



# How to 'Clean Your Apple Toys'.

**\*Clean**

**\*Speed Up**

**\*Protect**



First a good **'Spring Cleaning'**

Turn it off, unplug it and scrub with a soft lint-free or microfiber cloth.

Avoid harsh cleansers or excess water.

See Apple's recommendations:

<http://support.apple.com/en-us/HT3226>



**Rubbing (isopropyl) alcohol is a good cleaner for keys and computer cases. Use Q Tips and cotton swabs to get into the crevices and blow carefully with a can of compressed air.**



Computer Displays and iPhone/iPad screens get special care.



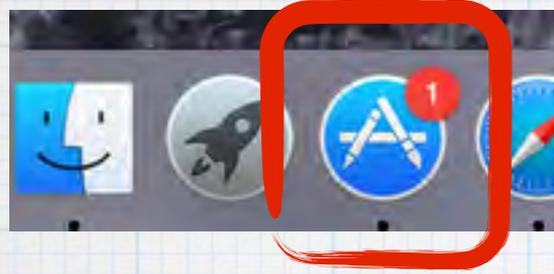
First always turn off the power. Try polishing with a clean dry microfiber cloth. If streaks persist, use distilled water and vinegar, never spray directly on the screens!





If you need a special cleaner, try **iKlear** (sold at Apple Stores) sprayed onto the microfiber.

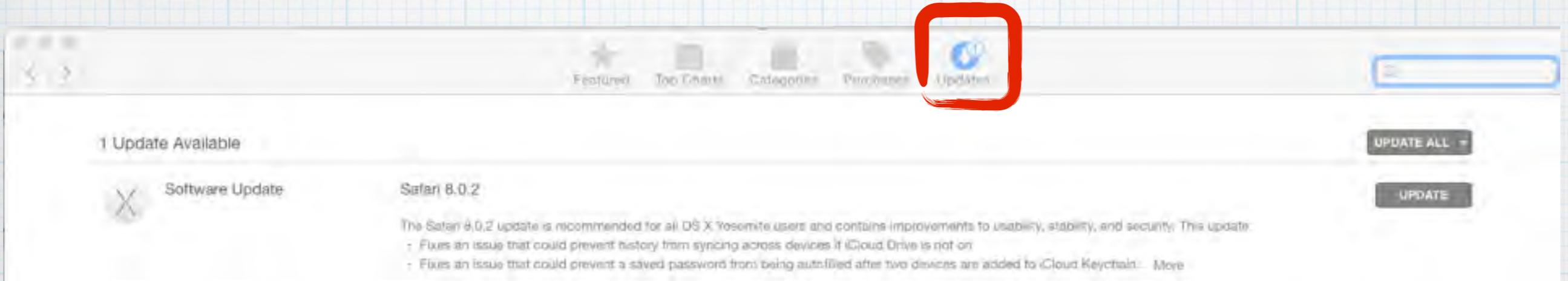
Don't ever use window cleaners like Windex. They contain ammonia that can damage the coating on your screens.



Next, check for updates.

(Look for alerts on your App Store icon)

On a Mac (iMac or MacBook)-  
Open App Store and click the Updates tab.



And be sure to upgrade your Mac operating system to **OS X Yosemite**. Apple continually updates their software for Malware. The newer the software the better the protection.

# Check for updates on iPads/iPhones

Open Settings  
and click on *General/Software Upgrade*

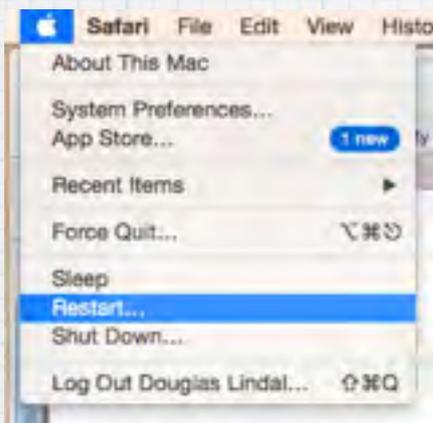


Upgrade your mobile operating system to  
**iOS8**



# Clean out the Clutter on a Mac

Look for old files, especially huge photo and music files. Either delete them entirely or move to your portable hard drive that you use for Time Machine.



## Restart Periodically

A quick restart (or reboot) clears out your Mac's memory files and shuts down inactive programs.

Do it at least once a week.

# Similar exercise on iPhone/iPads.

Look for old files, especially huge photo and music files. Just delete them as your photos and music are stored in iCloud (you do have an iCloud account?!).

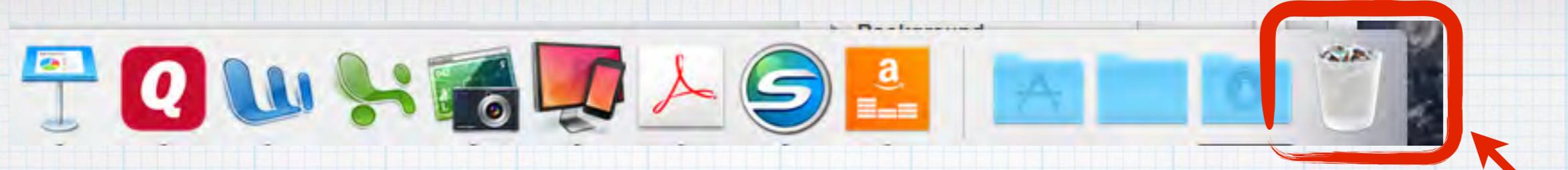


## Restart Periodically

Hold down the power button and slide to confirm.

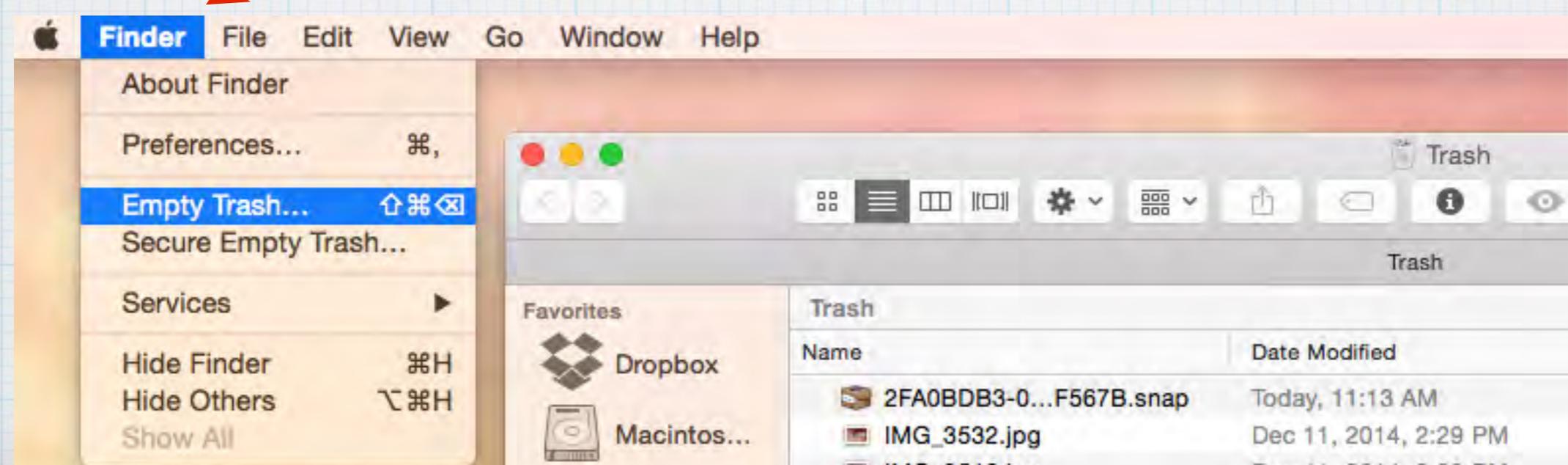
A quick shutdown clears out your mobile device's memory files and shuts down inactive programs.

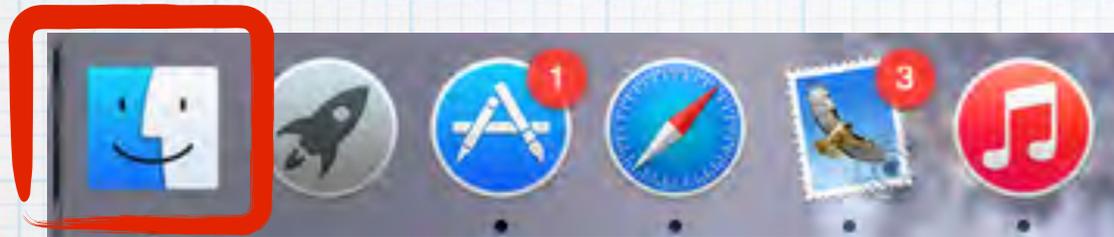
Again, do it at least once a week.



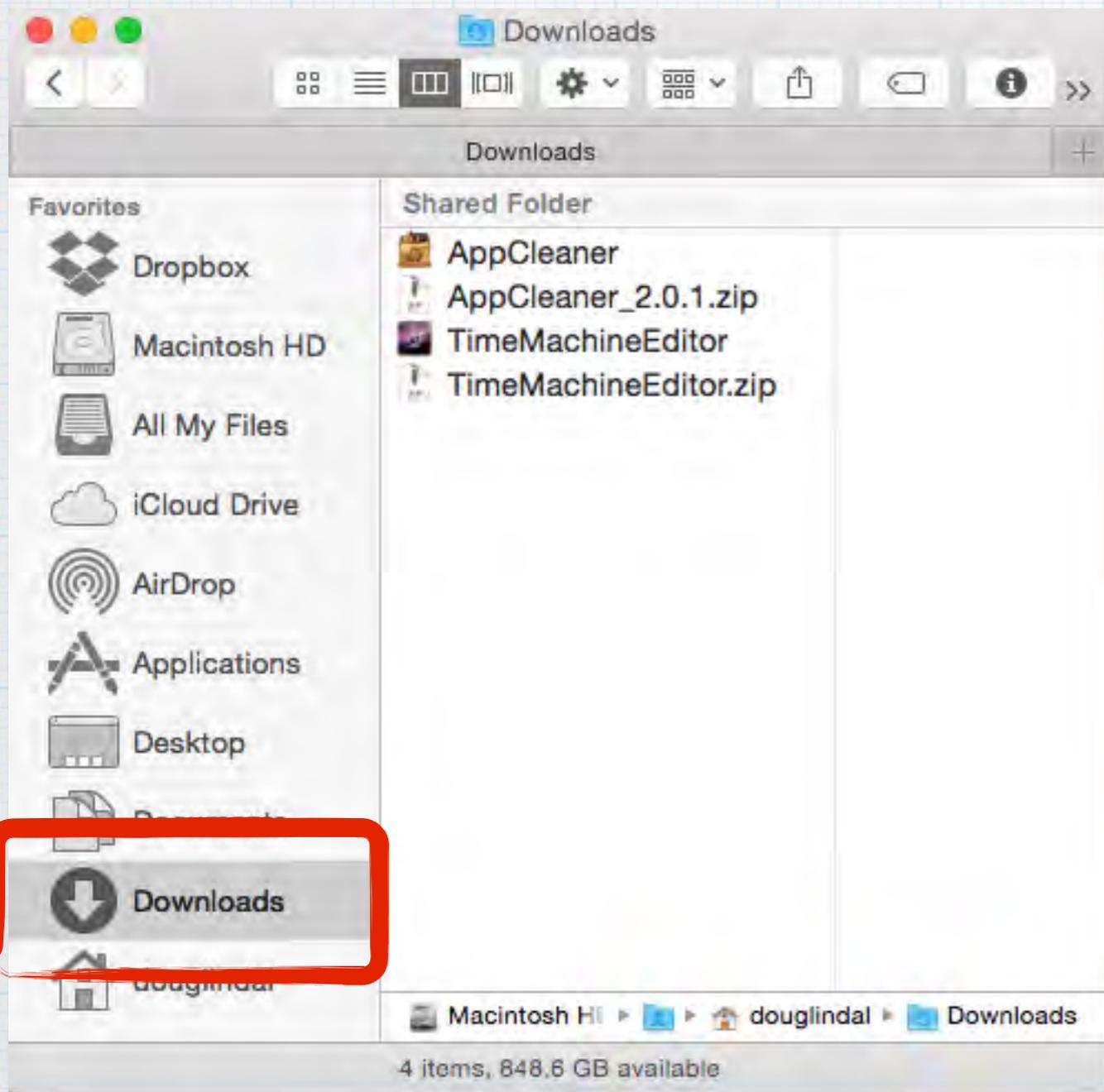
# Empty Your Trash Frequently!

It's not hard for your trash file on a Mac to grow to be a Gigabyte or more in size!  
Just click on the trash can in lower right corner, then click in upper left of your screen on **Finder** and click on Empty Trash..

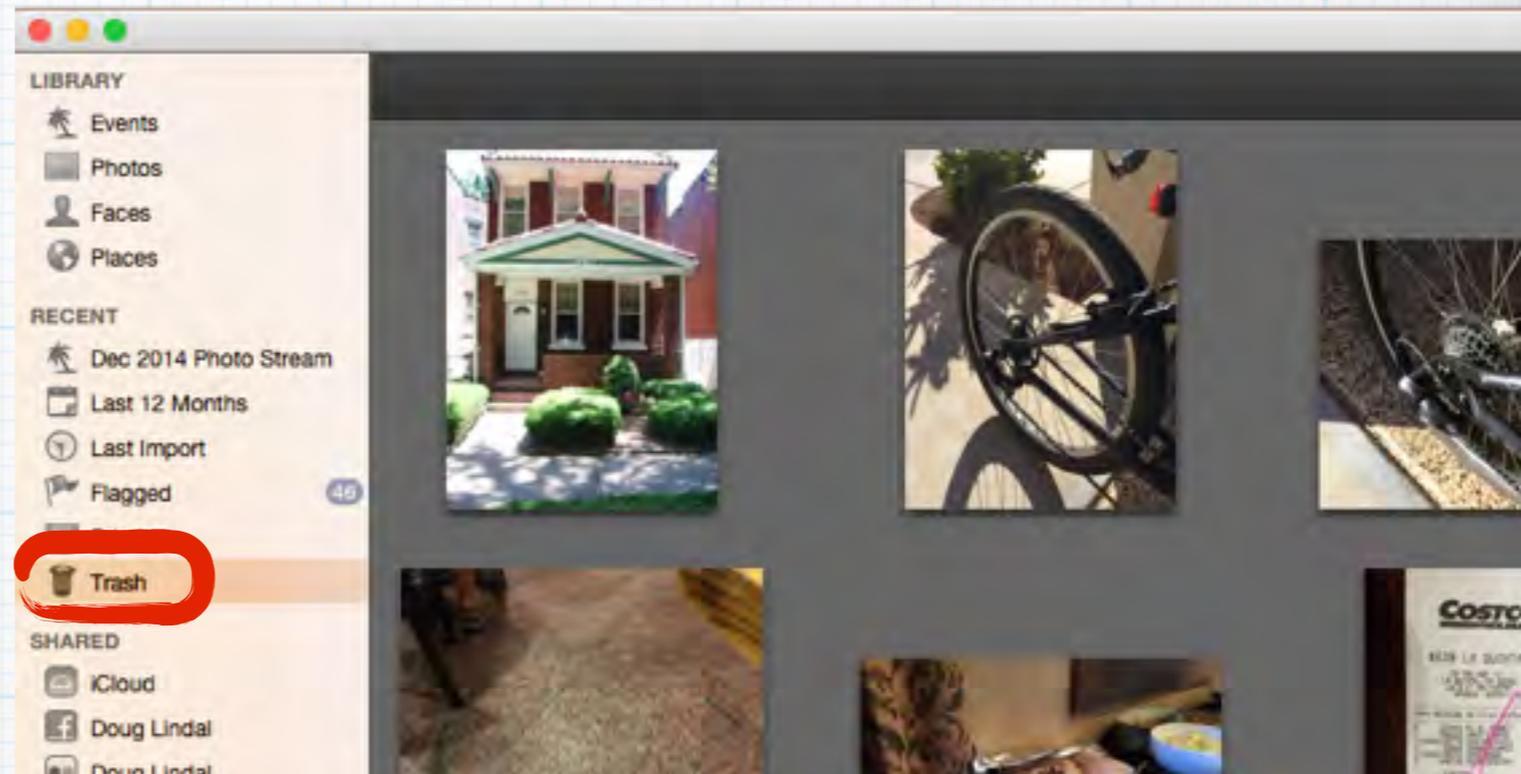




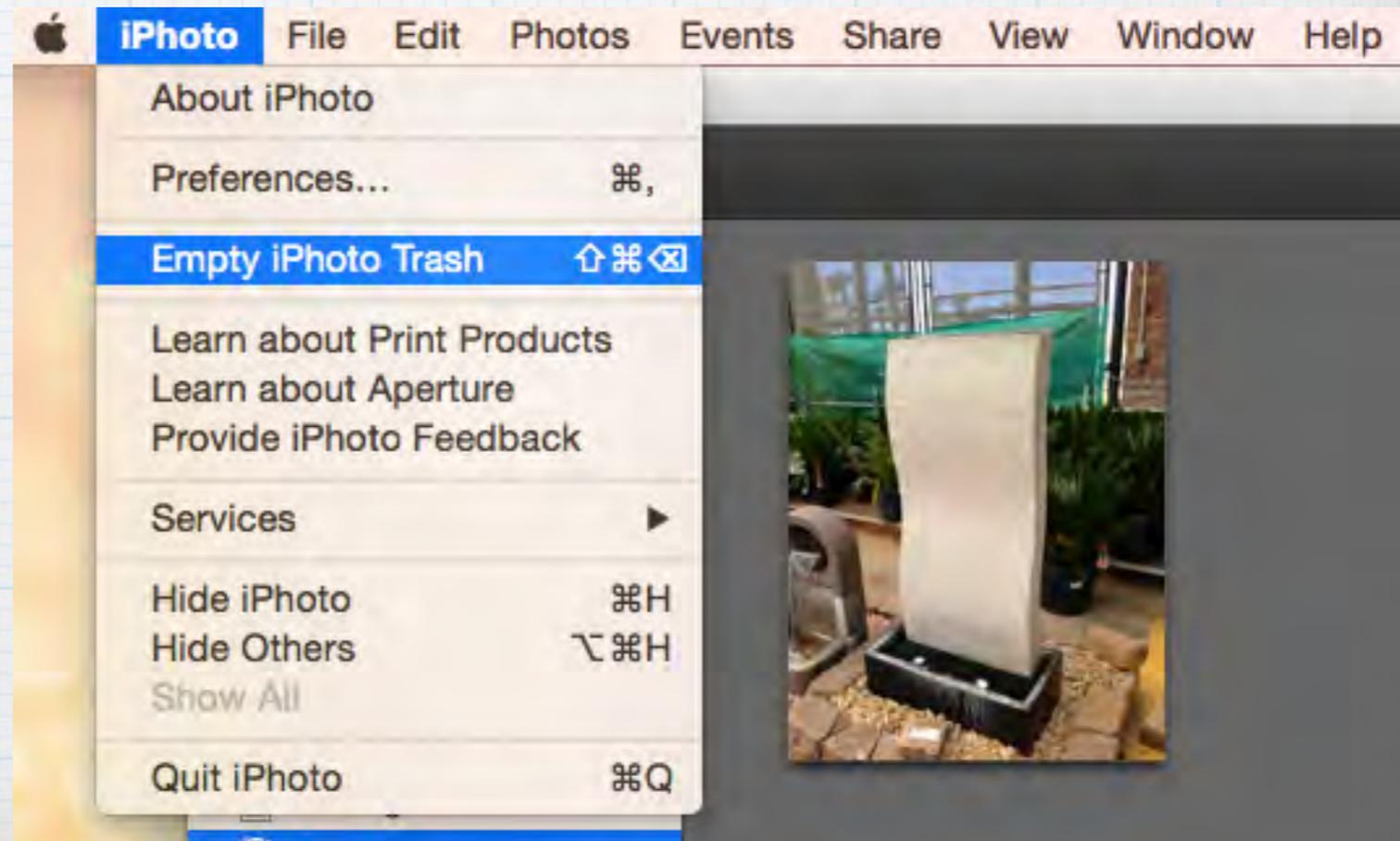
Next open your **Downloads** file in Finder  on your Mac and delete all old files you no longer need. Just click on old files and drag them to the Trash Can - or hold down Control Key and click on Delete.

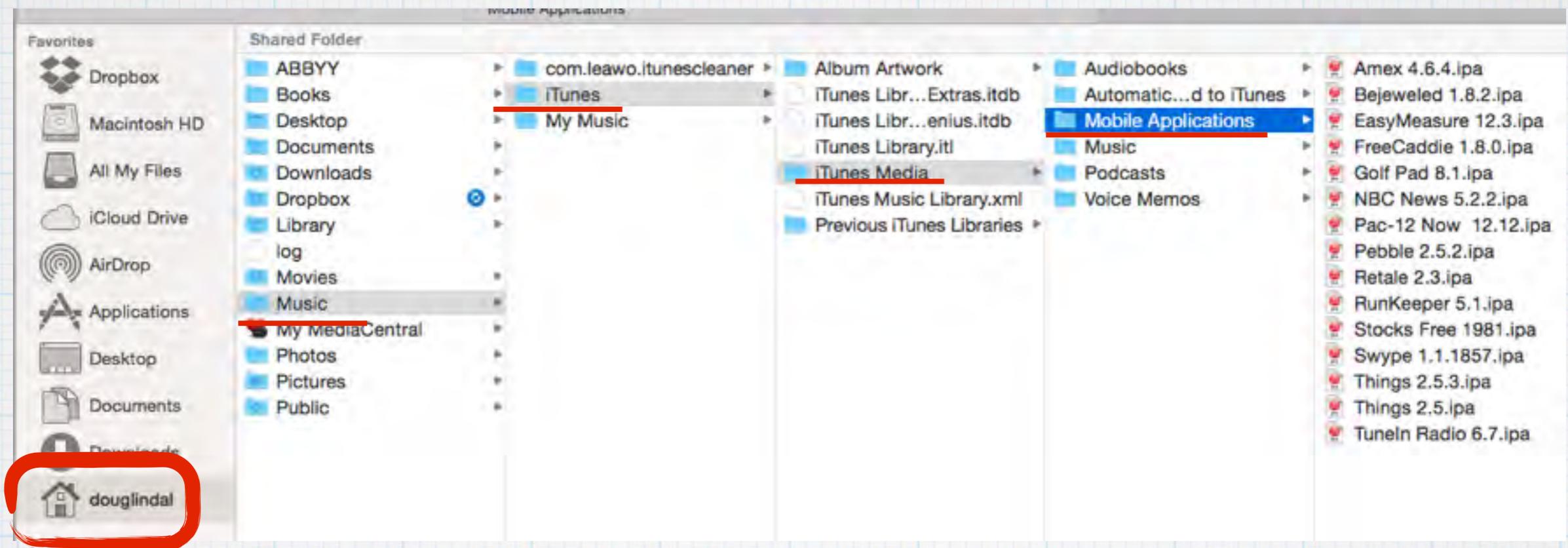


Did you know iPhoto on the Mac has its own 'Trash' file? You'll find it in the left column.



Review the pics to be sure they are trash, then click on the iPhoto menu in upper left corner to Empty iPhoto Trash.





Another place to look for junk to discard on your Mac are the Mobile Apps from your iPhone/iPad.

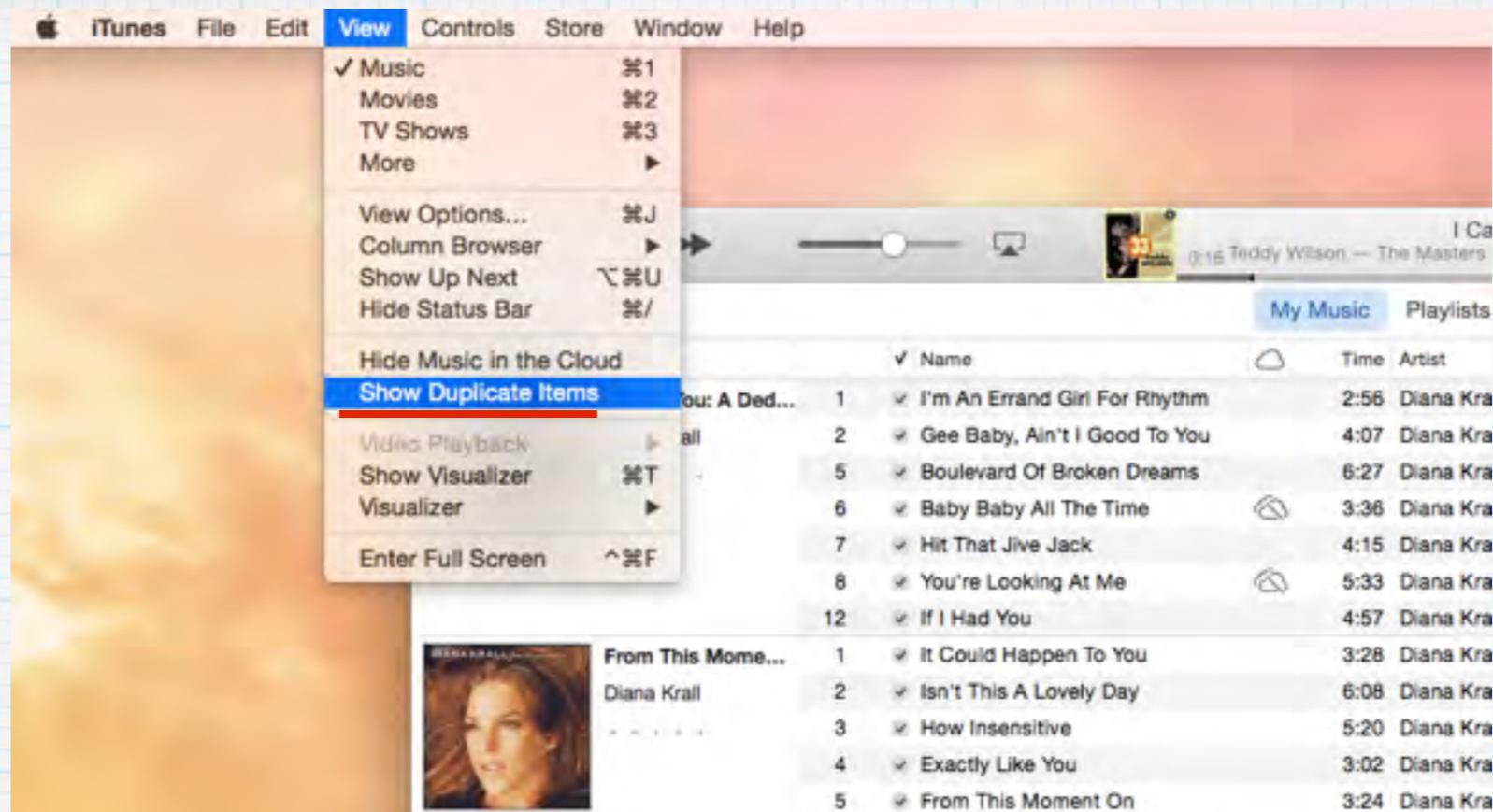
Go to your Home Folder in Finder  and click across

Music - iTunes - iTunes Media - Mobile Applications.

Delete them all, these apps are on your iPhone/iPad

and backed up in iCloud automatically. Plus you own

them so they can be downloaded from the App Store.



In iTunes on your Mac, click on View tab, then 'Show Duplicate Items'. Review the list carefully and delete the duplicates you don't need. You can clear out gigabytes quickly! But be careful - sometimes two songs of different lengths by the same artist will show.

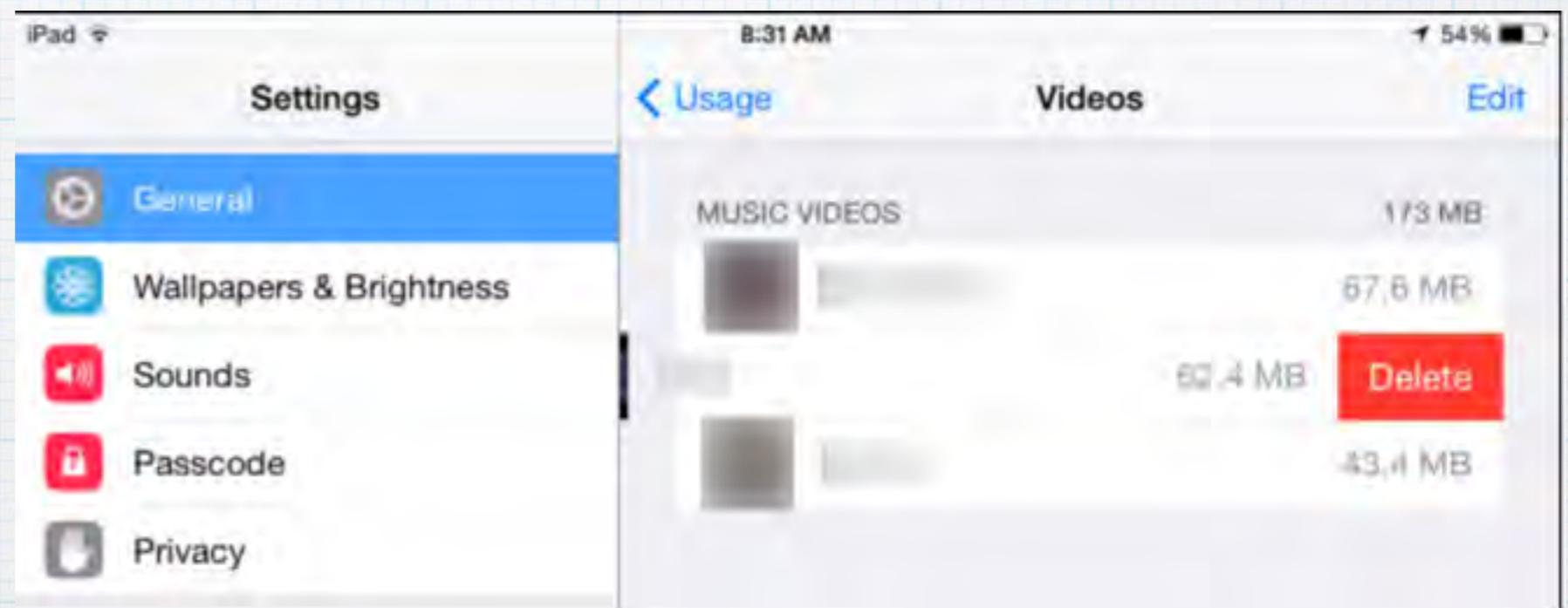
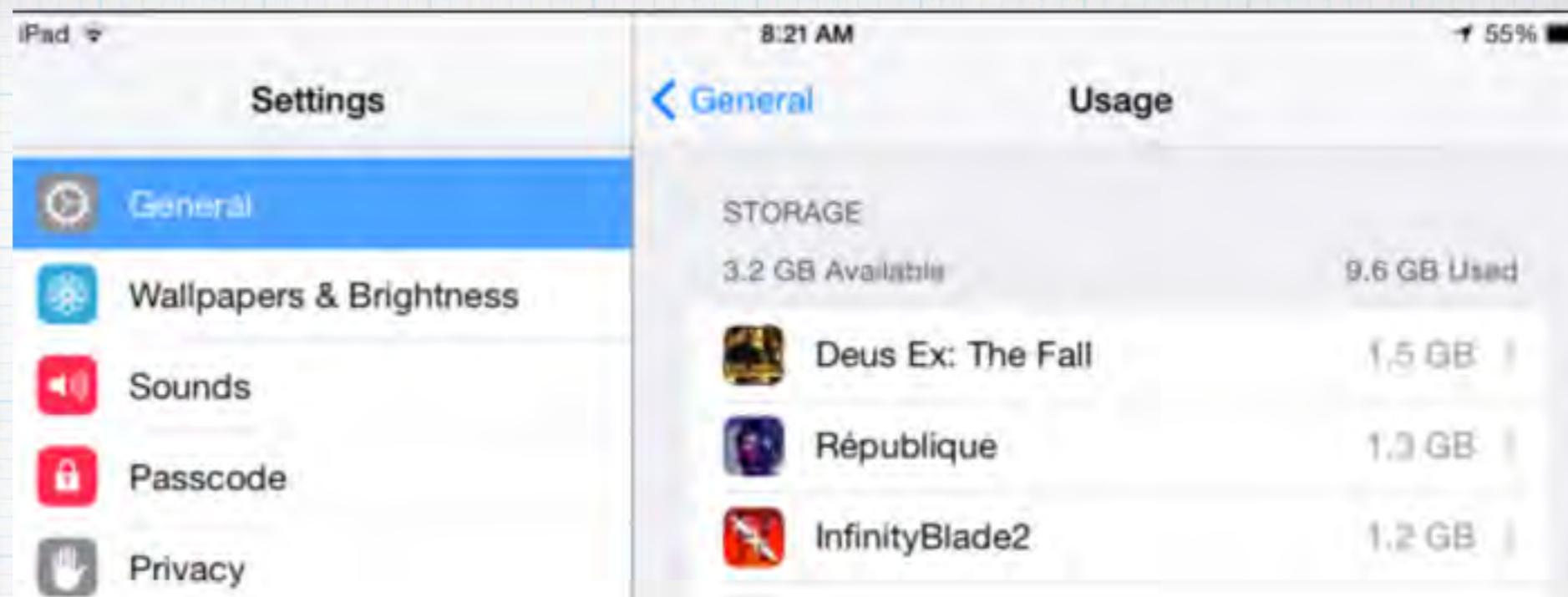
Bit Rate in  
Title Bar

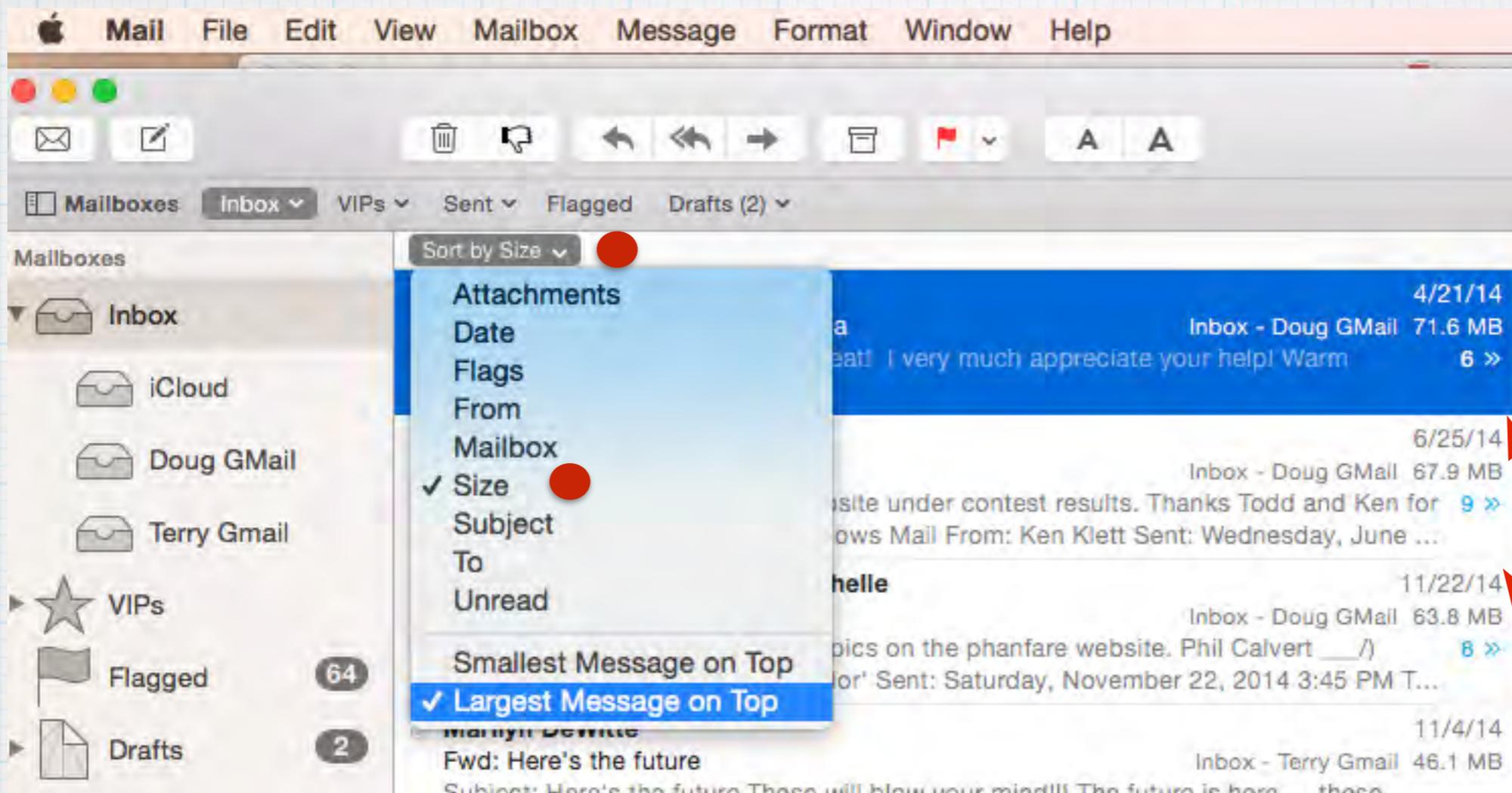


Album by Artist	Name	Time	Artist	Album	Genre	Bit Rate	Rating	Plays
Feels Like Home	Above Ground	3:44	Norah Jones	Feels Like Home	Vocal	128 kbps		1
All Time Greatest...	Abraham, Martin and John	4:00	Harry Belafonte	All Time Greatest Hits	Traditiona...	256 kbps		1
All Time Greatest...	Abraham, Martin And John	4:00	Harry Belafonte	All Time Greatest Hits, Vol.1	Traditiona...	128 kbps		
<del>Herb Alpert - Clas...</del>	<del>...</del>	<del>...</del>	<del>...</del>	<del>...</del>	<del>...</del>	<del>...</del>	<del>...</del>	<del>...</del>
The Lonely Bull	Acapulco 1922	2:42	Herb Alpert & The...	The Lonely Bull	Easy Liste...	128 kbps		1
Cinemagic	An Actor's Life	5:06	Dave Grusin	Cinemagic	Jazz	128 kbps		
Collection	An Actor's Life	5:06	Dave Grusin	Collection	Bop	128 kbps		
Victoria Secret's...	Adagio for Strings	6:21	The Barbers	Victoria Secret's Classics By Request (...	Other Cla...	192 kbps		
Various Artists	Adagio for Strings	6:21	The Barbers	Victoria Secret's Classics By Request (...	Other Cla...	128 kbps		

Once you display the duplicates in iTunes, look for the one with the lowest Bit Rate to delete. Aren't displaying Bit Rate? Just right click (or control click) on the Title Bar with your mouse or trackpad to select & display this column.

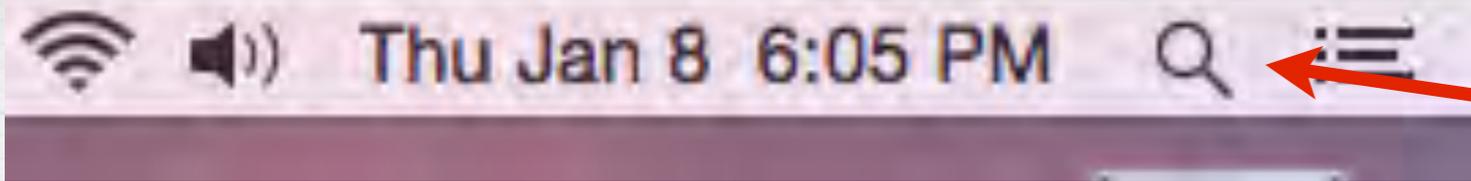
On an iPad or iPhone, go to Settings/General/Usage to see how much space your Apps are taking. Swipe left to right to delete Apps. You can always reinstall later from iCloud.



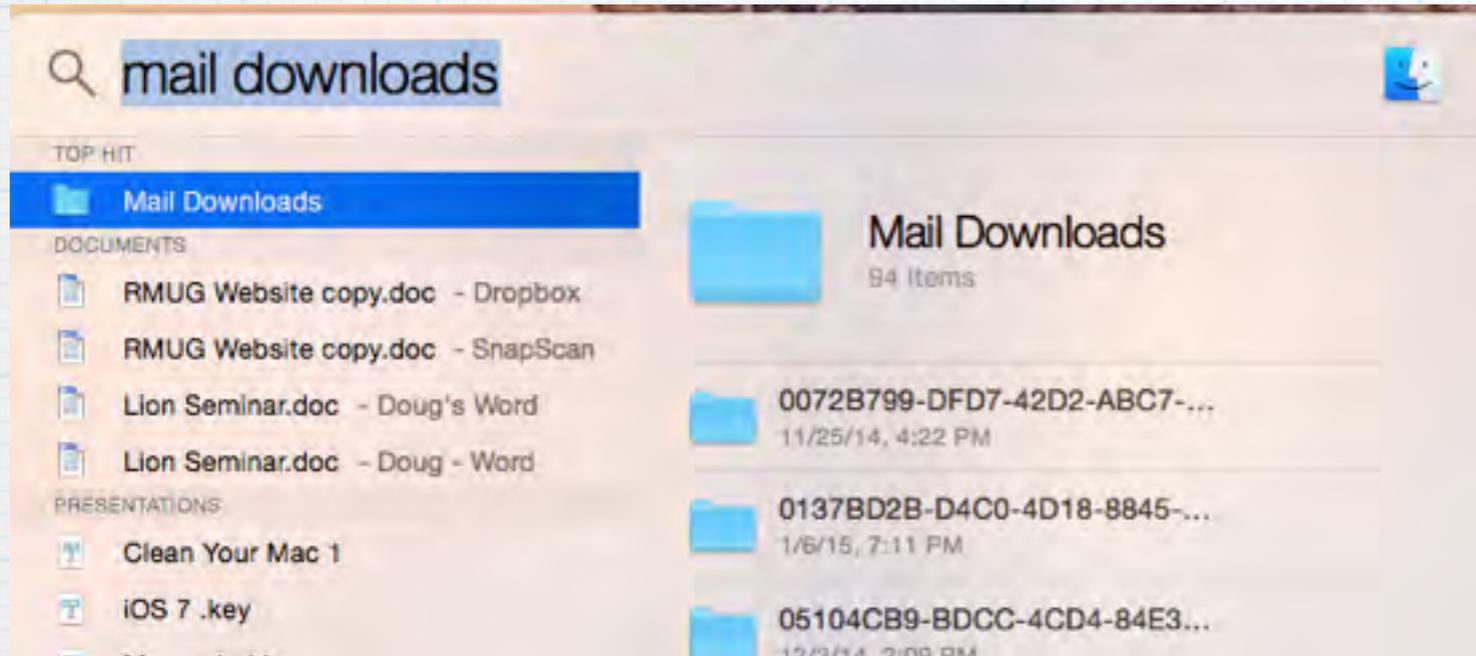


**60-70MB  
files I  
can delete**

**Attachments in email are potentially huge!  
Click on the 'Sort By' button and select  
Size. Start deleting old messages with  
huge attachments. You can delete Gigabyte  
or more with a little detective work!**



Click on the  
'Spotlight'   
(magnifying glass)  
in the upper right  
corner of your  
screen & type in:  
'mail downloads'.

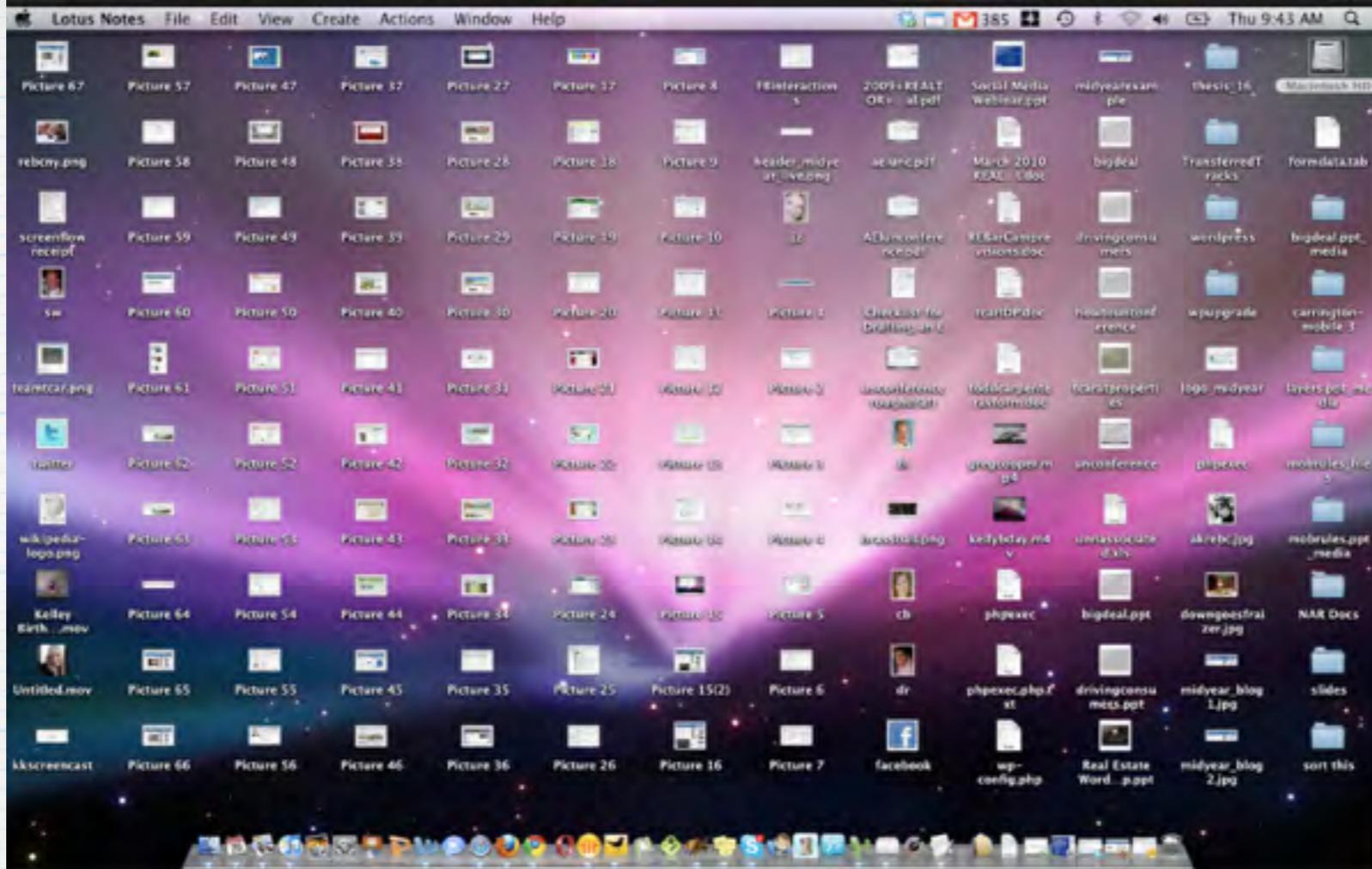


A very productive place to look for old files is buried deep in your Library files, called Mail Downloads. It's all the old files you downloaded in Apple Mail. You can safely delete the old ones. I just got rid of 380MB of junk. Find them by clicking on Spotlight and typing:

**Mail Downloads**



One last spot to check for big files, is in Apple's **Messages**  program, either on your Mac or on your iPhone/iPad. If you and friends send a lot of photos, they take a huge amount of space, both on your Mac and your iPhone. It's a slow process, but scroll through your old messages and delete the photos. You'll save a lot of space!



**Does your Desktop look like this mess?!**

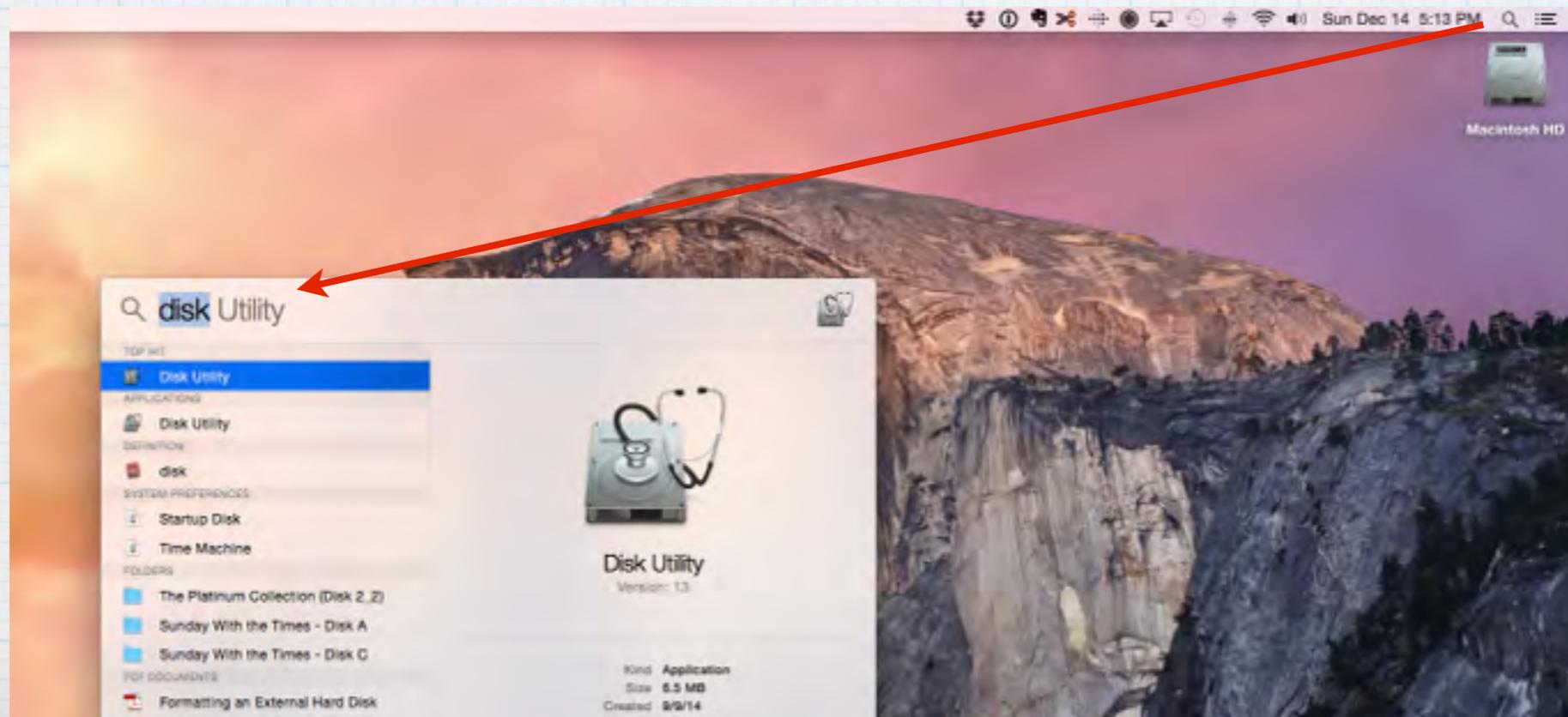
**It doesn't only look bad, it slows your computer down dramatically. Each icon represents an open window, each using precious memory resources. Delete them - or store in iPhoto and Documents files!**

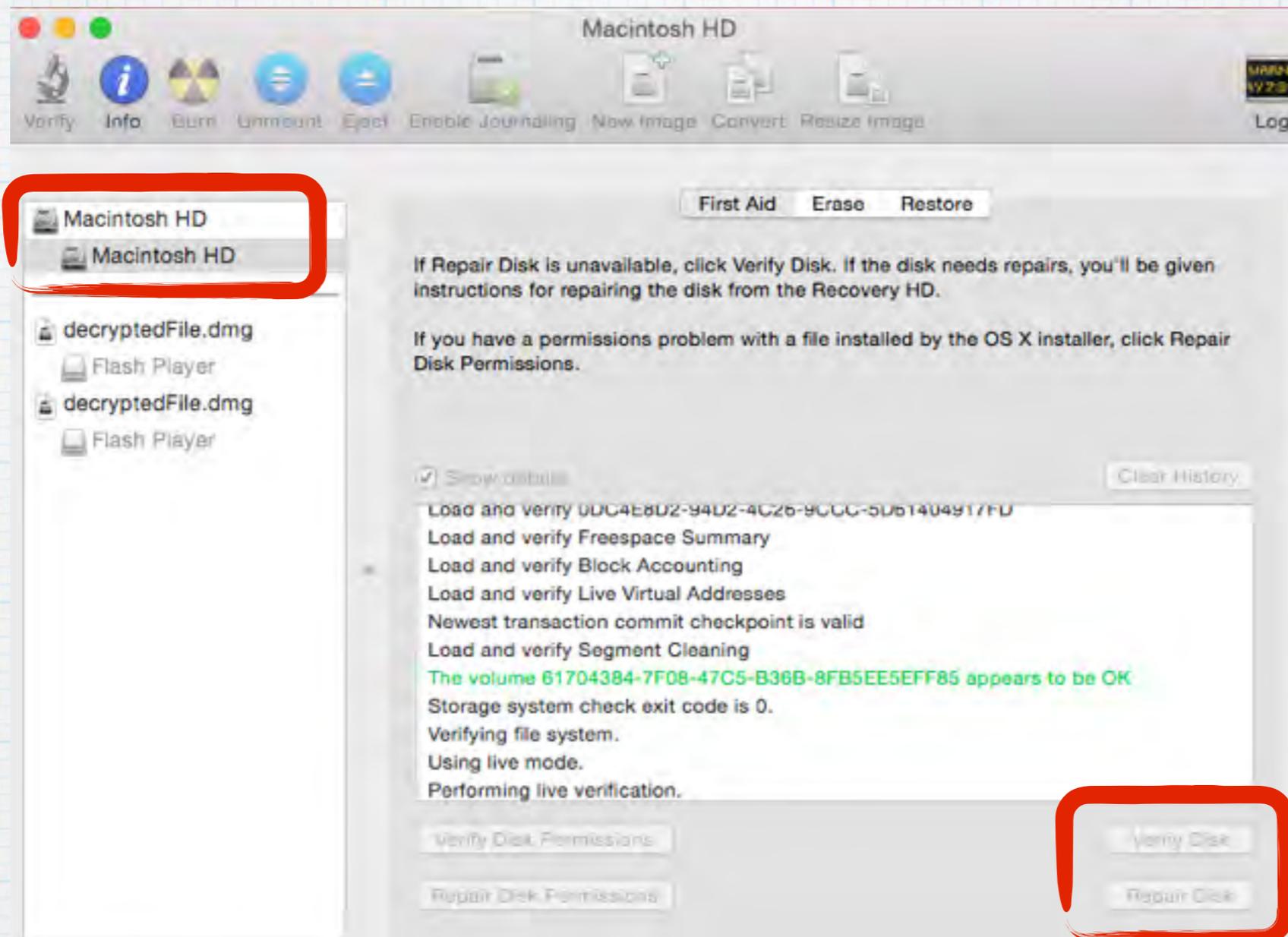
# Avoid Hard Drive Failure!!

Do I have your attention now?!

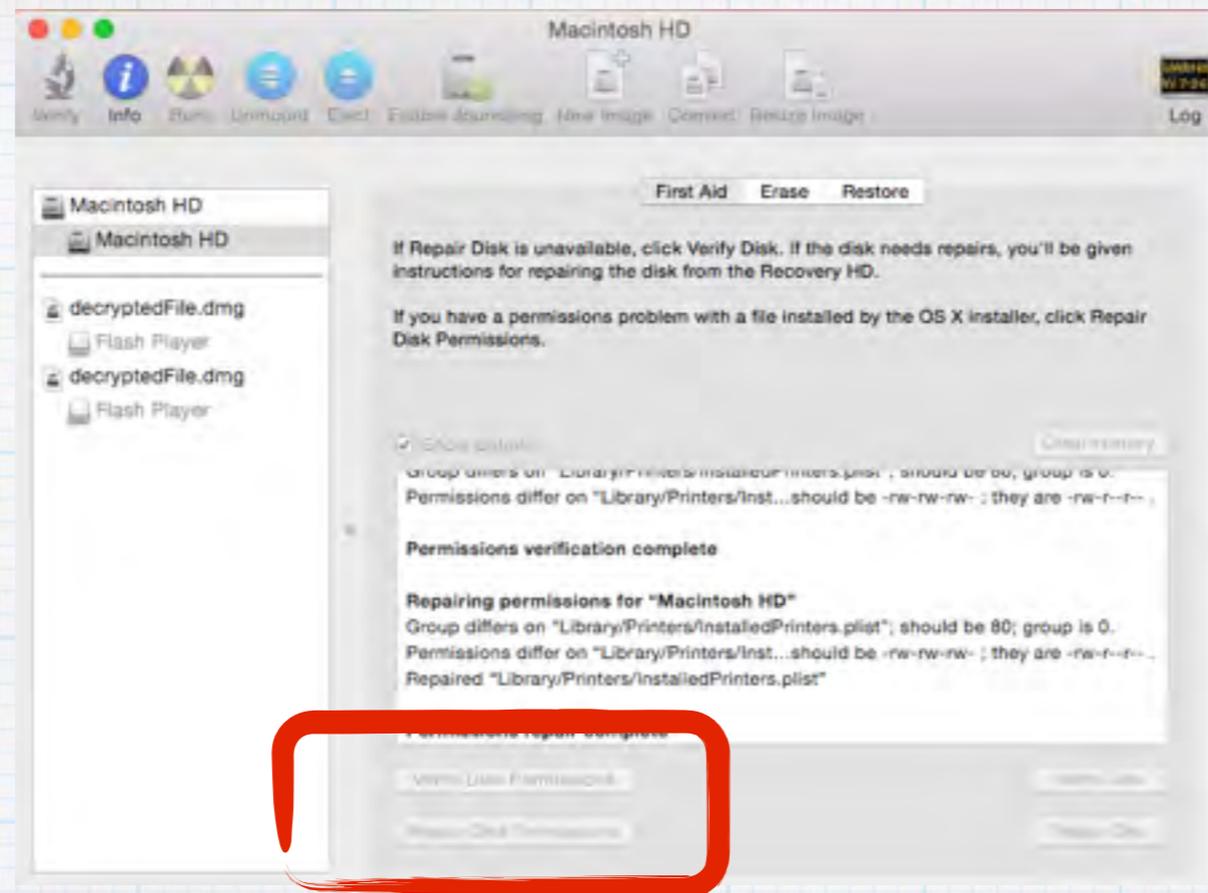
Every 6 months, check Hard Disk condition on your Mac using Apple's Disk Utility.

Click on Spotlight  and type "Disk Utility"-  
click to open.





In Disk Utility, click on your Hard Drive - probably called Macintosh HD. Then click on **Verify Disk**. If any problems are detected (hopefully not), click on **Repair Disk** to fix them.



Next in Disk Utility, click on **'Verify Disk Permissions'** and once that runs, **'Repair Disk Permissions'**. Each file on your Mac has 'permissions' - settings that determine if you have access to them. 'Repairing Permissions' finds the offending permissions and changes them to match the expected settings.



**Don't worry about hard drive failure on your iPhone or iPad. The drives are solid state and much more rugged. Of course if you drop them on a tile floor or into a bathtub .....!!**



## Protect Yourself!

Unless you have years of experience -  
Only purchase and download software  
from the official Mac App Store 

You will be safe inside Apple's 'walled garden'

(iPad/iPhone users - Don't worry,  
using the App Store is your only option)

WELCOME TO CASINO DEL RIO

File Edit View Favorites Tools Help

Back Forward Stop Refresh Home

Address <http://www.casinodelrio.com/>

SEARCH

SideFind X

sideFind powered by IST

casino Find

www.888.com X

CASINO ON NET Click

by ExclusiveRewards

**CONGRATULATIONS!**

You've been chosen to receive a **FREE\* Gateway Desktop Computer!**

- Intel Pentium 4 Processor 2.66 GHz
- 256MB DDR-SDRAM, 80GB HD, 48x CD-RW
- 19-inch Color CRT Monitor (18-inch viewable)

[Click Here to Claim Your FREE\\* Desktop Computer!](#)

FREE!

Gateway

\*with participation in our program

# Adware

is any software package which pops up advertisements on your screen to generate revenue for its author.

More of a nuisance than a real threat.  
(And more of a Windows problem!)



## Malware and Adware

The biggest potential flaw  
in a computer's security  
is between the keyboard and the chair!



# Malware

Short for 'malicious software', is virus software used to disrupt computer operation, gather sensitive information, or gain access to a computer system. They can cause serious problems!

# How does Mac OS X protect us?

**File Quarantine - XProtect - GateKeeper**

There are some very innovative security programs in Mac OS X that can do a lot to help protect you. If you get a warning like this one - STOP and close the webpage - don't download strange files!



# iOS8 protects iPhones/iPads

Don't be tempted to Jailbreak your machine!  
Stay protected by remaining within the safe confines of Apple's 'Walled Garden' - the iOS8 operating system.





**Ramp up your security on your Mac. Open System Preferences - Security & Privacy. Allow applications to only be downloaded from the Mac App Store (recommended) or from Identified Developers (approved by Apple).**



How to protect yourself  
from Malware & Adware?

## Avoid Trojans

As with the Trojan Horse saga,  
don't let viruses in your gate!

Trojans are Malware that tricks you into  
installing the virus on your computer  
yourself. Apple's software can't protect  
you if you install the bugs yourself!



# Avoid Trojans

Examples of what links  
not to open:

- Anything from web sites claiming you have viruses!
- E-mail attachments from someone you don't know.
- E-mail attachments from someone you know, but who you also know has absolutely no computer savvy.
- E-mail attachments that you were not expecting.
  - Apps or programs from an unknown source.
- Anything on peer-to-peer file sharing networks.

# MacKeeper

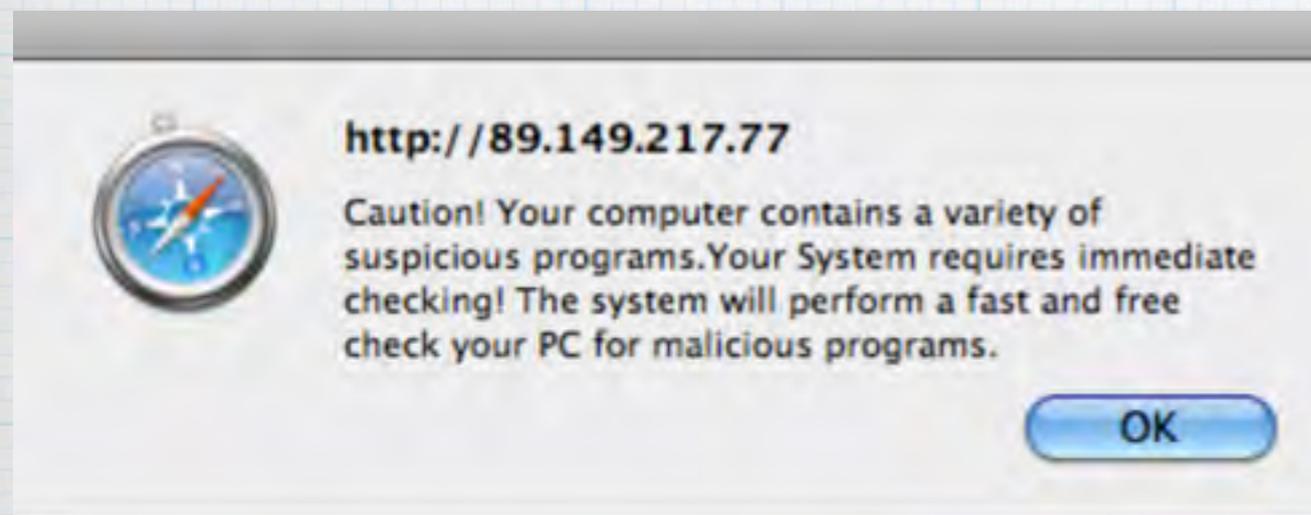


## MacDefender & MacKeeper!

It is my personal opinion that these programs will do more harm than good.

# MacDefender & MacKeeper!

If you ever get a pop-up alert like one of these - do not click and download them! They are phony and just trying to get you to download Malware.



If you installed it, it is nearly impossible to uninstall - go to the Genius Bar to get rid of it!

# Cryptowall and Cryptolocker!!

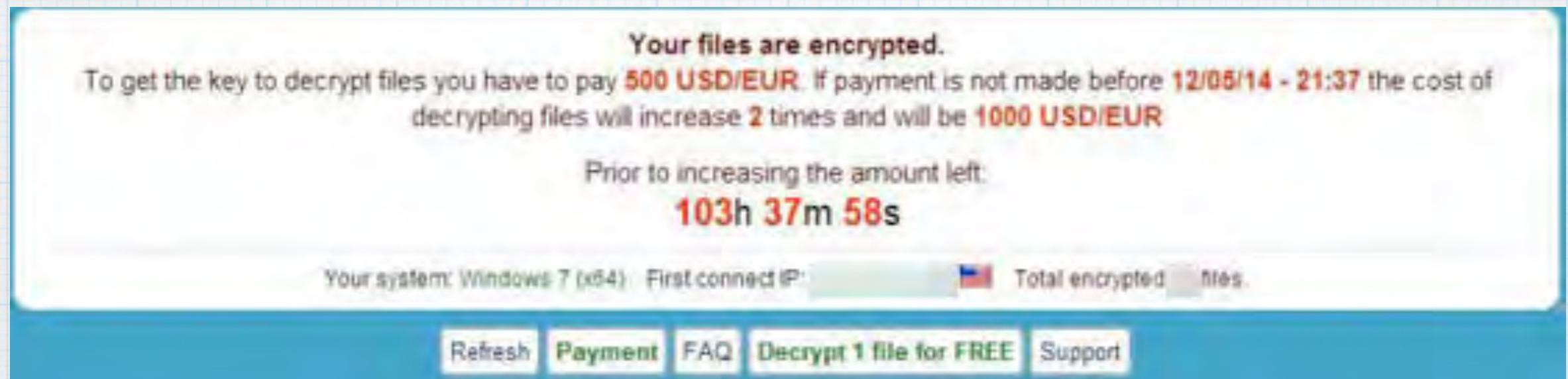
These are two examples of the nasty Malware viruses that are circulating on the Internet today. You get infected by:



- 1) clicking on an scary looking link and
- 2) then agreeing to download the file.

This is being double stupid!

The Cryptowall virus then proceeds to password protect and encrypt all your files them, locking them up. You will then get this delightful message appearing on your screen:



You then have one week to pay these pirates \$500 or all your files will be wiped out. It goes up to \$1,000 after that!

We are present a special software - CryptoWall Decrypter - which is allow to decrypt and return control to all your encrypted files.

How to buy CryptoWall decrypter?



1. You should register Bitcon wallet ([click here for more information with pictures](#))

2. Purchasing Bitcoins - Although it's not yet easy to buy bitcoins, it's getting simpler every day.

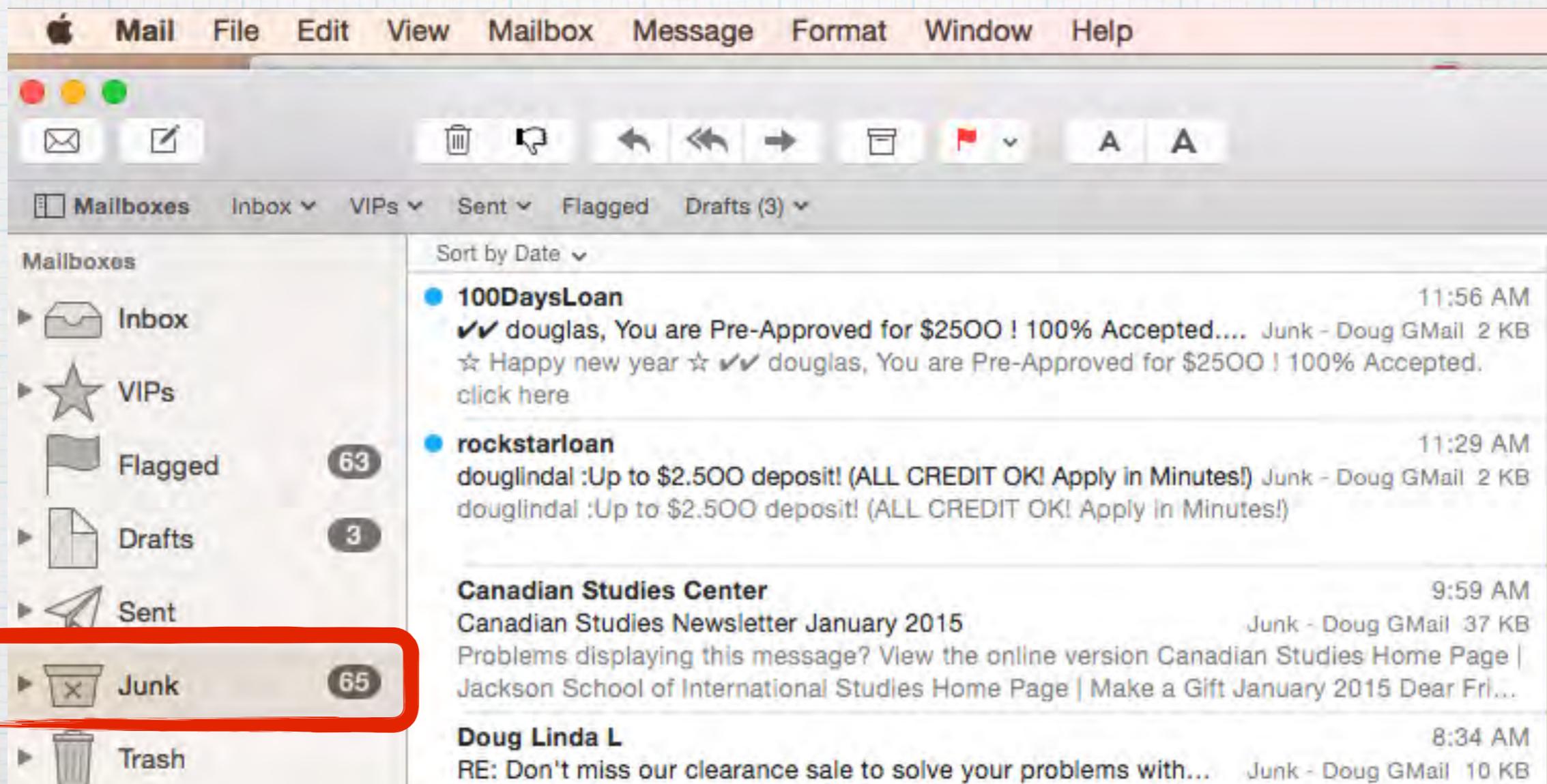
**Instead of dropping the ransom money in a phone booth like in the old movies, they instruct you to pay with untraceable Bitcoins. Last year they collected over \$30 million dollars in ransom from clients, including American police and county governments!**



"An ounce of prevention is worth a pound of cure" - Ben Franklin"

Your best defense is to not click on those alluring links. But also backup your files with **Time Machine**. This way if your files are wiped out by Malware, you can restore your files yourself or by visiting the Apple Store.

Apple's Mail App does an amazing job of screening out spam, viruses and other deadly emails - and sends them directly to your Junk Folder so you don't aren't tempted. Look for yourself - but don't click on them!





# Phishing

Phishing, short for 'Phony Fishing', are those fake emails you get that look like they come from your friends - or big firms like Yahoo, Facebook or your bank warning you of some imaginary problem.

Hi,

Your Facebook password was been reset on Friday, December 12, 2014 at 02:39PM (UTC) due to suspicious activity of your account.

Operating System:	OS X
Browser:	Mozilla Firefox
IP Address:	40.44.123.54
Estimated location:	Chester, SD, US

To restore the password complete [this form](#), please, your request will be considered within 24 hours.

Thanks,  
The Facebook Security Team

The real nasty emails are when the hackers want you to click on the link and go to their fake websites that look a lot like a real bank (or Facebook) where they will attempt to collect your user name and password.

You can sometimes spot them because of poor English or bad graphics.

Point your mouse cursor at the link and look for an address other than Facebook or whoever the email was supposedly from.



**This is a Phishing Scam. This web site looks like Facebook.com, but if you note the web address in the the browsers address bar you can clearly see this is not Facebook.**

Facebook Login

Email:

Password:

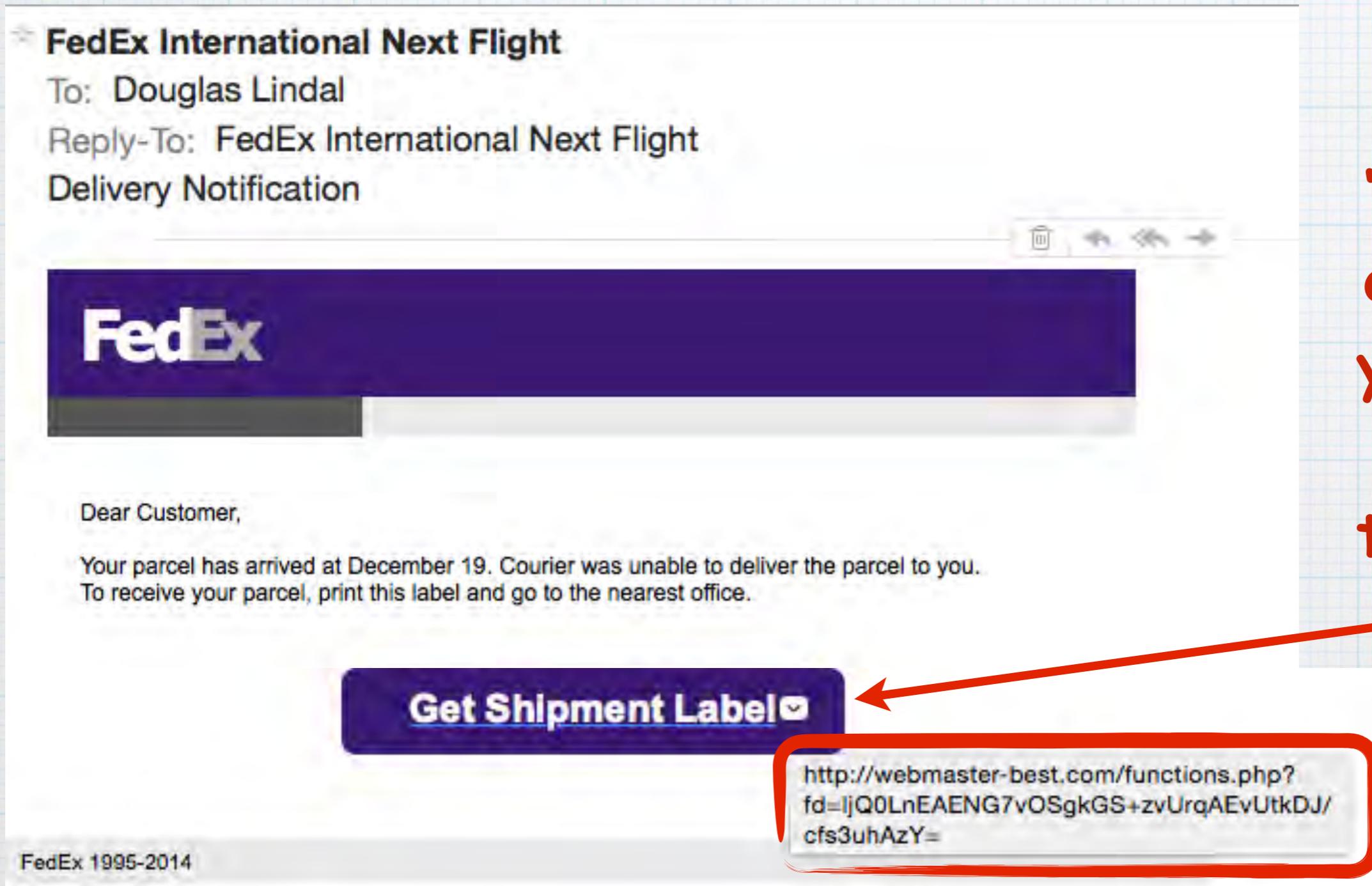
Keep me logged in

or Sign up for Facebook

[Forgot your password?](#)

English (US) Español Português (Brasil) Français (France) Deutsch Italiano

A good example of a Phishing email that imitates a real company. Note the FedEx logo looks fuzzy, probably scanned off an ad:



If you 'right click' on this link you will see it won't take you to FedEx!

Tiffany Online Store

December 8

To: Douglas Lindal

Reply-To: Tiffany Online Store

Douglas Lindal: ALL Tiffany & Co. 70% Off plus Free Shipping!

Dear Douglas Lindal, Up to 70% Off Tiffany & Co. this Weekend Only!

If you lose interest, click here to unsubscribe

Can't see images? View on Web browser

**TIFFANY & Co.**  
Stylish Designs And Excellent Materials

FREE SHIPPING

CASH ON DELIVERY

30 DAYS RETURN

Buy 2 Tiffany + 5% Off (Extra) or Buy 3 Tiffany + 10% Off (Extra)

2014 TIFFANY & CO

NECKLACES

EARRINGS

RINGS

PENDANTS

CUFFLINK

Pre Christmas Outlet

**TIFFANY & CO.**

**70% OFF**

All Tiffany

<http://feoffing.ponced.xxyqka.com/ti7/?t=aW5kZXh8MTlwOTMwMnwxODlw&u=douglindal@gmail.com>

This link won't take you to Tiffany!

The more innocent Phishing emails are just trying to get you to visit their shoddy shopping websites, where most of the goods are counterfeit or junk.

And watch out for strange looking emails from friends that 'just don't look right'. They'll take you to phony shopping websites:

☆ **Alan and Barbara Balik**

To: cgmcarthur@msn.com, smq5@georgetown.edu, Terry Skok,  
Alan and Barbara Balik

Hi!

How are you?

It works! <http://dingdingstar.com/high/however.php>

Alan and Barbara Balik

I don't know what 'dingdingstar.com' is,  
and I don't want to risk find out!

One final Phishing email, my favorite -  
Just the website I would want to visit to buy  
knock-off fake prescription drugs!

Man's Health-Mall best-medications1@alazizi.com [ATUGOA]

Dec

To: atugoa-owner@yahoogroups.com

Reply-To: Man's Health-Mall

CVS/Medicine Shop-Atugoa Owner . Expect Something Extra, Atugoa Owner

SCÖRÈ HÛGÊ SÀVÎNGS ÖN THË BËST DRÛGS!

ÖÛR BËSTSËLLËRS:

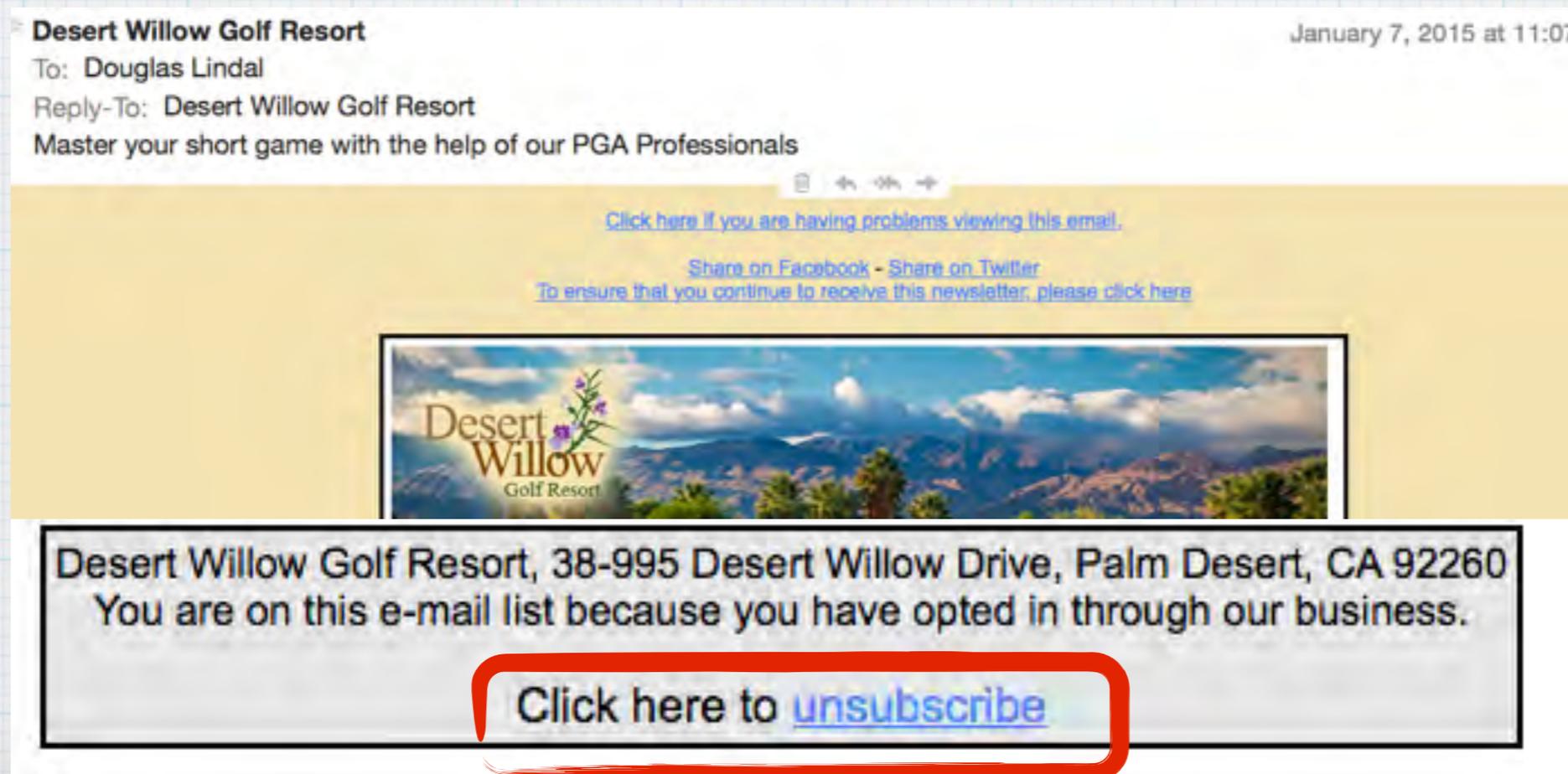
- VIÄGRÄ AS LÖW AS \$0.99
- ÇIÄLÏS ÄS LOW ÄS \$1.59
- LEVLTRÄ ÄS LOW AS \$2.50
- ÄMÖXICILÏN ÄS LOW AS \$0.52
- VËNTÖLÏN ÄS LOW AS \$21.50
- TRAMADÖL AS LOW AS \$1.30

ÖÛR BENËFÏTS:

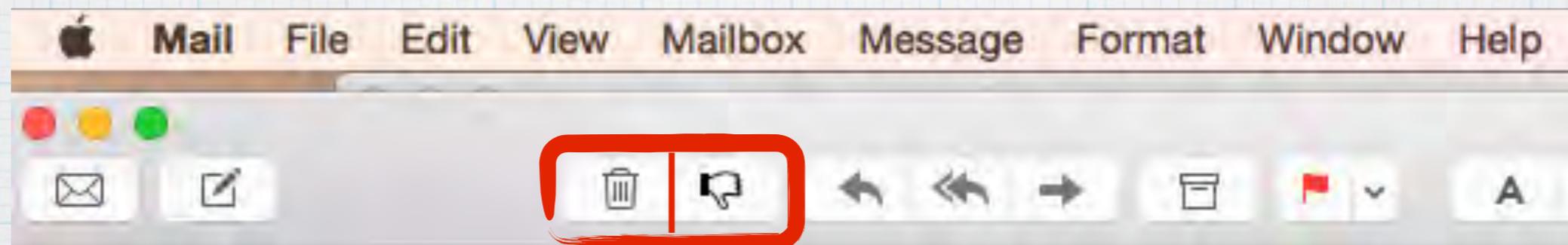
- WË ÄÇCËPT VÏSÄ, MASTËRÇÄRD, AMEX, DISCÖVER & Ë-ÇHËCK

Don't even get curious about these special deals!

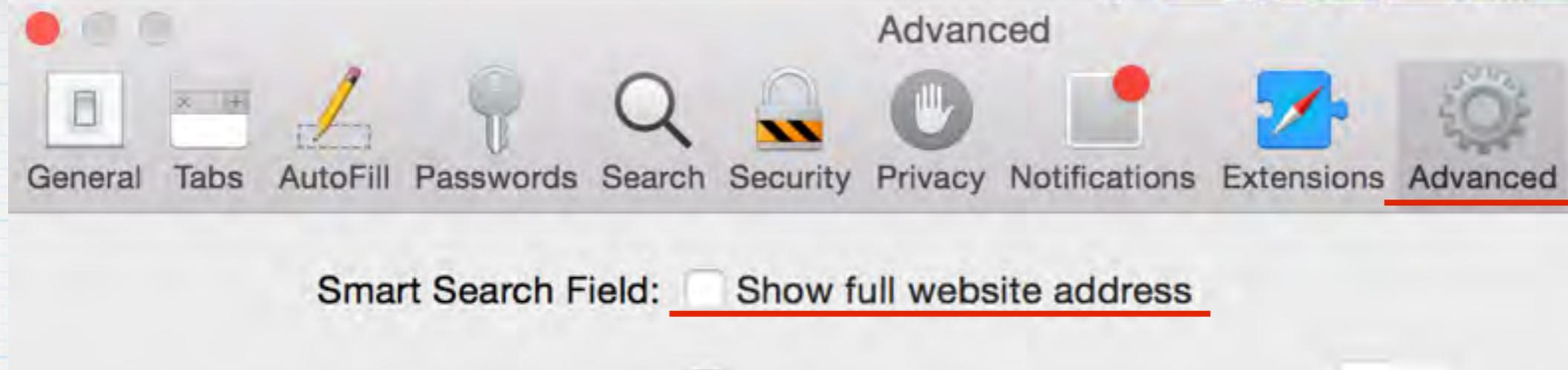
A final comment on emails. Don't click on the Unsubscribe Button unless you are 100% confident it is a legitimate vendor. An example - I was getting overwhelmed with bi-weekly emails from Desert Willows Golf Course, a city owned facility. It's OK to trust their Unsubscribe link.



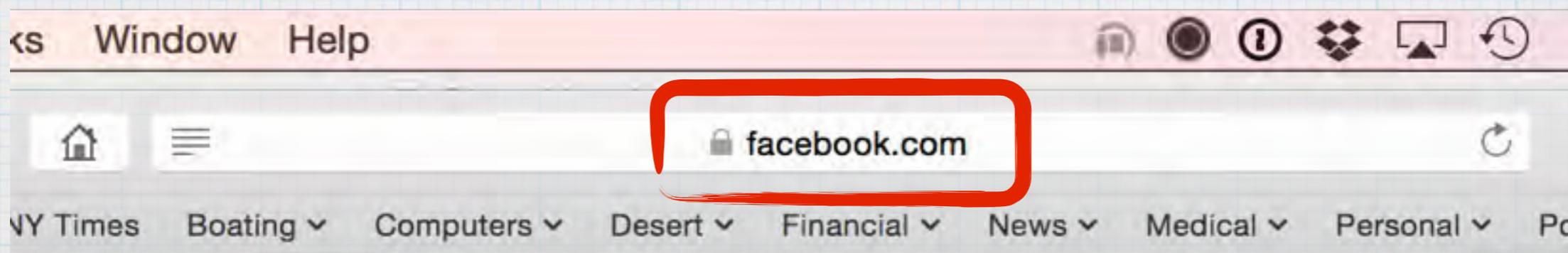
If it was from a vendor I didn't know, I would never click on their links! They will then know you are a hot prospect. Instead, just click on the 'thumb down' symbol  and Apple Mail will treat any further emails from this spammer as junk and send them directly to your Junk Folder.

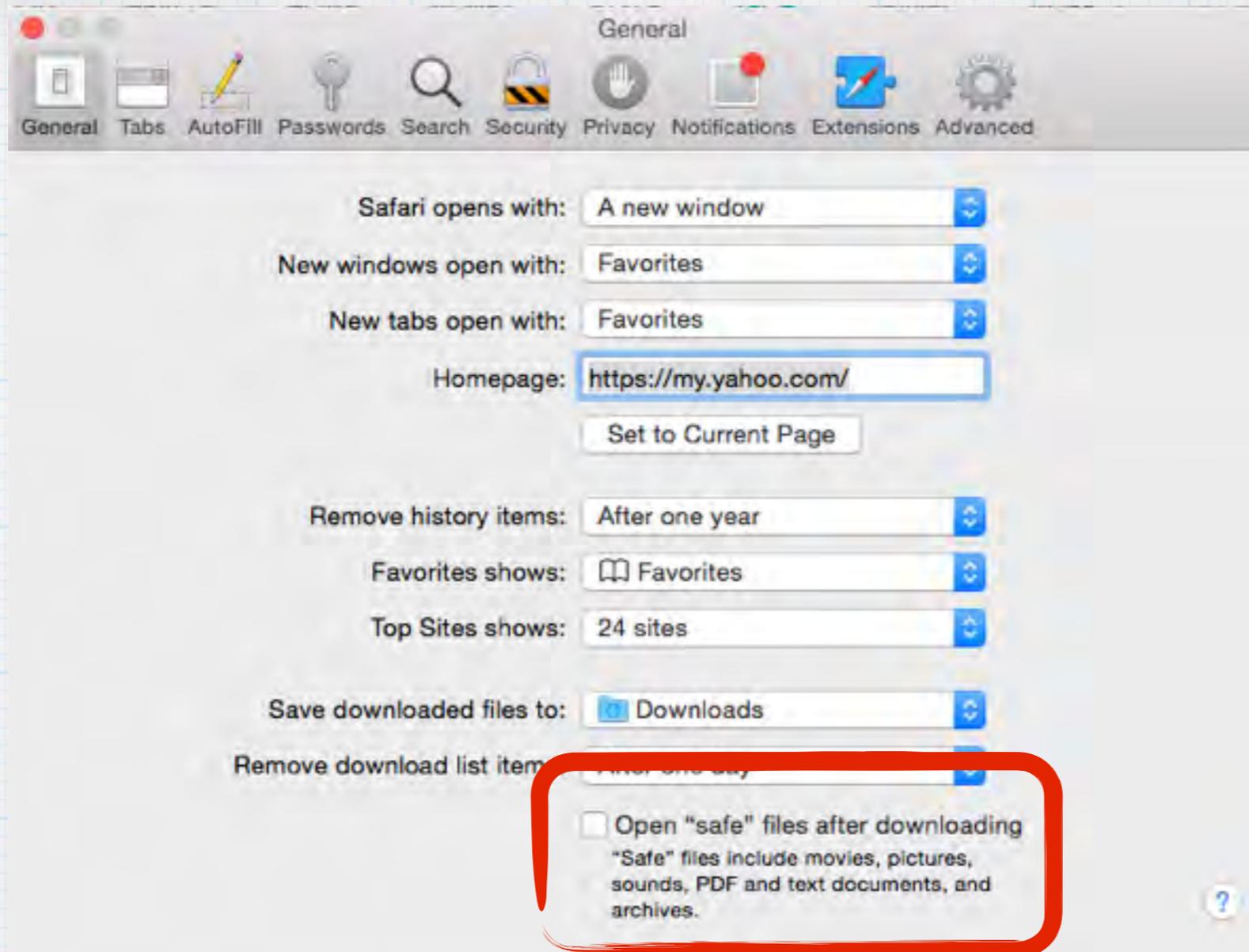


And then for good measure, hit the Trash can icon and send that email to the Trash Folder!



Don't change your Safari Preferences/Advanced to "Show Full Website Address" as I suggested last month. Apple has determined it is better to give you a short, simple version of the address and allow you to really confirm you are on Facebook's website and whether it is secure - indicated by the padlock .





One last Safari Preference to disable. On the Safari Preference/General tab, uncheck:

**"Open Safe Files after Downloading".**

It will force you to reconfirm you really truly want to open that file you just downloaded.

# What about Passwords?!

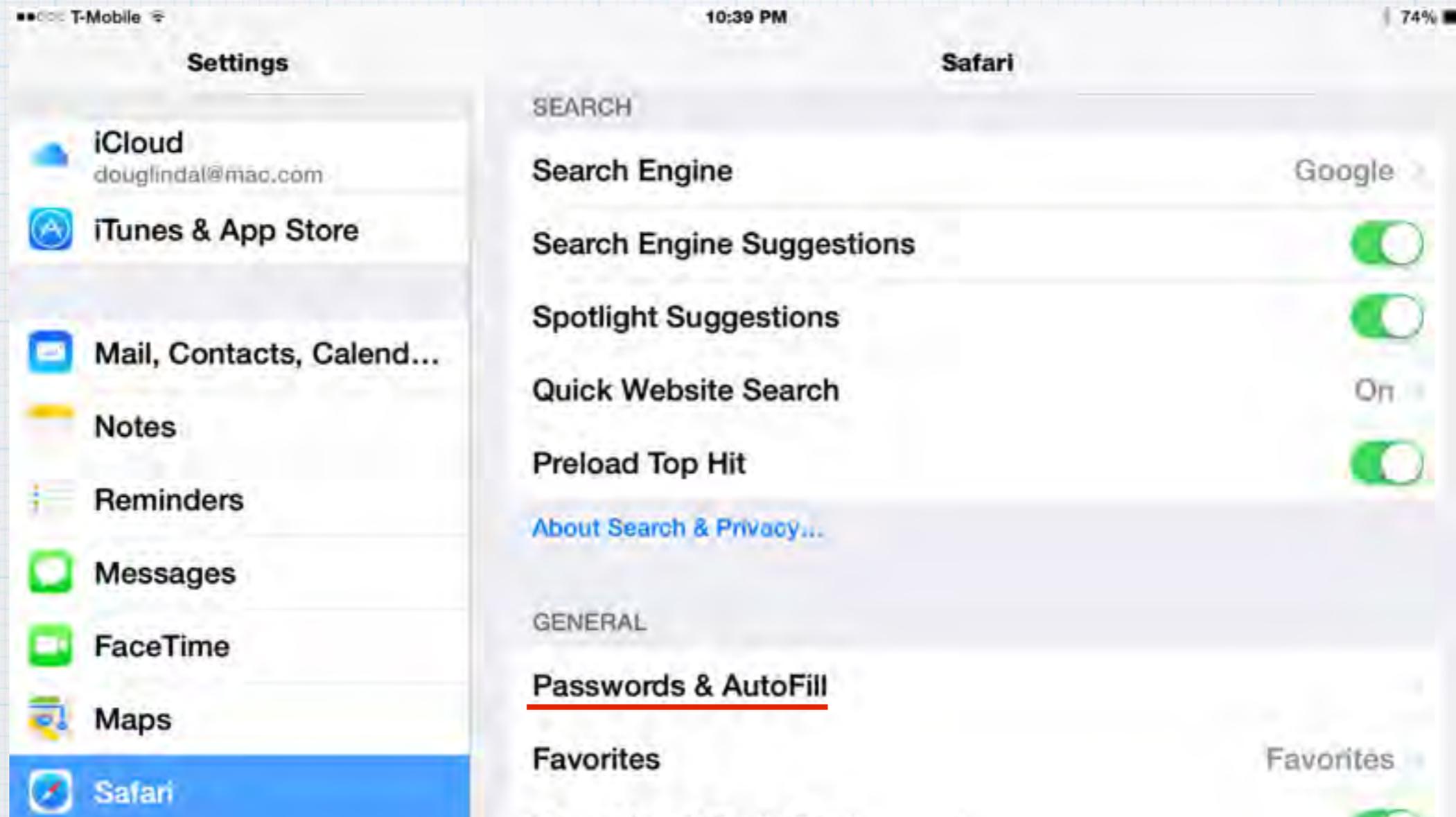


**iCloud Keychain** is Apple's password management system that memorizes all your user names and passwords and automatically fills them in.

But sometimes it doesn't always work!  
There are workarounds for Macs and iOS.

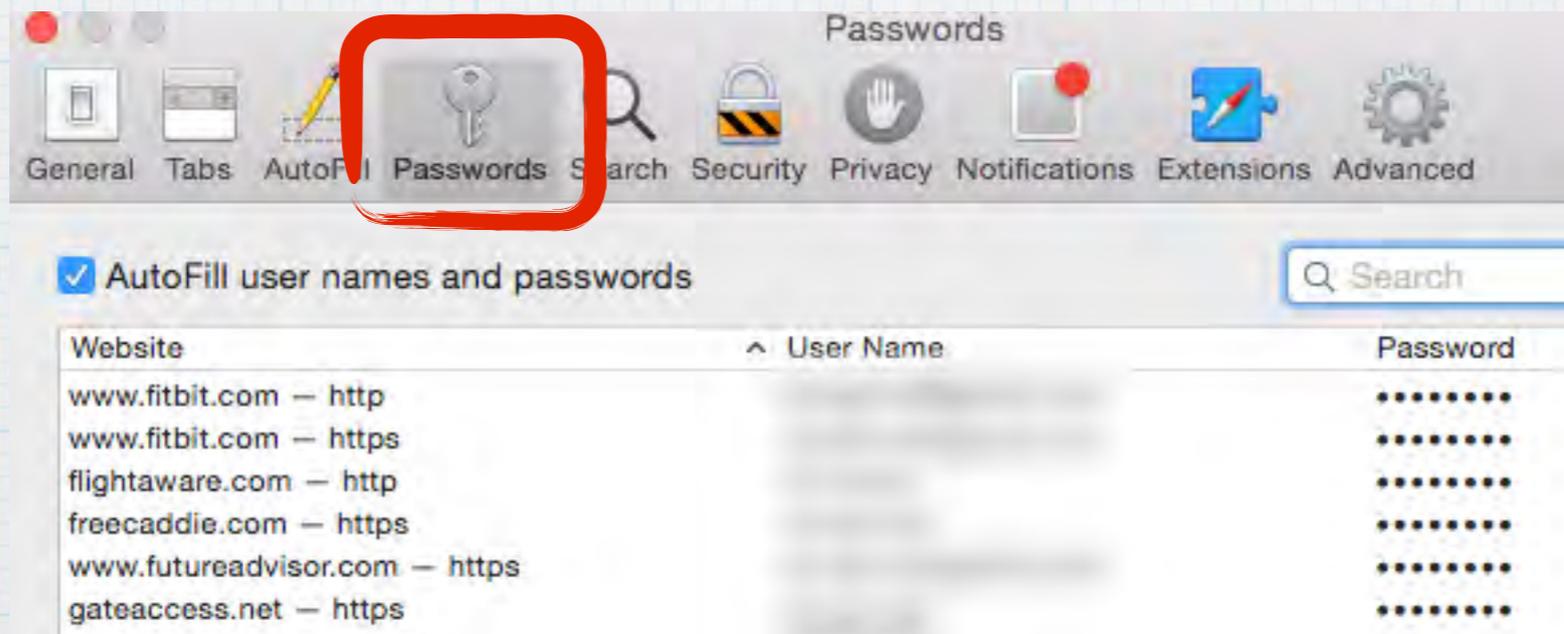
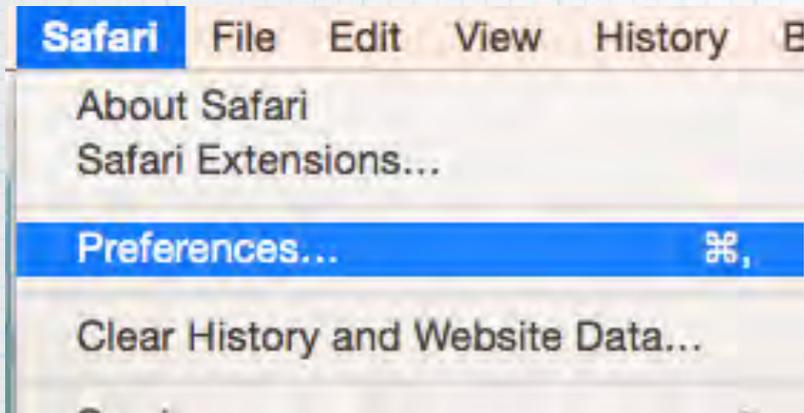
# To access Keychain in iOS.

Open Settings/Safari/Passwords/Saved Passwords  
Enter your 4-digit passcode and review list.



# To access Keychain in Mac OSX.

Open Safari/Preferences  
and click on Passwords.  
You'll be prompted to enter  
your Administrator  
password to read the list.



# To avoid this hassle, I use:



**1Password**  
for Mac

I use a very secure program sold through the Apple App Store called **1Password**. It auto-generates complex passwords for all my sites and locks them behind a firewall. However its \$50 for a Mac (free for iOS8). **Dashlane** for Mac is free, but costs \$20/year if you want to sync with your iPhone.

If you decide to just create a manual list, then remember some good rules to follow:

- Never use personal information.
- Don't use dictionary words.
- Mix upper & lower case letters & numbers.
- The longer & more complex, the better.
- Change passwords frequently.

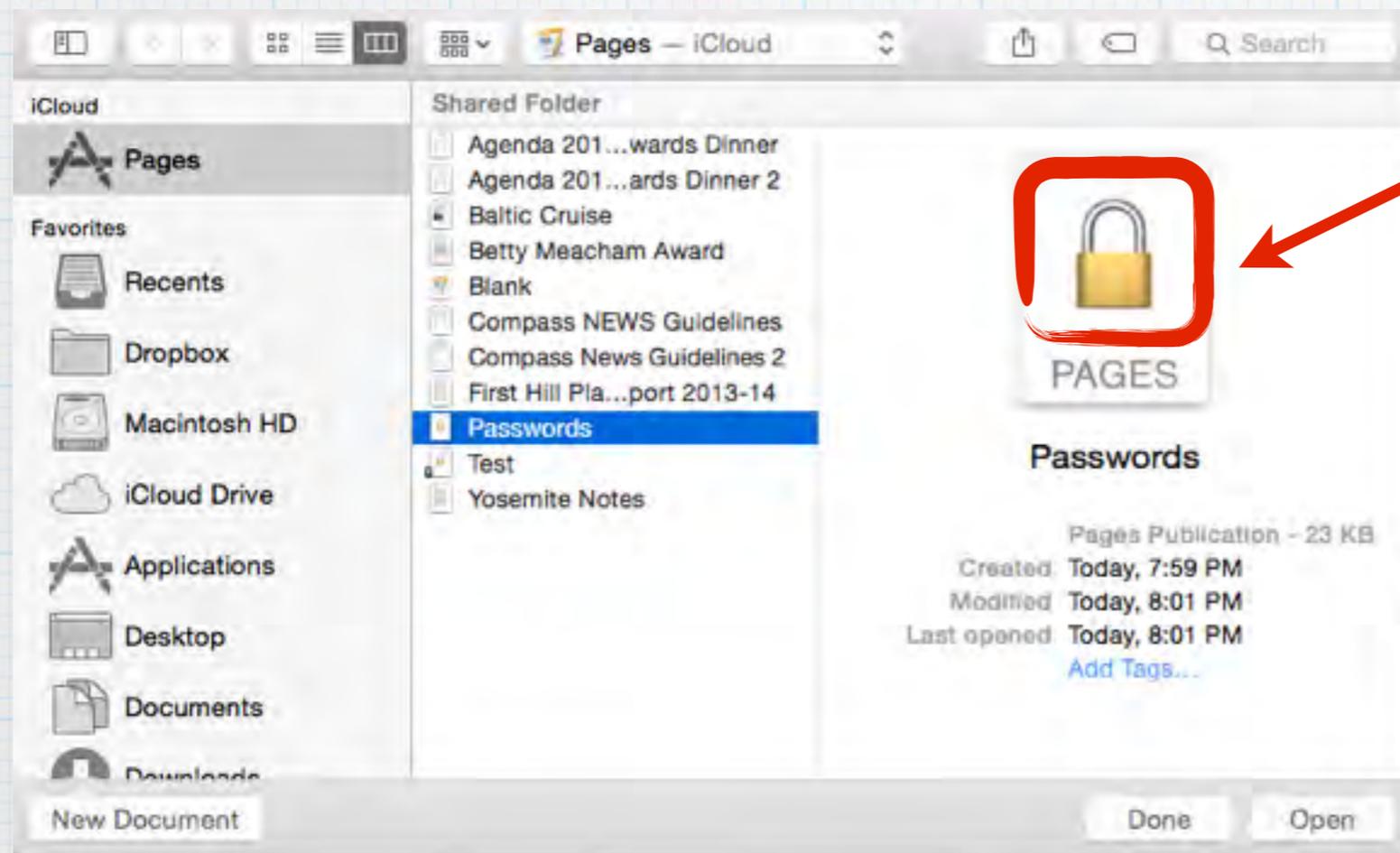
A good example of a password:

**Br7#KPn3\$Kp2@m9C**

**Br7#KPn3\$Kp2@m9C**

**16 character passwords are good.**

**Yes you could write them all down and hide the list in your desk, but I'd recommend using a password protected file in Pages or Numbers.**



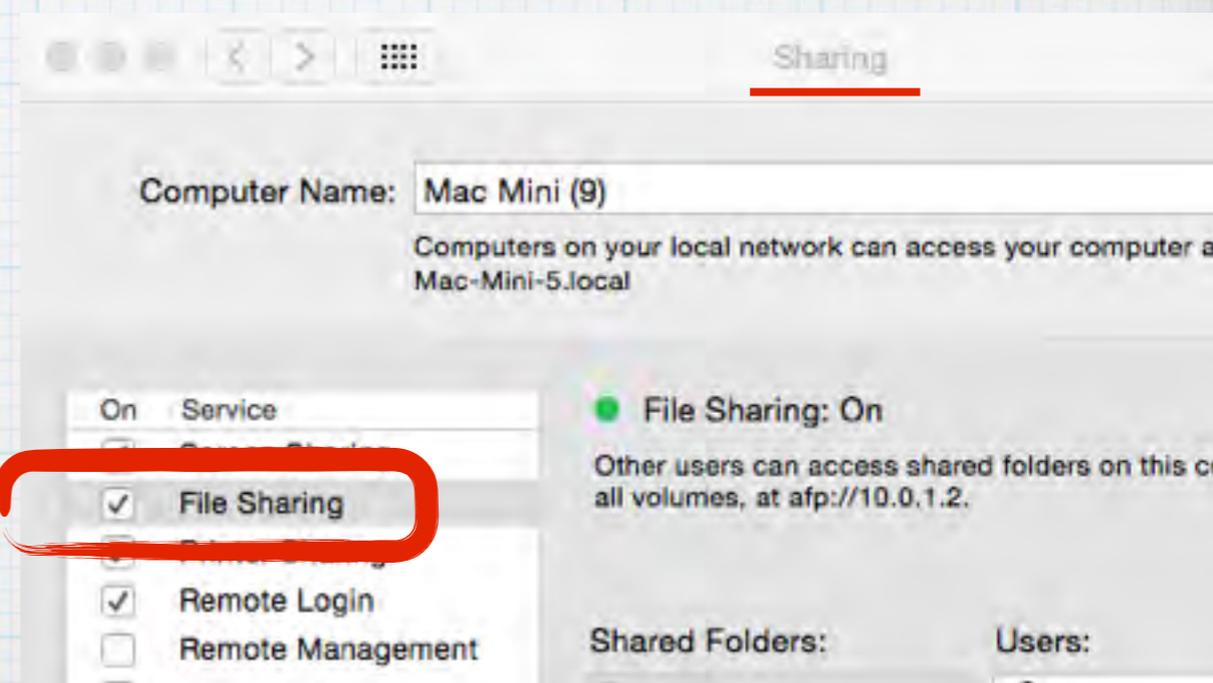
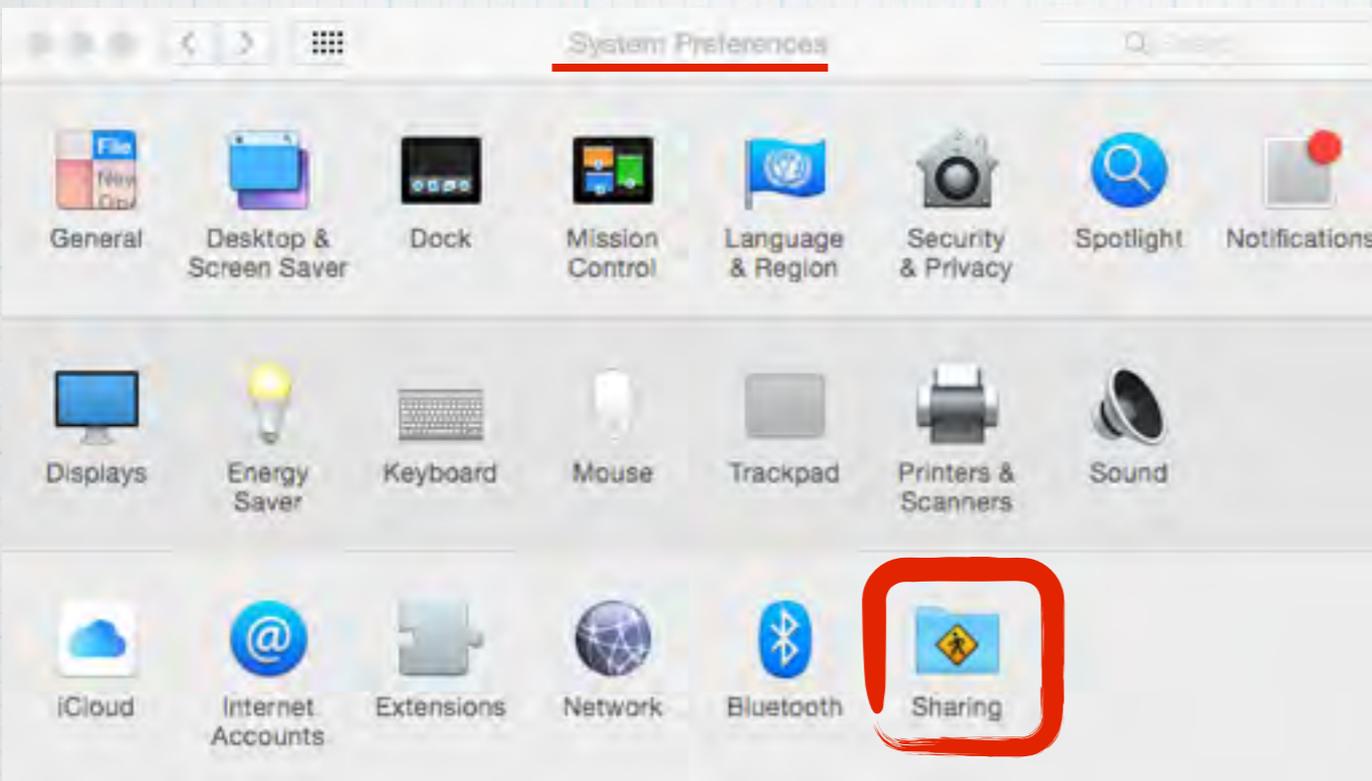
**The padlock means this Pages file is locked & password protected.**



Be wary of free WiFi Hotspots.

You never know who is luring!

Turn off **File Sharing** in System Preferences/  
Sharing if you are web surfing at Starbucks.



# Do you need anti-virus software?

Do you download from Bit Torrent (file-sharing) sites?

Do you trade files with Windows users?

Can't be bothered giving any thought to what you download?

Totally not tech savvy and scared of downloading anything?

Only then can I recommend downloading anti-virus software and the best one I have found on the Apple App Store website has an odd name, but it is free.

And no, I don't use any anti-virus software myself.

## ClamXav



ClamXav 4.5

ClamXav is a free virus scanner for Mac OS X. It uses the very popular ClamAV open source antivirus engine as a back end and has the ability to detect both Windows and Mac threats.

- Scan only the files you tell it to, or your entire hard drive, whichever you prefer....

More



The  
**Safe Mac**

**Want more Malware tips?**

**An excellent article, the Mac Malware Guide,  
can be found on the Safe Mac website:**

[www.thesafemac.com/mmg](http://www.thesafemac.com/mmg)

**And his Adware Removal Software, in my  
opinion, is free & safe to download:**

[www.adwaremedic.com](http://www.adwaremedic.com)



## A Final Tip - Purchase AppleCare!

Buy within one year of computer purchase  
for three years full warranty protection  
AND tech support via phone or email.

Next to buying a Mac in the first place -  
it's your best investment.

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# Questions, Comments ???

Visit: [rmug.weebly.com](http://rmug.weebly.com)

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Next meeting - Thurs. Feb. 12th 2:00PM