

Auto update

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GO TO CONTROL PANEL THEN SELECT SECURITY CENTRE, HERE YOU CAN TURN OFF

Peter

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

>How can I turn off the automatic update. It started popping up out of

>nowhere and is slowing my comp down alot. It appears in the lower right hand

>corner but i cant turn itoff from there. I changed some settings and it

>happened and then when i changed them back it still comes up.

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