

System Defragment

IN addition to running the DEFENDER, AdAware & Spybot programs, you can also run the defragmenter on your computer if you have not done so. This organizes your hard drive.

To run defragmenter:

Click on START,
ALL PROGRAMS,
ACCESSORIES & SYSTEM TOOLS
DISK DEFRAGMENTER.

Click on ANALYZE – (your hard drive should be preselected – C)

A window will pop up letting you know if you need to run defragment on the drive or not. If it tells you to run the defragmenter – click ok on the little window & then click on the DEFRAGMENT button.

Do not run any other programs while it is running.

It is up to you if it does not think your disk needs to be defragmented on whether or not you run it.

System Restore

YOU can always restore your Windows XP back to a previous date when the computer was running fine.

To run the restore:

Click on START,
ALL PROGRAMS,
ACCESSORIES & SYSTEM TOOLS
SYSTEM RESTORE.

Then you will make sure the option to restore your system to an earlier time is selected & click on NEXT.

Select the date you would like to restore your computer back to. If the date is a good restore point, the date will be in bold. You can click the arrows back & forward by the month name to go back or forward a month at a time.

After you have selected the date (click on it once), click on NEXT.

The date will be verified, click on NEXT.

Your system will start the restore – including restarting your computer. When the restore is complete you will receive a notification on your screen. Click OK & let the computer finish loading your windows. Your system should now be restored to an earlier time when your computer was running without errors. Any Windows Updates that were done between the restore date & the date you ran the restore will have to be reloaded. Your computer should automatically prompt you for this but if it doesn't, be sure to run your Windows Updates.