

## Re: ##### Second Request###

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*Source:*

<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.general/2005-06/msg07442.html>

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- *From:* "GO" <aa533@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>
  - *Date:* Tue, 14 Jun 2005 22:22:53 -0400
- 

I was going to amend your list to add "after your machine is back to normal, go install Firefox" but I see it's already there! Good stuff!! :)

"Shenan Stanley" <newshelper@xxxxxxxxxx> wrote in message <news:uWeMzuHcFHA.3808@xxxxxxxxxxxxxxxxxxxxxxxxxxxx>

> Torontoian wrote:

>> Thanks for the help to date..However I still have a major problem.."

>> this page cannot be displayed" Microsoft Internet explorer...This

>> keeps repeating itself over and over as fast as I delete it. I have

>> the microsoft spyware,I have Spybot.I have Lavasoft.None of these

>> seem to help. If I leave my computer on for a few minutes unattended

>> there will be dozens of these messages.Any further help will be

>> greatly appreciated.Thanks Ian

>

> Go through the entire list in order. You need some major cleanup and to

> learn about your system..

>

> Microsoft has these suggestions for Protecting your computer from the

> various "bad things" that could happen to you/it:

>

> Protect your PC

> <http://www.microsoft.com/security/protect/>

>

>

> Although those tips are fantastic, there are many things you should

> know above and beyond what is there as well as other methods and

> applications you can use to protect yourself. Below I have detailed

> out many steps that can not only help you cleanup a problem PC but

> keep it clean and secure as well as running at its top performance mark.

>

> I know this list can seem intimidating – it is quite long and a lot

> to take in for a novice – but I assure you that one trip through this

> list and you will understand your computer and the options available

> to you for protecting your data much better and that the next time

> you review these steps, the time it takes will be greatly reduced.

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- > Let's take the cleanup of your computer step-by-step. Yes, it will take
- > up some of your time – but consider what you use your computer
- > for and how much you would dislike it if all of your stuff on your
- > computer went away because you did not "feel like" performing some
- > simple maintenance tasks – think of it like changing the oil in your car,
- > changing the air filter on your home A/C unit, paying your bills on time,
- > etc.
- >
- > Let's go through some maintenance first that should only have to be done
- > once (mostly):
- >
- > Tip (1):
- > Locate all of the software (the installation media – CDs, etc) that you
- > have installed on your computer. Collect these CDs into a single pile
- > and locate the original installation media (CDs, disks) in a central and
- > safe place along with their CD keys and such. Make backups of these
- > installation media sets using your favorite copying method (CD Burner and
- > application, Disk copier, etc.) You'll be glad to know that if you have
- > a CD burner, you may be able to use a free application to make a
- > duplicate copy of your CDs. One such application is ISORecorder:
- >
- > ISORecorder home page (with general instructions on use):
- > <http://isorecorder.alexfeinman.com/isorecorder.htm>
- >
- > Pre-SP2 version:
- > <http://isorecorder.alexfeinman.com/IsoRecorder/download.asp>
- >
- > Post-SP2 beta version:
- > <http://isorecorder.alexfeinman.com/download/ISORecorderV2B2.zip>
- >
- > More full function applications (free) for CD/DVD burning would be:
- >
- > DeepBurner Free
- > <http://www.deepburner.com/>
- >
- > CDBurnerXP Pro
- > <http://www.cdburnerxp.se/>
- >
- > Another Option would be to search the web with Pricewatch.com or
- > Dealsites.net and find deals on Nero and/or Roxio.
- >
- >
- > Tip (2):
- > Empty your Internet Explorer Temporary Internet Files and make sure the
- > maximum size for this is small enough not to cause trouble in the future.
- > Empty your Temporary Internet Files and shrink the size it stores to a
- > size between 128MB and 512MB..
- >
- > – Open ONE copy of Internet Explorer.
- > – Select TOOLS –> Internet Options.
- > – Under the General tab in the "Temporary Internet Files" section, do the

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- > following:
- > – Click on "Delete Cookies" (click OK)
- > – Click on "Settings" and change the "Amount of disk space to use:" to
- > something between 128MB and 512MB. (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.
- >
- >
- > Tip (3):
- > 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 Powertoy – TweakUI in particular:
- >
- > <http://www.microsoft.com/windowsxp/downloads/powertoy/xppowertoy.msp>
- >
- >
- > Tip (4):
- > Understanding what a good password might be is vital to your
- > personal and system security. You may not need to password your home
- > computer, as you may have it in a locked area (your home) where no
- > one else has access to it. Remember, however, that locked area is
- > unlocked when you access the Internet unless you are taking proper
- > precautions. Also, you aren't always "in that locked area" when using
- > your computer online – meaning you likely have usernames and passwords
- > associated with web sites and the likes that you would prefer other
- > people do not discover/use. This is why you should understand and
- > utilize good 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., \*, %, &, !)

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- >
- > Passwords should not contain your name/logon name. Passwords should
- > be unique to you and easy to remember. One method many people are
- > using today is to make up a phrase that describes a point in their
- > life and then turning that phrase into their password by using only
- > certain letters out of each word in that phrase. It's much better
- > than using your birthday month/year or your anniversary in a pure
- > sense. For example, let's say my phrase is:
- > "Moved to new home in 2004"
- > I could come up with this password from that:
- > "Mv2n3whmN04"
- >
- > The password tip is in the "one time" section, but I highly
- > recommend you periodically change your passwords. The suggested time
- > varies, but I will throw out a "once in every 3 to 6 months for
- > every account you have."
- >
- >
- > Tip (5):
- > This tip is also "questionable" in the "one time" section. However,
- > if properly setup, this one can be pretty well ignored for most people
- > after the initial "fiddle-with" time.
- >
- > Why you should use a computer firewall..
- > <http://www.microsoft.com/athome/security/viruses/fwbenefits.aspx>
- >
- > You should, in some way, use a firewall. Hardware (like a nice
- > Cable Modem/DSL router) or software is up to you. Many use both of
- > these. The simplest one to use is the hardware one, as most people
- > don't do anything they need to configure their NAT device for and
- > those who do certainly will not mind fiddling with the equipment to
- > make things work for them. Next in the line of "simplicity" would
- > have to be the built-in Windows Firewall of Windows XP. In SP2 it
- > is turned on by default. It is not difficult to turn on in any
- > case, however:
- >
- > Enable/Disable the Internet Connection Firewall (Pre-SP2):
- > <http://support.microsoft.com/kb/283673>
- >
- > More information on the Internet Connection Firewall (Pre-SP2):
- > <http://support.microsoft.com/kb/320855>
- >
- > Post-SP2 Windows Firewall Information/guidance:
- > <http://snipurl.com/atal>
- >
- > The trouble with the Windows Firewall is that it only keeps things
- > out. Truthfully, for most people who maintain their system in other
- > ways, this is MORE than sufficient. However, you may feel otherwise.
- > If you want to know when one of your applications is trying to obtain
- > access to the outside world so you can stop it, then you will have to
- > install a third-party application and configure/maintain it. I have

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- > compiled a list with links of some of the better known/free firewalls
- > you can choose from:
- >
- > 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/>
- >
- > Perhaps you can find the right firewall for your situation in that
- > list and set it up/configure it. Every firewall MAY require some
- > maintenance. Essentially checking for patches or upgrades (this
- > goes for hardware and software solutions) is the extent of this
- > maintenance – but you may also have to configure your firewall to
- > allow some traffic depending on your needs. 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 gleaned
- > from one or the other firewalls you run.
- >
- >
- >
- > Now that you have some of the more basic (one–time) things down..
- > Let's go through some of the steps you should take periodically to
- > maintain a healthy and stable windows computer. If you have not
- > done some of these things in the past, they may seem tedious at
- > first – however, they will become routine and some can even be
- > automatically scheduled.
- >
- >
- > Tip (6):
- > The system restore feature is a new one – first appearing in Windows
- > ME and then sticking around for Windows XP. It is a VERY useful
- > feature – if you keep it maintained and use it to your advantage.
- > However, remember that the system restore pretty much tells you in
- > the name what it protects – "system" files. Your documents, your
- > pictures, your stuff is NOT system files – so you should also look
- > into some backup solution.
- >
- > I'll mainly work around Windows XP, as that is what the bulk of this

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- > document is about. I will, however, point out a single place for you
- > poor souls still stuck in Windows ME where you can get information on
- > maintaining your system right now:
- >
- > Windows ME Computer Health:
- > <http://www.microsoft.com/windowsME/using/computerhealth/articles/>
- >
- > Pay close attention to the sections:
- > (in order)
- > – Clean up your hard disk
- > – Check for errors by running ScanDisk
- > – Defragment your hard disk
- > – Roll back the clock with System Restore
- >
- > Now back to the point at hand – maintaining your system restore in
- > Windows XP SHOULD be automatic – but I have seen the automatic go wrong
- > too many times not to suggest the following.. Whenever you think about
- > it (after doing a once-over on your machine once a month or so would
- > be optimal) – clear out your System Restore and create a manual
- > restoration point. Why? Too many times have I seen the system restore
- > files go corrupt or get a virus in them, meaning you could not or
- > did not want to restore from them. By clearing it out periodically
- > you help prevent any corruption from happening and you make sure you
- > have at least one good "snapshot".
- > (This, of course, will erase any previous restore point you have.)
- >
- > – Turn off System Restore.
- > <http://support.microsoft.com/kb/310405>
- > – Reboot.
- > – Turn on System Restore.
- > <http://support.microsoft.com/kb/310405>
- > – Make a Manual Restoration Point.
- > <http://snipurl.com/68nx>
- >
- > That covers your system files, but doesn't do anything for the files
- > that you are REALLY worried about – yours! For that you need to look
- > into backups. You can either manually copy your important files, folders,
- > documents, spreadsheets, emails, contacts, pictures, drawings and so on
- > to an external location (CD/DV – any disk of some sort, etc) or you can
- > use the backup tool that comes with Windows XP:
- >
- > How To Use Backup to Back Up Files and Folders on Your Computer
- > <http://support.microsoft.com/kb/308422>
- >
- > Yes – you still need some sort of external media to store the results
- > on, but you could schedule the backup to occur when you are not around,
- > then burn the resultant data onto CD or DVD or something when you are
- > (while you do other things!)
- >
- >
- > Tip (7):

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- > You should sometimes look through the list of applications that are
- > installed on your computer. The list MIGHT surprise you. There are more
- > than likely things in there you KNOW you never use – so why have them
- > there? There may even be things you KNOW you did not install and
- > certainly do not use (maybe don't WANT to use.)
- >
- > This web site should help you get started at looking through this list:
- >
- > How to Uninstall Programs
- > <http://snipurl.com/8v6b>
- >
- > A word of warning – Do NOT uninstall anything you think you MIGHT need
- > in the future unless you have completed Tip (1) and have the installation
- > media and proper keys for use backed up somewhere safe!
- >
- >
- > Tip (8):
- > Patches and Updates!
- >
- > This one cannot be stressed enough. It is SO simple, yet so neglected
- > by many people. It is especially simple for the critical Windows patches!
- > Microsoft put in an AUTOMATED feature for you to utilize so that you do
- > NOT have to worry yourself about the patching of the Operating System:
- >
- > How to configure and use Automatic Updates in Windows XP
- > <http://support.microsoft.com/kb/306525>
- >
- > However, not everyone wants to be a slave to "automation", and that is
- > fine – as long as you are willing to do things manually. Admittedly, I
- > prefer this method on some of my more critical systems.
- >
- > 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), uninstall them
- > 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

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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:
- >
- > 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)
- >
- > EVEREST Home Edition
- > <http://www.lavalys.com/products/download.php?pid=1&lang=en>
- >
- > 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)
- >
- > Then install these drivers. Updated drivers are usually more stable and
- > may provide extra benefits/features that you really wished you had before.
- >
- > 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

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- > 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>
- >
- >
- > Tip (9):
- > What about the dreaded word in the computer world, VIRUS?
- >
- > Well, there are many products to choose from that will help you prevent
- > infections from these horrid little applications. Many are FREE to the
- > home user. Which one you choose is a matter of taste, really. I wouldn't
- > list one here I had not personally used – and they all work. Many people
- > have emotional attachments or performance issues with one or another
- > AntiVirus software. Try some out, read reviews and decide for yourself
- > which you like more:
- >
- > avast! (Free and up)
- > <http://www.avast.com/>
- >
- > AVG Anti-Virus System (Free and up)
- > <http://www.grisoft.com/>
- >
- > AntiVir (Free and up)
- > <http://www.free-av.com/>
- >
- > RAV AntiVirus Online Virus Scan (Free!)
- > <http://www.ravantivirus.com/scan/>
- >
- > 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/>)
- >
- > McAfee VirusScan (~\$11 and up)
- > <http://www.mcafee.com/>
- >
- > Trend Micro (~\$49.95 and up)
- > <http://www.trendmicro.com/en/home/us/personal.htm>
- > (Free Online Scanner:
- > [http://housecall.trendmicro.com/housecall/start\\_corp.asp](http://housecall.trendmicro.com/housecall/start_corp.asp))
- >
- > Untested (by me):

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- > eTrust EZ Antivirus (\$29.95 and up)
- > <https://www2.my-etrust.com/commerce/buy.it.cfm>
- >
- > Most of them have automatic update capabilities. You will have to
- > look into the features of the one you choose. Whatever one you finally
- > settle with – be SURE to keep it updated (I recommend at least daily) and
- > perform a full scan periodically (yes, it protects you actively, but a
- > full scan once a month at 4AM probably won't bother you.)
- >
- >
- > Tip (10):
- > The most rampant infestation at the current time concerns SPYWARE/ADWARE.
- > I hate this stuff. It has no purpose. I have seen people try to justify
- > it over and over – it's worthless. It slows down your PC, it can send
- > your private information to people you'll never meet and did I mention,
- > it's worthless. You need to eliminate it from your machine.
- >
- > If you use P2P software, this COULD make that stop working. Find some
- > decent software to do the same thing – what you are currently using is
- > crap.
- >
- > Anyway – there is no one software that cleans and immunizes you against
- > everything. Antivirus software – you only needed one. Firewall, you
- > only needed one. AntiSpyware – you may need several. I have a list and
- > I recommend you use at least the first 5. I know that sounds like a lot,
- > and you may be saying "But you said earlier that I should clean my system,
- > now you are telling me to install more software – 5 pieces in fact!"
- Okay,
- > I get your point, but please consider that this stuff has prevented the
- > install of the latest service pack for some people, it has the potential
- > to slow and crater your PC, it can send your private information around
- > the world to people you do not know – it is all around BAD.
- >
- > First – make sure you have NOT installed "Rogue AntiSpyware". There are
- > people out there who created AntiSpyware products that actually install
- > spyware of their own! You need to avoid these:
- >
- > Rogue/Suspect Anti-Spyware Products & Web Sites
- > [http://www.spywarewarrior.com/rogue\\_anti-spyware.htm](http://www.spywarewarrior.com/rogue_anti-spyware.htm)
- >
- > Also, you can always visit this site..
- > <http://mvps.org/winhelp2002/unwanted.htm>
- > For more updated information.
- >
- > Then, my suggestion again is that you at least install the first five of
- > these: (Install, Run, Update, Scan with..)
- >
- > Lavasoft AdAware (Free and up)
- > <http://www.lavasoft.de/support/download/>
- > (How-to: <http://snipurl.com/atdn> )
- >

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- > Spybot Search and Destroy (Free!)
- > <http://www.safer-networking.net/en/download/index.html>
- > (How-to: <http://snipurl.com/atdk> )
- >
- > Bazoooka Adware and Spyware Scanner (Free!)
- > <http://www.kephyr.com/spywarescanner/>
- > (How-to: <http://snipurl.com/ate3> )
- >
- > SpywareBlaster (Free!)
- > <http://www.javacoolsoftware.com/sbdownload.html>
- > (How-to: <http://snipurl.com/ate6> )
- >
- > IE-SPYAD (Free!)
- > <https://netfiles.uiuc.edu/ehowes/www/resource.htm>
- > (How-to: <http://snipurl.com/ate7> )
- >
- > CWShredder (Free!)
- > [http://www.softbasket.com/download/s\\_8114.shtml](http://www.softbasket.com/download/s_8114.shtml)
- >
- > Hijack This! (Free)
- > <http://mjc1.com/mirror/hjt/>
- > ( Tutorial: <http://hjt.wizardsofwebsites.com/> )
- >
- > ToolbarCop (Free!)
- > <http://windowsxp.mvps.org/toolbarcop.htm>
- >
- > Browser Security Tests
- > <http://www.jasons-toolbox.com/BrowserSecurity/>
- >
- > Popup Tester
- > <http://www.popupptest.com/>
- >
- > The Cleaner (49.95 and up)
- > <http://www.moosoft.com/>
- >
- > If used properly, you should have a malware free system now. The last
- > two of the first five I suggest you install are immunization applications.
- > None of these programs (in these editions) run in the background unless
- > you
- > TELL them to. The space they take up and how easy they are to use greatly
- > makes up for any inconvenience you may be feeling.
- >
- > 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 a few other suggestions that should help.
- > This one ends up serving double duty (search engine and popup stopper
- > in one):
- >
- >

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- > The Google Toolbar (Free!)
- > <http://toolbar.google.com/>
- >
- > Yeah – it adds a bar to your Internet Explorer – but it's 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](http://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 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/communicate/stopspam.asp>
- >
- >
- > So your machine is pretty clean and up to date now. If you use the
- sections
- > above as a guide, it should stay that way as well! There are still a few
- > more little things you can do to keep your machine running in top shape.
- >
- >
- > Tip (11):
- > You should periodically check your hard drive(s) for errors and defragment
- > them. Only defragment after you have cleaned up your machine of
- > outside parasites and never defragment as a solution to a quirkiness in
- > your system. It may help speed up your system, but it should be clean
- > before you do this.
- >
- > How to use Disk Cleanup
- > <http://support.microsoft.com/kb/310312>
- >
- > How to scan your disks for errors
- > <http://support.microsoft.com/kb/315265>
- >
- > How to Defragment your hard drives
- > <http://support.microsoft.com/kb/314848>
- >
- > I would personally perform the above steps at least once every three
- months.

Re: ##### Second Request###

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- > For most people this should be sufficient, but if the difference you notice
- > afterwards is greater than you think it should be, lessen the time in
- > between its schedule.. If the difference you notice is negligible, you can
- > increase the time.
- >
- >
- > Tip (12):
- > SPAM! 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 is not. 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 reliable ones I have
- > seen function for hundreds+ people.
- >
- >
- > Tip (13):
- > ADVANCED TIP! Only do this once you are comfortable under the hood of your
- > computer!
- >
- > 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,

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- > 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)
- >
- > 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)
- >
- >
- > If you follow the advice laid out above (and do some of your own research
- as
- > well, so you understand what you are doing) – your computer will stay
- fairly
- > stable and secure and you will have a more trouble-free system.
- >
- > --
- > Shenan Stanley
- > MS-MVP
- > --
- >
- >

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• **References:**

- ◆ **##### Second Request###**  
◇ From: Torontoian
- ◆ **Re: ##### Second Request###**  
◇ From: Shenan Stanley

- Prev by Date: **RE: Search & System Restore not working**
- Next by Date: **Re: Desktop**
- Previous by thread: **Re: ##### Second Request###**
- Next by thread: **Re: ##### Second Request###**
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