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Email Quotas and Restrictions

The following restrictions apply to faculty and staff email account:

- Individual emails cannot be greater than 35 MB including attachments. Faculty and staff are restricted to less than 1000 recipient email addresses per email and 5000 recipients per day. Students are restricted to less than 300 emails a day.
- Blocked file extensions: inf, ink, scf, msp, cpl, msh2xml, msh1xml, mshxml, msh2, msh1, msh, psc2, psc1, ps2xml, ps1xml, ps1, wsh wsc, wsf, ws, jse, vbs, vb, cmd, jar, hta, msi, scr, bat, Macros, com, js, exe

If you need to email a file with one of these extensions, you must change the extension to .txt and instruct your recipient to change it back to the original once they receive it. To change a file extension refer to the following instructions:

- Make sure you can see file extensions. If you see a period followed by two three or four letters at the end of your file name (e.g., .doc), then you can see them. If you don't see the extension you need to turn on the ability to see them. To turn this on:
 - Click on My Computer.
 - Click on the Tools menu.
 - Choose Folder Options.
 - Click on the View tab.
 - Scroll down to Hide Extensions for Known File Types
 - Uncheck Hide Extensions for Known File Types
- Locate the file you want to attach to your email.
- Select it by clicking on it once (don't open it). It should be highlighted.
- Press F2 (rename) on your keyboard.
- Move your cursor over to the file extension and change it to .txt
- Press Enter on your Keyboard

You can now safely send the attachment over email. Remember to instruct your recipient to change the extension back to the original.

All university-owned Windows computers have the main Adobe Creative Cloud application installed, which manages the individual Adobe applications. However, due to the size, the standard Eastern package only includes some of the individual applications. If the application you need is not on your machine, you may download and install it from the Adobe Creative Cloud Application using the steps below.

Adobe Applications include the following:

- Acrobat DC
- Aero (Beta)
- After Effects
- Animate
- Audition
- Bridge
- Camera Raw
- Character Animator
- Dimension
- Dreamweaver
- Illustrator
- InCopy
- InDesign
- Lightroom
- Lightroom Classic
- Media Encoder
- Prelude
- Premiere Rush
- XD
- Photoshop
- Premiere Pro

Installing the Main Creative Cloud Application for Home Use Installation

If you are trying to get Adobe applications for home use, you will first need to download and install the main Creative Cloud Application from the following link and then follow the rest of the instructions:

NOTE: These products are provided to faculty and staff at no cost to them. If during the process, you are prompted to pay for anything, then you have made an error.

Link to download the main Creative Cloud Application (Home Use Installation Only): <https://creativecloud.adobe.com/apps/download/creative-cloud>

Instructions for Eastern-owned machines or home use machines after installing the main Creative Cloud Application:

1. Launch the Creative Cloud Application from your Start Menu
2. Enter your email address and choose **Company or School Account** when prompted
3. Enter your email address as the username and your Eastern Email password whenever prompted.
4. Click on Apps to see the list of Apps you can download and install.

Low Battery Warning Error on a Desktop PC

Previous instructions to remove the low battery warning also removed the automatic shut-down feature of the pc. When you chose to shut down the pc, rather than shutting down, you'd get a message saying, "it's now safe to shut down your pc."

These are revised instructions to (a) turn back on the shut-down feature and (b) remove the low battery warning message.

IMPORTANT: These instructions require one or more restarts. Please print these instructions first.

Part 1: Re-enable the Advanced Power Management Option

- Go to Start.
- Go to Settings.
- Go to Control Panel.
- Go to Power Options.
- Go to the APM tab. The enable box should be checked. If it's not, check it. This may bring back the low battery warning message after a couple of restarts, but will also bring back the shut down function.
- Click ok and close all open windows.

Part 2: Update the BIOS

- Shut down your PC.
- After it's completely shut down, restart the machine, but press the F10 button (press it several times) as it's starting up. If the Windows 2000 screen comes up, you were too late and need to shut down and try again.
- You should get either a screen that says keyboard error (press F10 again to enter setup) or you will go directly into setup.
- Once in setup, highlight English and press enter.
- Using the arrow keys move the cursor to the right to the Power section.
- Highlight Energy Saver and press enter.
- Use the right arrow key to change it from Disable to Advanced.
- Press the F10 key to accept.
- Using the arrow keys move the cursor to the left to the File menu and highlight Save Changes and Exit.
- Press Enter.
- Press F10 when it asks if you are sure you want to make changes.

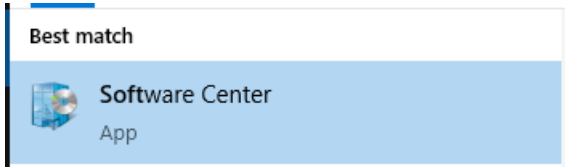
Your computer should re-start normally. After it restarts, the low battery warning will be removed, and the automatic shutdown feature will be restored.

NOTE: These instructions are only for Eastern owned PC desktops and Mac products. If you have an Eastern owned PC laptop, please fill out the Software Request Form in [Article 221: Requesting Software Purchases and Installations in Offices, Computer Labs, and Classrooms](#)

The Software Center is a program on your PC that allows you to receive software and updates from ITS. It enables us to keep you up to date and allows you to install certain software yourself. Mac users have a different application for this purpose called Self Service.

On a PC:

- Click the search icon on the Windows search bar
- Start typing the words: Software Center
- Click on Software Center



- Select the application you would like to install from the list, and then click the Install button
- The status will change to Installed once the installation is completed. You can now use your program

On a Mac and iOS:

- Go to Applications and Open Self Service (go to the Self Service icon on iOS)
- Enter your username and password
- Locate the application
- Click Install under the logo for the application
- The status will change to reinstall when the install is complete. You can now use the application.

The following instructions require that you log into a Windows computer on the network at Eastern:

- Go to the start menu and click on Computer.
- Right-click on the Z-Drive if the file was in the main directory. If the file was in a subfolder, right-click the subfolder.
- Click Properties.
- Click on the Previous Versions tab, then highlight the previous version in which you wish to pull the previous document from.
- Click Open. A window will appear showing the contents of the version of that folder.
- Highlight the file you want to recover.
- Right-click the file and select Copy.
- Open a new Windows Explorer window. Find the file location in which you wish to put the copied folder.
- Right-click inside the folder and select Paste.

