Extracting files on Windows from a compressed tar file

* Download 7zip for free (it’s open source, under GNU license) at <http://www.7-zip.org/>
* Click on the download link, select the appropriate download for your system
* An install .exe file will download. Run this .exe file, use the default set up, accept the licensing term, and in minutes you will have 7zip on your system
* Right click on the tar file and select 7Zip and then Extract Files
* You’ll need to Extract twice, once to decompress, then a second time to extract