

Re: Startup programs

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http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.help_and_support/2004-07/7930.html

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For Pete's sake, Shanon, stop pasting all this irrelevant garbage to posts that just require a simple reply!
I'd prefer to tolerate the occasional accidental multi-post rather than pages of unrelated 'advice'

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johnf

> Jay wrote:

>> Newbie here so everyone excuse me for any dumb questions. How do I
>> remove programs that startup when I first log on to windowsxp? I
>> appreciate your time...also got this OEM version of Winxp with my new
>> PC. would I be able to buy an OEM version of Winxp Pro and install
>> it? or do I hafta have a non OEM version to use an upgrade...I guess
>> Im sorta thinking it would be upgrading an upgrade, but I would like
>> to be able to find something where my wife can use Excel (that is
>> what she uses at work) Anyway I appreciate your time

>

> First - learn to CROSSPOST instead of MULTIPOSTING. Many of us read
> each newsgroup separately - and with your Multiposting, it looks like a
> new post to us and if we want to respond to you, we have to do it
> several times - not fun. With Cross-Posting, when we respond once, it
> responds in all groups and shows up for everyone and marks it as read
> for us in each of those groups. Much nicer.

>

> Next - an OEM copy - again - can only be used to perform a CLEAN
> installation of the Operating System.

>

> 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
> "DISABLE (Set to Manual) UNUSED SERVICE/STARTUP APPS",
> 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. I'm going to
> try and be general, I will assume a "Windows" operating system is what
> is
> being secured here.

>

>

> UPDATES and PATCHES

> -----

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>
> 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.
> (SASSER/BLASTER were SO preventable with just this step!)
>
> 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.
>
> 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.
>
> Have I mentioned that Microsoft has some stuff to help secure your
> computer available to the end-user for free? This seems as good of a
> time as any. They have a CD you can order (it's free) that contain all
> of the Windows patches through October 2003 and some trial products as
> well that they released in February 2004. Yeah - it's a little behind
> now, but it's better than nothing (and used in coordination with the
> information in this post, well worth the purchase price..)
>
> Order the Windows Security Update CD
> <http://www.microsoft.com/security/protect/cd/order.asp>
>
> They also have a bunch of suggestions, some similar to these, on how to
> better protect your Windows system:
>
> Protect your PC
> <http://www.microsoft.com/security/protect/>
>
>
> FIREWALL
> -----
>

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> 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 to "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 ICF 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, the instructions you
> need to use your built in Windows XP firewall can be found here:
>
> <http://support.microsoft.com/?kbid=320855>
>
> If you read through that and look through the pages that are linked
> from it at the bottom of that page - 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 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
> ICF, but truthfully - any of these alternatives are much better than
> the Windows XP ICF at what they do - because that is ALL they do.
>
> ZoneAlarm (Free and up)
>
> <http://www.zonelabs.com/store/content/company/products/zna1m/freeDownload.jsp>
>
> Kerio Personal Firewall (KPF) (Free and up)
> 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
>
> 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,

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> 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 ran together.
>
>
> 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 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 stupid? And for the average joe-user who
> is careful, uses their one-three family computers carefully, never
> opening unknown 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/>
>
> 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)
> <http://www.trendmicro.com/>
> (Free Online Scanner:
> http://housecall.trendmicro.com/housecall/start_corp.asp)

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>
> 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
> -----
>
> 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!)
> <http://www.safer-networking.net/>
>
> Lavasoft AdAware (Free and up)
> <http://www.lavasoft.de>
>
> CWSShredder (Free!)
> <http://www.spywareinfo.com/~merijn/downloads.html>
>
> Hijack This! (Free)
> <http://mjcl.com/mirror/hjt/>
> (Tutorial: <http://www.spywareinfo.com/~merijn/htloqtutorial.html>)
>
> SpywareBlaster (Free!)
> <http://www.javacoolsoftware.com/>
>
> IE-SPYAD (Free!)
> <http://www.staff.uiuc.edu/~ehowes/resource.htm>
>
> ToolbarCop (Free!)
> <http://www.mvps.org/sramesh2k/toolbarcop.htm>
>
> Bazooka Adware and Spyware Scanner (Free!)
> <http://www.kephyr.com/spywarescanner/index.html>
>

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> Browser Security Tests
> <http://www.jasons-toolbox.com/BrowserSecurity/>
>
> 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) have immunization features 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 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.
>
> 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/communicate/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 reliable ones I have
> seen function for hundreds+ people.
>
>

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> 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
>
> Black Viper's Service List and Opinions (XP)
> <http://www.blackviper.com/WinXP/servicecfg.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
>
>
> 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.)
> 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", with no guarantees of
> completeness, accuracy or timeliness, and without warranties of any
> kind, express or implied. In other words, read up before you take any
> advice - you are the one ultimately responsible for your actions.