer.

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Annual membership Dues:

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— Occasional product **discounts**, special offers, etc.

— **Special Interest Groups** (SIGs) on various topics may be created to help you to learn, to share interests, and to solve your computer problems.

— **Information** on training, swap meets and trade shows.

— Occasional **free software and computer books**, if you review them for *User Friendly*.

— **Rewards** for recruiting; LACS will extend your membership for three months for each new regular member you recruit.

— **Annual Holiday Party**

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— **Social Interacting** with others who have like interests in computers and technology.

— **Virtual Technology Conferences**

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Revised: Nov. 2018 ljc

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DIRECTIONS TO GENERAL MEETING

Westchester United Methodist
Church Fellowship Hall
8065 Emerson Ave.
Los Angeles CA 90045

From the North:

Take Sepulveda Blvd. SOUTH
to W. 80th St. Turn WEST/right.
Go about one mile to Emerson
Ave. Turn SOUTH/left. Go one
long block to W. 80th Place. It
is on the Northwest corner of
Emerson and W. 80th Place.

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Take Manchester Ave. to
Emerson Ave. Turn NORTH. Go
about eight blocks to W. 80th
Place. Fellowship Hall is on the
Northwest corner of Emerson
and W. 80th Place. There is
street parking and a small
parking lot West of the church.