

Lake Forest Country Club – Tech Tips

Slow Running PCs

Unfortunately, over time your PC's RAM or random access memory gets bloated with items that load up or install at PC startup time. These sometimes unnecessary programs, drivers, services and other malware rob your PC of memory and microprocessor cycles times that keep your PC running fast and efficient. To perform some quick checks, review the list of items below:

- Task Manager. Hit Ctrl, Alt, Delete at the same time to load the Task Manager. Open Task Manager and click on the Processes tab. If you have more than 25 to 30 processes running on your PC as shown in the bottom left of the process screen, that is most likely too many and your PC is probably running slow.
- Check your Startup folder for applications starting automatically. Microsoft has a way about installing stuff in the Startup folder you do not need. Go to the Start button bottom left of screen, then go to All Programs, and then click the Startup Folder. Right click to remove items you do not need running all the time.
- Windows XP's Prefetch folder: Go to C:\Windows\Prefetch and delete all the .pf files. The Prefetch folder was added to XP to improve the operating system's performance, and over the short term it succeeds. But if the folder gets overloaded, it can slow your machine down.
- Task Bar at the bottom right of the screen. Everything you see on the bottom right of your screen is running on your PC. Check and see if you need things like Quicktime, MusicMatch, Messenger and other programs running all the time. If not, right click the program icon and look for a Properties, Settings or Options menu item and open. Then unclick the box that reads something like "load at startup" or "keep running in the taskbar".
- Load and Run the attached Programs. Download and install the two programs called Startup Cop and TaskPower from the same web page where you found this document. These programs are great at showing what programs, services, drivers, utilities and other resources that are running on your PC.
- General PC Troubleshooting. Download and install AIDA32 from the same web page where you found this document. It is an excellent general purpose PC tool for getting to know your PC hardware, software and other information better.
- RAM. If you are running Windows XP make sure you have at least 512K ram installed on your PC.
- Spyware & Adware: Download, install and run SpyBot S&D and Ad-Aware SE from the web page links program on the same web page where you found this document. Run these programs at least once a month.
- Other Utilities: Run Disk Cleanup and the Disk Defragmenter from the Systems Tools folder located at Start, All Program, Accessories.....