

#	Description	WEB SITTE
1	Run at least 2 spyware programs. a. ad-aware b. Microsoft Defender (XP) c. Spybot	www.lavasoft.de www.microsoft.com www.spybot.com
2	Download the latest virus updates from your provider. Download stinger from macfee as an extra it is a standalone program	http://vil.nai.com/vil/stinger/
3	Run a complete virus scan. Run stinger	
4.	Run disk cleanup	Start-programs-accessories-system tools-disk cleanup
5.	Additional temp clean up. Close all open programs before using this step.	Start-search-for file or folders-all files and folders-all o file name-(type in)*.tmp –click on search.
6	After the search is completed delete all the temp files.	In the search results go to edit-select all-and press your
7	Run either the MS defragmentation program or the Norton speed disk or a similar defrag program.	Start-programs-accessories-system tools-disk defragme
8	Install a Spam blocker program. There are many on the internet. Go to Google an type in “free spam blockers” For the first two weeks of a spam blocker you will see many spasm but as you block the sites you will see less and less.	www.spamfighter.com/
9	If your computer seems to be running well you will want to set a restore point.	Start-programs-accessories-system tools-system restore restore point-name the point.
10	An additional way to help your self is to have an external hard drive and a backup program such as Ghost	Your entire hard drive image can be back-uoed to the e when your HD crashes and burns you will be able to re exact HD
11	Another way to keep you computer healthy is to use MS live-Safety Center (Beta) Having broadband helps (Pete Rosendahl)	http://safety.live.com/site/en-US/default.htm
12	Healthy Computer Article by John P. Anchan	http://www.education-world.com/a_tech/tech150.shtml
13	some text from article:	PREVENTATIVE MEDICINE To keep your machine in tip-top shape, I recommend b downloading nine categories of software applications. T categories are: 1. Immunity; 2. Emergency; 3. Protection 5. Security; 6. Peace; 7. Surveillance; 8. Convenience; 9 If possible, begin with a 'clean' machine; one on which operating system (OS) -- preferably Windows 2000 or V is the original (not upgraded, as upgrades mount on un remnants from previous version) OS. Then install the fo program categories, which I've listed below in order of

14	The site in step # 12 was found on the search engine “Google” The statement was “keeping your computers health”	www.google.com http://www.google.com/search?q=keeping+computers+
15	The Web site from the article	http://metaresults.copernic.com/
16	This site will allow you to utilize all search engines to find information.	
17	There are many search engines on the net for help	http://pandia.com/ http://www.search.com/ http://www.kartoo.com/ http://www.ixquick.com/ http://www.thevillagescomputerclub.com/800search.ht
18	Test each site with the same statement to determine the best site your needs.	
19	The test statement will be for the infamous red x in pictures. “red x in pictures”	2 sites for looking at the same question www.google.com http://www.search.com/
20	An important site is the Microsoft Knowledge Base	http://support.microsoft.com/
21	Go to the Knowledge Base label on the on the line under the Help and Support	Click on the KB
22	When the KB page appears type the red x statement	Press “enter”
23	There are many articles which can help you find answers to the ststatement.	
24	Another Google Statement	information for fixing computers
25	Copernic multiple web page search	
26	Compare two sites side by side	
27	You can use the Web to check many pieces of information on your computer	Start-run-msconfig-“enter”-right tab..startuu
28	Open a web site that you are comfortable with its information	www.copernic.com www.google.com
29	On the bottom bar right click and tile windows vertically	
30	From the startup window and a “checked box” type in the command on your web search engine.	GWMDMMSG.EXE
31.	Each “checked Box” in the startup will have some information pertaining to the need for the its use.	
32	Each startup item can be checked and the “bad” ones or not needed ones can be unchecked.	This allows your computer to start more quickly

