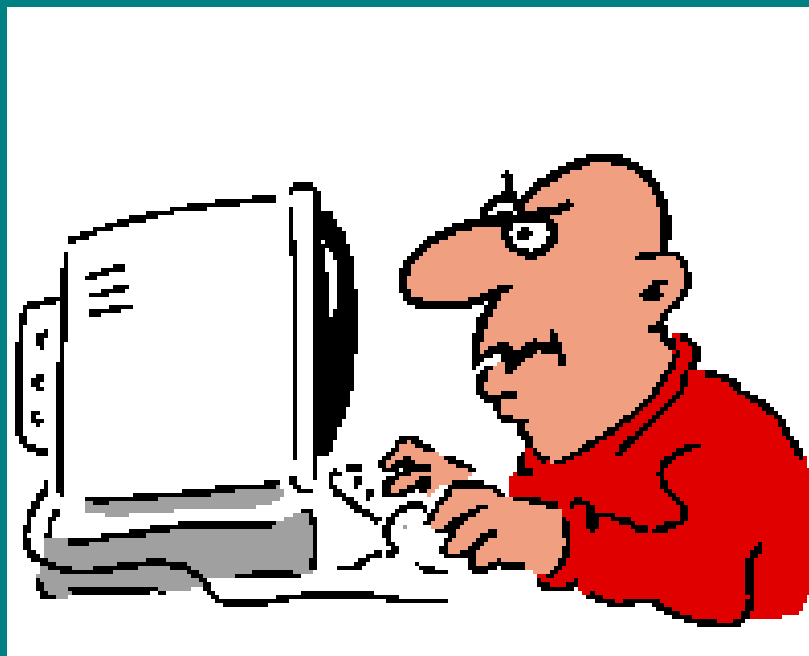


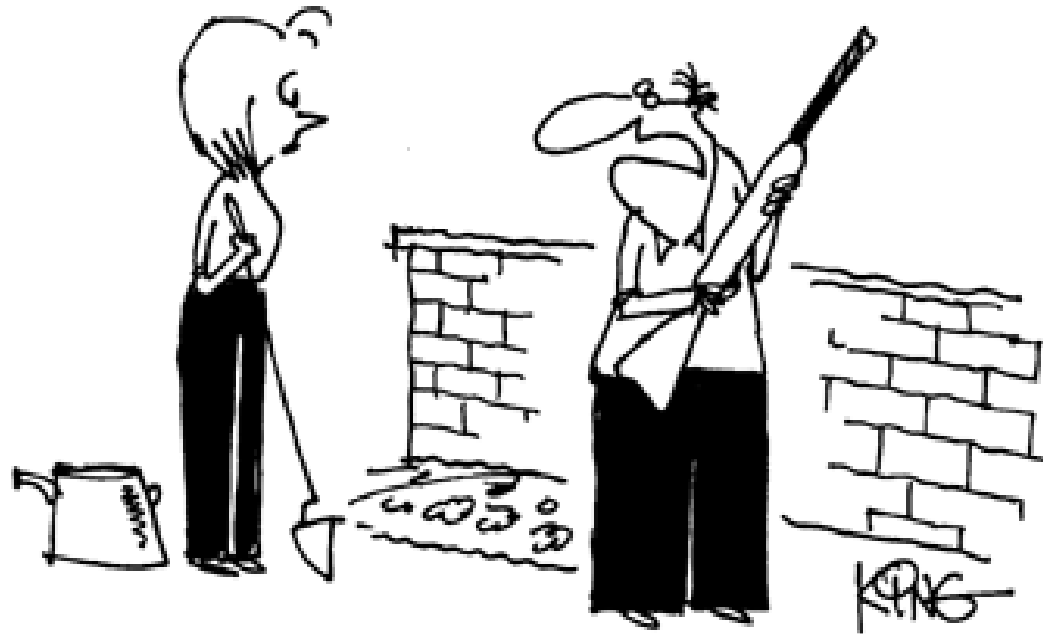
Keep It Clean!

A user's guide to routine computer and hard drive maintenance.



Presenter: Luke Allen

Pheasant Run
St. Charles, Illinois
March, 2006



"No, I'm not going hunting. But you can kiss our pathetically slow computer goodbye."

How often have we considered this solution?

Major Causes of Speed Loss

- Background programs
 - [Ego-centric programs](#)
 - [TSRs](#)
 - [Spyware](#)
- Junk Files
 - [Cookies](#)
 - [Tmp](#)
 - [Cache](#)



Major Causes of Speed Loss

- File Fragmentation
- Registry Issues
 - Old installs
 - System changes
- Memory
 - Too little for the operating system and running processes.



Solutions

- Background programs

What is loading when Windows starts?

What does what? Do I really need it?





Is this your desktop?

What is SPYWARE?

The term **spyware** refers to software that gathers personal information from your computer, sometimes without your knowledge. The information is often used for advertising purposes. Spyware may cause your computer to slow down or encounter errors. Spyware has also been known to cause unwanted pop-up advertisements, an inability to connect to the Internet, and problems printing.

Spyware applications can be bundled as a **hidden component of freeware or shareware** programs that can be downloaded from the Internet. Once installed, spyware can monitor your activity on the Internet and transmit that information to a third party. Some forms of spyware can gather information about e-mail addresses, passwords, and even credit card numbers.

A common way to get spyware is through installation of file-swapping programs that are used to download music and movies from the Internet.

Symptoms of Spyware

- Pop-ups
- Advertisements on the desktop
- Increased number of items in the start menu
- Icons appearing on the desktop
- Slow computer
- General Protection Fault messages
- Sudden increase in SPAM e-mail
- Unable to launch programs
- Programs launch on their own
- Internet browser home page changed
- Internet browser redirect



Solutions

Spyware Removers

[Spybot](http://www.download.com) — *www.download.com*

[Ad-aware](http://www.lavasoft.de) — *www.lavasoft.de*

[Others](http://www.spychecker.com/software/freeware_antispy.html) -*www.spychecker.com/software/freeware_antispy.html*



Solutions

- Junk Files

- [Internet options](#)

- [Disk cleaner](#)

- [Un-install properly](#)



Solutions

File Fragmentation

De-fragging the drive regularly helps to keep important files contiguous on the drive.



Solutions

Registry Issues

Use a registry cleaner and compactor to avoid excess clutter in the system registry.



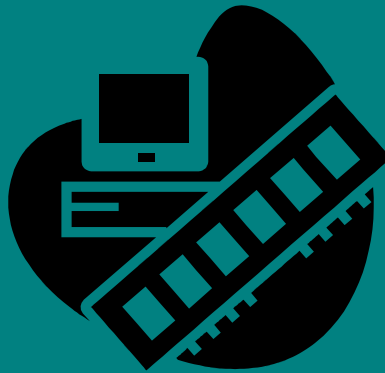
Solutions

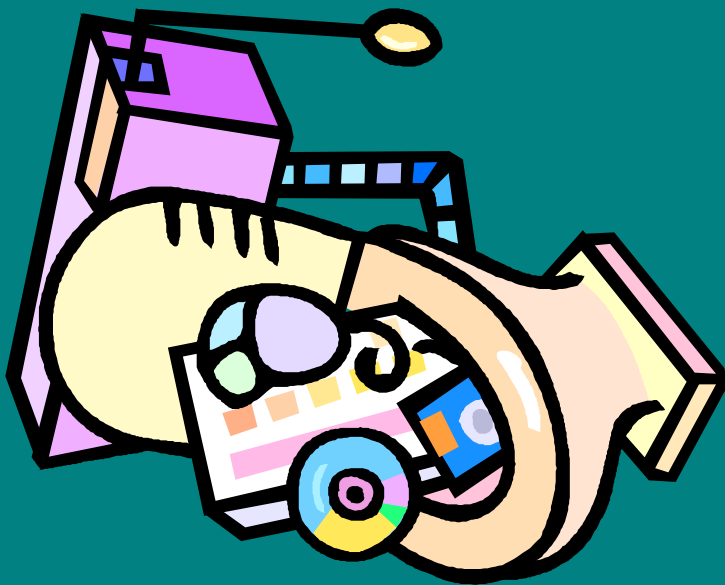
Memory

Having enough memory can make the difference. Eg., Windows XP runs very well with 512M, and ok with 256M, but your computer will be slow with less.

"More memory: It's the quickest, easiest, cheapest upgrade."

-PC MAGAZINE





Resources

[Keep It Clean! - Luke's Tech Resources for Teachers](http://tech.luke.googlepages.com)

<http://tech.luke.googlepages.com>

[Welcome to Startup Inspector for Windows](http://www.windowsstartup.com/)

<http://www.windowsstartup.com/>

[Spybot - Search & Destroy - Reviews and free downloads at Download.com](http://www.download.com/Spybot-Search-Destroy/3000-8022_4-10401314.html?tag=lst-0-1)

http://www.download.com/Spybot-Search-Destroy/3000-8022_4-10401314.html?tag=lst-0-1

[Downloads - Support - Lavasoft](http://www.lavasoft.de/support/download/)

<http://www.lavasoft.de/support/download/>

[Freeware downloads Security-Privacy - Adware/Spyware Detection download spyware removal and Internet privacy tools](http://www.spychecker.com/software/freeware_antispy.html)

http://www.spychecker.com/software/freeware_antispy.html

[Windows Defender home](http://www.microsoft.com/athome/security/spyware/software/default.msp)

<http://www.microsoft.com/athome/security/spyware/software/default.msp>

[Abexo Free Registry Cleaner - Reviews and free downloads at Download.com](http://www.download.com/Abexo-Free-Registry-Cleaner/3000-2094_4-10434887.html?tag=lst-0-2)

http://www.download.com/Abexo-Free-Registry-Cleaner/3000-2094_4-10434887.html?tag=lst-0-2

[TweakNow RegCleaner - Reviews and free downloads at Download.com](http://www.download.com/TweakNow-RegCleaner/3000-2094-10262639.html?part=dl-TweakNowR&subj=dl&tag=button)

<http://www.download.com/TweakNow-RegCleaner/3000-2094-10262639.html?part=dl-TweakNowR&subj=dl&tag=button>

[Digital Architects Software - Orphans Remover](http://www.digiarch.org/orphansremover.html)

<http://www.digiarch.org/orphansremover.html>

[G-Lock Temp Cleaner - Keep your computer waste files free](http://www.glocksoft.com/temp_cleaner/index.htm?source=TempCleaner2)

http://www.glocksoft.com/temp_cleaner/index.htm?source=TempCleaner2

[Luke's Tech Resources for Teachers](http://tech.luke.googlepages.com/)

<http://tech.luke.googlepages.com/>