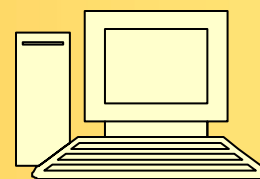


BAY BYTES

Greater Tampa Bay Personal Computer User Group, Inc.



Newsletter

Issue 6

June 2011

24th Year of People Helping People!



In This Issue

Cell Phone Lingo	<i>Cont.</i>	2
Recover Deleted Files		3
Recover Deleted Files	<i>Cont.</i>	4
Your Computer's Health		4
Your Computer's Health		5
System Restore		6
System Restore	<i>Cont.</i>	7
Bahamas Cruise		7
Service Packs explained		8
Service Packs explained	<i>Cont.</i>	9

Don't forget to visit our club's site at:

<http://gtbpcug.org>

As well Don Miller's and Darrell Manns' :

<http://www.dmanns.org/dmiller/>

Cell Phone Lingo

By Wil Wakely, President, Seniors Computer Group, CA

March 2011 issue, Bits and Bytes, The Official Electronic Newsletter of the Seniors Computer Group www.SCGsd.org

When it's time to buy or upgrade to a new cell phone, are you as confused as I am with all the fancy terms and acronyms in the sales pitch? They make my head spin. Some of the terms you will encounter refer to the technology generation of the phone, as in

G0 to G5. About every 10 years the next larger G (generation) number appears denoting a major improvement in cell phone technology. Each generation improves the speed, security, power usage, range and reliability of cell phones.

G0 refers to the original mobile telephone, a large unit stored in the car trunk with a hand-set between the driver and passenger seat. Remember those? Essentially it was a supped-up short-wave radio. These first made the scene via Motorola and Bell Telephone in the 50's.

Next came G1 using GSM tech (see below) which also was analog, first introduced in Japan in 1979 and later in the USA in 1983. In 1992, G2 was a major improvement using digital technology vs. analog that was used in G1. So what's the difference? Analog is a continuous smooth signal like whistling a tune. Digital rapidly samples the song and converts each small time segment into a series of ones and zeros, or digits. Through some clever complex calculations, these digits are converted back to the original sound tone and volume. The advantages of digital are that the data can be compressed and encoded for security and no information is lost as long as the 1/0 signal can be detected, even from a lot of accompanying noise.

In 2001, 3G was introduced using a new technology called CDMA (code division multiple access) developed by our local Qualcomm company. This is a very complex encoding that allows many more users on the same channel at the same time.

Continued on the next page

G3 is probably the most common system in use today.

G4 arrived in 2006 and allows 1 Gbt/s (one gigabit per second) downloads from a fixed location or 100 mbt/s (megabits per second) from a moving vehicle. These high speeds allow streaming high-definition video (HD movies) on your cell phone. Also, connections to the Internet are faster and better. G5 is still in the lab and promises even more features, but may not arrive before 2020.

The cell phone field is rampant with 3, 4, and 5 letter acronyms. Here are a few that a salesman may try to impress you with:

GMS (global mobile system): still widely used in older phones.

TDMA (time domain multiple access): sharing the airwave in small time slots.

FDMA (frequency domain multiple access): sharing the airwave in different frequencies.

CDMA (see above).

An analogy to the problem of multiple access is a room (channel) in which people wish to talk to each other simultaneously. To avoid confusion, people could take turns speaking (time division), speak at different pitches (frequency division), or speak in different languages (code division). Other terms you may encounter are LTE (long term evolution), OTDMA (orthogonal TDMA) and WiMax (similar to WiFi). These are fancy names for some of the latest improvements in the field. So the best strategy for buying a new cell phone is to read the reviews and then find a salesman you can trust.

Some of the above information may help you understand his pitch and also impress him with your knowledge.



How To Recover Deleted Files

By Bob Rankin www.askbob.com

"Wait... I didn't mean to delete that file!" It happens to everyone... a stray mouse click or fumbling fingers, and the document or spreadsheet you just spent hours creating is gone. Or maybe not.

First, look in the Recycle Bin. When you "delete" a file, it is moved to the Recycle Bin and not erased permanently. Double-click on the Recycle Bin icon to open a window that displays the Bin's contents. Click on the item you want to recover to highlight it and then click "Restore this item" on the menu bar. The file will be restored to its previous location. When no items are selected you will see the menu option to "restore all files." This trick will not work if you have recently emptied the Recycle Bin.

If you made a backup copy of all your data before deleting a file, the file may be recovered from the backup. Use the Restore function of your backup program to locate and restore a specific file. If you used Windows 7 Backup and Restore, here is the procedure for restoring a file from backup:

- Click the Start button, then Control Panel, then System and Maintenance, and finally Backup and Restore.
- Click "Restore my files" and follow the steps provided in the wizard to specify which file(s) to restore.

More File Recovery Tools

The System Restore function of Windows 7 provides another way to recover a deleted file. The nice part is that you may be able to recover versions of a file that you did not back up. That's because Windows automatically creates System Restore Points during certain major operations, such as installing new software. The Restore Points are essentially backup copies of files, folders, and settings. Here is how to restore a file from a System Restore Point:

- Click the Start button, then click Computer to display the drives on your machine.
- Click on a drive and navigate its folder tree to the folder that contained the deleted file.
- Right-click on the folder and select "restore previous version" from the drop-down menu.
- Select the most recent Restore Point (or Windows Backup) file and click "Restore."

Note that you must be in the folder where the desired file was actually stored, not in a Library folder. Libraries are not actual folders on your hard drive but simply indexes of files and the folders in which they are actually stored.

Continued on the next page

If these methods fail, you may still be able to recover a deleted file using a free third-party data recovery program such as Recuva or FreeUndelete. Such programs can recover files that have been emptied from the Recycle Bin (or deleted in such a way that the Recycle Bin was not involved), but only as long as the disk space occupied by the file has not been overwritten.

That's where a bit of luck and the gentle touch come into play. The longer you wait before attempting to recover a deleted file, the less your chances of getting it back in one piece. That's because the space occupied by deleted files is marked as available, and can be overwritten when you create or save a new file, download from the Internet, or by various operating system functions.

Your Computer's Health – What Junk Files?

By Bob Woods, Webmaster, UCHUG (Under the Computer Hood User Group), CA

March 2011 issue, UCHUG Drive Light

www.uchug.org

The UCHUG Drive Light is presenting a series of articles on the general topic of Your Computer's Health. I have a Compaq laptop that is around 7 months old that I use for reading e-mail, surfing the web, publishing the changes to the UCHUG web site and occasionally playing games. Since I have any important files backed up on external devices I have not been too concerned with making a full backup image of the hard drive on this PC. I also have not run any cleanup utilities. After all, if it ain't broke, why fix it? But, after having the PC for 7 months I thought it might be time to take on these tasks. In the January 2011 edition of Drive Light, Art Gresham started a series of articles on PC maintenance. Part 1 of the series was tips for basic hard drive and

OS data cleaning. I figured that there is no better time to do a cleanup than before imaging the hard drive.

Following Art's advice I first loaded CCleaner. I am a volunteer in the IT department at the USS Midway Museum; we use CCleaner to start data cleanup on the computers in use by the staff so I am familiar with its use. When run, CCleaner gives you a nice interface with a number of options for cleaning temporary files left behind by Internet browsers (IE, Firefox, etc.), Windows Explorer, Windows itself and other applications that use temp files. To check on what it finds you can click on "Analyze" vice "Run Cleaner." That way you have a chance to determine what the application will be doing. I expected it to list a number of IE and Firefox temp files, but was surprised at how many system and application temp files it found. In all over 350 MB would be cleaned off the drive. After running the cleaning function I clicked to scan the registry for problems. During this scan CCleaner looks for unused items, missing shared DLL's and application paths, obsolete software references, leftover installation references, fragments and a few other items. CCleaner lists all that it finds for you to review.

Continued on the next page

Again, given that the PC was only 7 months old I was surprised by the number of leftovers from updates and software removals. Cleaning these items will result in a cleaner registry which will speed bootup and shutdown times and increase system stability. When you click to "Fix selected issues." you will be given the option to save the registry prior to the cleanup or cancel the operation. It took about 10 minutes to do the all of the cleanup.

The next application to install and run is Advanced System Care. This application will allow you to further clean up the registry, remove Spyware, clean up more junk files and past browser history. You may ask why do this as CCleaner did some of the same functions? Each of the applications will take a slightly different approach to scanning your system and find different items the other did not find. Sure enough, there were a few more registry issues and temp files missed by CCleaner. Advanced System Care also has a system diagnosis section not in CCleaner that will analyze and fix system performance, system configuration and security problems. Another few issues were cleaned up. Advanced System Care also took about 10 minutes for the cleanup. I could have also used it for disk defragment, but wanted to use a separate defrag program so loaded IOBit Smart Defrag.

Smart Defrag is another application that has a nice clean interface that is easy to use and understand. When ran it I found fragmentation after 7 months was less than 1 % (only .71%). Back in the earlier versions of Windows I would have expected at least 10-15% fragmentation. It seems that the OS may be getting better at not fragmenting files. Still, any fragmentation will use extra space and take extra time for the hard drive heads to move to pick up bits and pieces. So even at less than 1% fragmentation I was willing to take the time to perform the defragmentation. Total time was about 15 minutes to defrag the 50 GB of data stored on a 220 GB drive.

At the end of the whole process I saved hard drive space, cleaned up the registry, and eased the burden on the hard drive. So, did I see a performance improvement? Without running a benchmark it would be hard to tell, but the system does seem a bit quicker. But the overall benefits to the health of the system should result in better performance and longer hard drive life.

As for the backup, it went smoothly and is much cleaner as I did not back up un-necessary temp files and junk in the registry.

Understanding System Restore

By Vinny La Bash, Regular Contributing Columnist, Sarasota PCUG, Inc., FL

March 2011 issue, Sarasota PC Monitor www.spcug.org Vlabash (at) Comcast.net

Windows 7 has a new and improved version of System Restore that is far superior to the lame utility that came with XP. Setting a restore point was often painfully slow, and it rarely worked as it should have. Windows 7 System Restore easily helps you bring back your computer's system files to an earlier point in time. It's a way to undo system changes to your computer without affecting your personal files, such as e-mail, documents, or photos.

Sometimes, the installation of a program or a driver can cause an unexpected change to your computer or cause Windows to behave unpredictably. Usually, uninstalling the program or driver corrects the problem. If uninstalling does not fix the problem, you can try restoring your computer's system to an earlier date when everything worked correctly.

System Restore uses a feature called System Protection to regularly create and save restore points on your computer. These restore points contain information about registry settings and other system information that Windows uses. You can also create restore points manually.

System Restore is not intended for backing up personal files, so it cannot help you recover a photograph or video that has been deleted or damaged. You should regularly back up your personal files and important data using a backup program. Windows 7 has an excellent built-in backup utility.

Windows 7 uses the Shadow Copy feature, introduced in Vista. It's vastly superior to the process in XP and earlier versions of Windows. The old way used a simple file filter and copied files around the system which was clumsy compared to the Shadow Copy method. Today, Windows creates a snapshot of your drive which can later be used to restore your system should catastrophe occur.

Additional capabilities of Shadow copy include taking snapshots of files even when currently in use. Microsoft has incorporated this feature into Previous Versions which allows restoring a previous version of an application. Unfortunately, this power is available only in Windows Professional or Ultimate.

The easiest way to bring up System Restore is to type System in the Start menu search box and select it from the resulting list. Another way is to select the Recovery option from Control Panel, or you can simply type **rstrui** in the search box.

Whatever method you choose will bring up the System Restore dialog box that gives you some helpful information. Select the Next button to get a list of restore points. Most of the time you will be using the most recent restore point to get your system working again.

Continued on the next page

Focus your attention on the Description list. This can give you an important indication of what went wrong. Did your problem begin after installing a Critical Update, a backup operation, or a new free-ware program that you couldn't resist?

When you apply System Restore the system creates another restore point so you can undo the change if your problem isn't fixed. You can't undo System Restore however, if you use it in safe mode. But you can run System Restore again and select a different restore point.

Restore points are saved until the disk space Windows allocates to the utility is used up. Then the oldest restore points are deleted as new ones are needed. The easiest way to delete all previous restore points is to turn System Restore off, and then turn it back on again. Don't worry about running out of space.

Many computer problems can be traced to sloppy programs written by people who don't know enough about proper programming techniques to get their utilities published by reliable vendors. It's surprising how many problems are generated by faulty uninstall tools. There are many sound free-ware offerings out in cyberspace, but don't use them unless they come tested and approved by a trusted source like Smart Computing.

FACUG Bahamas Cruise

The early-bird rebate for the 2012 FACUG Technology Conference Bahamas Cruise was to end tonight but the ISP for the FACUG website is upgrading this weekend to a new server. We understand this may have impacted the ability to access the FACUG website to register for the conference and book the cruise so we have extended the early-bird rebate by two days. Therefore the \$45/person early-bird rebate ended Tuesday, May 17 when the rebate dropped to \$25/person until August 15 when it will end to be eligible for the incentive.

We announced eight weeks ago today, currently have in excess of 310 registered and paid for the conference with attendees from 16 states (California, Arizona, New Mexico, Texas, Iowa, Oklahoma, Wisconsin, Minnesota, Ohio, Virginia, North Carolina, Pennsylvania, Connecticut, New Jersey, New York and Florida) and Canada.



Is Your Internet Security up to Date?

Antivirus up to date?

Firewall?

Windows up to date?

Spy Ware?

See how to protect your computer at:

<http://gtbpcug.org/protect/>



More about Internet Threats

Service Packs Explained (and needed)

By Sandy Berger, Compu-KISS

www.compukiss.com

sandy (at) compukiss.com

Although most of us still think of Windows 7 as a brand new operating system, it is, in fact, starting to show its age. Windows 7 made its debut on October 22, 2009. Is one and one-half really old? Well, in the computer world, it is not old, but it is certainly full-grown.

One sign of this is that Microsoft has just released the first Service Pack for Windows 7.

A service pack is a collection of updates, bug fixes, and enhancements for a software program.

As you know, Microsoft routinely offers updates for their Windows operating systems.

These updates come out weekly and they patch or, you might say, repair the operating system so that they remain safe from hackers. They can also include improvements or enhancements to the operating system. At a certain point in time, Microsoft gathers all of those updates, adds any other updates and enhancements they have and issues this batch of updates as a service pack.

It is also important to note, that when Microsoft issues a service pack, this service pack also makes sure that all of the updates and enhancements work well together and offer good stability for the operating system.

The question that I am most often asked is this, "If I have installed every update that Microsoft has released, do I still need to install the service pack?" The answer is "yes." Often the service pack contains additional updates and/or enhancements that were not included in the weekly updates. Also, a service pack makes sure that all of the updates are put together properly to make your system run well.

Continued on the next page

In fact, Microsoft thinks that this is so important that they only support the operating system when it has the proper service packs installed. Each service pack should be installed when it is released. If for some reason, they are installed all at the same time, each is installed sequentially.

So, for Windows XP you should have Service Pack 3 installed. Windows Vista should have Service Pack 2, and Windows 7 should have Service Pack 1. To learn what service pack you have installed, just click on the Start button, right-click on Computer or My Computer, and then click Properties. You will see the service pack listed under the Windows edition.

You can go to the Microsoft website and install a service pack from there, if you happen to be missing one. All service packs from Microsoft are free. If you are using Windows 7, the new service pack will be offered to you through Microsoft's automatic update service. This Windows 7 service pack can take up to 30 minutes and will re-boot your computer. I have installed Windows 7, Service Pack 1 on several computers without a problem, but you should be aware that installing a service pack is a big update. Microsoft recommends that you back up your computer before installing a service pack. And to be honest, you should be backing up your computer anyway. So if you don't have a backup strategy in place, this is a good time to implement one.

The newest version of Internet Explorer - IE 9 is now in testing and it is already available for free download in a beta version. This is by far, the best version of Internet Explorer that Microsoft has ever released. IE 9 won't run on Windows XP; it requires Windows Vista or Windows 7. Although Microsoft is not requiring Windows 7 Service Release 1 to install IE 9, it is advisable to install this Service Release before you install IE 9.

Service Packs are a fact of life for Windows users. Installing them may be a bit of a pain, but you really need them to make sure that your Windows system is secure and stable and that it performs well.

Some Material appearing in this newsletter had been send to the editor by:

Parker Monroe and Dick Evans

Legal Notice

Bay Bytes, Copyright © 2011, is the official newsletter of the Greater Tampa Bay PC User Group, Inc.(GTBPCUG). The information in this newsletter is intended to help our members. It has come from many sources and cannot always be verified. It is recommended that you obtain professional advice from software and hardware distributors, manufacturers, salesmen, or other professionals dealing with the subjects that appear in this newsletter. Unless specifically stated otherwise, the opinions expressed in Bay Bytes articles and columns are those of the individual authors and do not represent an official position of, or endorsement by GTBPCUG.GTBPCUG is not affiliated with any company, vendor or equipment manufacturer. Permission for reproduction of Bay Bytes in whole or in part is hereby granted to other APCUG user groups for internal, non-profit use, provided credit is given to the author, GTBPCUG Bay Bytes along with the copyright notice. Other reproductions require the prior permission of the editor. When published, please send a copy of your newsletter to

editor@gtbpcug.org or mail to P.O.Box 501, Brandon, FL, 33509-0501.