

## Re: Downloads and Spyware

**Source:**

<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.general/2004-09/7040.html>

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**From:** Richard Urban (*richardurbanREMOVETHIS\_at\_hotmail.com*)

**Date:** 09/05/04

Date: Sun, 5 Sep 2004 13:02:44 -0400

Didn't he give you "all" the information you need to continue on your own?

--

Regards:

Richard Urban

aka Crusty (-: Old B@stard :-)

"Pete Q" <anonymous@discussions.microsoft.com> wrote in message  
news:654201c49368\$38e04440\$a501280a@phx.gbl...

>

> Shenan--

>

> Thanks for the response to the first part of my question  
> regarding whether virus software should be disabled.

>

> Do you have any input on the 2nd question related to  
> spyware?

>

>>-----Original Message-----

>>Answers inline

>>

>>Pete Q wrote:

>>> I had a few questions regarding the process to be  
>>> followed when installing programs or updates from  
>>> Microsoft, either from a CD or the internet

>>>

>>> 1) Should I disable my anti-virus and spyware  
>>> applications prior to installing these applications or  
> is

>>> it better to download these to my desktop in order to  
>>> scan them for viruses and then disable the virs and  
>>> spyware applications before the actual install on my  
> stem?

>>

>>No. In most cases this is unnecessary and not  
> recommended. Although it can  
>>be true, I install updates/patches/etc on a daily basis  
> on many machines and  
>>have only once in so many years ever found it necessary  
> to disable the  
>>antivirus application in order to get an install to work  
> correctly.

>>

>>

>>> I have heard some different comments from folks as to  
>>> whether this is needed. The reason I had originally

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```
> heard
>>> to disable the virus and spyware apps is that some of
>>> these items may impact the installation process.
>>>
>>> 2) My second question isn't so much related to
> downloads
>>> as so much spyware files. Yesterday I finally installed
>>> Lavasoft Ad-aware on my system. Of course once I ran it
>>> quite a few files were identified as potential spyware
>>> files (somehwere around 600)! The problem is I am
> pretty
>>> much a novice when it comes to spyware and have no idea
>>> as to whether I should be deleting the files. Some of
>>> them are identified as Temp Internet files which I am
>>> assuming I can go ahead and delete. Some others files
>>> look like this:
>>>
>>> obj[1]=Process : C:\Program Files\Common
>>> files\WinTools\WToolsS.exe
>>>
>>> obj[67]=Regkey :
>>>
> software\microsoft\windows\currentversion\uninstall\wintoo
>>> ls
>>> obj[68]=Regkey : system\controlset001
> \services\wintoolssvc
>>> obj[69]=Regkey : system\controlset002
> \services\wintoolssvc
>>> obj[70]=Regkey :
>>> system\currentcontrolset\services\wintoolssvc
>>>
>>>
>>> obj[15]=RegValue :
>>> Software\Microsoft\Windows\CurrentVersion\Run
>>>
>>>
>>> I got nervous when I started seeing things with "Reg
> Key"
>>> and "Reg Value". I ended up putting all the files in
>>> Quarantine but I was hoping to get some advice for
>>> the "novice user" as to some general guidelines as to
> how
>>> to know which files that are identified should be
> deleted
>>> without potentially impacting your operating system.
>>>
>>> Thanks! (and sorry about this being so long)
>>>
>>>
>>> Pete Q
>>
>>WTOOLS is the WORST - I doubt AdAware alone will get rid
> of it. Both
>>AdAware and Spybot Search and Destroy have features that
> protect you from
>>messing up - you can quarantine. But I would, in
> general, say if it is
>>found by AdAware or Spybot Search and Destroy - KILL
> IT! It's bad.
>>
>>Having said that - I have further advice and will
> increase the size of this
```

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>>thread GREATLY. In here you will find a section on  
> SPYWARE that you might  
>>find very useful - not that you won't find the rest  
> enlightening as well...  
>>  
>>\*WARNING\* This is a LONG spill, all in plain text and  
> simplified so that  
>>even non-techs should be able to understand it.  
> Hopefully this will  
>>assist some people in not only repairing their systems,  
> but in making  
>>them faster and more stable tools for them to use. It  
> contains advice  
>>on many things, many considered "common knowledge"  
> to 'IT' people  
>>everywhere. It is split into major sections, hopefully  
> this will make  
>>it easier to navigate. \*WARNING\*  
>>  
>>If you don't wish to follow all of the advice  
> immediately, just want to  
>>get rid of your current dilemma, then you are welcome to  
> scroll down to  
>>the section titled  
>>"SPYWARE/ADWARE/POPUKS/HIJACKS", where your problem as  
>>stated should be resolved by the applications and  
> suggestions found in  
>>that section. If this helps solve your problem then I  
> again HIGHLY  
>>suggest you follow the rest of the advice below (matter  
> of fact, I  
>>suggest it either way.)  
>>  
>>Suggestions on what you can do to secure/clean your PC.  
> Every attempt  
>>has been made to be general and an assumption of  
> a "Windows" operating  
>>system is made here as well - although in some ways,  
> this could be  
>>adapted to any OS.  
>>  
>>  
>>GENERAL UPKEEP AND CLEANUP  
>>-----  
>>  
>>You should periodically defragment your hard drives as  
> well as check them  
>>for errors.  
>>  
>> How to Defragment your hard drives  
>> <http://support.microsoft.com/?kbid=314848>  
>>  
>> How to scan your disks for errors  
>> <http://support.microsoft.com/?kbid=315265>  
>>  
>> How to use Disk Cleanup  
>> <http://support.microsoft.com/?kbid=310312>  
>>  
>>You should also empty your Internet Explorer Temporary  
> Internet  
>>Files and make sure the maximum size for this is small  
> enough not to cause

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```
>>trouble in the future. Empty your Temporary Internet
> Files and shrink the
>>size it stores to a size between 120MB and 480MB..
>>
>>- Open ONE copy of Internet Explorer.
>>- Select TOOLS -> Internet Options.
>>- Under the General tab in the "Temporary Internet
> Files" section, do the
>> following:
>> - Click on "Delete Cookies" (click OK)
>> - Click on "Settings" and change the "Amount of disk
> space to use:" to
>> something between 120MB and 480MB. (Betting it is
> MUCH larger right
>> now.)
>> - Click OK.
>> - Click on "Delete Files" and select to "Delete all
> offline contents"
>> (the checkbox) and click OK. (If you had a LOT, this
> could take 2-10
>> minutes or more.)
>>- Once it is done, click OK, close Internet Explorer, re-
> open Internet
>> Explorer.
>>
>>Uninstall any software you no longer use or cannot
> remember installing
>>(ask if it is a multi-user PC) - but only if you are
> sure you do not
>>need it and/or you have the installation media around to
> reinstall if
>>you need to. http://snipurl.com/8v6b may help you
> accomplish this.
>>
>>If things are running a bit slow or you have an older
> system
>>(1.5GHz or less and 256MB RAM or less) then you may want
> to look into
>>tweaking the performance a bit by turning off some of
> the memory
>>using Windows XP "prettifications". The fastest method
> is:
>>
>>Control Panel --> System --> Advanced tab -->
> Performance section,
>>Settings button. Then choose "adjust for best
> performance" and you
>>now have a Windows 2000/98 look which turned off many of
> the annoying
>>"prettifications" in one swift action. You can play with
> the last
>>three checkboxes to get more of an XP look without many
> of the
>>other annoyances. You could also grab and install/mess
> with one
>>(or more) of the Microsoft Powertoys - TweakUI in
> particular:
>>
>>http://www.microsoft.com/windowsxp/downloads/powertoys/xp
> powertoys.msp
>>
>>You should also verify that your System Restore feature
```

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> is enabled and  
>>working properly. Unfortunately, it seems to have  
> issues on occasion,  
>>ones that can easily be avoided by turning off/on the  
> system restore and  
>>make a manual restoration point as one of your periodic  
> maintenance tasks.  
>>This is particularly important right before installing  
> something major  
>>(or even minor if you are unsure what it might do to  
> your system.)  
>>  
>> Turn off System Restore.  
>> <http://support.microsoft.com/?kbid=310405>  
>>  
>> Reboot.  
>>  
>> Turn on System Restore.  
>> <http://support.microsoft.com/?kbid=310405>  
>>  
>> Make a Manual Restoration Point.  
>> <http://snipurl.com/68nx>  
>>  
>>(That, of course, will erase the previous restore point  
> you have.)  
>>  
>>Also, you should look into backing up your valuable  
> files and folders.  
>><http://support.microsoft.com/?kbid=308422>  
>>  
>>And keep your original installation media (CDs, disks)  
> safe with their  
>>CD keys and such. Make backups of these installation  
> media sets as  
>>well and always use strong passwords. Good passwords  
> are those that  
>>meet these general rules (mileage may vary):  
>>  
>> Passwords should contain at least six characters, and  
> the character  
>> string should contain at least three of these four  
> character types:  
>> - uppercase letters  
>> - lowercase letters  
>> - numerals  
>> - nonalphanumeric characters (e.g., \*, %, &, !)  
>>  
>> Passwords should not contain your name/logon name.  
>>  
>>  
>>UPDATES and PATCHES  
>>-----  
>>  
>>\*\*\* Side Note: \*IF\* you are about to install Service Pack  
> 2 (SP2) for  
>> Windows XP, I suggest you clean up your system  
> first. Uninstall any  
>> applications you do not use. Update any that you  
> do. Download the  
>> latest drivers for your hardware devices. Defragment  
> and run a full  
>> CHKDSK on your hard drives. Scan your system and

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> clean it of any  
>> Spyware/Adware/Malware and for Viruses and Trojans.  
> Below you will  
>> find advice and links to applications that will help  
> you do all of  
>> this. If this advice helps you, please - pass it  
> on. Print it,  
>> email it, forward it to anyone you think it might  
> help. A little  
>> knowledge might help prevent lots of trouble.  
>>  
>>This one is the most obvious. There is no perfect  
> product and any company  
>>worth their salt will try to meet/exceed the needs of  
> their customers and  
>>fix any problems they find along the way. I am not  
> going to say Microsoft  
>>is the best company in the world about this but they do  
> have an option  
>>available for you to use to keep your machine updated  
> and patched from  
>>the problems and vulnerabilities (as well as product  
> improvements in some  
>>cases) - and it's free to you.  
>>  
>> Windows Update  
>> <http://windowsupdate.microsoft.com/>  
>>  
>>Go there and scan your machine for updates. Always get  
> the critical ones as  
>>you see them. Write down the KB##### or Q##### you  
> see when  
>>selecting the updates and if you have trouble over the  
> next few days,  
>>go into your control panel (Add/Remove Programs), match  
> up the latest  
>>numbers you downloaded recently (since you started  
> noticing an issue) and  
>>uninstall them. If there was more than one (usually  
> is), install them back  
>>one by one - with a few hours of use in between, to see  
> if the problem  
>>returns. Yes - the process is not perfect (updating)  
> and can cause trouble  
>>like I mentioned - but as you can see, the solution  
> isn't that bad - and is  
>>MUCH better than the alternatives.  
>>  
>>Windows is not the only product you likely have on your  
> PC. The  
>>manufacturers of the other products usually have updates  
> as well. New  
>>versions of almost everything come out all the time -  
> some are free, some  
>>are pay - some you can only download if you are  
> registered - but it is best  
>>to check. Just go to their web pages and look under  
> their support and  
>>download sections. For example, for Microsoft Office  
> update, you should  
>>visit:  
>>

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>> Microsoft Office Updates  
>> <http://office.microsoft.com/>  
>> (and select "downloads")  
>>  
>>You also have hardware on your machine that requires  
> drivers to interface  
>>with the operating system. You have a video card that  
> allows you to see on  
>>your screen, a sound card that allows you to hear your  
> PCs sound output and  
>>so on. Visit those manufacturer web sites for the  
> latest downloadable  
>>drivers for your hardware/operating system. Always  
> (IMO) get the  
>>manufacturers hardware driver over any Microsoft  
> offers. On the Windows  
>>Update site I mentioned earlier, I suggest NOT getting  
> their hardware  
>>drivers - no matter how tempting. First - how do you  
> know what hardware  
>>you have in your computer? Invoice or if it is up and  
> working now - take  
>>inventory:  
>>  
>> Belarc Advisor  
>> [http://belarc.com/free\\_download.html](http://belarc.com/free_download.html)  
>>  
>>Once you know what you have, what next? Go get the  
> latest driver for your  
>>hardware/OS from the manufacturer's web page. For  
> example, let's say you  
>>have an NVidia chipset video card or ATI video card,  
> perhaps a Creative  
>>Labs sound card or C-Media chipset sound card...  
>>  
>> NVidia Video Card Drivers  
>> <http://www.nvidia.com/content/drivers/drivers.asp>  
>>  
>> ATI Video Card Drivers  
>> <http://www.atitech.com/support/driver.html>  
>>  
>> Creative Labs Sound Device  
>> <http://us.creative.com/support/downloads/>  
>>  
>> C-Media Sound Device  
>> [http://www.cmedia.com.tw/e\\_download\\_01.htm](http://www.cmedia.com.tw/e_download_01.htm)  
>>  
>>As for Service Pack 2 (SP2) for Windows XP, Microsoft  
> has made this  
>>particular patch available in a number of ways. First,  
> there is the  
>>Windows Update web page above. Then there is a direct  
> download site  
>>and finally, you can order the FREE CD from Microsoft.  
>>  
>> Direct Download of Service Pack 2 (SP2) for Windows XP  
>> <http://snipurl.com/8bqy>  
>>  
>> Order the Free Windows XP SP2 CD  
>> <http://snipurl.com/8umo>  
>>  
>>Microsoft also have a bunch of suggestions, some similar

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> to these,  
>>on how to better protect your Windows system:  
>>  
>> Protect your PC  
>> <http://www.microsoft.com/security/protect/>  
>>  
>>  
>>FIREWALL  
>>-----  
>>  
>>Let's say you are up-to-date on the OS (operating  
> system) and you have  
>>Windows XP.. You should at least turn on the built in  
> firewall. That will  
>>do a lot of "hide" you from the random bad things flying  
> around the  
>>Internet. Things like Sasser/Blaster enjoy just sitting  
> out there in  
>>Cyberspace looking for an unprotected Windows Operating  
> System and jumping  
>>on it, doing great damage in the process and then using  
> that Unprotected OS  
>>to continue its dirty work of infecting others. If you  
> have the Windows XP  
>>FW turned on - default configuration - then they cannot  
> see you! Think of  
>>it as Internet Stealth Mode at this point. It has other  
> advantages, like  
>>actually locking the doors you didn't even (likely) know  
> you had. Doing  
>>this is simple, some helpful tips for the SP2 enabled  
> firewall can be found  
>>here:  
>>  
>>  
> <http://www.microsoft.com/technet/community/columns/cablegu>  
> y/cg0204.mspix  
>>  
>>If you read through that and look through the pages that  
> are linked from it  
>>throughout - I think you should have a firm grasp on the  
> basics of the  
>>Windows XP Firewall as it is today. One thing to note  
> RIGHT NOW - if you  
>>have AOL, you cannot use this nice firewall that came  
> with your system.  
>> Thank AOL, not Microsoft. You HAVE to configure  
> another one.. So we  
>>continue with our session on Firewalls...  
>>  
>>But let's say you DON'T have Windows XP - you have some  
> other OS like  
>>Windows 95, 98, 98SE, ME, NT, 2000. Well, you don't  
> have the nifty built in  
>>firewall. My suggestion - upgrade. My next suggestion -  
> look through your  
>>options. There are lots of free and pay firewalls out  
> there for home users.  
>>Yes - you will have to decide on your own which to get.  
> Yes, you will have  
>>to learn (oh no!) to use these firewalls and configure  
> them so they don't

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>>interfere with what you want to do while continuing to  
> provide the security  
>>you desire. It's just like anything else you want to  
> protect - you have to  
>>do something to protect it. Here are some suggested  
> applications. A lot of  
>>people tout "ZoneAlarm" as being the best alternative to  
> just using the  
>>Windows XP FW, but truthfully - any of these  
> alternatives are much better  
>>than the Windows XP FW at what they do - because that is  
> ALL they do.  
>>  
>> ZoneAlarm (Free and up)  
>> <http://snipurl.com/6ohg>  
>>  
>> Kerio Personal Firewall (KPF) (Free and up)  
>> [http://www.kerio.com/kpf\\_download.html](http://www.kerio.com/kpf_download.html)  
>>  
>> Outpost Firewall from Agnitum (Free and up)  
>> <http://www.agnitum.com/download/>  
>>  
>> Sygate Personal Firewall (Free and up)  
>> [http://smb.sygate.com/buy/download\\_buy.htm](http://smb.sygate.com/buy/download_buy.htm)  
>>  
>> Symantec's Norton Personal Firewall (~\$25 and up)  
>> <http://www.symantec.com/sabu/nis/npf/>  
>>  
>> BlackICE PC Protection (\$39.95 and up)  
>> <http://blackice.iss.net/>  
>>  
>> Tiny Personal Firewall (~\$49.00 and up)  
>> <http://www.tinysoftware.com/>  
>>  
>>That list is not complete, but they are good firewall  
> options, every one of  
>>them. Visit the web pages, read up, ask around if you  
> like - make a  
>>decision and go with some firewall, any firewall. Also,  
> maintain it.  
>>Sometimes new holes are discovered in even the best of  
> these products and  
>>patches are released from the company to remedy this  
> problem. However, if  
>>you don't get the patches (check the manufacturer web  
> page on occasion),  
>>then you may never know you have the problem and/or are  
> being used through  
>>this weakness. Also, don't stack these things. Running  
> more than one  
>>firewall will not make you safer - it would likely (in  
> fact) negate some  
>>protection you gleamed from one or the other firewalls  
> you run.  
>>  
>>  
>>ANTIVIRUS SOFTWARE  
>>-----  
>>  
>>That's not all. That's one facet of a secure PC, but  
> firewalls don't do  
>>everything. I saw one person posting on a newsgroup

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> that "they had  
>>never had a virus and they never run any anti-virus  
> software." Yep - I used  
>>to believe that way too - viruses were something  
> everyone else seemed to  
>>get, were they just careless? And for the average joe-  
> user who is careful,  
>>uses their one to three family computers carefully,  
> never opening unknown  
>>email attachments, always visiting the same family safe  
> web sites, never  
>>installing anything that did not come with their  
> computer - maybe, just  
>>maybe they will never witness a virus. I, however, am a  
> Network Systems  
>>Administrator. I see that AntiVirus software is an  
> absolute necessity given  
>>how most people see their computer as a toy/tool and not  
> something  
>>they should have to maintain and upkeep. After all,  
> they were invented to  
>>make life easier, right - not add another task to your  
> day. You  
>>can be as careful as you want - will the next person be  
> as careful? Will  
>>someone send you unknowingly the email that erases all  
> the pictures of your  
>>child/childhood? Possibly - why take the chance?  
> ALWAYS RUN ANTIVIRUS  
>>SOFTWARE and KEEP IT UP TO DATE! Antivirus software  
> comes in so many  
>>flavors, it's like walking into a Jelly Belly store -  
> which one tastes like  
>>what?! Well, here are a few choices for you. Some of  
> these are free (isn't  
>>that nice?) and some are not. Is one better than the  
> other - MAYBE.  
>>  
>> Symantec (Norton) AntiVirus (~\$11 and up)  
>> [http://www.symantec.com/nav/nav\\_9xnt/](http://www.symantec.com/nav/nav_9xnt/)  
>>  
>> Kaspersky Anti-Virus (~\$49.95 and up)  
>> <http://www.kaspersky.com/products.html>  
>>  
>> Panda Antivirus Titanium (~\$39.95 and up)  
>> <http://www.pandasoftware.com/>  
>> (Free Online Scanner:  
> <http://www.pandasoftware.com/activescan/>)  
>>  
>> AVG 6.0 Anti-Virus System (Free and up)  
>> <http://www.grisoft.com/>  
>>  
>> McAfee VirusScan (~\$11 and up)  
>> <http://www.mcafee.com/>  
>>  
>> AntiVir (Free and up)  
>> <http://www.free-av.com/>  
>>  
>> avast! 4 (Free and up)  
>> <http://www.avast.com/>  
>>  
>> Trend Micro (~\$49.95 and up)

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```
>> http://www.trendmicro.com/en/home/us/personal.htm
>> (Free Online Scanner:
>>
> http://housecall.trendmicro.com/housecall/start\_corp.asp)
>>
>> RAV AntiVirus Online Virus Scan (Free!)
>> http://www.ravantivirus.com/scan/
>>
>>Did I mention you have to not only install this
> software, but also keep it
>>updated? You do. Some of them (most) have automatic
> services to help you
>>do this - I mean, it's not your job to keep up with the
> half-dozen or more
>>new threats that come out daily, is it? Be sure to keep
> whichever one you
>>choose up to date!
>>
>>
>>SPYWARE/ADWARE/POPUPS/HIJACKS
>>-----
>>
>>So you must be thinking that the above two things got
> your back now - you
>>are covered, safe and secure in your little fox hole.
> Wrong! There are
>>more bad guys out there. There are annoyances out there
> you can get without
>>trying. Your normal web surfing, maybe a wrong click on
> a web page, maybe
>>just a momentary lack of judgment by installing some
> software packages
>>without doing the research.. And all of a sudden your
> screen starts filling
>>up with advertisements or your Internet seems much
> slower or your home page
>>won't stay what you set it and goes someplace unfamiliar
> to you. This is
>>spyware. There are a whole SLEW of software packages
> out there to get rid
>>of this crud and help prevent reinfection. Some of the
> products already
>>mentioned might even have branched out into this arena.
> However, there are
>>a few applications that seem to be the best at what they
> do, which is
>>eradicating and immunizing your system from this crap.
> Strangely, the best
>>products I have found in this category ARE generally
> free. That is a trend
>>I like. I make donations to some of them, they deserve
> it!
>>
>>Two side-notes: Never think one of these can do the
> whole job.
>>Try the first 5 before coming back and saying "That did
> not work!"
>>Also, you can always visit:
>> http://mvps.org/winhelp2002/unwanted.htm
>>For more updated information.
>>
>>
>> Spybot Search and Destroy (Free!)
```

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```
>> http://www.safer-networking.net/en/download/index.html
>>
>> Lavasoft AdAware (Free and up)
>> http://www.lavasoft.de/support/download/
>>
>> CWShredder (Free!)
>> ** No longer updated as of July 29, 2004 - however,
> still a great
>> product and should still be ran **
>> http://www.softbasket.com/download/s\_8114.shtml
>>
>> Hijack This! (Free)
>> http://mjcl.com/mirror/hjt/
>> ( Tutorial: http://hjt.wizardsofwebsites.com/ )
>>
>> SpywareBlaster (Free!)
>> http://www.javacoolsoftware.com/sbdownload.html
>>
>> IE-SPYAD (Free!)
>> https://netfiles.uiuc.edu/ehowes/www/resource.htm
>>
>> ToolbarCop (Free!)
>> http://www.mvps.org/sramesh2k/toolbarcop.htm
>>
>> Bazooka Adware and Spyware Scanner (Free!)
>> http://www.kephyr.com/spywarescanner/
>>
>> Browser Security Tests
>> http://www.jasons-toolbox.com/BrowserSecurity/
>>
>> Popup Tester
>> http://www.popupstest.com/
>>
>> The Cleaner (49.95 and up)
>> http://www.moosoft.com/
>>
>>That will clean up your machine of the spyware, given
> that you download and
>>install several of them, update them regularly and scan
> with them when you
>>update. Some (like SpywareBlaster and SpyBot Search and
> Destroy and
>>IESPYAD)
>>have/are immunization utilities that will help you
> prevent your PC from
>>being
>>infected. Use these features!
>>
>>Unfortunately, although that will lessen your popups on
> the Internet/while
>>you are online, it won't eliminate them. I have looked
> at a lot of options,
>>seen a lot of them used in production with people who
> seem to attract popups
>>like a plague, and I only have one suggestion that end
> up serving double
>>duty (search engine and popup stopper in one):
>>
>> The Google Toolbar (Free!)
>> http://toolbar.google.com/
>>
>>Yeah - it adds a bar to your Internet Explorer - but its
```

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> a useful one. You  
>>can search from there anytime with one of the best  
> search engines on the  
>>planet (IMO.) And the fact it stops most popups - wow -  
> BONUS! If you  
>>don't like that suggestion, then I am just going to say  
> you go to  
>>www.google.com and search for other options. Please  
> notice that Windows XP  
>>SP2 does help stop popups as well. Another option is to  
> use an alternative  
>>Web browser. I suggest "Mozilla Firefox", as it has  
> some great features  
>>and is very easy to use:  
>>  
>> Mozilla Firefox  
>> <http://www.mozilla.org/products/firefox/>  
>>  
>>One more suggestion, although I will suggest this in a  
> way later, is to  
>>disable your Windows Messenger service. This service is  
> not used frequently  
>>(if at all) by the normal home user and in cooperation  
> with a good firewall,  
>>is generally unnecessary. Microsoft has instructions on  
> how to do this for  
>>Windows XP here:  
>>  
>>[http://www.microsoft.com/windowsxp/pro/using/howto/communi-  
> cate/stopspam.asp](http://www.microsoft.com/windowsxp/pro/using/howto/communi-<br/>> cate/stopspam.asp)  
>>  
>>  
>>SPAM EMAIL/JUNK MAIL  
>>-----  
>>  
>>This one can get annoying, just like the rest. You get  
> 50 emails in one  
>>sitting and 2 of them you wanted. NICE! (Not.) What  
> can you do? Well,  
>>although there are services out there to help you, some  
> email  
>>servers/services that actually do lower your spam with  
> features built into  
>>their servers - I still like the methods that let you be  
> the end-decision  
>>maker on what is spam and what isn't. If these things  
> worked perfectly, we  
>>wouldn't need people and then there would be no spam  
> anyway - vicious  
>>circle, eh? Anyway - I have two products to suggest to  
> you, look at them  
>>and see if either of them suite your needs. Again, if  
> they don't, Google is  
>>free and available for your perusal.  
>>  
>> SpamBayes (Free!)  
>> <http://spambayes.sourceforge.net/>  
>>  
>> Spamihilator (Free!)  
>> <http://www.spamihilator.com/>  
>>  
>>As I said, those are not your only options, but are

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> reliable ones I have  
>>seen function for hundreds+ people.  
>>  
>>  
>>DISABLE (Set to Manual) UNUSED SERVICE/STARTUP APPS  
>>-----  
>>  
>>I might get arguments on putting this one here, but it's  
> my spill. There are  
>>lots of services on your PC that are probably turned on  
> by default you don't  
>>use. Why have them on? Check out these web pages to  
> see what all of the  
>>services you might find on your computer are and set  
> them according to your  
>>personal needs. Be CAREFUL what you set to manual, and  
> take heed and write  
>>down as you change things! Also, don't expect a large  
> performance increase  
>>or anything - especially on today's 2+ GHz machines,  
> however - I look at  
>>each  
>>service you set to manual as one less service you have  
> to worry about  
>>someone exploiting. A year ago, I would have thought  
> the Windows Messenger  
>>service to be pretty safe, now I recommend (with  
> addition of a firewall)  
>>that most home users disable it! Yeah - this is another  
> one you have to  
>>work for, but your computer may speed up and/or be more  
> secure because you  
>>took the time. And if you document what you do as you  
> do it, next time, it  
>>goes MUCH faster! (or if you have to go back and re-  
> enable things..)  
>>  
>> Task List Programs  
>>  
> [http://www.answersthatwork.com/Tasklist\\_pages/tasklist.htm](http://www.answersthatwork.com/Tasklist_pages/tasklist.htm)  
>>  
>> Black Viper's Service List and Opinions (XP)  
>> <http://www.blackviper.com/WinXP/servicecfq.htm>  
>>  
>> Processes in Windows NT/2000/XP  
>> <http://www.reger24.de/prozesse/>  
>>  
>>There are also applications that AREN'T services that  
> startup when you start  
>>up the computer/logon. One of the better description on  
> how to handle these  
>>I have found here:  
>>  
>> Startups  
>> [http://www.pacs-portal.co.uk/startup\\_content.php](http://www.pacs-portal.co.uk/startup_content.php)  
>>  
>>  
>>That's it. A small booklet on how to keep your computer  
> secure, clean of  
>>scum and more user friendly. I am SURE I missed  
> something, almost as I am  
>>sure you won't read all of it (anyone for that matter.)

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```
> However, I also
>>know that someone who followed all of the advice above
> would also have less
>>problems with their PC, less problems with viruses, less
> problems with spam,
>>fewer problems with spyware and better performance than
> someone who didn't.
>>
>>Hope it helps.
>>
>>--
>><- Shenan ->
>>--
>>The information is provided "as is", it is suggested you
> research for
>>yourself before you take any advice - you are the one
> ultimately
>>responsible for your actions/problems/solutions.    Know
> what you are
>>getting into before you jump in with both feet.
>>
>>
>>.
>>
```