

Re: Services running high and CPU usage high

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- *From:* "Stubby" <William.Plummer*NO*SPAM*@alum.mit.edu>
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Beware: You might be chasing a red herring. I had the same problem (on Vista) and ultimately tracked it down to a bad spot on my harddisk. It was in the directory structure so when any process looked up a file, an error would occur. Errors get logged and this involves looking up the log file.

Look at the file sizes in C:\WinNT\logfile . This might be hidden so you'll have to unhide it.

Also, look at the Event Viewer logs very carefully. Performance problems almost never turn out to be the obvious.

"Johncobb" <Johncobb@xxxxxxxxxxxxxxxxxxxxxxxxxxxx> wrote in message news:23BCD6D5-0FE1-493D-A209-07E70C9054A0@xxxxxxxxxxxxxxxxxxxx

Hello everybody,
Lately my HD is spinning like crazy and fans too.
I looked in Task Manager and I can see that services are running very high and CPU usage is high also even when I do not perform any tasks.
I scanned my computer for viruses and it seams that it is clean.
A few weeks ago I installed Spybot and BitDefender but I uninstalled them soon because I thought that they may interfere with eachother.
I ended unnecessary processes – now running 30.
I have also unticked non essential Start Up programs and Services – that

did

not help.
To me it looks like there is something running in the background but how

can

I detect it ??? It must be hidden somewhere.

My computer parameters:
IBM ThinkCentre
CPU 3 Ghz
RAM 2 GB

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HD 233 GB (194 GB free space)

WIN2000 Pro with SP 4.

AV software– Avast.

I have this problem for the last few weeks and it is driving me crazy. I spent countless hours trying to find the cause.

Please provide any suggestions.

Thank you in advance.

John