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 <u>www.ninite.com</u> 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 ay pop-ups telling you it is time for an update.

Ninite Ninite				>
nstalling Glary				
Hide details	Write fe	eedback	Cance	el
Application	Status			
Gary	Installing			
Citicity y				
Super	Downloading			

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.

Glary Util	ities	/	📥 Like	1 7	8 – ×
Overview	2 1-Click Maintenance	Advanced	Tools		Menu 🔻
 Registry Cleaner Shortcuts Fixer Spyware Remover Disk Repair Tracks Eraser Temporary Files Cle Startup Manager 	aner				
		Scan for Issues		Optie	ons

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

 Registry Cleaner 	6 problems found.
Shortcuts Fixer	Analyzing
Spyware Remover	
Disk Repair	
Tracks Eraser	
✓ Temporary Files Cleaner	
Startup Manager	

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.



Database Version 13611 Updated 4 days ago Click here to check for updates

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

SUPERAntiSpyware Free Edition	- 0	×
SUPERAntiSpywal Remove spyware, NOT just the easy	ice ones!	
SUPERAntiSpyware Definition Update Complete Updated Database Version: 13623 Click here for complete update details	ł	
Adware.HPDefender/Variant	1 item(s) added/updated	^
Backdoor.Andromeda/Variant	1 item(s) added/updated	
PUP.Bundler/Variant	1 item(s) added/updated	
Trojan.Agent/Gen-Carberp	1 item(s) added/updated	
Trojan.Agent/Gen-Emotet	1 item(s) added/updated	-
Trojan.Agent/Gen-Injector	2 item(s) added/updated	
Trojan.Agent/Gen-Kovter	1 item(s) added/updated	J
Todays Special Offer - 5	ave Over 50%!	
SUPERAntiSpyware Professional Real Time Protection / Automatic Updates ONLY \$9.95 ORDER NOW!	SUPERAntiSpyware Professional Real Time Protection / Automatic Updates ONLY \$9.95 ORDER NOW!	
	🖉 ок	

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

SUPERAntiSpyware Free Edition	-		×
SUPERAntiSpyware Remove spyware, NOT just the easy ones!			-
C Total Items Scanned: 33036 Elapsed Time: 00:01:40			
Files Scanned: 4176 C:\USERS\RICHARD\APPDATA\LOCAL\PACKAGES\MICROSOFT.WINDOW	[File T S.ASSIGNEDA\II	hreats: 1	22] KIES
C:\PROGRAM FILES\EASEUS\TODO BACKUP\BIN\VMCONFIG.DLL			
Registry Objects Scanned: 28262 HKLM\System\CurrentControlSet\Services\USOSVC			
Detected Threats Threats found during this scan are listed below.	[Total: 1	22]
🕀 🚫 Adware.Tracking Cookie	[122 lte	e <mark>ms Fou</mark> i	nd]
		_	
Pause Scan Stop Sc	an 🚫	Cancel S	ican

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.



Click Continue.

SUPERAntiSpyware Free Edition	<u>_</u> 33		×
SUPERANTIS PYWARE Remove spyware, NOT just the easy ones!			
SUPERAntiSpyware Scan Results Click the detected item checkboxes, then click continue to remove the item: Critical threats and tracking cookies are selected by default.	s from this PC	2.	
E X While not harmful, these items may track surfing and activity.	[122 Iten	ns Four	nd]
Howare.Tracking Cookie [122 Items Found]			
		_	
🔍 View Scan Log 🛛 🕥 Continue	⊗ c	ancel S	can

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.

- Contraction of the second se	SUPERAntiSpyware Threat Removal There are 122 items selected for removal Removal Progress (122/122) Complete!	
	Threat Removal Complete!	
		O Continue

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.

		¢	+	\square	
Detection History		Scann	er	Real-Time Protect	tion
Items quarantined last scan Total items in quarantine	1	Scheduled scans	Premium	Web Protection Malware Protection	00
		Scar		Ransomware Protection Exploit Protection	0

Click Scan

Scanner	Scan Scheduler	Reports	
		Threat Scan in progress	
		 Checking for updates Scanning for rootkits Scanning memory Scanning startup items Scanning registry Scanning file system 	Scan duration 6m 8s Items scanned 98,691 Detections 0
	Protect again	nst scam sites	

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

Scanner	Scan Scheduler	Reports	
		Threat	Scan summary
		Scan time	9m 56
1 F		Items scanned	190,07
	\checkmark	Threats detected) j
		J PUPs detected	
		PUMs detected	
		Detections ignored	
		Detections quarantined	

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.

<u>Wise Disk Cleaner</u> 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 <u>CCCGC.INFO</u> 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.

Common Cleaner Cleaner Slimming System Disk Defrag	W	WiseCleaner
147 files, a total of 48.19 MB, were found. 75 traces were found. An immediate clean is suggested.	Ø <u>Scan Again</u>	Clean
Files in Computer (147 files were found and 48.19 MB will be saved)	The total space	saved is: 1.10 GB
Windows System (99 files, a total of 47.28 MB, were found)	Scheduler	
 Web Browser Cache (48 files, a total of 929.85 KB, were found) 	V Include Advance	d Cleaner
The second se	Select Run Type:	Weekly -
Traces in Computer (A total of 75 traces were found)	Select day:	Sunday 💌
 Image: Section and Applications traces (73 traces were found in this section) 	Time:	09:01 🗘
Image:		
 Windows Components (2 traces were found in this section) 		
Cookies		

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

Common Cleaner	Advanced Cleaner	Slimming System	Disk Defrag	
C This sect Scan Locat	tion provides advance	ed settings to find mo	re useless files and free	more space.

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.

6	m mon	Cleaner Advanced Cleaner	Slimming System	Disk Defrag		WiseCleaner
1	4	A total of 4 items were found, 405,4	46 MB disk space will be freed	up after simming down.		Remove
Item				Size	Location	Suggestion
1	±	Windows Downloaded Installat After Windows update patch installa	ion Files tion is successful, it's safe to r	emove the files. 1.44 MB	Open	Remove
1	0	Windows Installer Baseline Cac The files were created by Windows in	he nstaller service, and they can	be removed. 398.17 M	B <u>Open</u>	Remove
	5	Help Files of Windows If you don't need Windows help files	anymore, you can remove th	em. 899.85 K	B Qpen	Optional
		Wallpaper files of Windows If you don't need wallpaper files any	more, you can remove them.	4.97 MB	Open	Optional

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.

Common Cleaner	Advanced Cleaner	Slimming System	Disk Defrag	-	WiseCleaner
Drive	File System	Total Space	Free Space	Fragmentation	Status
🔽 📃 Local Disk (C:)	NTES	389.01 G8	175.71 GB	2	-

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.

<u>Wise Care 365</u> 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.

💮 Wise Care 365 - 5.5.3	FREE		8			3 🖹		
PC Checkup	System Cleaner	System Tuneup	erivacy Protector	System Monitor				W
	1 day	vs have passed	since last check	kup.	1	Upgrade to Faster & More	PRO Versio e Secure	n
()	PC Check then fix t	up will help you find the po rem with just one click.	tential security issues and opt	imizable items, and	0	Wise	Protection O	ff
Ú	/ _				Utilities		Ċ	
		Checkup			Finder	Deleter	Shutdown	Recovery
Clean Record					Fast Search	Memory Optimizer	Program Uninstaller	Wise Reminder
🤞 Files: 18.25 GB		Registry: 3873	🍟 Traces: 468	38				
O Privacy: 0	4	Tuneup: 31						
0FF 🛱 Clean up you	ur computer regularly.						f	y 📾

Click Checkup

PC	Checkup System Cleane	r System Tuneup	Privacy Protector	System Mon	itor
C	Scanning: Brave Browser Cach	ie		Cance	el
¢\$	Privacy Traces Clear all your explorer's traces and	d previous computer activities.		Skipped	Ŧ
Ø	Security Projects Firewall, registry, remote desktop	, and other security projects		🔗 Clean	*
	Useless Files Invalid files such as cache, logs, te	emporary files, etc.		С	
Ū.	Registry Entries Orphaned, out-of-date, or invalid	registry entries			
٠	System Tuneup Boost up Windows speed, improve	system performance and stability	y, etc.		

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



Click Fix.



PC Checkup	System Cleaner	System Tuneup	Privacy Protector	System Monitor			
Registry Cleaner		Your last cleanup wa	as at: 4/24/2020 1:21	:04 PM			
Common Cleaner	Common Cleaner Common Cleaner						
Advanced Cleaner	🐻 Software	e Paths on Paths					
System Slimming	👸 File Type	es s					
Big Files Manager	RO Eirewall	Settings					

System Cleaner digs a little deeper.



Click Scan.

48 items could be removed, among which 1 entries	s are unsafe to be deleted.
An instant cleanup is recommended.	C Scan Again
ActiveX/COM Components	0
Software Paths (1 issues were found.)	
D Application Paths	0
🛅 File Types	0
📸 Help Files	0
III Firewall Settings	0
T Fonts	0
🔛 Shared DLLs	•
User MRU Lists (31 issues were found.)	
🔀 Uninstaller	0
E Start Menu	0
🖅 Startup Programs	0
Sound and AppEvents	0
👫 Image File Execution	0

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.



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.

	<u>.</u>	9 🙃	~
PC Checkup	System Cleaner System 7	Tuneup Privacy Protecto	r System Monitor
Process Monitor	Hard Drive		
	WDC WD5000BPVT-75H	XZT1	
Hardware Overview	Firmware Version		01.01A01
	Serial Number		WD-WXA1E51AR585
Processor	Size		465.8 GB (500107862016 bytes)
Mainboard	Temperature		97°F
e Memory	Cylinders		60801
- Memory	Tracks Per Cylinder		255
Graphic Card	Sectors Per Track		63
• Hard Drive	Bytes Per Sector		512
e Naturali Advetas	SATA Version		SATA 2.6, 3.0 Gb/s (current: >6.0 Gb/s
 Network Adapter 	ATA Version		Unknown
Sound Card	RMP(R/s)		5400

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.