Re: Deleted file retrieval

Source:
http://www.tech−archive.net/Archive/WinXP/microsoft.public.windowsxp.general/2006−05/msg03556.html

- *From*: "Sal" <here@xxxxxxxxxxx>
- *Date*: 9 May 2006 14:11:54 −0700

I find it intriguing that previously overwritten data can be recovered. Assuming a hard drive has been in use for awhile, it's feasible that the sectors where a file was stored contained previous data themselves, even before they were overwritten. So how can it be determined exactly which magnetic 1's and 0's are relevant?

R. McCarty wrote:

> Even when a file is overwritten, there is a degree of magnetic retentivity that can (with effort) be read. Thus previous data has the possibility of being recovered. There are two distinct types of recovery, Software & Hardware. To stop hardware recovery takes numerous passes of writing alternating data to make reading old magnetic states nearly impossible.
> Personally, I use CyberScrub for drive security. I would do a Google as there are likely several free utilities available.
> For full drive erasure, many hard drive vendors provide a tool that does what's called a "Zero Fill" − Writes Zeros to all areas of the disk.
>
> "Sal" <here@xxxxxxxxxxx> wrote in message
> news:1147202198.261055.254050@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx
>
>> Can a file that's been deleted and subsequently had all it's sectors overwritten with new data be restored to its original content? My intuitive sense is that it cannot, but I seem to remember a thread on a different news group where someone claimed that even if a file had been completely overwritten numerous times, it could still be retrieved.
>>
>> In light of above, is there a poor man's way (meaning without specialized software) of rendering a deleted sensitive file unretrievable by overwriting it's data with another file of equal or greater size?

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