



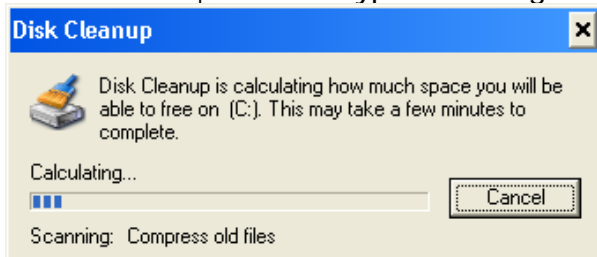
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SPEED UP YOUR PC!

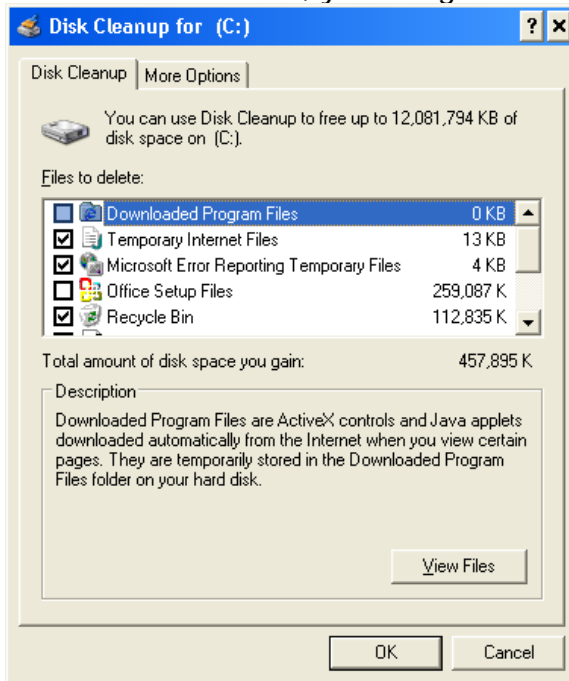
NOTE: These tips are for XP primarily, but most are also applicable to Windows Vista.

Your PC is probably either slow, or slower than it should be. Here are a few tips for speeding it up. Most of these should be run monthly

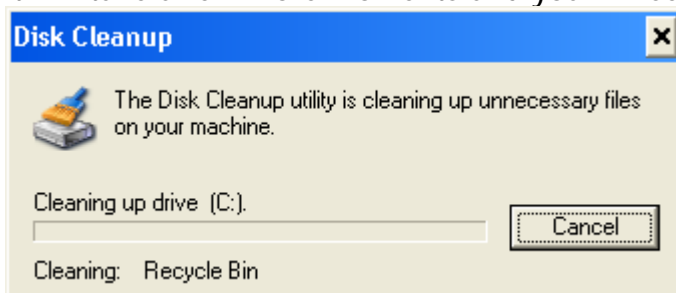
1. Click Start | Run and type "cleanmgr" in the box. Click OK.



After a few moments, you will get the following screen:



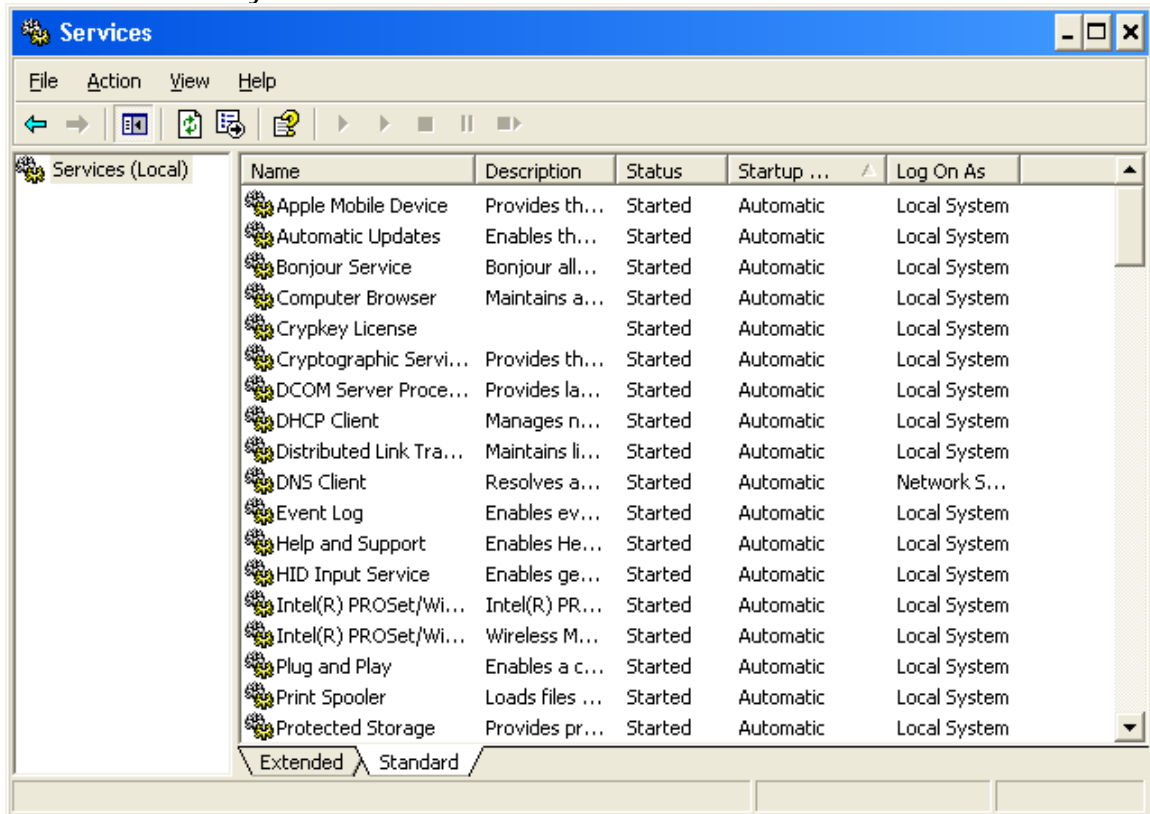
Put a check in the boxes that you want to delete. Typically, leave installation or setup files and delete any temporary or temporary internet files. Also empty the Recycle Bin. After you check the boxes you want, select OK. Then it will take a few more moments and you will see this screen for a while:



2. Turn off unnecessary services.

Once again, click Start | Run and type "services.msc" this time. Click OK.

This will open the services applet. These are services that either are running or can be run on your PC. You don't need to know that much about it except about a few that you don't need.



Do not turn off any services you are unsure of. Here is a list of services that most users can disable:

Alerter

ClipBook

Error Reporting Services – *This will stop you from getting those annoying messages about sending error information to Microsoft.*

Indexing Service

IPSEC Services

Messenger

Remote Registry

Secondary Logon

Routing and Remote Access

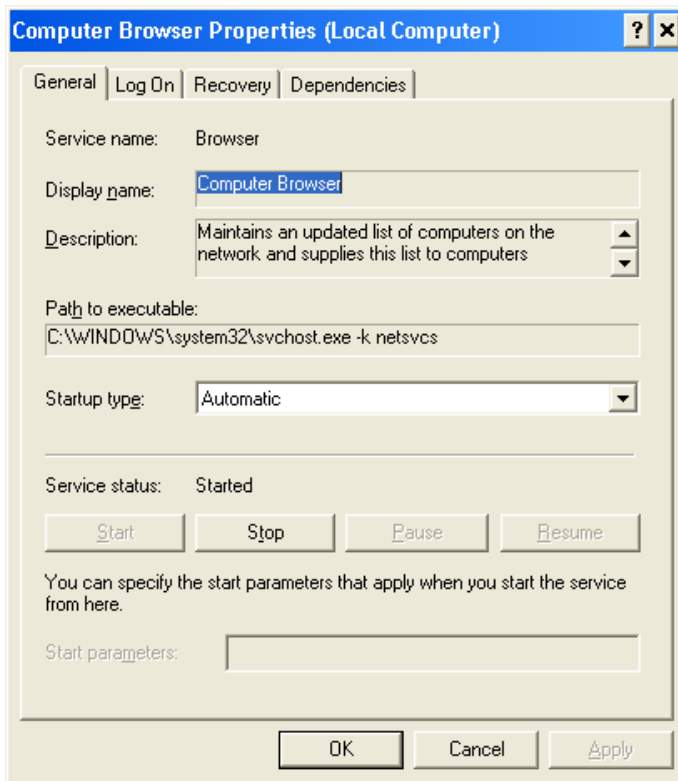
Smart Card

Themes – This will affect the look and feel of your PC. Only turn this one off if you are having annoying performance issues.

To turn off a service:

Sort by the Startup Type. Click on the word "Startup" at the top of the columns.

The services are listed on the left followed by a description, status, Startup Type and Log On As. To disable a service, right click on the service name and click "Properties." Change the startup type to "Disabled" using the drop down arrow just to the right of the startup type. Then click Apply.



After you have disabled the services you want to; restart the PC.

3. Turn off any startup programs you don't need.

NOTE: This program does not work on Windows Vista

There are typically a lot of programs running on your PC that are not necessary. Real Player, Adobe Reader, Instant Messenger and other programs have updates that try to automatically run. These programs can really take a bite out of your resources.

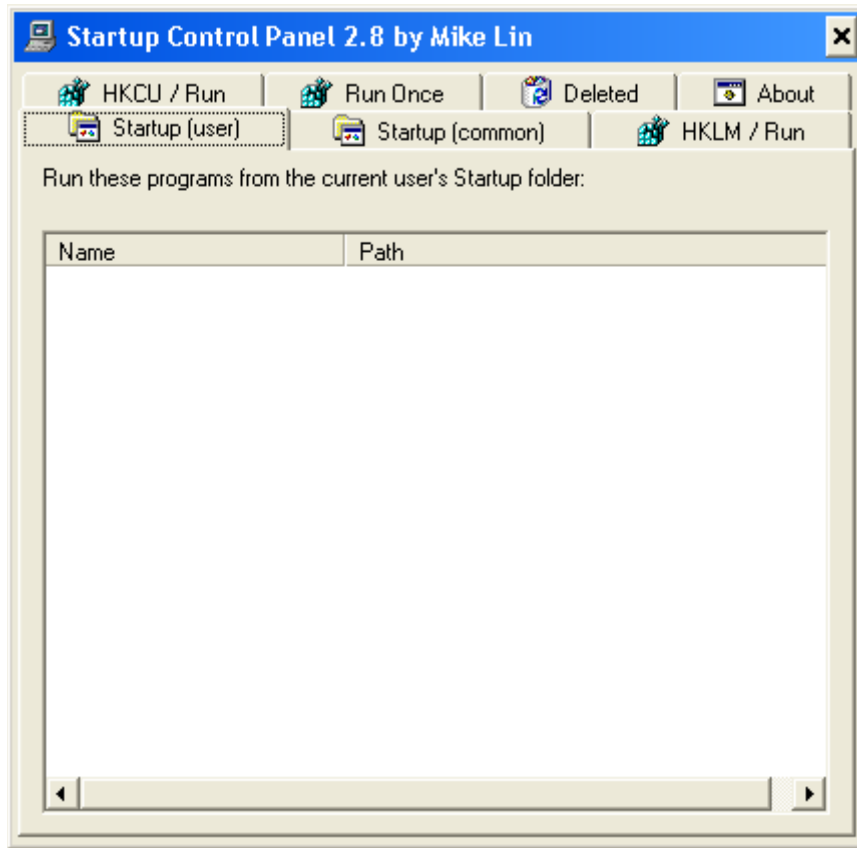
Open a web browser like Internet Explorer and navigate to

<http://www.mlin.net/StartupCPL.shtml>

On this page click on the download for the "Standalone EXE version.

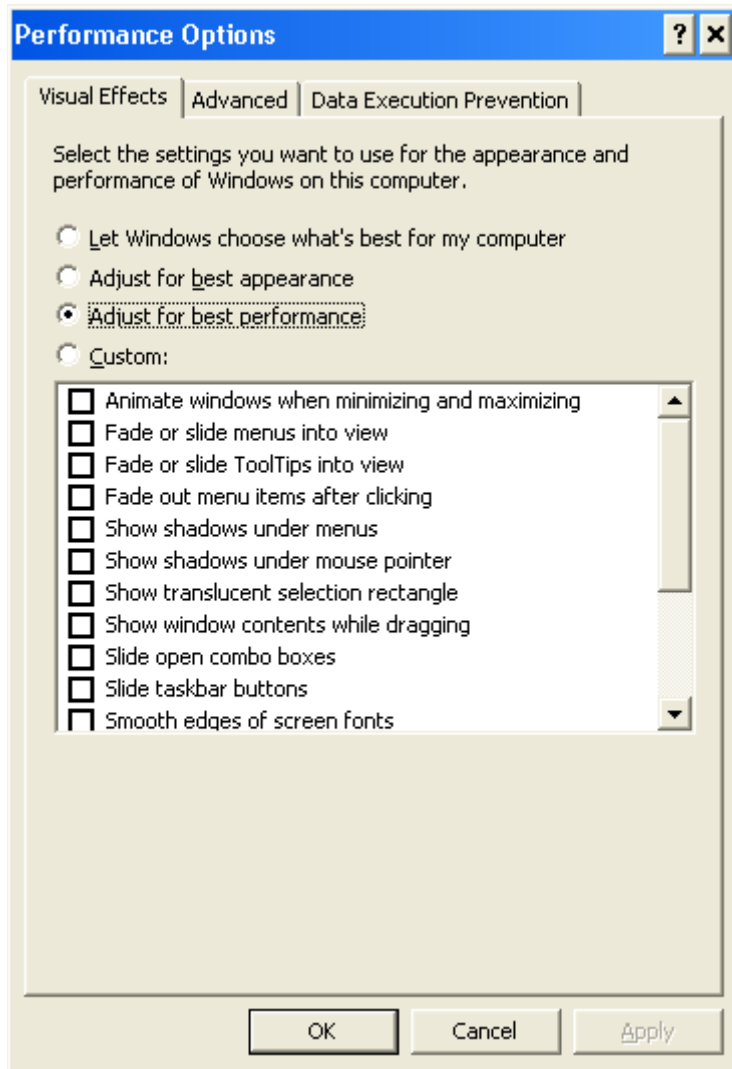
Either run it once it is downloaded, or save it to c:\windows. It comes in a zip archive, so make sure to extract the file first.

Once it is open, it will look like this:



Go through each tab and uncheck any programs you do not want running. As a rule, if you are not sure if it should be running, leave it alone.

4. Tell Windows to run with the best performance in mind. This is another setting that will change the look and feel of your computer. Only do this if are having fairly severe performance issues. In the Control Panel, find the System icon. If you don't see it, click "view classic mode" on the right. Click the "Advanced" tab.



Make sure "Adjust for best performance" is selected.
Click Ok.

5. Defragment your hard drive

Every time data is read from your disk, it is put back randomly. This program re-aligns your data. It will only make a significant difference if your drive is badly fragmented

Click Start | Programs | Accessories | System Tools | Disk Defragmenter
Click Defragment.