

Bits of Bytes

Newsletter of the Pikes Peak Computer Application Society, Colorado Springs, CO

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Issue 4



The Prez Sez

by John Pearce, President, P*PCompAS

Based on the increase in advertising and scam e-mail I have received since the middle of March, I expect a data breach with my personal data has been posted to the dark web for anyone to grab.

The scam messages are fairly easy to identify by looking at the "From" address. I doubt AARP is using a Gmail address to solicit new members. Or Felix at grupoeducativoarboleda.com is warning me about an overdraft on my bank account I must fix immediately.

Be careful so you are not the next scam victim. Check out the information provided by the Federal Trade Commission on [Scams & Identity Theft](#).

Meeting Minutes

by Greg Lenihan, P*PCompAS Secretary

The 7 March 2026 membership meeting was started via Zoom by President John Pearce at 9:02 am. The meeting minutes from last month were approved.

OFFICER REPORTS

VP Cary Quinn said the presentation today would be several videos from YouTube.

Treasurer Toni Logan was not present, but John Pearce gave her report. She is waiting a bill from Paul Godfrey for the Volunteers Luncheon, and we have a total balance of \$1463.45.

Next P*PCompAS meeting: Saturday, 4 April 2026

A Zoom link will be sent out.

No presentation topic has been announced.

Discord Server co-Admin Greg Lenihan said several additional newsletters were added to our Discord this last month, and there is an offer in the Deals channel for a video downloader that will expire soon.

Newsletter editor Greg Lenihan said the deadline for the April newsletter would be 21 March.

Webmaster Greg Lenihan reported he removed some things on the opening web page and added a section for getting on our Discord server. Our latest newsletter was also posted.

Membership Chair Ann Titus had nothing to report.

Librarian Paul Godfrey was not present for his report.

APCUG rep John Pearce said he sent out a "Slam the Scam" bulletin from Judy Taylour of APCUG to everyone.

BOD Chair Bob Logan was not present.

OLD BUSINESS: None

NEW BUSINESS: None

ANNOUNCEMENTS

The next social breakfast meeting will be on Saturday, 21 March, at the Golden Corral, starting at 8:00 am.

Our next membership meeting is on Saturday, 4 April 2026.

AROUND THE ROOM

John Pearce wrote about Microsoft's Secure Boot in the newsletter. You have to know what

your PC hardware manufacturer is doing and get the updates from Microsoft. John updated his BIOS last November-December, and in the last week he got a pop-up to reboot his computer for the latest updates. One update was for the latest key for Secure Boot. So far he hasn't received the updates for our club machine.

Cary Quinn ordered the part to fix a power adapter on his Dell laptop. The part is coming from Ebay and is out for delivery today.

Ann Titus took "a spill" in the doctor's office, so has been recovering this past week.

John Linder was looking for a good buy on security software. Greg Lenihan and John Pearce both use the built-in Windows Security program (previously "Defender") and Malwarebytes, if needed. John and Harvey McMinn are both unhappy with CCleaner.

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P*PCompAS

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Officers

President: John Pearce
jlpNet@comcast.net

Vice President: Cary Quinn
cary.quinn@gmail.com

Secretary: Greg Lenihan
glenihan@comcast.net

Treasurer: Antoinette Logan
antoinettelogan@gmail.com

Staff

APCUG Rep: John Pearce
Discord Admin: John Pearce
Drawings: Cary Quinn
Editor: Greg Lenihan
Librarian: Paul Godfrey
Membership: Ann Titus
Webmaster: Greg Lenihan

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Zoom participants at the March 2026 meeting.



Digerati at the March breakfast at the Golden Corral

Check your Phone's End Of Life

At some point, every major phone maker, Apple, Samsung, or Google, stops sending security updates to older devices. That cutoff is called End of Life, or EOL. After that date, your phone keeps working, but every new vulnerability after EOL stays open on your device.

To check your phone's EOL, go to <https://endoflife.date/>. Search for your phone's make and model. It shows the exact date your device loses support. ☺

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I Started Unplugging My Smart TV Once a Week, and it Runs Smoother Than Ever

by Cory Gunther, reprinted with permission from [HowToGeek.com](https://www.howtogeek.com)

Original article at <https://www.howtogeek.com/i-started-unplugging-my-smart-tv-once-a-week-and-it-runs-smoother-than-ever/>

We've all heard the saying or recommendation that a quick restart fixes most tech problems, like on a PC or smartphone, but that doesn't work for smart TVs. If your TV is running slowly and laggy, acting up, or ignoring remote commands, you're not alone. Even expensive TVs deal with it, and here's my easy weekly fix.

There are many ways to [make an old smart TV feel fast and new](#), and most of those tips apply to newer smart TVs, too. One of those is a power cycle. However, turning it off and on takes a little more effort than hitting the power button. When was the last time you completely unplugged and fully restarted your TV?

You should unplug your smart TV weekly **This tip starts each week fresh, fast, and lag-free**



After constantly dealing with a slow Roku TV in the bedroom and a laggy TCL TV out in the garage, I started unplugging and restarting my TVs once a week. The results are shockingly impressive. Everything is better, faster, and smoother.

Yes, the [easiest and fastest way](#) to fix almost any problem with a smart TV is to unplug it from the wall

for 30–60 seconds. The time it'll take for you to unplug it, wait a bit, and then sit through the longer reboot is absolutely worth it. It's the fastest fix, which is why I've set it up to happen automatically once a week.

For those unaware, most smart TVs don't actually turn off when you hit the power button. Instead, they enter a low-power sleep state thanks to features like "quick boot" or "fast boot," which are designed to get you to the home screen faster so you can launch your favorite [streaming apps](#) and services.

No one wants to wait two minutes for a TV to turn on, so almost every brand on the market employs this tactic. It'll go into a low-power state, then turn on faster. As a result, your smart TV never really turns off completely, loses power, clears the cache, and gets a chance to rest.

Fully power-cycling your TV will clear all temporary files, autoplay video previews, and app update leftovers, and it will likely check for updates once it turns back on. As a result, once you do it, you'll notice a substantially improved experience.

Your smart TV menus will be fast and smooth, apps won't lag as much, and the remote will be way more responsive. It sounds silly, but it works wonders.

But what if your power cable is hidden behind the TV in the wall mount, or runs behind the TV, behind the wall, and under an entertainment system? In that case, unplugging the power cord won't be as easy.

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Meeting Minutes (Cont. from pg 1)

Greg Lenihan said that ChatGPT creates caricatures if you post a selfie.

PRESENTATION

Cary Quinn showed these videos:

- 12 Powerful Websites Everyone Should Know About (Episodes 1 and 2).

https://www.youtube.com/watch?v=UYWClb_osDg

https://www.youtube.com/watch?v=c0Vf_HdfTlo

- 8 Free Microsoft Store Apps that Make Windows Better! 2026

<https://www.youtube.com/watch?v=GRRd1Lr12Rg>

- Can You Get Hacked When Your Computer is Sleeping?

<https://www.youtube.com/watch?v=NfjYaPYi-ZA>

- Try Linux Right From Your Browser (No Install Needed)

<https://www.youtube.com/watch?v=CsxuluJAX6U>

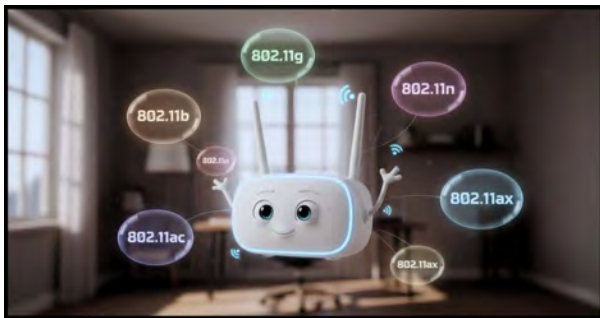
- Protect Yourself and Your Community From Scams and Identity Theft (APCUG)

<https://www.youtube.com/watch?v=fxB-NpPRpXg> ☺

How Do I Tell Which Wi-Fi Protocols My Computer Supports? They keep changing.

By Leo A. Notenboom, <https://newsletter.askleo.com/>; published under the Creative Commons License

Ever wondered if your Wi-Fi card can handle the latest speeds, or why it won't connect in certain places? I'll show you exactly how to check which Wi-Fi protocols your computer supports, and what those cryptic "802.11" labels actually mean.



Question: I don't know if my Wi-Fi card is 2.4 GHz or 5 GHz, so my first question is, how do I find which I have?

If you're having trouble connecting to a [Wi-Fi](#) hotspot — open and public, or otherwise — it could be a mismatch between the capabilities of your Wi-Fi hardware and the hotspot providing the wireless networking.

To do this, we need to figure out which protocols — that whole "802.11" thing — your card

is capable of. Once we have that information, we can make a few assumptions.

Fortunately, your card's capabilities are easily discovered.

In Short

Which Wi-Fi?

To check your Wi-Fi protocols, open Command Prompt and type **netsh wlan show drivers**. Look for "Radio types supported" to see which protocols are possible. Then go to **Settings > Network & Internet > Properties** to see which protocol and frequency you're using right now.

Examining capabilities

On a computer with Wi-Fi, enter the following command:

```
netsh wlan show drivers
```

The result will be a lengthy list.

Continued on page 5

Unplug TV (Cont. from page 3)

Thankfully, most smart TVs, like your Roku or Google TV, will let you do a power cycle from the settings menu.

Depending on the model or operating system, you can usually go to Settings > System and find a restart option. Doing so will clear the cache, fully power down the TV, and restart everything, just as unplugging it would. It'll take longer to restart and fire up than usual, but that's because it's fully restarting — which is the goal.

Unfortunately, unplugging your

smart TV is only a temporary fix. After a few days, a week, or maybe longer, it'll start to slow down, bog down, and lag again. It's inevitable.

After realizing how much better things were after a full power cycle, I actually bought and started using [smart plugs to restart my router](#) and TV every week. I've noticed much better performance with my home Wi-Fi and smart TV.

Additionally, you can put your Google TV or Android TV into "[App Only Mode](#)" to remove recommendations from the home screen, which speeds things up a bit, too. Another thing I'd

recommend is [uninstalling any pre-installed apps on your TV](#) to free up space, or try a third-party TV [home screen replacement like Projectivy Launcher](#).

Unplugging your TV once a week works better than you'd think

In closing, start unplugging your smart TV once a week, or every 10 days, and you'll be surprised by just how much better all the apps, menus, and streaming services perform. Once you realize the benefits, as I have, get yourself a smart switch so you can set it to happen automatically. ☺

Wi-Fi (Cont. from page 4)

```

C:\netsh wlan show drivers
Interface name: Wi-Fi
Driver : Intel(R) Wi-Fi 6E AX210 160MHz
Vendor : Intel Corporation
Provider : Intel
Date : 6/13/2025
Version : 23.150.0.4
INF file : netwtv.inf
Type : Wireless-802.11-Device
Radio types supported : 802.11b 802.11g 802.11n 802.11a 802.11ac 802.11ax
802.11a Management Frame Protection supported : Yes
Hosted network supported : No
Authentication and cipher : Supported in infrastructure mode:
Open : None
Open : WEP-40bit
Open : WEP-104bit
Open : WEP
WPA-Enterprise : TKIP
WPA-Enterprise : CCMP
WPA-Personal : TKIP
WPA-Personal : CCMP
WPA2-Enterprise : TKIP
WPA2-Enterprise : CCMP
WPA2-Personal : TKIP
WPA2-Personal : CCMP
Open : Vendor defined
WPA3-Personal : CCMP
Vendor defined
WPA3-Enterprise : 192 Bits GCM-256
Open : CCMP
Open : CCMP
Number of supported bands : 3
2.4 GHz [ 0 MHz - 0 MHz]
5 GHz [ 0 MHz - 0 MHz]
6 GHz [ 0 MHz - 0 MHz]
HW service present : Yes
HW adapter OUI : [00 00 00] type: [00]
HW extensibility DLL path : C:\WINDOWS\System32\DriverStore\FileRepository\netwtv.inf_amd64_c378566f1e6d506a\IntelIHWRouter14.dll
HW ID extensibility CLSID : {00000000-0000-0000-0000-000000000000}
HW diagnostics CLSID : {00000000-0000-0000-0000-000000000000}
Wireless Display Supported: Yes (Graphics Driver: Yes, Wi-Fi Driver: Yes)
    
```

Look for the line “Radio types supported”. That will tell you the Wi-Fi protocols your adapter is capable of using. In the example above, that includes: 802.11b, 802.11g, 802.11n, 802.11a, 802.11ac, and 802.11ax.

Great. What’s all that mean?

802.11 variations

802.11 is a formal standard for the wireless protocol used by what we typically call Wi-Fi. It defines the signals, frequencies, and other characteristics of how wireless devices communicate with one another. Originally released in 1997, there have been, and continue to be, revisions to the protocol.

Wi-Fi generations

Generation	IEEE standard	Adopted	Speed Range (Mbit/s)	Frequency (GHz)		
				2.4	5	6
Wi-Fi 1	802.11	1997	1–2	✓		
Wi-Fi 2	802.11b	1999	1–11	✓		
Wi-Fi 2G	802.11a		6–54		✓	
Wi-Fi 3	802.11g	2003		✓		
Wi-Fi 4	802.11n	2009	6.5–600	✓	✓	
Wi-Fi 5	802.11ac	2013	6.5–6,933		✓	
Wi-Fi 6	802.11ax	2021	0.4–9,608	✓	✓	
Wi-Fi 6E				✓	✓	✓
Wi-Fi 7	802.11be	2024	0.4–23,059	✓	✓	✓
Wi-Fi 8	802.11bn	TBA		✓	✓	✓

(Source: Wikipedia)

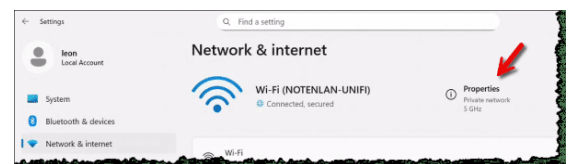
Each generation (1, 2, 2G, etc.) of the protocol differs in its range of transmission speeds and the frequencies over which the protocol might be used.

The rows I’ve highlighted in blue correspond to the “Radio types supported” in my earlier example. My laptop can use the 802.11b, 802.11g, 802.11n, 802.11a, 802.11ac, and 802.11ax protocols.

Great. But what am I actually using?

Wi-Fi in use

In Settings, open Network and Internet. There you’ll find at least one piece of the puzzle.



“Properties” indicates that this connection is using the 5GHz frequency, but that doesn’t tell me which 802.11 protocol is in use.

Click on Properties for more information.



Along with other information, here you can see that my laptop is connecting using 802.11ac, also known as Wi-Fi 5.

Side trip: DFS

The original question was submitted by an individual whose Wi-Fi was having problems aboard a cruise ship. He was told his device probably didn’t support something called “DFS”, or Dynamic Frequency Selection. This is another formal specification — 802.11h — dealing with interference when using the 5GHz frequency.

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Sluggish, Cluttered Computer? Here's Your Cleanup Cheat Sheet

By Bob Rankin, <http://askbobrankin.com>, published through the APCUG

Computers and cars have one thing in common: both tend to accumulate junk in hard-to-reach places. Cleaning out your car can be a messy, sweaty job with plenty of opportunities for back injuries. Cleaning out a PC is a more civilized affair. Cluttered drives can make your computer feel sluggish, cause backups to take longer, and can even prevent updates from installing. Here are some free tools to clean up your hard drive, improve system performance, and make sure your backups run smoothly. Ready to jettison the detritus? Read on...

Optimize Your Hard Drive - Cleanup and Maintenance

Are you running out of storage space on your hard drive? Does it take forever to do backups? Or maybe you feel there's just a lot of junk on your computer. Chances are, there's a boat-load of unnecessary and/or duplicate files on your hard drive that can be deleted. You won't need Clorox and a scrubber to clean your hard drive! Windows 10 and 11 make it easier to find unneeded and unwanted files clogging your computer. Let's take a look at those built-in tools first, and then some handy third-party utilities for PC and Mac to help with the hard drive cleanup.

There are many sources of wasted disk space. Windows creates some when it is installed, including updates, rollback files, hibernation and paging files, and multiple Restore Points. Some apps create temporary files during installation and uninstallation, and fail to clean up after themselves. Apps also generate log and data files that may not be necessary. Temporary download files tend to become permanent, unless occasional pruning is done.

If you upgraded from a previous Windows

version, Windows saved a copy of your old operating system and its settings in a folder named Windows.old. This file can be several gigabytes in size. The Windows.old folder is automatically deleted 10 days after a Windows feature update or upgrade to free up disk space. If you need more space, and you have decided to fully commit to the upgrade, here is how to recover that space sooner.

Type "cleanup" in the search box and click on "Disk Cleanup" in the results. Select the drive you want to clean up (usually your C: drive). On the next screen, click the "cleanup system files" button in the lower-left corner. After the disk scan, a list of items you can remove is shown. Check the box next to "previous Windows installation(s)". Before clicking "OK" to start the cleanup, review the whole list of items that can be removed. Check the box next to any other item(s) you wish to remove. Then click "OK."



Windows 10 and 11 have Storage Management features that can help you see where all your disk space has gone and recover some of it. **To access this tool, enter "storage" in the search box and click on "Storage**

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Wi-Fi (Cont. from page 5)

There are other devices that use certain frequencies in the 5GHz range, including ships' radar. On a cruise ship, you do not want your Wi-Fi signal to interfere with the radar. DFS is a protocol addition that allows your Wi-Fi device to sidestep possible interference, so it makes sense that your cruise ship

might require your device to support DFS.

Determining whether or not your specific device supports it is a little unclear. The rule of thumb seems to be that any device supporting 5 GHz Wi-Fi made after 2019 likely supports DFS channels. Prior to that, things could get iffy.

Do this

Most of this is completely transparent in normal use. Your laptop will generally note what your local [router](#) or Wi-Fi access point makes available and use the option best suited to the situation.

But if you're curious about what your device's capabilities are and what choices were made when connecting, now you can peek under the hood. ☺

Sluggish Computer (Cont. from page 6)

Settings". Note the "Storage Sense" button on the Storage main menu. When enabled, it automatically deletes temporary files and empties the Recycle Bin. Click the "Configure Storage Sense" link to fine-tune what gets deleted and when. The default is to jettison the detritus only when storage is very low. But I like a more aggressive approach, so I chose the run Storage Sense "every week" instead of "during low free disk space" and to delete files in my Recycle Bin if they are more than 14 days old.

The Storage app categorizes the types of files on your system drive, and shows how much storage each category is consuming. Click on a category to see what specific files are in it and how much space they consume. For example, in the Apps and features category, when you click on a specific item, buttons appear next to it: "Modify" and "Uninstall" or "Move" and "Uninstall." If a button is greyed out, you can't perform that function on this file. The Modify button will open the installer for that app, and the Move button lets you move an app to another disk. (I found that the Move button was always greyed out, even though I have multiple disks on my PC.)

Most of the apps built into Windows 10 and 11 cannot be uninstalled, i.e., the Camera app. In current builds of Windows 11, many preinstalled "inbox" apps show up in Settings > Apps > Installed apps and can be uninstalled just like any other program, while truly core system components are listed separately under "System components" and cannot be removed.

Clicking on some of the other categories, such as Temporary Files, Documents, or Pictures, may reveal some large files that can be deleted. Don't delete files if you're not sure what they are. Photos,

music and video files can take up a lot of space on your hard drive. Open the Pictures folder, switch to the Details view, then sort by size to find the biggest files. Then you can review and delete the ones you don't need.

Drilling Down for Space Hogs

As soon as I typed that heading, I couldn't help but think of "Pigs in Space," a recurring feature on "The Muppet Show" in the 1970s. This has nothing whatsoever to do with the topic at hand, but that's how my brain works. You're welcome, I'm sorry, and let's stay focused on your hard drive.

Another space-hog is pagefile.sys, the file in which Windows temporarily stores parts of apps and data files when the whole things won't fit in RAM. Generally, you should let Windows manage the amount of space devoted to pagefile.sys; it will grow and shrink as needed. In fact, shrinking the page file can hurt performance. But if you are really tight on disk space, you can adjust the maximum size of pagefile.sys or even delete it entirely (not recommended). Here is how to manage pagefile.sys:

- Click Start and search for "advanced system settings."
- Select the Advanced tab on the resulting screen.
- Click on the "Settings" button in the Performance section of the Advanced screen.
- On the Performance Options screen, click "Advanced."

Finally, there is "Total paging file size for all devices." Click "Change" to see your options. "Automatically manage..." is the default option. Uncheck it to manually adjust things. You can set custom initial and maximum sizes; let the system manage the pagefile.sys size; or do without a pagefile.sys file altogether (not recommended). Whatever you

change, you'll need to reboot before the changes take effect.

Other Hard Drive Cleaner Uppers

Computer housecleaning should really start the day you turn on a new PC. Most computers come loaded with unnecessary and often unwanted programs. The software developers pay computer vendors to install their trialware on new PCs, hoping that new buyers will try and purchase some. Among experienced users, such programs are known as "crapware". [Revo Uninstaller](#) and [Bulk Crap Uninstaller](#) are two advanced uninstallers that can remove even the most stubborn program. [AppZapper](#) is a similar program for Mac users.

Web browsers generate a ton of digital clutter. Browsers store images, cookies, download histories, and other temporary files that they might need again. These files are handy but not strictly necessary. They don't get cleaned up automatically, either. Utilities such as [CCleaner](#) and [Privazer](#) sweep up browser clutter as well as other traces left on your computer by Windows. (Keep in mind that deleting cookies may log you out of websites, so there's a trade-off.)

Duplicate files are another form of digital clutter. Duplicates are especially common among music and image files. Utilities such as [Auslogics Duplicate File Finder \(FREE\)](#) use metadata to identify duplicates, or do a byte-by-byte comparison of files that have common names and sizes. [EaseUS CleanGenius](#) is a duplicate file finder for Mac OS X users.

Here are some other tips that should work on any system to reduce the load on your hard drive:

- Delete photos and movies you no longer need. These files can be HUGE sometimes.

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Up to 80% of Medical Bills Have Errors. AI Can Spot Them in Minutes

from *The Current Newsletter* at Komando.com, 3/2/26

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A man used a \$20/month AI tool to find illegal charges on a \$195,000 hospital bill and negotiated it down to \$33,000. Here's exactly how to do the same thing with your next bill.



Last summer, a man's brother-in-law suffered a fatal heart attack. The hospital bill for four hours of emergency care: \$195,628.

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TL;DR (THE SHORT VERSION)

- Up to 80% of medical bills contain at least one error. The average hospital bill over \$10,000 has \$1,300 in mistakes.
- A man recently used Claude to analyze a \$195,000 hospital bill. The AI found duplicate charges, illegal billing codes and supply markups as high as 2,300%. He negotiated the bill down to \$33,000.
- You can do the same thing right now. I'll show you how.

Sluggish Computer (Cont. from page 7)

- Use Media Player and/or iTunes to delete any music, video or podcasts you no longer need.
- Look through your Documents folder for old or unwanted word processor and spreadsheet files.
- Clean up your email folders - Inbox, Sent, Trash, Junk, etc. Sort by size to find and nuke huge attachments.

Here's my secret weapon when it comes to really cleaning up a hard drive. [JdiskReport](#) is a disc usage analyzer for Windows, Linux and Mac OS X systems that visually represents the space taken up by various files and folders on your hard drive. You can use it to find large files, overstuffed folders, and other hard-to-find junk. [WinDirStat](#) (for Windows only) is similar, but displays the information about large files and folders in a "treemap" format that some people find very helpful. Another Windows option is [TreeSize](#), which has powerful visual tools to clean up disk space

and remove hard drive clutter. Mac users may want to check out [GrandPerspective](#), which does a similar job.

Using Cloud Storage to Offload Large Files

One more smart way to reclaim disk space without losing access to your big files (photos, videos, databases, disk images) is to move them to cloud storage while keeping convenient shortcuts on your PC. Microsoft's OneDrive has a built-in "Files On-Demand" feature (enabled by default in recent versions) that shows all your cloud files in File Explorer as placeholders. Right-click any file or folder, select "Free up space" to offload it to the cloud without deleting it, or "Always keep on this device" to download it back locally. This frees up gigabytes instantly while letting you open files seamlessly when online (they auto-download as needed). For alternatives, Google Drive offers 15 GB free with similar selective sync.

Regular Anti-Clutter Maintenance Routine

If all of that felt a bit overwhelming, start by doing

just three things today to reduce computer clutter. Turn on Storage Sense, uninstall one big unused app, and use a disk usage analyzer (see options above) to delete one giant folder you no longer need.

If you want to take it further, put a routine in place to keep hard drive clutter from building up again with calendar reminders. Here's a suggested schedule that takes under 15 minutes most sessions and prevents the "sudden full disk" panic.

- Weekly: Empty the Recycle Bin, run Storage Sense (if enabled), and clear your browser cache via Settings or a tool like CCleaner when space dips below 20% free.
- Monthly: Uninstall one unused app, scan with a disk analyzer to spot new space hogs, and archive or delete large files lurking in the Downloads and Documents folders.
- Quarterly: Check old System Restore points (via Disk Cleanup), verify backups are current, and review startup apps in Task Manager to disable anything sneaky. 😊

Medical Bills (Cont. from page 8)

The man's sister-in-law was ready to pay it. He asked her to wait. He requested an itemized bill with CPT codes (the universal billing codes hospitals use) and fed the whole thing into **Claude**, an AI chatbot.

Within minutes, Claude found duplicate charges, services billed as "inpatient" even though the patient was never admitted, supply costs inflated 500% to 2,300% above Medicare rates and charges for procedures that never happened. He cross-checked with ChatGPT. Both AIs agreed. He wrote a six-page letter citing every violation by name.

The hospital dropped the bill to \$33,000. An 83% reduction. Zero medical training. A \$20 app.

Your bill is probably wrong, too

That story sounds extreme. It's not.

The Medical Billing Advocates of America estimates 3 out of 4 medical bills contain errors. The average hospital bill over \$10,000 has roughly \$1,300 in mistakes. And less than 1% of denied insurance claims are ever appealed. Hospitals and insurers are banking on the fact that you

won't check.

AI flips that equation. You don't need to understand CPT codes or have a medical billing degree. You just need to paste.

The 5-minute audit

Step 1: Call your provider and request an itemized bill with CPT codes. Not the summary. The full line-by-line breakdown. You're legally entitled to this.

Step 2: Open ChatGPT, Claude, Grok or Gemini (free versions work) and paste this:


"I'm pasting my itemized medical bill below. Please: (1) Explain every charge in plain English, (2) Flag any duplicate or suspicious charges, (3) Compare each charge to average costs, (4) Identify billing code errors or bundling violations, and (5) Draft a dispute letter I can send to the billing department. Here's my bill:"


Step 3: Paste your bill. The AI will translate every line and tell you what looks wrong.

Step 4: If the AI finds errors (it probably will), call the billing department and ask for a supervisor. Reference the specific

codes. Hospitals resolve disputes all the time when patients show up prepared.

Pro tip: Counterforce Health (counterforcehealth.org) is a free AI tool built specifically for insurance denial appeals. Worth bookmarking. It's time to give your medical bills a thorough examination. The AI will see you now.

 **Real talk.** Everybody's talking about AI. Nobody's showing you what to actually DO with it. That changes Thursday. My new free newsletter **Splash of AI** gives you one trick, one tool and one "wait, I can do THAT?" moment every single week. Five minutes. Plain English. The kind of stuff that saves you time, money or both. [Sign up here before issue one drops.](#) You'll wonder how you got by without it.

 **Send this to someone who is** staring at a medical bill they can't make sense of. Forward this right now. Seriously. This could save them hundreds or even thousands of dollars, and it takes less time than making coffee. ☺

Tips to Try

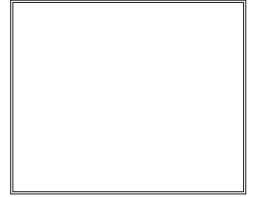
Solve PC problems remotely: Your computer has a built-in tool to view and control someone else's screen. On Windows, press Ctrl + Win + Q to open Quick Assist. On Mac, go to System Settings > General > Sharing, turn on Screen Sharing and open the app.

Charging to 100% every night feels responsible. It isn't. Lithium batteries degrade fastest at the extremes. Apple, Samsung and Google all recommend keeping your charge between 20% and 80%.

- On Android: Go to Settings > Battery > Charging Optimization.
- On iPhone: Settings > Battery > Charging. Turn on optimized charging right now. Your battery will last years longer.

Want to make a quick copy of a file without overwriting the original? Press Ctrl + Shift + S on Windows or Cmd + Shift + S on Mac. It creates a duplicate with a new name instead of accidentally replacing the existing file. Works in most apps. ☺

P*PCompAS Newsletter
Greg Lenihan, Editor
e-mail: glenihan@comcast.net



Coming Events:

Next Membership Meeting: 4 April 2026 beginning at 9 am with login available by 8:45 am. Zoom links will be e-mailed out to all members on the roster.

Next Breakfast Meeting: 18 April 2026 @ 8:00 am, Golden Corral, 1970 Waynoka Road

Newsletter Deadline: 18 April 2026

Check out our Web page at: <http://ppcompas.apcug.org>