

Running the Maintenance Programs

by Dick Evans (updated 5-5-2020)

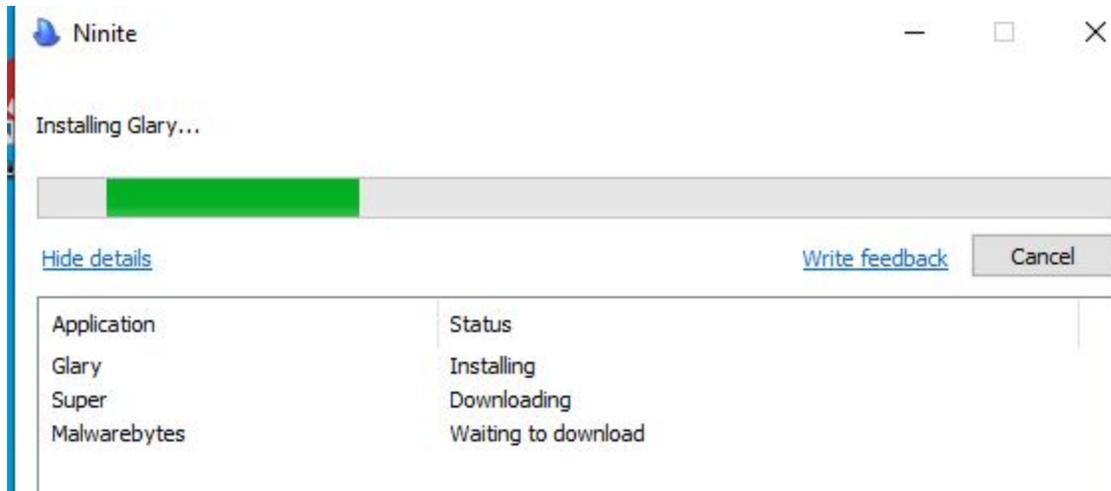
We talk a lot about using the three key maintenance programs at least once a week. You do not have to purchase them, just use the free versions.

Go to www.ninite.com and get Malwarebytes, Glary Utilities, and Superantispyware



Ninite Malwarebytes SUPERAntiSpyware Installer

After you have run Ninite once you can locate the Ninite installer file in your download folder. You can run it again without having to access Ninite each time to update these three programs before starting a maintenance cycle once a week or so. This gets you the latest update without having to be concerned with missing a checkmark somewhere and getting additional programs or toolbars added to your browser. You can also ignore any pop-ups telling you it is time for an update.

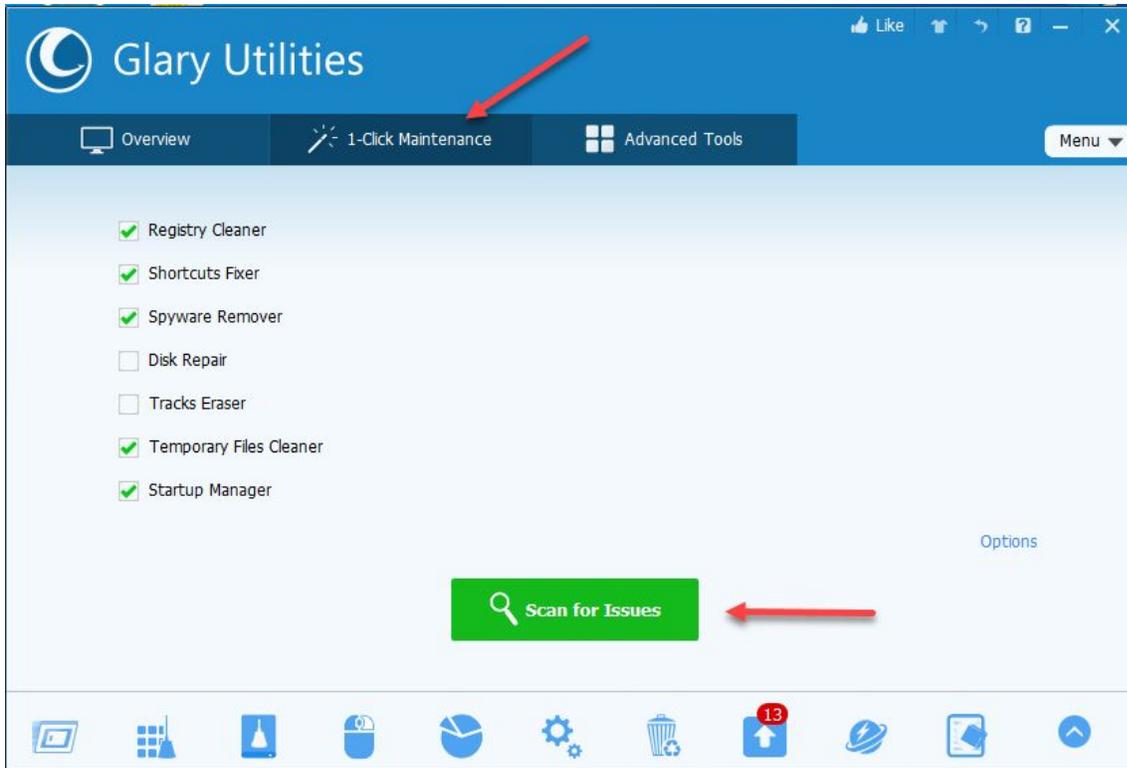


While the installer is running you can click Show Details to view what it is downloading and installing. Closeout when it completes and you will have the latest versions of all three programs.

It does not matter what order these are run. I usually do Glary first and then Superantispyware followed by Malwarebytes.

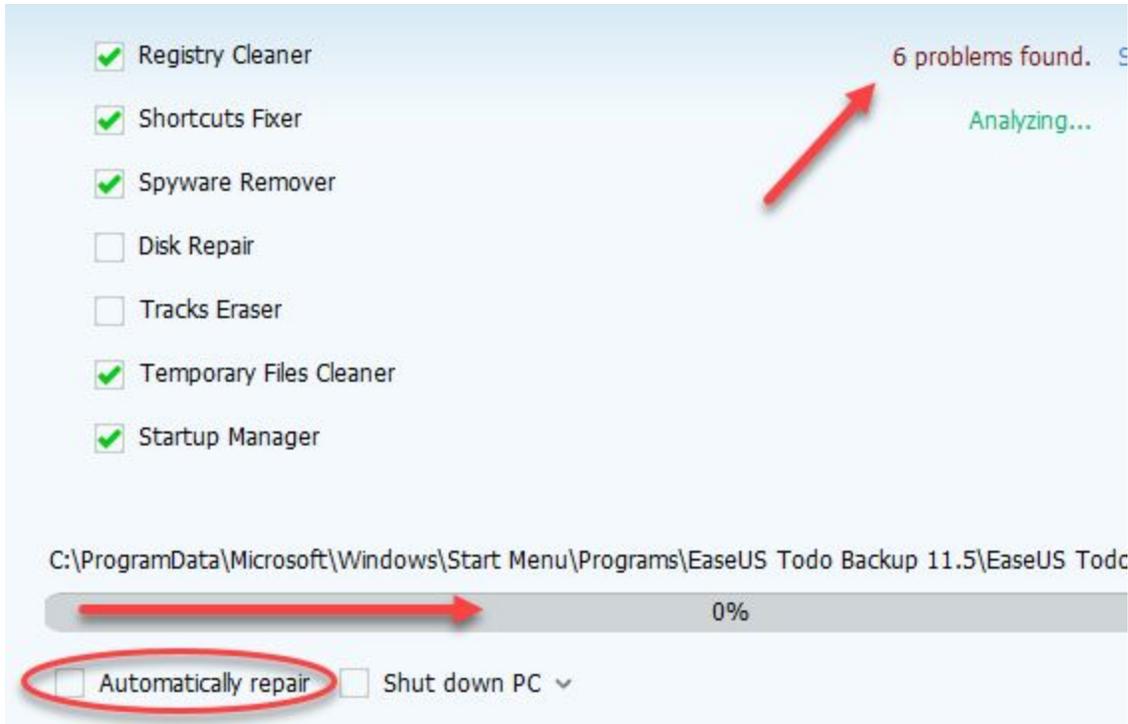
Glary Utilities

This cleans out all the temporary files left by programs when they have been closed. Kinda like taking the trash that has been accumulating and bringing to the curb on trash pickup day. It also removes unneeded registry entries.



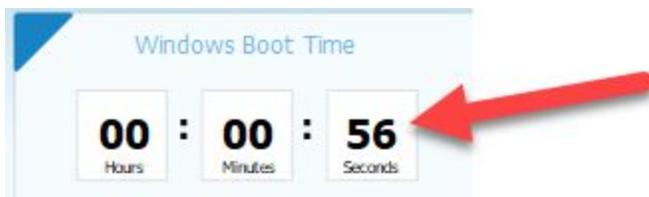
There are three tabs along the top. *1-Click Maintenance* is where you want to start. The checkmarks indicate the processes that will be used to clean your computer. Disk Repair and Tracks Eraser are unchecked by default. See more on them further down.

Click *Scan for Issues*



One at a time each of the checked items is processed. Problems are indicated and a progress bar shows where each step is in the process. When the analysis is completed, click Repair Problems to fix any issue found.

If you place a checkmark in the box to the left of *Automatically repair* the fix will automatically continue after the analysis is done.



Click the *Overview* tab to see how quickly your computer booted.

Disk Repair checks your disk drive for potential errors and fixes them. When errors are found it causes your next boot to run a program to fix the issues before booting to Windows.

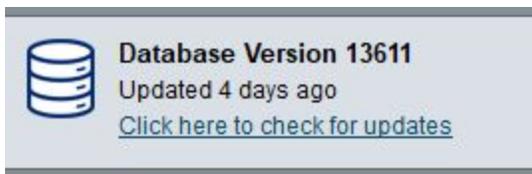
Tracks Eraser is a powerful tool that can help you secure your privacy. It allows you to erase common Internet and computing tracks, including browser cache, cookies, visited websites, typed URLs, recent documents, index.dat files and more. Glary Tracks Eraser makes life much easier by taking care of everything at the click of a button, freeing up wasted hard drive space and getting rid of your past activity records from the PC.

Superantispyware

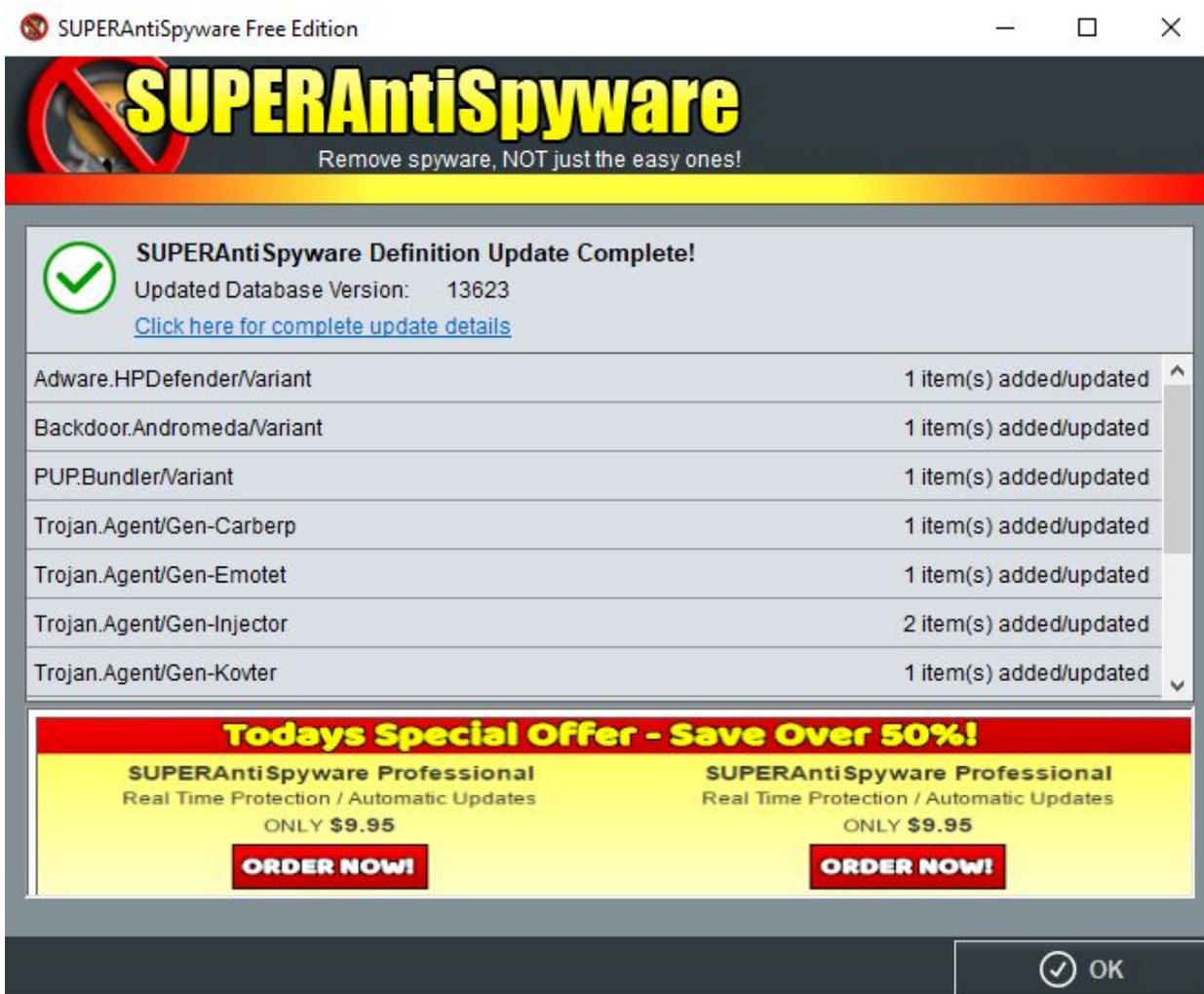
This program does a good job removing spyware and other forms of malware.



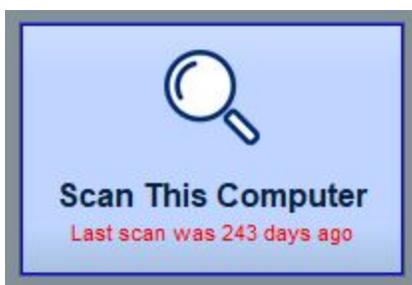
Locate the desktop shortcut and click to run Superantispyware.



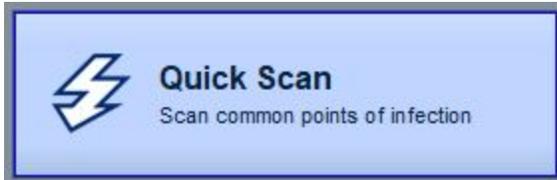
Click here to check for updates to make sure you have the latest



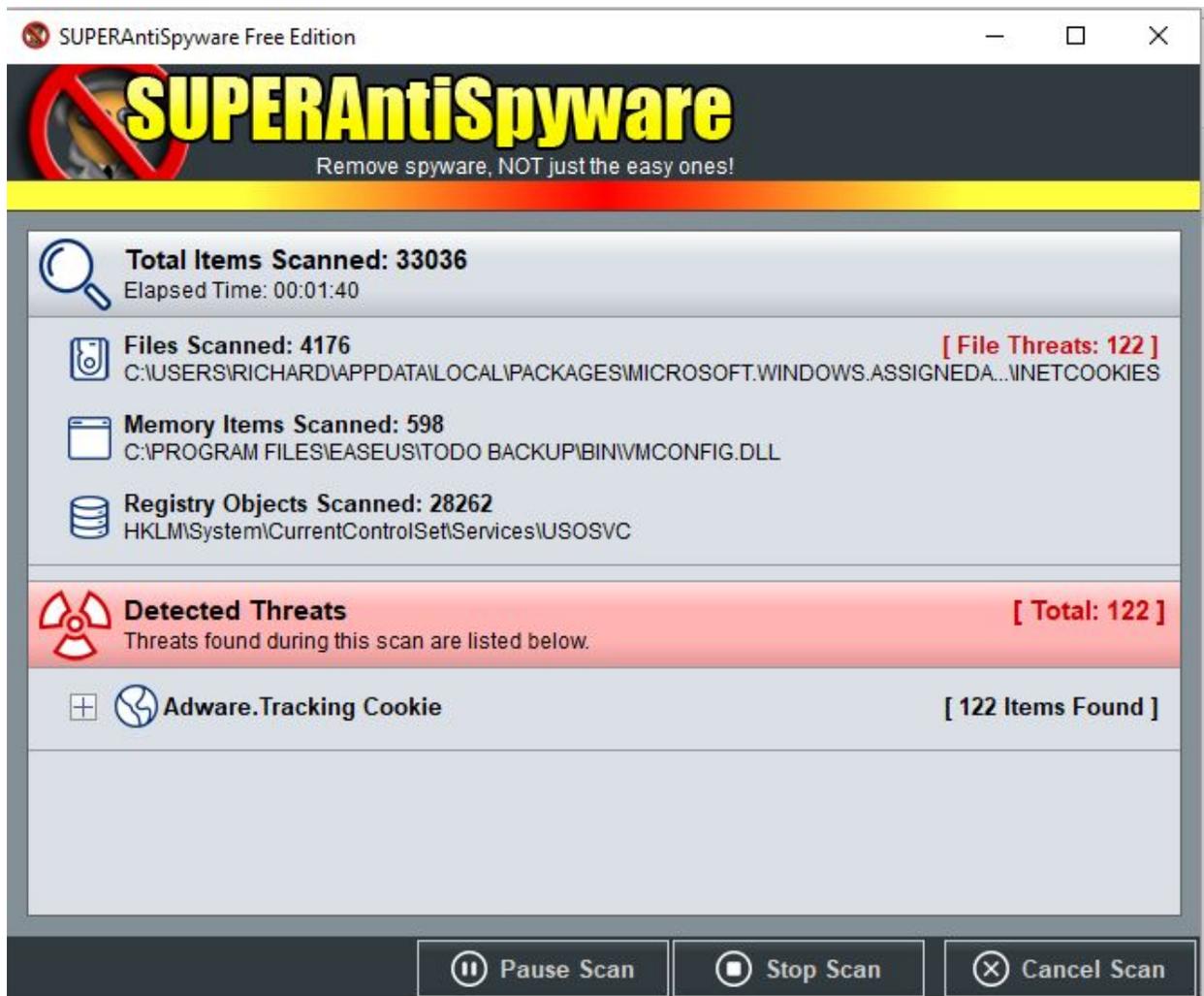
I ignore the ORDER NOW suggestions and click the OK button



Click *Scan This Computer*



I leave all the checkmarks as they are in click Quick Scan



If unwanted programs show up right away, remove them. Then the scan will continue on its way checking all the files in your computer for potential problems. This may take a while depending on how many files are on your computer.



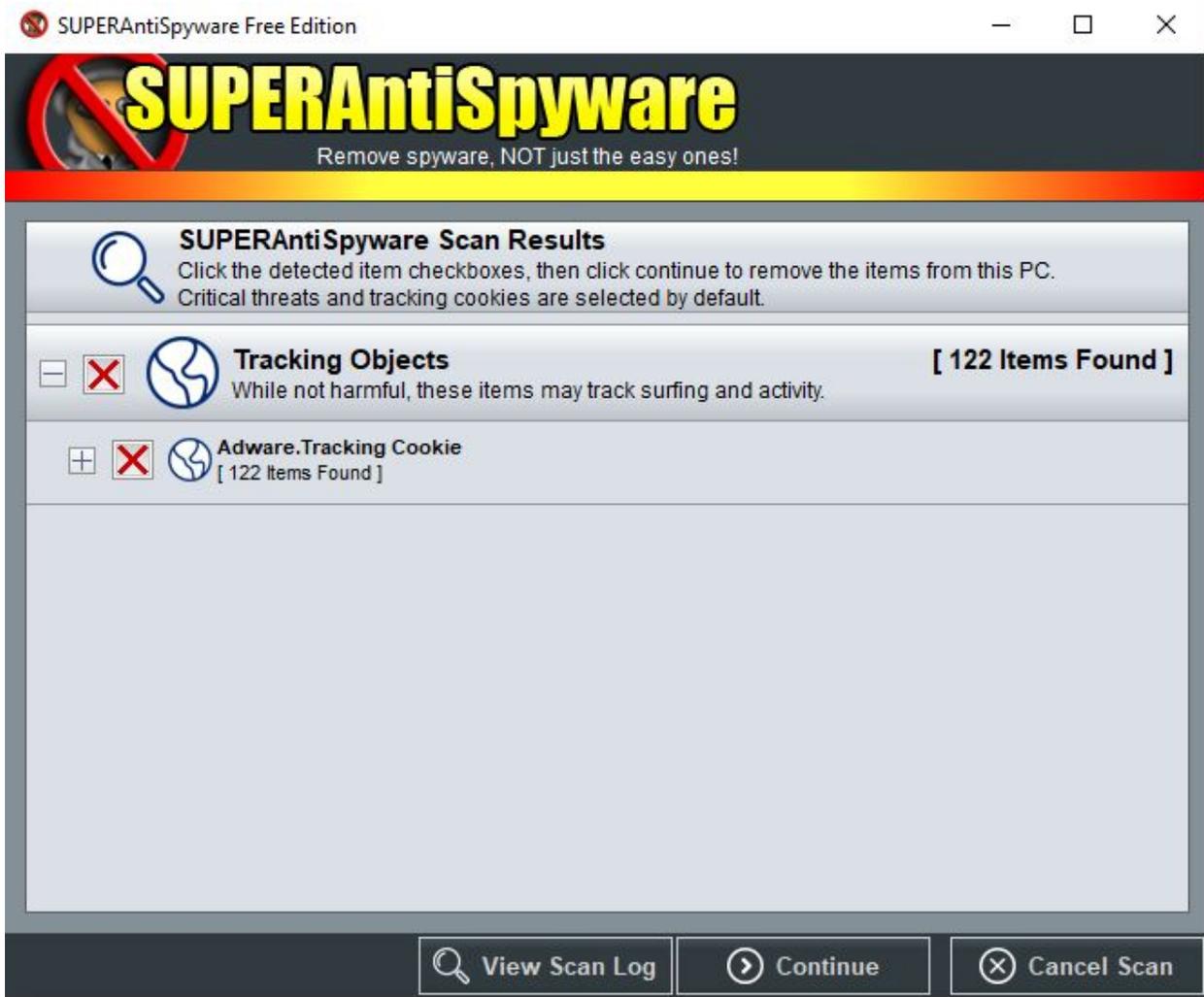
SUPERAntiSpyware Scan Results

Potentially harmful items have been detected on your computer. It is advised that you quarantine and remove these items to prevent further infection.

Threats Detected: 122

 Memory Items 0	 Registry Items 0
 File Items 122	 Scan Time 00:04:26

Click *Continue*.



And *Continue* again to remove the threats.

This screen and the following only show if you had any threats.



If this screen displays, click **Yes** or your tracking cookies will not be removed.



The threats have been removed when you see this screen. Then click *Continue*.



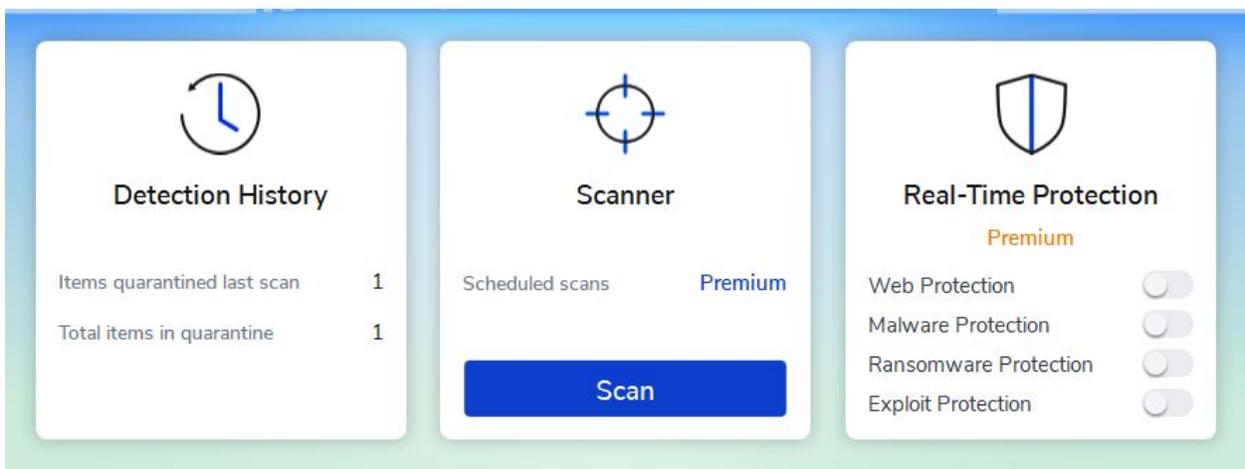
Then Close the program (the X in the upper right corner).

Malwarebytes

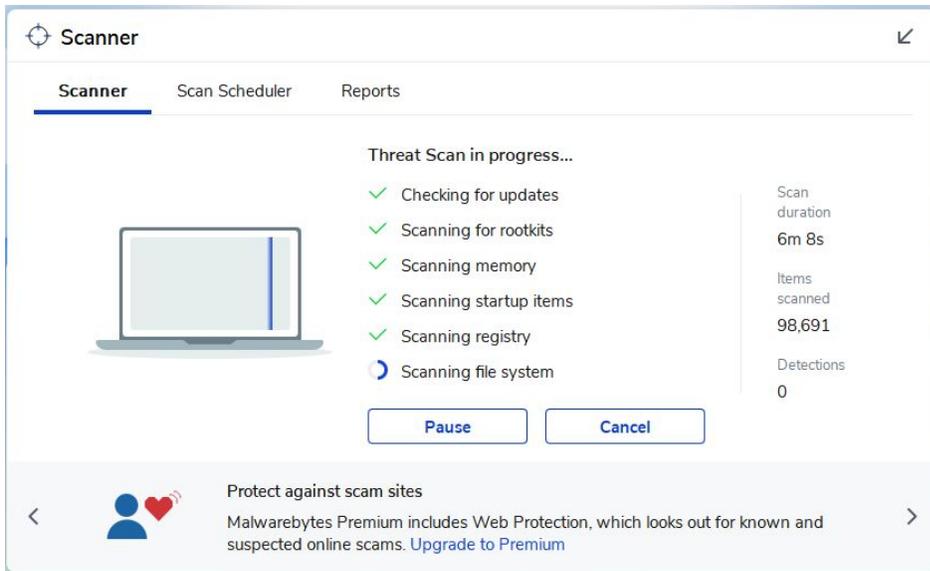
This program does a good job removing malicious software and PUPs (potentially unwanted programs). If you followed the above steps to use Ninite, you already have the latest version. So you can just continue on.



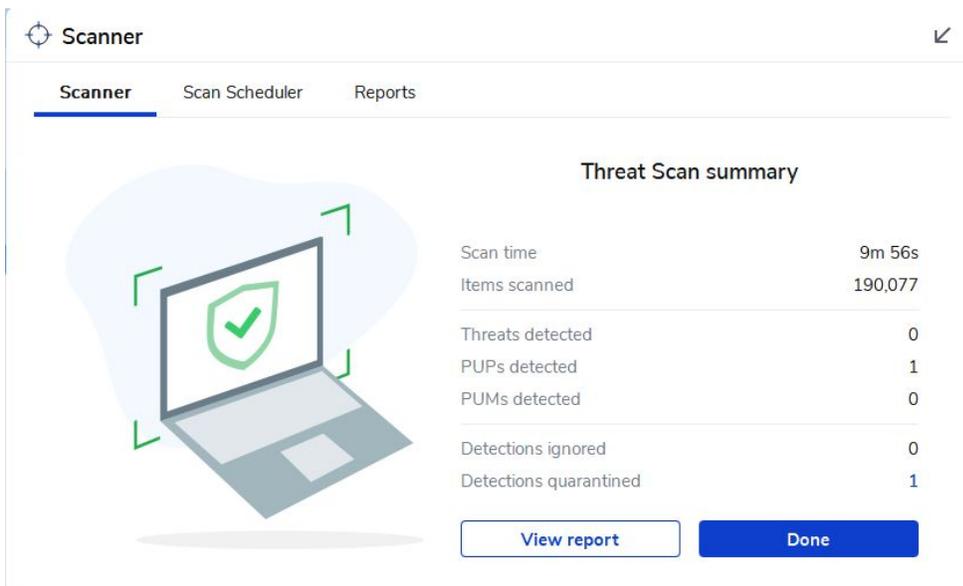
Locate the desktop shortcut and click to run Malwarebytes.



Click *Scan*



This will run for a while checking updates first and go through all files on the system.



When it finishes, click *Done* and out by clicking the big X



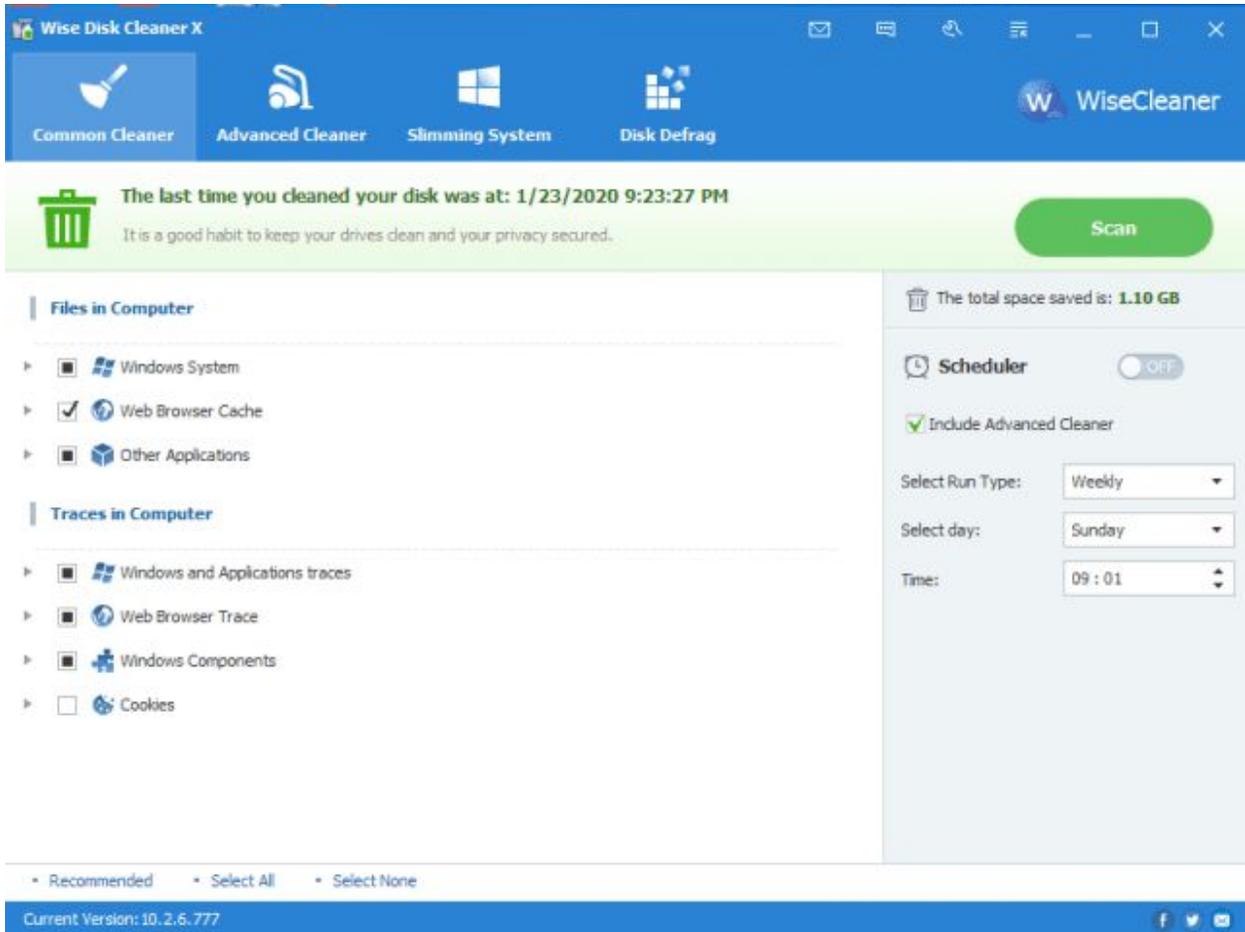
Wise Disk Cleaner

In addition to the above three programs, the club recommends **Wise** as an alternative to CCleaner and is including it on the computers we build for students. It is easy to use and quick to run.

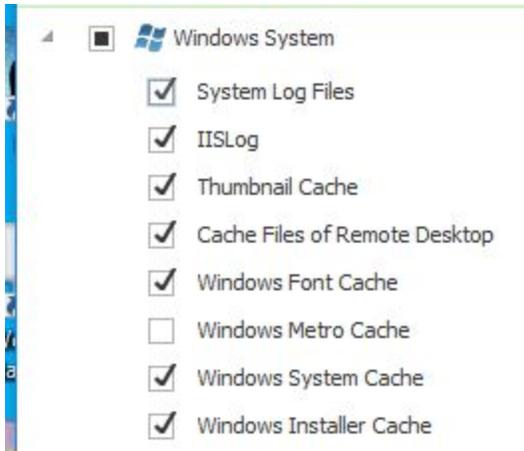
[Wise Disk Cleaner](#) is a quick download and install. You can even get it as a portable file to use from a flash drive. I installed it on my computer with an icon on the desktop. Club members can find it at the bottom of the [CCCGC.INFO](#) home page.



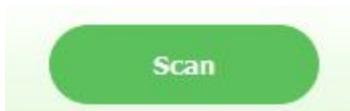
Open the program to its home page.



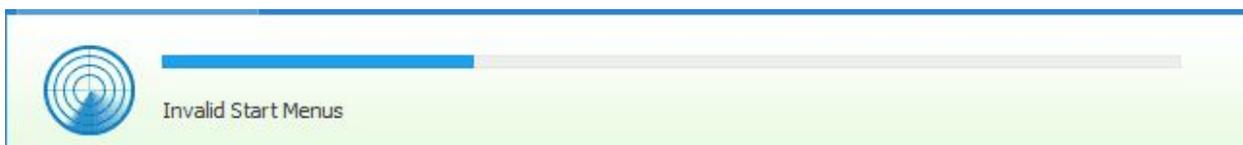
Click any of the right-facing arrows to see details of what will be removed. A black square indicates there are items that are available to clean that are not checked. I left mine with the default settings. The checkmark means everything in that category will be cleaned.



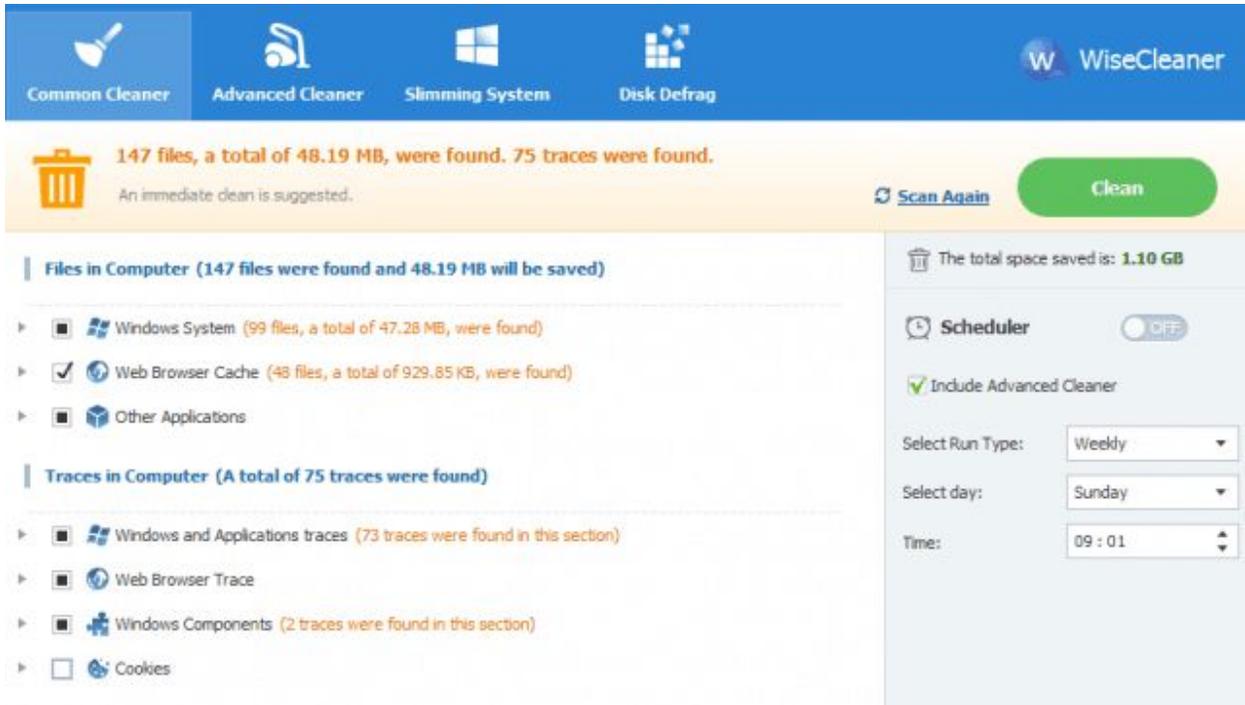
Here are some of the items under Windows System. The list is much longer than what I am showing here. If you do not want an item removed, click to uncheck it. If you want to add an item to the to be removed list, check it.



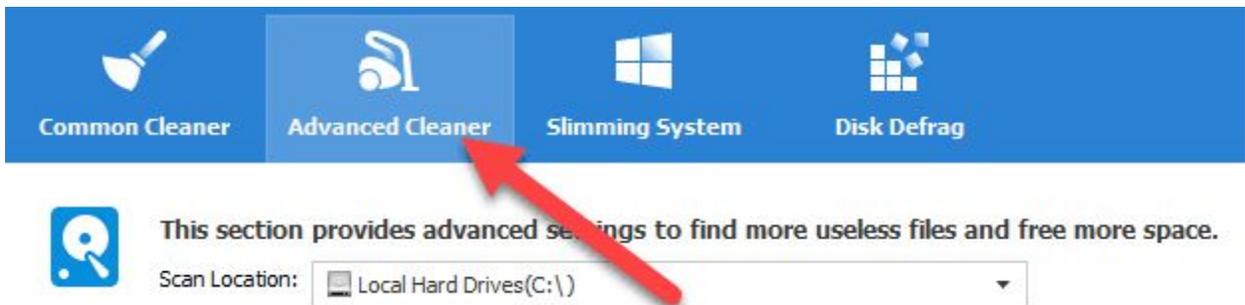
Click the Scan button in the upper right and the search for files to be removed begins.



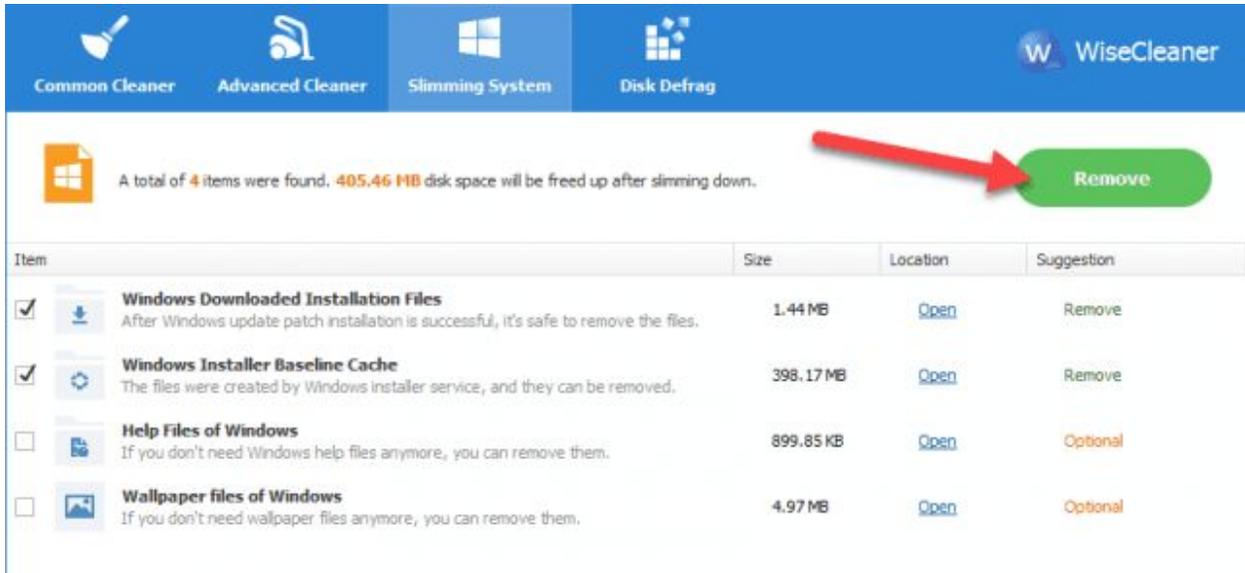
A progress bar shows how far along the process is and what section is being worked on.



When the analysis finishes a summary appears. Actual removal takes place when the Clean button is clicked.



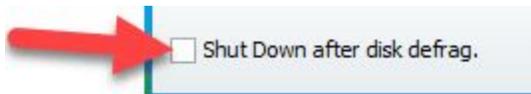
You have probably noticed the additional items on the menu bar: Advanced Cleaner will dig down deeper to locate more files that may be removed.



Slimming System allows the Windows installation files to be removed saving even more hard disk space. I have checked the first two items and pressing the Remove button will clean those files.



Disk Defrag will defragment the drives on the system. Windows 10 defrags in the background so you may not feel a need to do this. If you do, I suggest you let it run as the last job of the day.



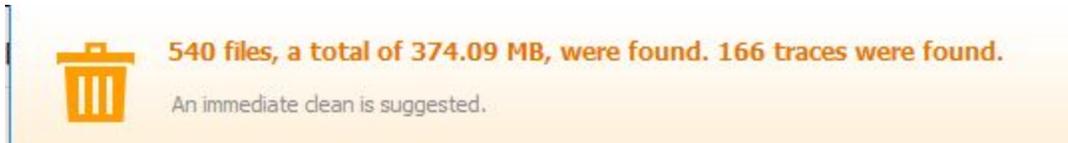
Click to add a checkmark and you can walk away. When the defrag is completed the system will be shut down.

Wise Care 365

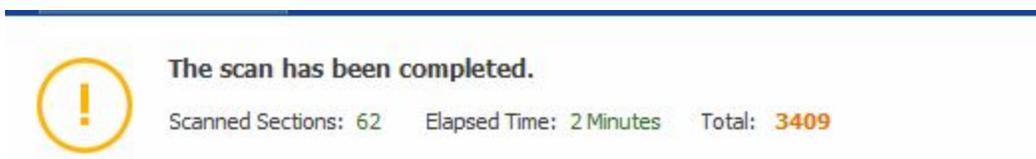
Wise Disk Cleaner works well to remove temporary and other unnecessary files, browser cache, and other things. I leave the defaults set as is.

Care 365 is like the Disk Cleaner on steroids. It checks a lot more things. I leave the defaults as they are with this one also.

I just ran the Cleaner and this is what it found



Then I ran Care 365 and this is what it found in addition to the Cleaner.

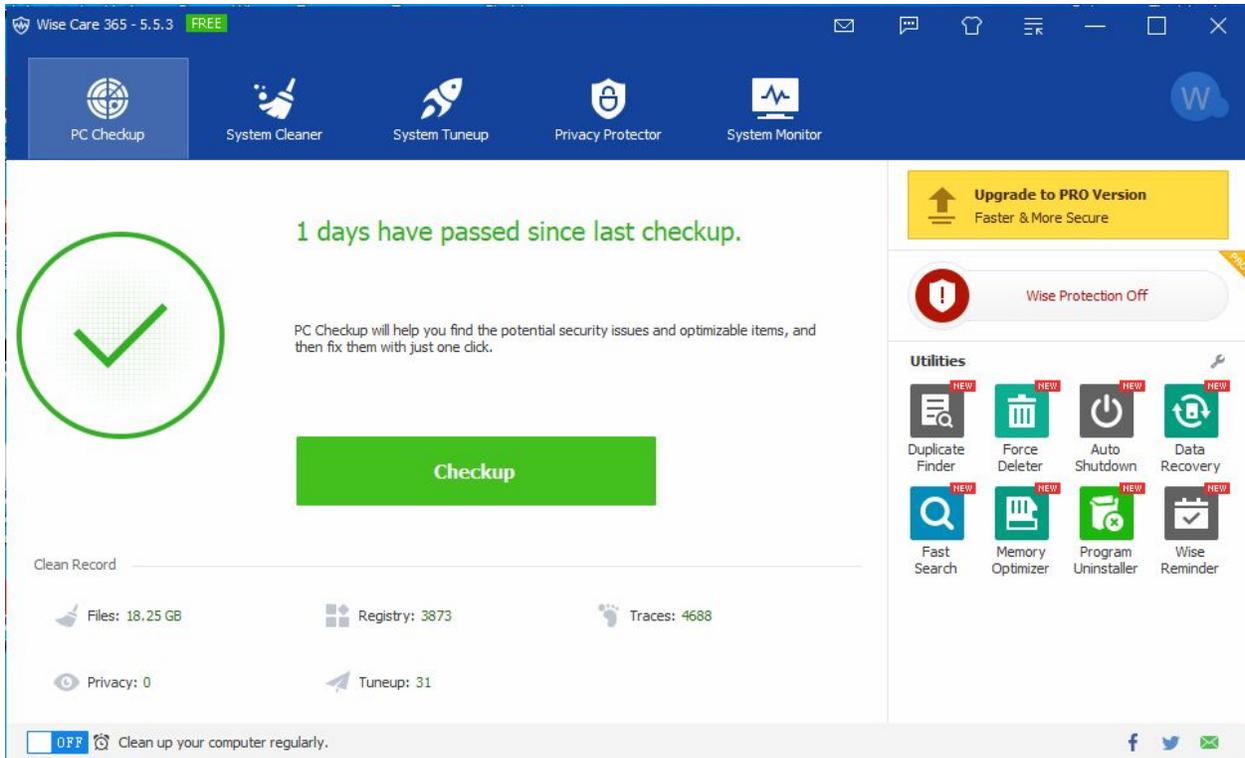


Just to see, I installed the latest CCleaner and ran it and it did not find much. Care 365 did the job.

[Wise Care 365](#) is a quick download and install. You can even get it as a portable file to use from a flash drive. I installed it on my computer with an icon on the desktop.



Open the program to its home page.



Click *Checkup*

The screenshot shows the PC Checkup software interface. At the top, there are five main categories: PC Checkup, System Cleaner, System Tuneup, Privacy Protector, and System Monitor. Below this, a progress bar indicates scanning for 'Brave Browser Cache'. A 'Cancel' button is visible. The main area lists several items to be cleaned:

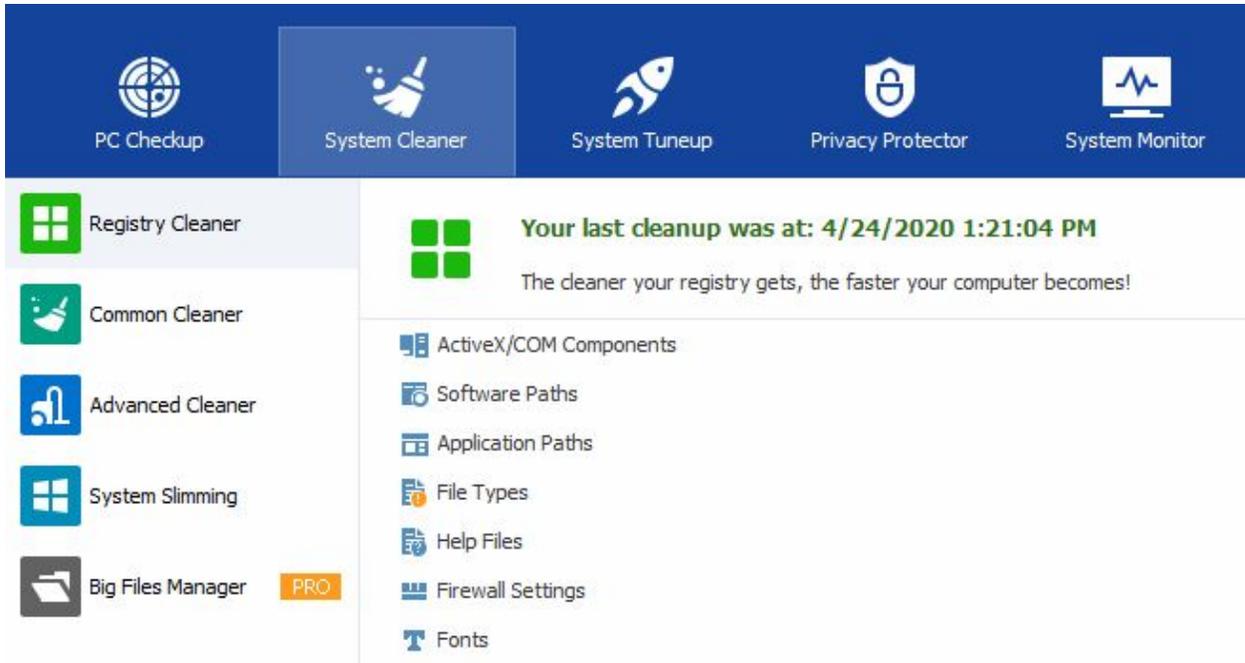
- Privacy Traces** (marked as PRO): Clear all your explorer's traces and previous computer activities. Status: Skipped.
- Security Projects**: Firewall, registry, remote desktop, and other security projects. Status: Clean.
- Useless Files**: Invalid files such as cache, logs, temporary files, etc. Status: In progress.
- Registry Entries**: Orphaned, out-of-date, or invalid registry entries. Status: In progress.
- System Tuneup**: Boost up Windows speed, improve system performance and stability, etc. Status: In progress.

View the progress through each process. Note Privacy Traces is not part of the free version. I use Glary Utilities to remove traces.

The notification message states: "The scan has been completed." It provides the following details: Scanned Sections: 62, Elapsed Time: 4 Minutes 21 Seconds, Total: 1217. A green "Fix" button is present, along with a link to "Checkup again".

Click *Fix*.

The notification message states: "The fix has been completed." It indicates that 483 items have been fixed.



System Cleaner digs a little deeper.



Click *Scan*.


48 items could be removed, among which 1 entries are unsafe to be deleted.
Clean

An instant cleanup is recommended. [Scan Again](#)

ActiveX/COM Components	✓
▶ <input type="checkbox"/> Software Paths (1 issues were found.)	
Application Paths	✓
File Types	✓
Help Files	✓
Firewall Settings	✓
Fonts	✓
Shared DLLs	✓
▶ <input checked="" type="checkbox"/> User MRU Lists (31 issues were found.)	
Uninstaller	✓
Start Menu	✓
Startup Programs	✓
Sound and AppEvents	✓
Image File Execution	✓

A progress bar lets you know how far in the process it is. When finished it shows every area checked and lists where issues were found. Click *Clean* to finish.


Cleanup is completed!

48 items found, 47 items have been solved.

PC Checkup
System Cleaner
System Tuneup
Privacy Protector
System Monitor

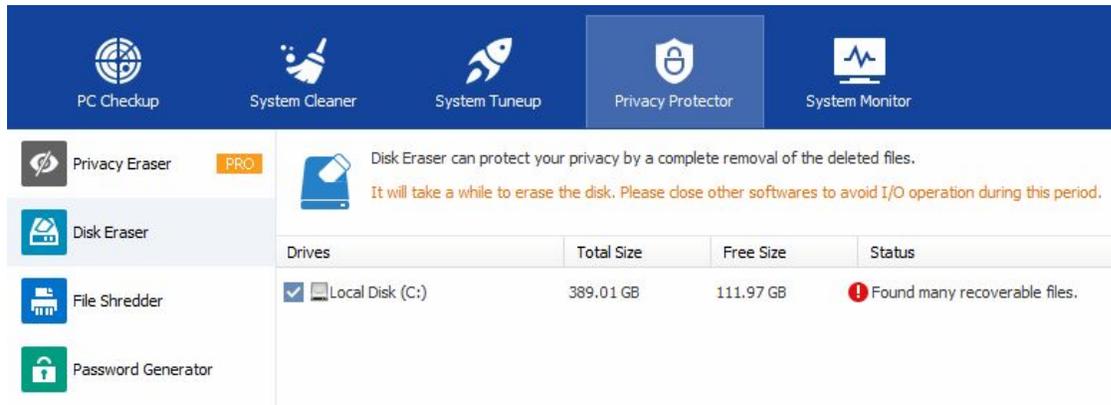
System Optimizer
Speedup
Startup
Services
Records

 Your boot time will be shortened by **1.67 seconds**.
 Optimize

Recommend off

<input checked="" type="checkbox"/>	 Windows Font Cache Service Optimizes performance of applications by caching commonly used font data. Applications will start this...	1.58 Seconds
<input checked="" type="checkbox"/>	 SysMain Maintains and improves system performance over time.	0.07 Seconds
<input checked="" type="checkbox"/>	 Distributed Link Tracking Client Maintains links between NTFS files within a computer or across computers in a network.	0.02 Seconds

Under System Tuneup there are other options like Defrag, Registry Defrag, Startup Manager, and more. Some of the options require the Pro version.



Privacy Protector will generate a password, shred files that have been deleted, or simply erase the areas where the deleted files are located.



System Monitor displays many details of the computer it is being run on.

When does defender which comes with windows 10 is our protection against viruses. The above five programs do a great job cleaning up things that are not viruses but detrimental to a smoothly running computer. Run them often.