

Why is my computer so slow?

We get asked this question all the time. Here's a check list of common problems that can slow your computer down.

- **RAM...** Do you have enough RAM? Go to your Start menu, Right click on My Computer, look towards the bottom of the General tab. You will see how much RAM your computer has. Windows XP requires a minimum of 512 mg of RAM, and Vista 1gig of RAM to run efficiently. You may need more depending on the types of programs you use and how many windows you open simultaneously.
- **Virus Protection...** make sure you only have one version of virus protection running on your computer. If you have recently changed your virus protection make sure you have completely uninstalled all the components of your previous virus protection. Make sure your virus protection is up to date and running.
- **Updates...** make sure you have downloaded and installed all your Microsoft updates.
- **Spyware...** It is also possible that you have been infested with unwanted programs, such as spyware or viruses. Make sure you have up to date spyware protection. We recommend Ad-aware. You can find a link to a free download on our website:
www.tmcquared.com . Run a full file scan.

- **Unnecessary Programs...** you may have programs that automatically start up when you turn your computer on that you don't need. These programs can use up your computer's resources and slow it down. In Windows XP or Vista, go to your Start menu. Click on Run, type in "msconfig". Click on the Start up tab. Look carefully at the programs. If you can identify any programs that you don't use or use infrequently unchecked them. This does not uninstall the program. It just keeps the program from automatically starting when you power up your computer.

Parental Controls

As we have said before: ***The best parental control is a supervised computer.*** Keep the computer that your children use in a common area of your home. Here are additional strategies.

- **Content Advisor...** Launch Internet Explorer, go to Tools, Internet Options, Click on the Content tab and Click on Enable... and follow the prompts. This will enable you to limit access to specific web sites or web sites that meet a certain criteria.
- **Passwords...** Go to Start, Control Panel, User Accounts. From there you can limit permissions and put passwords on any user account.

E-mail us to help to develop the right set of controls for you.
themartins@tmcquared.com

Send us your questions!

Email your questions to
TheMartins@TmcSquared.com

Are you backing up your data?

We are frequently asked for recommendations on back up solutions, often when it is too late and critical data has been lost.

There are many back up strategies. Which one is right for you? Here are a few of the more common solutions.

Flash Drives

Advantages: Inexpensive (less than \$50), small, portable, easy to use.

Disadvantages: Limited storage, small, portable, easy to lose, you must remember to use it.

External Hard Drives

Advantages: Large storage capacity, portable, automatic back up capabilities.

Disadvantages: Can be expensive depending on your size of storage (\$100 to thousands of dollars), you may need professional help installing and configuring

On Line Back Up

Advantages: Inexpensive for small to moderate amounts of data (\$2 to \$50 a month), easy to use, automatic back up, offsite storage

Disadvantages: Expensive for large storage needs, periodic review of what is being stored and backed up is required.

Use a strategy that works for you, update it and test it. You won't regret it.

Page Title

Page Title

